



Exploring Spirituality With Older People

(ESWOP)



A Pilot Project

WHAT DID THEY SAY?

“I’m at peace with everybody and with myself and contented with myself, and this gives me a great lift when I think about it.” (Weir)

Preface

With an increasing aging population worldwide, there is a need for greater focus on the spirituality of older people, to better support them and lead them to an enhancement of their inner peace. This pilot research used a qualitative approach (with semi-structured interviews) in exploring spirituality with older people in residential aged care to understand more about the factors related to a sense of personal belief and connection that helped them in their daily lives. The research involved developing a rigorous exploratory process. The twenty-five (25) participants provided information about their rich experiences and their connections in four dimensions: (1) people, (2) creativity, (3) something bigger or higher than themselves and (4) their own inner being.

This small book outlines the project and also provides edited responses of participants gathered by interviewers. It is designed as a record of what participants have said in response to the questions asked. No attempt is made to analyse the responses. They are provided with the simple caveat that this group of participants in aged care homes in a basically rural environment expressed their spirituality in their own terms. They do not necessarily represent all older people. For carers involved in holistic care that includes spirituality, the simple message is that these are some of the things older people may mention. There are undoubtedly other responses available. We hope to capture some of these in the national study that follows.

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Acknowledgements

Ethics approval

Approval for this research (HREC/18/QTDD/37) was granted by Queensland Health Human Ethics Research Committee on 31 May, 2018
Ethics approval was also granted by the University of Southern Queensland Human Ethics Committee (H18REA283P1) on 22 January, 2019.

Governance approval

SSA/18/QTTD/40548 granted on 5 November, 2018

Grant awarded

Toowoomba Hospital Foundation, 9 October, 2018 (Gratefully received.)

The project team

Ms Andrea Nagle, Executive Director, Nursing and Midwifery Services, Darling Downs Hospital and Health Service, Chief Investigator/Researcher

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Ms Ilsa Hampton, CEO, Meaningful Ageing Australia, Researcher

Ms Helen Towler, Director, Nurse Education and Research, Darling Downs Hospital and Health Service, Researcher

Consultants

The project team appreciates the assistance of the following distinguished consultants at various stages of the project, but realize that they may not endorse all matters discussed in the publications:

Professor Richard Fleming, University of Wollongong

Associate Professor Ann Harrington, Flinders University

Associate Professor Rosalie Hudson, Charles Sturt University/University of Melbourne

Dr Bruce Rumbold, La Trobe University

Professor Bruce Stevens, Charles Sturt University

Professor John Swinton, University of Aberdeen

Interviewers

We appreciate the assistance of members of the research team, and healthcare workers: Marjorie Crawford, Helen Burraston, Wanda Richardson, Janine Webster, Paula Barbeler, Claire Harris, Margaret Thorpe and Julie Humphreys.

Director of Nursing at each of the following aged care facilities who liaised with the research team: Wondai, Oakey, Dalby, Warwick, Texas and Toowoomba. In addition, Steve McNamara assisted with general liaison.

We especially thank the 25 anonymous participants without whose involvement the research would not have been possible.

The study and the participants

Exploring Spirituality With Older People (ESWOP) is a research project that has been taking place for some two years. Considerable time was spent on its development so that those of us who are committed to supporting older people can understand more about the kind of things that make up their spirituality.

The project commenced with discussions between Laurie Lepherd from the University of Southern Queensland and Ilsa Hampton, CEO of Meaningful Ageing Australia. We talked through the project's possibilities and commenced with a pilot study in the Darling Downs region. Andrea Nagle, the Executive Director of Nursing and Midwifery in the Darling Downs Hospital and Health Service joined the project as chief investigator. We were delighted that

this research involved close co-operation between universities, the aged care workplaces and industry advocacy.

ConnecTo and Connect – Explore

We saw the Meaningful Ageing *ConnecTo* model as being a very good basis for furthering the development of our project. *ConnecTo* is a screening tool that can be used effectively to understand more about the spirituality of older people when they first engage with aged care.

Fundamental to our approach was that any exploration would be carried out on a conversational, face-to-face basis with older people. This is because spirituality is such a uniquely human phenomenon. We saw it necessary to use human to human connection as the most appropriate way to explore.

The pilot project in its initial stages was developed within the Darling Downs Hospital and Health Service region (DDHHS). We interviewed 25 people and we were able to test the process and questions we had devised. This work was building on the *ConnecTo* model. The new model is called *Connect-Explore*.

