



LIVE WEBINAR

What it means to age well: Discourses of ageing, loss and grief

Presented by
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Tuesday 30 September, 1pm - 3pm NZST

Experiences of ageing can vary widely. Māori and other collectivist cultures often honour older age, while Westernised societies tend to value youth and productivity, leaving older people less visible. With death largely hidden in Western culture, people often reach later life unprepared for the accumulation of losses. We look at Erik Erikson's eighth stage of development—integrity versus despair—Joan Erikson's ninth stage, which reframes ongoing ageing as a time to meet despair with faith, humility, and possible transcendence, and Lars Tornstam's theory of gerotranscendence. Together, these ideas offer ways to approach later life with acceptance, meaning, and growth.



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Registration: \$85+GST per person, recordings provided

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