

Hello Aged Care,

At 61 and seeing my mother in a nursing home, I now have an interest to what is happening.

What I have seen so far has been most disappointing, I really feel so sorry at the way the old age are treated.

Basically it is part of society that is written off and yet it is this section that has the most knowledge, providing of course they can remember.

Instead of stimulating and tapping into that resource we put them in chair and give them sedatives to keep them quiet, this is not living!

What I suggest is that there are many things that they can do if one is open for thought

For example;

Do history on a particular person such as what they did for a living, their family tree, a particular area where they lived or experience in the war.

Write a book or make a movie for them to enjoy.

Have people run their own interests such as a bridge or chess club or crosswords or whatever.

Knit for the poor or make something or dance or do a play whatever.

Have computers so they can communicate through emails and so forth.

Anything to stimulate their minds and feel they are contributing in society.

Yes, I know it is all about money but hey life is precious at any age and it should be about quality!

Regards

Name Withheld (12)