

# THEME 2: ENJOYING FREEDOM

## Nice to meet you, I'm Sonja.

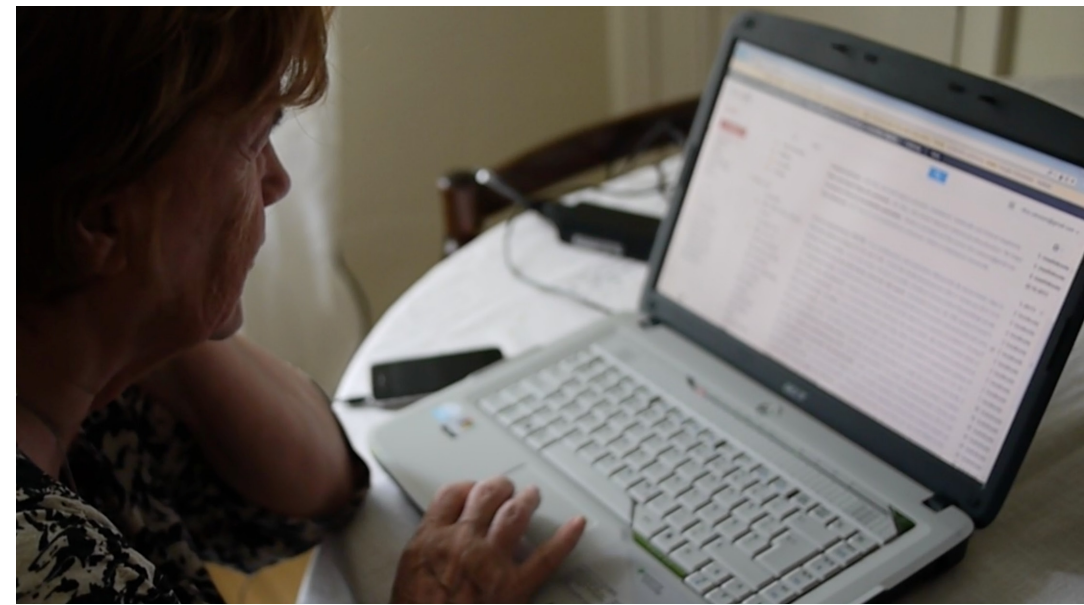
I have been retired for over ten years and I have enjoyed every year of it. I've been lucky to stay healthy and fit. So far, the only real health problem was due to falling on my bike a few years ago. I hurt my knee and it was operated. It's a bit stiff still, but I'm capable of doing anything I wish to and I try to do as much as I can.

I enjoy having my calendar full. I always have a lot of events to look forward to and a good overview of the people I will meet every week. It's important to leave your home every day, so you don't get stuck just having a coffee, watching tv, doing crosswords and not getting any fresh air. I have a theory that people who don't have any hobbies and interests age more quickly.

I play boule with friends and go swimming once a week, take painting classes and organise trips for other elderly people at the local pensioners' club. At times I enjoy being able to sleep as long as I want in the mornings and stay up late in the evening if I feel like it. I don't have to obey the schedules of others. I can manage my own time and decide what I do with it.

I like to stay up to date with what goes on in the world around me. I read all sections of the newspaper every day and follow the news on tv and online to stay tuned in to the world. Things happening around me are also important, I like going to the park theatre, movies and events on the local market square.

**” I mostly send emails and update the newsfeed on our club webpage. And recently I bought two bookshelves at an online auction.**



### DESIGN DRIVERS KEEP THESE IN MIND

#### 1. HELP ARRANGING ACTIVITIES FOR OTHERS

Some seniors act as social hubs by organising events for their network. They can spend considerable amounts of time doing it and are a valuable resource. Helping them coordinate better builds the whole community.

#### 2. DESIGN FOR SENIORS

Many seniors are open for new solutions and technology in their lives. Still, many programs are designed with a younger user in mind. New technology should take into account the specific needs brought by age.

