Love your independence – You're only as old as you feel

[Subtitle] **How old are you?**

*Bob*

On my driver’s license it says that I'm 74.

*Kay*

I'm 64.

*Joss*

Very nearly 75.

*Bev*

I'm 79.

*Judy*

80.

*Margarit*

76.

[Subtitle] **How old do you feel?**

*Margarit*

I feel about 50 or 55.

*Joss*

Sometimes I feel about 90. Other times I feel about 50. I was pretty active at 50.

*Bev*

I feel more like I'm in my mid 50's, but sadly that's the age of my sons.

*Kay*

Well, mentally I'm still around 30.

*Judy*

I could feel about 100 on some days, but on other days when people ask me how old am and I say 80 and they say: Oh, I thought you were 70.

So, that's very complimentary.

*Bob*

About 25 or 26. I'll admit to a little bit older.

[Subtitle] **How do people see you?**

*Kay*

Public perception is I'm a: How are you darling? type of person.

*Bob*

The frustration is that people call you dear. I don't want to be called dear. I'm not that old yet.

*Judy*

And they think because you're old you must be mentally deficient, perhaps.

*Bob*

It's when middle aged women stand up for me on the bus that I feel there must be something different.

[Subtitle] **Pictures of existing campaigns?**

*Bev*

I relate to them in a sense in that I know this is coming.

*Margarit*

No. Not at the moment.

*Bob*

No, it worries me a bit. I don't want to be that old.

J*oss*

No, I don't associate me being of that age.

*Kay*

Not that inspired really. I felt more sorry for them because I didn't see myself being like that.

[Subtitle] **New resources?**

*Kay*

Yes, the word independent straight away would captivate me, very much so.

*Margarit*

I would probably, yes. I would read anything if I could prevent it.

*Bev*

Yes, I would be interested because I want to keep my independence.

*Judy*

Yes, that looks fascinating because you have got words, you've got a person, some scenery and I love the red gumboots.

*Joss*

Yes, she looks as though she might be gardening. I like gardening, yes I would look at that brochure.

*Bob*

Yes, that's better than those old fuddy duddy geriatric types that were on the earlier ones.

[Subtitle] **Attend classes?**

*Bob*

I have a problem believing I need to go.

*Joss*

Yes I would. Because it's quite nice to meet other people and do those activities.

*Bev*

I would go along and see how they were to get the experience.

*Judy*

There are wonderful exercise classes but as they involve standing up and dancing etc, I found the pool was easier for me to cope with.

*Bob*

But, maybe, if there was afternoon tea and scones I could be tempted.

**ENDS.**