

Aging and mental health

What I Want Supported as I Age

Adults | 10 to 15 minutes

Getting older can bring gains, losses, changing responsibilities, and new practical needs. Your experience does not have to match a stereotype about age. Focus on one part of daily life you want understood, while leaving health questions open for appropriate assessment.

Choose one recent situation involving connection, independence, mood, or participation. Describe the actual difficulty and a support that preserves your choices.

Keep the person visible

Name an interest or role that still matters. Distinguish your preference from another person's assumption about what someone your age should do.

Match support to the barrier

A transport problem may need a ride; hearing difficulty may need an accessible conversation; persistent mood or thinking changes deserve healthcare attention. Choose the relevant route rather than blaming age.

1. Which part of my life matters most to protect right now?**2. What concrete barrier affected me recently?****3. What support would preserve my involvement and choice?****4. What change in mood, memory, or functioning should I discuss with a clinician?****Clinical use and adaptation**

Adapt for sensory, language, literacy, mobility, and cognitive needs without infantilizing. Do not normalize persistent depression or sudden confusion as aging. Invite chosen supporters with consent and preserve the person's voice.