

Ageing Matters

Are you Senior Friendly?

Part 1

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Imagine that you have to wear glasses with a filmy cover, someone has put cotton in your ears so that everything is muffled, your shoes fit but they still feel tight and pinched and your body just doesn't respond as quickly as it used to.... Now you have to go out and do your shopping and errands.

You drive carefully because you understand that your reaction time has slowed and you don't want to make a mistake that may hurt someone. The younger and faster race by, glaring at you because you are going the speed limit; I guess they don't realize that it was your lifetime of work and taxes that built these roads.

Once you get to the store, you have to carefully open your car door as the spots are very narrow and you don't want to scratch the car next to you. This is difficult because you need the car door to support you as you get up and out. Again there seems to be someone that is impatient with your speed and you try to rush but then you forget your shopping bags and have to return to the car. Now armed with your shopping bags you set out to find a shopping cart.

Finally you find a smaller shopping buggy as the big ones are far too hard to steer and the little baskets get too heavy very quickly. You head for the deli. Very handy for you as they have some readymade items, cooked meats that you can buy in small amounts and lovely cheeses and salads. You look way up to try and see the clerk that is offering to help you. With the large display case in between you – it's so hard to hear what she is asking and for you to say what you would like. Using many hand gestures and pointing, you manage to get a few things but choose to move on rather than get all that you had planned on. The clerk seems to be getting impatient with you and there are people waiting behind. That's okay – you don't mind.

Now, you decide to head to the bakery area. You would just like a few buns as a whole dozen will just go stale and you only have a small amount of freezer space. The tongs to pick up the buns are very hard to hold and the bags are hard to open. You finally locate a pen and try to write on the small tag but you are feeling a bit shaky today and the pen doesn't work very well... Oh well, you can remember the number and tell them at the till.

Now off to the meat department with the hopes of finding small portions that aren't too expensive.....

Since our shopping safari has only just begun, we will continue our expedition next month.

Stay tuned, folks!