



AGING *GAYFULLY!*

INTRODUCTORY CLASS

This class introduces students to the optimal aging strategies developed by the Conscious Aging Movement and adapted for LGBTQ elders. An empowered LGBT elder is one who is pro-active in preparing for the later years and thus better able to respond to the challenges and appreciate the gifts of age. The strategies covered are:

1. ASSESS YOUR AGING EXPERIENCE

What negative images about aging and being LGBTQ have you internalized? What positive images? What do you look forward to? What do you fear? How does being LGBT affect your experience of aging?

2. REVIEW YOUR LIFE WITH GRATITUDE AND COMPASSION

How has your life been different as an LGBTQ person? Does your life story have a theme? What are your accomplishments? What have you overcome? Who were your mentors? What were your major life changers? Can you release your lingering disappointments, resentments and regrets?

3. PREPARE FOR YOUR FUTURE

What are some of the age-related physical and psychological changes that can happen? What are your personal strengths that can will help you cope with those changes? How can you find resources that can help you? How could you create a support network to help each other when needed?

4. FACE YOUR MORTALITY

Who will make sure your wishes for end-of-life care and after death instructions are fulfilled? What decisions do you need to make? What do you want to happen with your possessions and your body? How can you make it easier on your survivors? How do you want to be remembered?

5. DISCOVER NEW WAYS TO EXPRESS AND ENJOY YOUR LIFE

How important is your LGBTQ identity? How can you continue to maintain your sense of self and the quality of your life? What interests fulfill you? What brings you a sense of contentment? In what ways are you resilient?