"Who is considered an old person?"

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Old age consists of ages nearing or surpassing the average life span of human beings and thus the end of the human life cycle. Euphemisms and terms for old people include seniors, elderly, older people etc. As occurs with almost any definable group of humanity, some people will hold a prejudice against others — in this case, against old people. This is one form would be called ageism.

Physical manifestations: Old people have limited regenerative abilities and are more prone to disease, syndromes, and sickness than others. Old age can cause wrinkles and liver spots on the skin, change of hair colour to grey or white or loss of hair (or both), lessened hearing and sight abilities, loss of reaction time and agility or reduced ability to think or recall memories.

Definition: The boundary between middle age and old age cannot be defined exactly because it does not have the same meaning in all societies. In many parts of the world, people are considered old because of certain changes in their activities or social roles. Examples: people may be considered old when they become grandparents, or when they begin to do less or different work in retirement. In North America and Europe, people are often considered old if they have lived a certain number of years. The beginning of old age is closely connected with the eligibility of full Social Security benefits.

Old is not a specific age. You can be 45 and be old. But you can also be 70 and be young. It all depends on your health and mind and status in your community.

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LIFE EXPECTANCY: In most parts of the world, women live, on average, longer than men. In developed countries women live 82 years and men 78 years on average.

Age is the guide we should use to determine whether we are old or not. But what age is the cut-off? Are you old once you reach 30? 40? 50? And who is to say that there is a universal age to be old. My father is over 60 and can jog circles around any 30 year old. Does your body indicate your old age? So I guess when your body stops functioning properly, when movements become difficult, this would mean you are old? However, there are some people that don't take care of themselves and they could be considered old very early. And others are just blessed with good genes. Do certain steps in your life place you in the 'old' category? Maybe after you have accomplished some monumental life stages you are considered old. Graduating, getting married, having kids, having grand kids; at what stage are you old? I guess the real question is, what does
it mean to be old? How do you define old if it varies from one person to another? you are always older than the previous year; but is the cut-off phase where you jump from young to old? I understand being older, oldest or even aging because these words have some continuity. The word old is very finite; it's an ending. I guess being old is a state of mind. If you refer to yourself as old, then old is how you will feel. I used to always make fun of the people that would say 'age is only a number' or 'I'm 50 years young'. I now understand that these people were faced with a situation that was similar to mine. They were probably faced with their own 'grey hair' dilemma. Now I am proud to say that I am 26 years young and have 3 grey hairs- they are in the process of growing back.

**You know your old when:**
* You make noise getting up, sitting down or any movement that involves your body
* No control of your bodily fluids while sober
* You consider all drivers to be crazy and out of control kids
* Staying up until 11:30 pm is living wildly
* You fear technology as it is sent to us by the devil
* When you have more illnesses than days in the week

**Some statements concerning age and ageing:**
“I bear in mind when I was young, I thought anyone over say 50 was old. Not that I am 40, I must say that men in their 50’s are the one’s I most find attractive. Men in their 30’s are less so. Men in their 20’s and below, forget it all together. I have been told I don’t “look my age”. I have Mediterranean skin so I haven’t yet started to wrinkle thankfully. Although conservative in my dress, I don’t wear “Mom” clothes either so I think that helps. The thing that does give me away is that my dark hair gets grey really easily: Right in front of course where it shows. No where else. It drives me nuts. I have to colour it every single week to keep it up. I get angry with the idea that a woman loses any value after the age of 30. Say what? I can show you many beautiful women well into their 60’s who are way hotter than those in their 20’s. And what’s more, they are far more comfortable in their own skin and not so emotionally tied up and worried about what everyone else is going to think, body image etc., for the most part. Men hit their sexual peak in their 18 to 25 range but women; hit theirs when they are in their 40’s. Isn’t that interesting? I think that is why it is becoming so much more popular for women to date younger men. Personally, I don’t think I could put up with a young man and all of the nonsense that goes with it, stamina and hot sex or not. Why is it that women hit their peak at around 40? Because their body clock is telling them to hurry up and have babies before they can’t anymore and turns on their internal “horny switch”. For guys, they hit theirs when they are the youngest and strongest and are at their healthiest and have the most testosterone levels in their bodies. People “seem” to be aging slower these days. Have you noticed that? When we look at pictures of our grandparents we are horrified to notice that they were 50 when the picture was taken and they look like an old person. I look at my own mother who is 3 years short of 70 and she is still a beautiful woman. There is nothing little old lady about her. Even though our colouring is completely opposite, she too has few wrinkles and with makeup, still looks damn attractive. She has white skin and cornflower blue eyes - and platinum hair! So, tell me, what is your idea of old? 70? 80? 90? I just don’t know anymore”. [http://ambermoon.wordpress.com/2008/08/20/what-age-is](http://ambermoon.wordpress.com/2008/08/20/what-age-is)

