

Take the Elderoscopy

If you're an aging adult or provide care for one, the list of doctor-ordered tests can seem endless. Colonoscopy, endoscopy . . . and the list goes on.

When it comes to the issues of aging, older adults and their families may neglect another important assessment – one that examines living and financial issues, health, relationships, driving and end of life. We call it the 'elderoscopy' and it can be just as important as a medical test.

Research confirms that families avoid important discussions, although the pandemic seems to have helped drive talks. And some conversations are more difficult than others to address.

For more resources and information, go to HomeInstead.com/Elderoscopy



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Almost Half of US Adults Have Not Had End-of-Life Planning Conversations with Loved Ones



45% of Americans report they have not talked with their loved ones about how they would like to spend their final years by discussing topics such as long-term care or end-of-life plans.

Plurality of Adults Say COVID-19 Has Made Them More Likely to Have End-of-Life Planning Conversations



48% of adults report the coronavirus pandemic has made them more likely to have end-of-life planning conversations with their loved ones.

About 1 in 6 Americans Would Rather Have a Colonoscopy Than Discuss End-of-Life Plans



15% of Americans report they would rather have a colonoscopy than talk to their loved ones about end-of-life plans.

Majority of Americans Say Giving Up Driving is Harder to Discuss with Older Loved Ones Than Sex



53% of Americans believe it is harder to have a discussion with older loved ones about the decision to give up driving than it is to discuss relationships and sex with them (39%).

Methodology: This survey of 1,170 U.S. adults was conducted March 22nd through March 29th, 2022 by the Marist College Poll and sponsored by Home Instead, Inc.