The project was partly funded by the Toowoomba Hospital Foundation and was ethically approved by both the Darling Downs Hospital and Health Service region ethics committee and the University of Southern Queensland ethics committee. Ten interviewers were involved, coming from the research team, pastoral or spiritual carers in the region, and other healthcare professionals, mostly nurses. All interviewers were coached on how to approach the conversation and use the guiding questions. The result of all this was that we were able to publish two papers in the *Journal of Religion, Spirituality and Ageing*. This can be accessed either directly online or through a major library.

Contact admin@meaningfulage.org.au for more information.

Spirituality involves connection

In the development of the extended model we examined the principle found in *ConnecTo*, that spirituality involves connection and, in this case, connection with people, creativity, a higher being or something higher, and connection within ourselves. Questions were based around these four dimensions of spirituality. Ultimately, we were trying to recognise that one of the major results of understanding spirituality is to help people gain a greater sense of inner peace, one of the key outcomes of a developed spirituality.

All the Interviews were transcribed and analysed. We were very excited by the responses we received. What was noted markedly however, was that those we interviewed did not always have what might be regarded as a highly developed sense of individual spirituality. It is important for us as spiritual and healthcare workers to realise this. Sometimes we like to think that when we talk with people about their spirituality we will have long and in-depth discussions. That certainly wasn't the case with those we interviewed, who largely were older people coming from rural areas.

The *National Guidelines for Spiritual Care in Aged Care* require that a valid and reliable assessment tool should be developed which can be used to explore spirituality in older people. The *Connect – Explore* model was therefore developed to be a valid assessment instrument. We have prepared a second paper which is currently being considered by a journal which addresses this issue of rigour in detail. Meaningful Ageing Australia’s honorary research consultants have all had input into this project: John Swinton, Ann Harrington, Bruce Stevens, Rosalie Hudson, Bruce Rumbold and Richard Fleming. We are grateful to them. (One other consultant, Richard Egan, became a co-author.)

National scope

It is this model that we will continue to use and develop in our national study. We want to widen our sample beyond a small number of people in a rural community by training more interviewers and interviewing people from across Australia. If your organisation would like to be involved in this, your member rep should contact the Meaningful Ageing Australia’s Project Officer, Brian Holmes. We are very proud of the research so far. We want to continue a high standard in making certain that a wider number of people in our community understand more of what constitutes spirituality amongst our older folk.

Full citation of the articles:

Laurence Lepherd, Cath Rogers, Richard Egan, Helen Towler, Coralie Graham, Andrea Nagle & Ilsa Hampton (2019): Exploring spirituality with older people: (1) rich experiences, *Journal of Religion, Spirituality & Aging*,
<https://doi.org/10.1080/15528030.2019.1651239>

Laurence Lepherd, Cath Rogers, Richard Egan, Helen Towler, Coralie Graham, Andrea Nagle & Ilsa Hampton (2019): Exploring spirituality with older people: (2) A rigorous process, *Journal of Religion, Spirituality & Aging*. (Publication details pending.)



We join spokes together in a wheel,
but it is the centre hole that makes the wagon move.

