

THE ELDER WORLD

How do I grow old and still maintain my sense of identity and worth?

As we age, we may retire from work. We grow older, and develop various health issues. We often become medical patients, and generally have to deal with changes in our bodies, hormone levels, and energy levels. Eventually, we decline, and finally die.

Dr. Michael Obsatz

Storytelling in small groups or through personal reflection. One by one, each person shares their answer to the first prompt below. Then go to next question and so forth. A person can pass.

1. Share about how do you grow old and still maintain your sense of identity and worth.

(How do you, or how have your parents done this)

2. Tell a story about being ill, changes you see as you age, or what you saw as your parents aged.

(how does getting older make you feel?)

3. Share an experience about death and your thoughts about what happens after death.

(death of a pet, animal, flower, person - how do you make sense of death and where do you find some peace?)