



Aging Positively on its Own Terms

The voice of the older person

Valerie Wright-St Clair



Let's listen to the quiet voice...





I suppose my own
image of old age...
John



One Friday we went to a
residential home for the elderly...
Christina (93)



It's like the sun and the tide...

Frank (97)



I was bored over the
Christmas period...
Madge (95)

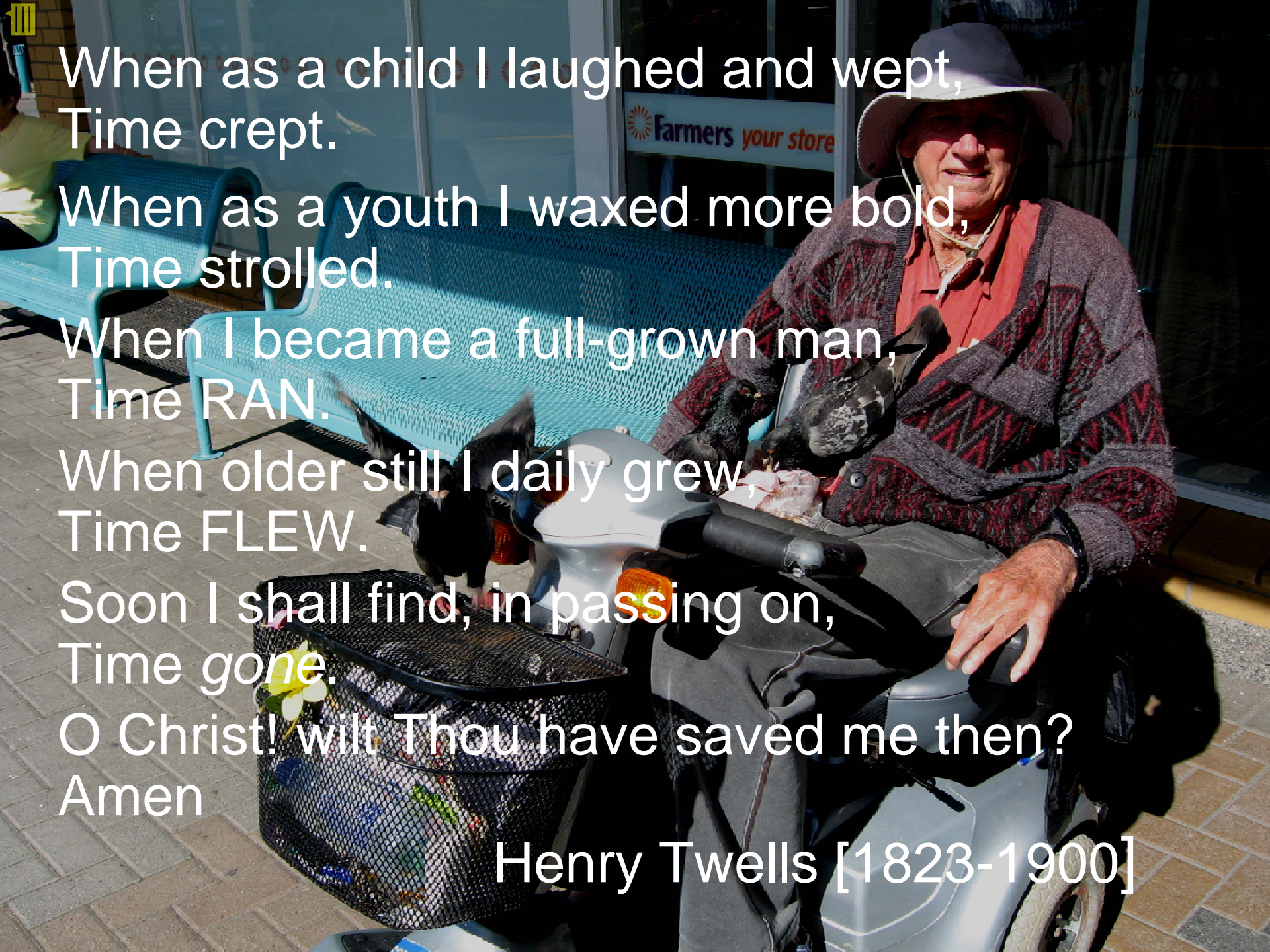


I was young and then
I was old...
Alex (77)



The first day I came here
to the home...

Zita (90)

A photograph of an elderly man with a white beard and a wide-brimmed hat, sitting on a grey motorbike. He is wearing a red shirt and a grey patterned cardigan. Several pigeons are perched on the motorbike, including one on the handlebars and others on the seat. A black wire basket filled with colorful items is attached to the front of the motorbike. In the background, there is a blue metal bench and a storefront with a sign that says "Farmers your store".