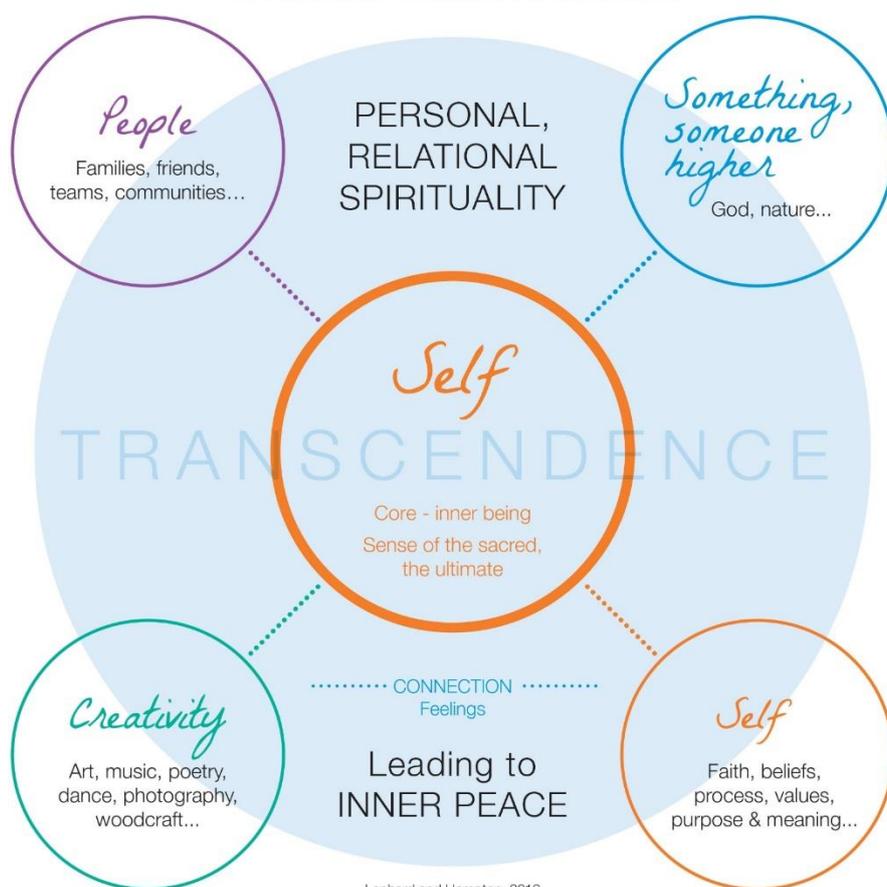
We shape clay into a pot,
but it is the emptiness inside that holds whatever we want.

We hammer wood for a house,
but it is the inner space that makes it liveable.

We work with being,
but non-being is what we use.

Tao Te Ching

Connect-Explore Model



The influence of the publications of Fletcher (2016), Meaningful Ageing Australia (2017) and Lepherd (2015) on the development of this Model is acknowledged.

The questions used in interviews

Connect – Explore process

Interviewer please note:

You may help the participant feel more comfortable in accepting your invitation to participate if you avoid using the term spirituality and simply use the concept of connection with aspects of their life, or how they feel within themselves about ...

Please treat the interview as a conversation. Do not hesitate to follow up any particular line of discussion if the participant would like to move this way.

1 Demographic questions

Name; Year of birth; Ethnicity; Gender; Date of entering the aged care facility, or receiving home package.

2 People

How do you feel within yourself about your connection with people? This may include family, loved ones, friends, carers or helpers, anyone else?

3 Creativity

How do you feel within yourself about your creativity? Creative interest might be art, music, photography; cinema; movies, literature – including books, poetry, plays, woodwork, metalwork, needlecraft, cooking, sport, gardening, anything else?

4 Yourself

How do you feel within yourself about your ... faith, belief, purpose in life, meaning in life, hope, what makes you tick?

5 Something or someone higher than yourself

How do you feel within yourself about your connection with someone, something higher, beyond or bigger than yourself? This might include God, nature, religion, place or space, something else.

6 General

a) How important are these aspects of your life at this specific time of your life? (Specific circumstances need to be stated – aged care facility admission, length of time in residence or length of time receiving home care.)

b) In what way, if at all, do you feel at peace with yourself as the result of your connections?

c) What would you say provides you with the greatest lift in your life, something that takes you higher than your normal, everyday living, something that is sacred or very special to you?

7 Some questions about this process

a) In what ways do you think my exploring aspects of various connections you have in your life have been useful for you?

b) What were the parts of the exploring process that helped you? In what way?

c) What were the parts of the exploring process that did not help you? In what way?

Participants – Name (pseudonyms) and age

Barbara 86	Anne 98	Isabel 88	Marion 90	Ray 80	Alma 75
Billy 70	Wendy 82	Bob 93	Sarah 89	Margaret 85	Beatrice 88
Ken 85	Shirley 84	Moira 88	Dave 95	Paul 75	Jean 90
Mary 77	Mary-Anne 68	Doreen 84	Arthur 65	Stevo 75	Betty 90
Weir 90					

What did they say?

