

1. When was the last time you experienced ageism?
2. What do you think ageism means?
3. Have you been diagnosed with any chronic illnesses?
4. Does your family have history of diseases at age 65 and older?
5. How often are you physically active?
6. What current medications do you take on a day to day basis?
7. Do you currently have a retirement plan with your job?
8. What age do you plan to retire and why?
9. Are you applying for social security benefits?
10. How will you spend your time after retirement?