

# Take the Elderscopy

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 'elderscopy' 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.ca/Elderscopy](https://HomeInstead.ca/Elderscopy)



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## Almost Half of Canadian Adults Have Not Had Conversations with Loved Ones



**47%** of Canadians 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.

## Nearly one-third of Adults Say COVID-19 Has Made Them More Likely to Have End-of-Life Planning Conversations



**31%** of adults report the coronavirus pandemic has made them more likely to have aging conversations with their loved ones.

## About 1 in 4 Canadians Would Rather Have a Colonoscopy Than Discuss End-of-Life Plans



**25%** of Canadians report they would rather have a colonoscopy than talk to their loved ones about end-of-life plans.

## More than half of Canadians would find discussions about aging and end-of-life plans valuable.



**58%** are looking for online materials such as dedicated websites, forums or support groups.

Research from Home Instead Canada, Inc., and True Global Intelligence.