When as a child I laughed and wept,
Time crept.

When as a youth I waxed more bold,
Time strolled.

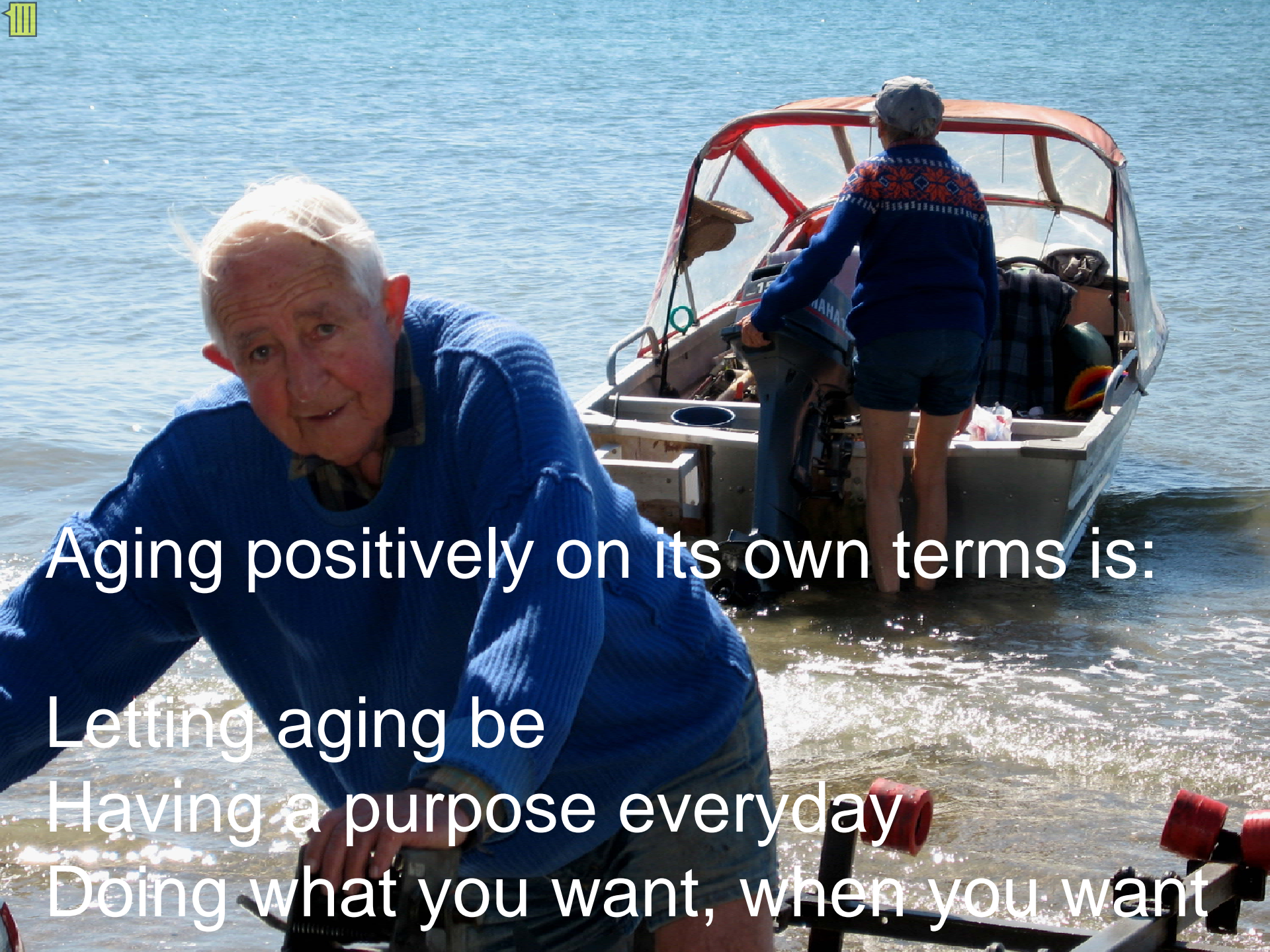
When I became a full-grown man,
Time RAN.

When older still I daily grew,
Time FLEW.

Soon I shall find, in passing on,
Time *gone*.

O Christ! wilt Thou have saved me then?
Amen

Henry Twells [1823-1900]



Aging positively on its own terms is:

Letting aging be

Having a purpose everyday

Doing what you want, when you want

When we say 'aging'





When we say 'old'

- The voices of John, Alex & Zita
 - Busch, G. (1991). *You are my darling Zita*. Auckland: Godwit Press.
- The voices of Christina, Frank, Curly, Matelot & Madge
 - Elder's everyday experience of aging: A hermeneutic phenomenological study
- Poem by Henry Twells [1823-1900]



