



Speaking from Experience *Grief & Older People*

Transcript for chapter 6 of 6: Closing thoughts

Jean - If you can come out of a crisis situation at a higher point than when you went in, that's the growing.

Ellen - You just have to hang in there and you'll find a false bottom in the bottomless pit of the grief that you're experiencing at the moment.

Jean - It's in that grief situation that you find an understanding and sensitivity.

Reg - You've got to address it. Whether you resolve it or not, I don't know if that matters, but you've got to at least attempt to do something about it so that you can go forward.

Edith - Generally living, holds within it a series of losses. I don't think anyone escapes experiences of loss. It's how quickly you can adapt and pick yourself up and start over again.

Reg - Aboriginal people, we are survivors. With all that's happened, you can get very negative and angry about it, but on the plus side, we've survived all that.

Margaret and Ray - Enjoy your life and take it as it comes. It's something you can't prevent. You can try and make yourself look better with a bit of dye and touch ups. You're still going to age, no matter what. So you may as well enjoy it and accept it for what it is. You are getting older, you can't avoid it so just enjoy it and do what you can.

Wendy - I tend to put my head in the sand for a lot of things, that's a coping mechanism. I don't think it's necessarily a bad thing, but it's part of life.

Ellen - Don't worry about your grandparent being dependent on you. Most grandparents support their children and grandchildren, not the other way around. Try and treat the person as a person and don't worry about what the age is.

Edith - Growing older is a life-long process. You're growing older from the moment you're born. There's no point at which we should have that separation from when you're young, you're middle-aged and when you're older. We're all in a process of getting older. If people could just get that into their head - you're not always going to be young and beautiful. You're not always going to be able to earn a living yourself. It could be a lovely society if there's an acceptance that older people are naturally a part of it.