

PsychAGE News

Information and commentary about older adult and carer wellbeing

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First, if you aren't already aware, the Australian Association of Gerontology will be having its 51st conference in Melbourne in November. As I'll be doing a poster presentation I have had a sneak peek at what's on offer and it looks really good! For more details click [here](#).

In this issue I would like to share with you an excerpt from my article recently published as an opinion piece in the online version of Australian Ageing Agenda. It's entitled 'Decline should not be seen as a sign of failure' and was posted on June 8, 2018.

“Rather than stigmatised, decline needs to be recognised as part of a life-course approach to ageing well, writes Felicity Chapman.

“Much of the discourse around ‘ageing well’ resists depictions of decline or frailty because it is seen to feed into a negative view about ageing and fuel ageist attitudes. Instead, positive views about age are promoted that encourage people to believe in their strengths and assert their right to health and wellbeing no matter what their age.

“I am not suggesting a move away from empowering older adults to feel good about themselves and be as healthy as possible. But I caution against an approach that leaves little room for reality and implies we can prevent decline.

“We need a paradigm that more strongly incorporates ageing well with experiences where people can no longer be as active as they want to be and are for all intents and purposes frail and highly dependant. What do we do when after adjusting and treating as much as possible we simply can't live the type of life that we want to?” For the full article click [here](#). Feel free to join the conversation and have your say no matter what your view. I welcome diversity of opinion!

On a more personal note I have just returned from holidaying in Japan—also known as the ‘super ageing society’. I've posted some travel vlogs on my website and my thoughts go out to all those affected by the devastating floods.



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