About connection with people

- I get on well with everyone. (Ken)
- Friendly: all those people. (Wendy)
- Oh well, I get on well with people. I don't join in everything because if I don't enjoy the activity I don't want to sit there like a zombie. I get on well with people though. I treat everyone else as I want to be treated myself. I don't interfere with anybody. (Isabel)
- Very important. (Bob)
- Very important, I suppose. (Moir)
- Very (important). (Marion)
- Oh yes, but I don't have many visitors – only two. (Sarah)
- Well, I believe in the holy God, very, very important. I believe in the holy Bible and that says, "Love one another," it doesn't matter how we are treated, we are still supposed to love, and I tried to live up to that. We lost our son, and he was training to be a doctor, and he was well respected. And we lost him. That was a big blow. (Dave)
- I think I get along with people pretty well. I don't go out of my way to make enemies. I found out being a taxi driver once that aggression gets you nowhere. You've got to be cool, calm and collected and most people appreciate you. But it's taken 65 years for me to learn that not everybody is going to love you. (Arthur)
- The person with whom I am most familiar is my eldest daughter. I get on all right, I try to, blend in with the inmates (laughter). Or should I say, the residents. I try to help where I can. (Ray)
- I have a sister-in-law in the local community. But I don't see too much of her. I see more of my niece who lives up in Childers. She comes down to see me, and that's important to me. (Margaret)
- I'm a loner. I grew up in the bush and I'm happy with my own company. So, when I came in here, it was back into civilization sort of thing. It's a bit hard sometimes but I'm getting there. (Paul)
- Yes, I come in regularly for about six weeks, quite a few times. And, I'm pleased to be here. (Alma)
- Well, I get on with all people. I love people to come round. My connection with people? A very good feeling to have. (Betty)
- I'm pretty good with my connection to these people. (Weir)

Carers

- They're just astonishing. I didn't realise before I came here that they would be so willing to do what I consider to be such horrible things so willingly and so gladly. It has made me feel very humble. (Barbara)
- Good. (Billy)
- Oh, good I've never had any hassles with any of them. Sometimes they'll knock on your door to give you something or say something and you can't see them then for

some reason and they will say, “Oh well, I will come back”. That’s just an issue of the job they are undertaking as I see it. ... They all make you feel as if you’re having Christmas every day. (Ken)

- Yes, I get on well with most of the nurses, I think, but I don’t know many of the nurses here. I knew a few on the outside but one poor old lady had a nurse who didn’t look after her and she ended up in hospital and we then went down to see her. We used to do some meals for her. I know the carers don’t do meals. (Mary)
- I have found them very satisfactory. (Ann)
- Vital. (Wendy)
- I think that most of them are very nice. With the occasional ones, you wonder why they are in this job but apart from that the majority of them are very, very good. This is very important to me because that’s why I’m here. (Mary-anne)
- They’re pretty friendly aren’t they. (Moira)
- Oh, I love my family. And, I’m fond of my carers. Very important – and friends as well. (Sarah)
- I only planned to stay here a short time until after the operation. I have a property at Withcott. I bought 32 acres there two years ago, and it turned out to be a great buy. We gave our daughter an acre with a house on it. I’m the only person that I know of, but there might be some here, that is completely living by myself. I have had wonderful help from our daughter she just lives close by, just down the road. I have baked, just simple foods. I have been mainly a farmer. (Dave)
- I get on with the carers that are here. They seem a great bunch of people and there haven’t been any difficulties. Oh, a couple seemed to have a grumpy attitude but that’s part and parcel of life and what they have learned through their lifetime experiences, and what they expect is not what they get when they get here. (Arthur)
- Oh, I get on well the staff. The connections with the other residents, staff and family are very important to me. Since I’ve been here, I’ve lost a few of good mates, and that’s hard. It’s different to what I thought it was in the first place. When I came here, I didn’t want to mix with anyone or listen to anyone. But my listening I was able to help myself, and also to help them. This connection is really important. (Ray)
- Yes, and when you see things on TV about older people being belted up and things like that, and getting the wrong medication - it doesn’t happen here. I’ve seen a lot of publicity about all the problems, but I’ve never seen that happen here. ... The ones who talk, make a joke, are good. (Stevo)
- Pretty good. I have no complaints. (Beatrice)
- The majority of them are particularly good. There’s a couple of people I don’t feel that they realise they are going to be old one day, but most of the people are just so wonderfully caring and considerate. Not all; but then that’s how people are today. (Jean)

Family

- Well I’m absolutely overwhelmed about my family. My family have been beyond all my imagining. They have been so supportive. I’ve been very, very moved. And friends? Oh, they have been wonderful; wonderful. (Barbara)
- Good. (Billy)
- Yes. They are always here if I need something. My daughter visits me every day just

to see how I am - that I am okay, to see if I want anything. (Ken)

