

## **Resource: How to capture and stories on aging within your community**

### **Purpose**

- To highlight positive stories and images related to aging in your community
- To use positive images to increase awareness and understanding of aging across the lifespan
- To recognize the contributions, experience, and wisdom of older adults who are living, working, and contributing to our communities

### **Tips and suggestions**

- Post the life story, accomplishments, or interests of older adults in a newsletter, bulletin board, newspaper, website, etc. You can interview them or have them submit a biography or write up about themselves.
- Host a display at a community event that features the lives, stories, or accomplishments of older adults. You can even select a theme such as 'celebrating accomplishments', 'showcasing your life story', or 'displaying your meaningful activities'. Encourage older adults to bring in:
  - photos
  - personal belongings
  - written stories
  - newspaper articles
  - an item that reflects their life or the theme of the showcase
  - Have the older adult write out a sentence or two describing their item and how it represents them (or you can help them with this). These can then be displayed for people to read and admire.
- Connect with local arts groups, school groups, public libraries, or museums that may be interested in initiating a project related to aging in your community as a way to engage community members in sharing their stories and experiences related to aging in their community