Section One: Overview

- When you think of your older years, what comes to mind? Are you focused on the challenges that may await you? Are you focused on the freedom of retirement? What scares you? What excites you?
- Do you think it is harder to age today than it was for your parents? Why? Why not?
- There is hope in planning ahead. What does planning ahead entail? How can families plan ahead? How can communities plan ahead for their aging of their populations?

Section Two: Fraud

- Before watching the segment on senior fraud, what picture did you have in your mind of seniors who are victims of scams or fraud? Did this segment confirm your assumption or challenge it? In what way?
- Do you know any older adults affected by fraud? What was their reaction to the situation? What was yours?
- Beyond the loss of money, how can fraud affect seniors?
- What do you think are effective ways to protect older adults from “imposter” scams, where fraudsters pose as someone they are not?
- How is being defrauded by someone we know different than being scammed by a stranger? Does the perpetrator of the fraud influence whether older adults report the crime? Why or why not?
- What keeps older adults from admitting they have been the victims of fraud?
- How can we empower the victims of fraud?
Section Three: Food Insecurity

- Nationally, up to 12% of seniors are food insecure. How would you define food insecurity?
- Why would living with a grandchild increase the risk of an older person to be food insecure? What about having a disability? Being part of a minority population?
- Why might the younger old (ages 60-69) be more food insecure than adults over the age of 70?
- In this section of the documentary, what positive things did you see besides seniors being fed?
- Have you ever been food insecure? What would you want people to know about being in that situation?
- The Eskenazi Hospital sky farm was featured. How else can our communities encourage and provide good nutrition?
- Why does food insecurity happen? What might cause an older adult to be at risk for malnutrition?
- Do you agree that food is “the great connector?” Why or why not?
- What does “the culture of food” mean to you? How might that culture help either address or contribute to food insecurity?
- Two different meal services were highlighted in the documentary. Meals on Wheels delivers food to individuals in their homes. Congregate meal sites provide meals at community centers, churches and similar locations. What are the benefits of each of these types of food delivery services? Are there any disadvantages to either of these meal programs?
- How can ordinary citizens work to lessen food insecurity among older adults? What could you do in your community?

Section Four: Transportation

- When we think of seniors no longer being able to drive, we think of a lack of judgement and slower reactions as the cause to hang up the keys. What are other reasons why driving may not be possible for some older adults?
- Beyond an inability to drive, what are other transportation challenges that seniors might face?
• One of the people featured in the documentary talks about going for a ride in a car as being on a “grand tour.” Do you think he considers that a happy thing? How would you view it if you were in his situation?
• What would it mean in your life if you were unable to hop in your car when you wanted to go to the grocery or the doctor? How do you think you would respond?
• What questions would be important to consider if you are anticipating not being able to drive?
• Have you ever used public transportation? Why or why not? Would you consider it if you were unable to drive?
• What would you identify as the benefits of using public transportation?
• How would you grade your community (neighborhood, city, state) for its efforts and options for public transportation and walkability? What would you like to see your community do to increase that grade?

Section Five: Quality of Life

• How do you define quality of life now? How do you think you might define quality of life in 10 years? 20 years?
• Based on what you saw and heard from the gentleman who provides rides to friends, what would you say about his quality of life? What leads you to make that assessment?
• How do adult day facilities and activity coordinators in long-term care impact quality of life for the seniors they serve?
• One of the guests at Joy’s House Adult Day Services plays guitar during the day. How do you think music and art contribute to quality of life?
• How might attitudes about growing older affect someone’s quality of life once they get to be older themselves?
• How can planning ahead – financially, socially, emotionally, vocationally – impact quality of life?

Section Six: Conclusion

• Have you and your family members had conversations about how you and they want to spend their elder years? Why or why not?
• What changes have you seen in the healthcare system as a result of the expanding number of older adults? How about in other areas of business?
• How did this documentary leave you feeling at the end? Are you looking forward to your “golden” years? Why or why not?

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Indiana at a Crossroads
DISCUSSION GUIDE