

# See me. Know me.

## Questions for Aged Care

*Spirituality is about meaning, purpose and connectedness in our lives. Connectedness with ourselves, others, creativity, nature and something bigger than us. It may or may not have a faith expression.*

**Use these questions to find out whether the aged care provider is taking steps to understand and respond to each person's needs. How well can they answer? How do they react when you start asking the questions?**

1. How will you support me to maintain connections and relationships?
2. What do you do to support a good transition?
3. How is spirituality understood here?
4. How is spirituality integrated in what you offer?
5. What opportunities will I have to reflect on my legacy?
6. How will you find out about my sources of hope?
7. How will my sources of hope be supported?
8. Who is available to be with me if I'm struggling?
9. How many different staff will be working with me?
10. Are you a member of Meaningful Ageing Australia?