

THEME 2: ENJOYING FREEDOM

Nice to meet you, I'm Sonja.

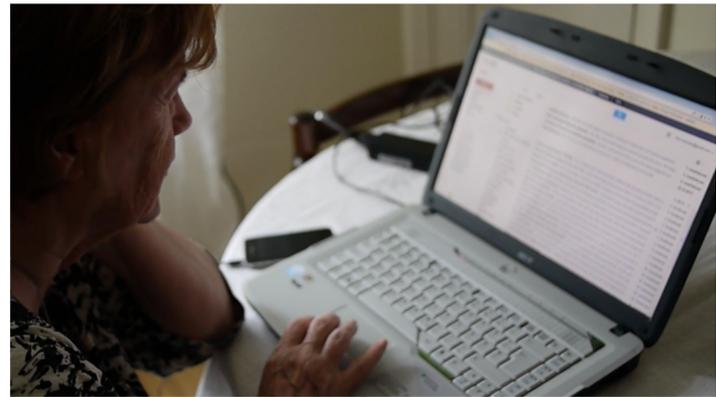
I have been retired for over ten years and I have enjoyed every year of it. I've been lucky to stay healthy and fit. So far, the only real health problem was due to falling on my bike a few years ago. I hurt my knee and it was operated. It's a bit stiff still, but I'm capable of doing anything I wish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

