

Age of Adventure

Age of Adventure looks at lives well-lived. The cards are designed to challenge our images of the 'elderly' and to reinforce the positive aspects of life for older people. They also serve to validate older people's choices.

Use the images to reflect on the many ways in which older people are engaged with their communities, explore possibilities for older adults' intellectual and physical ventures, or even challenge the younger generation to consider the life choices they make and develop aspirations for a healthy old age!

Conversations with older family members and friends

There is no recipe for how we should grow old, and our well-being as we age is often affected by factors beyond our control. *The Age of Adventure* cards offer a gentle way to address possibilities and broaden thinking with older clients, friends or older family members.

Like all conversation building tools, it is important to consider your purpose, timing and preparedness for strong feelings that may emerge before using the cards. Here are some questions you may wish to explore:

- Which cards represent activities you enjoy now?
- Do any of the cards show people pursuing activities that you feel are now 'beyond' you?
- How are your views or expectations of yourself influenced by your current abilities or fears of incapacity now/in the future?
- Which cards suggest activities you'd still like to try or goals you'd like to attain?
- How might you achieve those goals? What gets in the way? What supports might be available to assist?
- Do any of the cards suggest relationships that are important to you now?
- Which cards suggest ways you might build new relationships or reinvigorate existing ones?
- What is one adventurous thing you could do tomorrow/next week/in a month's time?
- What choices can you make now that will help you to have choices in the future?

Working with young people

It's true that planning our possibilities for living adventurously in old age may seem remote to a sixteen-year-old. But many adolescents will have older parents. Many will have grandparents and great-grandparents who are in their 70s, 80s and 90s.

- Who are the older people you admire and why?
- Do you believe one can be adventurous well into old age?
- What things erode the spirit of adventure as we get older?
- Which of the *Age of Adventure* cards represent how you would like to live your life right up to the end?
- What do you think might stop you doing the things that you really want to do?
- Do you fear growing old? What do you fear most about this process?



For meditation, contemplation and reflection

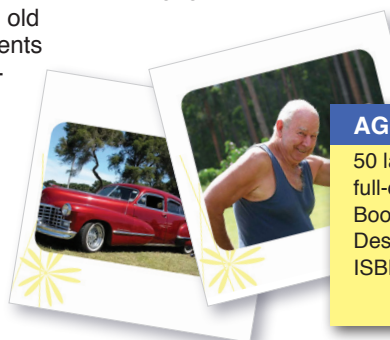
Photography as a visual metaphor opens us to the lives of others and to better understanding of ourselves. Here are some questions you may simply like to contemplate or use as prompts for journaling or reflective writing.

- Is there one card that best identifies how you hope to spend much of your later years?
- Is there an older person who has influenced this choice?
- Are there older people that you miss? Does any card represent this loss in your life?
- When you observe older friends, what kinds of relationships do they enjoy? What insights about life are evident in the way they live?
- Is there a card that focuses your anger about ageing?

Health workers and organisations

Health workers and their managers may like to use *Age of Adventure* to reflect on ways in which service delivery might be enhanced and made responsive to the diverse expectations and needs of older people.

- What kind of groups of older people use the services of your organisation?
- How well is your organisation able to respond to the diverse needs of older patients and their carers (who may also be ageing too)?
- What steps does your organisation already take to promote active ageing?
- What kind of issues or perceptions of risk get in the way of supporting older people's range of activity and engagement? Are there cards that represent activities your organisation would consider 'problematic' for older people in its care?
- How do you balance respect and support for older people's wishes with responsibilities to keep them 'safe'?
- Which cards suggest opportunities for older people's activity or engagement that your organisation could promote?



AGE OF ADVENTURE

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