



Reclaiming the self

How older people perceive and experience their ageing

Curator: Dr Peta Cook

Academy Gallery, Tasmanian College of the Arts
University of Tasmania

5 September to 30 October 2016



Connecting to animals



Being challenged



Managing medication



Celebrating the body

Being social



Experiencing ageism



Discovering new interests



Being active

Being sexual



As of 30 June 2012, fourteen percent of the Australian population was over the age of 65 (3.2 million people). Despite these demographic changes, older age continues to be compared with youthfulness and, as a result, is often portrayed as a time of loss involving social isolation, withdrawal, and a body in decline with malfunctioning or deficit physical, mental and emotional resources. This negativity towards ageing may contribute to, or could be at odds with, how older people perceive and experience their ageing process.

This exhibition engages with what ageing means to older people, and how they feel about this process. It features photographs and interview extracts from older people (65 years and over) living independently in the Greater Launceston community. The exhibition and associated research directly confronts the social myths that ageing equates to dependency and institutionalisation by showcasing the beauty, sadness, joy and uncertainty that ageing can present, thus providing crucial insight into the wants and needs of older people.



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