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)
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

• The voices of Christina, Frank, Curly, Matelot & Madge
  – Elder’s everyday experience of aging: A hermeneutic phenomenological study

• Poem by Henry Twells [1823-1900]