Going home for Christmas? Ask your grandparents these home care expert-approved questions.

When families gather for the holidays, it’s a great opportunity to learn about the history and the wisdom of our elders. It doesn’t have to be a major video production and it doesn’t have to be a formal interview. But having these conversations with the older members of our families can be very enlightening and can express to an aging loved one the importance of their life and their story.

Here are some starting points for this discussion that we’ve collected from our in-house senior care experts—the caregivers that many of you have come to know through our in-home care services. Not all of these questions will be relevant for your family, and you’ll likely think of others. But if you’re worried about where to start or how to keep the conversation going, these might be helpful.

1. Tell me your full name and when and where you were born.
2. Do you know why you were given that name?
3. Tell me about your parents and grandparents.
4. What about your brothers and sisters?
5. What happened to them?
6. What was your home like growing up?
7. Did you have a nickname growing up?
8. Tell me about your friends.
9. What was the first trip you took?
10. What was your first car?
11. What was your favorite subject in school/high school/college?
12. Were you ever in the service?
13. What did you do in the service?
14. What was your first job?
15. What was your favorite job?
16. When you were my age, what were you doing?
17. What’s your earliest memory?
18. What kind of music did you like?
19. How did you and your spouse meet?
20. How did you know you were in love?
21. What was your first date?
22. What did you find challenging during the first years of your marriage?
23. What was your secret for staying together?
24. What were your children like when they were little? When they were my age?
25. What were holidays like when you were young?
26. What were holidays like when your children were young?
27. What were some of your hobbies growing up?
28. What do you enjoy now?
29. What are your hopes for your family?
30. What is the most important thing you’ve learned during your life?