**Comments 2008**
I know this will sound blasé but I do feel age is a state of mind. I’m 50 and still feel the same way I’ve always felt. Of course I get tired easier and don’t have the patience but I’ve never been one to dread birthdays or think “too much” about how old I am. I do find that I wished we aged the same as men. What I mean is it’s too bad we couldn’t always be in sync with our mates.

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We have been close friends with 2 women both in their 80’s, and neither of them struck you as old when you talked to them - so it has very little to do with what the calendar says. Right now, I’m looking at everyone around me. The young ones are growing old rapidly (they really do here) while the older ones are doing so slowly and gracefully, not to mention also beautifully.

Old is not a specific age. You can be 45 and be old. But you can also be 70 and be young. It all depends on your health and mind. If you go around pretending for the rest of your life that the world around you stays the same as when you were 25 - you become old early. If you keep up with all new stuff you stay younger. My grandfather made computers his greatest interest when he was 75 and that was 15 years ago when most people his age didn’t know what a computer was. He was so much cooler than others his age. I know a guy who is seventy who neither look - nor act a day older than 40. Other people his age I usually recognize as old. I have also seen how illness can take people down in a very short time. How cancer, or a stroke or whatever - can make a person old over a night. So all you guys out there - keep your mind young by continuing to study and learn new things for the rest of your life. And instead of pretending that the world stays the same - pretend you are 20 and enjoy! Remember it’s never too late to get a new hobby!

Learning all the time contributes to maintaining a youthful demeanour. I know that I feel better, invigorated and even more light-hearted, when I am in a learning mode. I would like to be in that mode more - a sentiment I imagine many of you share.

“People “seem” to be aging slower these days. Have you noticed that? “. I agree totally. I had been wondering if it had been my imagination or the fact I’m lucky that people don’t believe my age - I had do show my passport once to prove it - but the thought people were aging slower had hit my thoughts several times. Yes the precedent generations looked older but their lives were tougher and I think we now find in our food all the necessary complements there were lacking sometimes, even if - interesting fact- the old fashion way of cooking and eating is now stated as examples to follow instead of junk eating. I also think we are lucky to have the tools to keep our minds open if we are willing to when our ancestors could only relate to local information. Keeping our minds open and active makes the aging process slower. If you can combine it with some physical exercises, you get the youth key.

No way are you old at over 30. A lot of women just start to settle down and think of having a baby. Because they were busy with other things. 30 plus was considered not old even in Victorian times it was just considered way too late for a woman to get married for a first time. If she was not married by her mid 20's and she was of the high society she was considered unmarriageable. In those days but she wasn't considered old. And men in those days weren't considered old. 30 was still a youngish man. Women don't get old until they are retirement age nowadays. Women are very active for a long time and I am sure even a 60 year old would tell you she doesn't feel old. These women go running, they do sports and they dress well. They look younger nowadays. It depends on the women if they
have self discipline and if they stay mentally and physically active they may feel quite young for a long time and some people are unfortunate and have an illness that could strike at any age at age 18 or 20 and that could render them bedridden. So don't go by age. Age is just a number. New life only just begins with 40 with planning to have a family and becoming first time moms.

- You can start ballet at any age. I used to teach dance, we had a lady who took her first ballet class when she was in her 70's. Now, if you are talking about a child who wishes to become a dancer, then the earlier they start (after the age of three) the better. However, with determination and commitment as long as they start before their teens they can do well.

http://www.kuwaittimes.net/read_news.php?newsid=MTg5MzI4OTc5