- I haven't got many family left but two come and see me – my sister, and cousin. They visit two times a week. Some of the family sometimes take me out to the cemetery and take flowers. That's something that other people don't do. It's awful when you go out there and see the way the graves have so much undergrowth around them because I suppose they have nobody to look after it. They may not have family. (Mary)
- I was thinking that my connection with my two daughters is a reasonable one. (Ann)
- Very close. (Wendy)
- I think it's quite good. Many of them came to my husband's funeral which was on 8 October. (Mary-anne)
- My boys have a farm machinery business and they are very busy; always working. (Moir)
- I hear from them quite a bit. They ring me up. (Doreen)
- Oh, I love my family. And, I'm fond of my carers. Very important – and friends as well. (Sarah)
- The family comes into so many things in my relationships, and I was forced into being here and I have been here now several months. I am just waiting to get out. (Dave)
- Yes, I do have a family. Mum and dad are gone; one of my brothers is gone. They were the closest to me. My other sister was close, but she lives in Cairns. The rest of the family I don't have much to do with them. I think it's something that everybody experiences. You grow up as a family but once mum and dad go, or you go out into the world yourself, you head in different directions. (Arthur)
- Ah, my family lives a fair way away, and can't come down. I just have local people come and see me. (Paul)
- Well it's not a very good set up for me here at the moment because I've just gone through a separation from my wife, my second wife actually. Anyway, it happens. Oh yes, it has been painful for me. It doesn't happen to everybody, but when it happens to you, you feel as though you're the only person in the world that it has happened to. It's just not good. ... My son lives not too far away, with his wife and family, so it's not as if I've been cut off from contact. They don't always stop very long because they've got the odd match that they go to, but I accept that. The kids, they're on the iPad when they're here. (Stevo)
- I love children. That's wonderful and do you feel the same connection with your own family? Oh yes, I live with my daughter and she is my carer and she has my grandchildren and they look after me. They are lovely. They are seven and eight. I feel good about my relationship with them all. (Alma)
- Pretty good here. It was my birthday and my son Ray? I miss him. It was lovely.
- I have no complaints. He visits when he can. I will miss him because he is going up the Coast. But, he is here now. He works for a firm of builders in a town not too far away from here. And he's going away to where his son and daughter-in-law live, and I will miss him. (Beatrice)
- First of all, my family most important to me. All of them. My daughters, grandchildren and great-grandchildren. Everyone is very important. I have two with a

disability and they are extra important to me. (Jean)

Friends and loved ones

- Good. (Billy)
- I value friendships but I'm wary of some. You soon find out if somebody wants to twist things. In a way, it has been difficult to maintain friendships since I have been here. I had a lot of friends in Toowoomba and I used to see them two or three times a week. But now I only see them once a month. (Ken)
- I still get phone calls from a friend I started working with. She was 15 and I was 14. So that's a long time – that's 64 years. And then there's another lady, she is in another home and she rings me every week. Our friendship started 15 years ago but she still rings every week to see how I am. I've had a lot of jobs, one of them was at the TAFE College and I was there for nine years. I got married when I was working at the TAFE. I stopped working to have a family for 5 years then restarted and went back to TAFE again, and that's where I finished up because the arthritis got me then. I couldn't do the work. (Mary)
- A lot of them are family. I have outlived most friends. (Ann)
- My friends are good friends. (Wendy)
- I feel the same way about those who came to my husband's funeral. I have a photo up there of the young ones, there were six of them. I was standing in the middle of them all crumpled up. And when they put their arms around me about five minutes later, I was standing up straight. I wasn't smiling but I was standing up straight. I felt far better at my husband's funeral than I did at my father's. They were there too, and they have been helping me both before and after. My connection with them is pretty good. (Mary-anne)
- Yeah, quite important. I have a few in here. We have conversations. (Doreen)
- Oh, I love my family. And, I'm fond of my carers. Very important – and friends as well. (Sarah)
- Well, I don't have that many friends because I'm sort of a guy in the outer and making friends is something that is not easy for me. I think that because I'm a kind of shy and relaxed sort of person and stand back and not make any forward motion to make friends, if that makes sense. (Arthur)
- I enjoy some good friendships, but I'm still quite happy to be by myself. I am happy to get visitors but I am just as happy to be by myself. (Paul)
- I haven't got any friends at all really. There are some people here, but they are not always thinking as they should do. But then that's part of their problem that they have when they are here. I don't see it as a problem for me, it is their problem. (Stevo)
- It's very important - thinking of all the people in my life, my friends, family, and I have a lot of friends. I would say that my connection with them is very significant. (Betty)
- Yes, I've connected with all family since I've been out here – all the time (from Ireland). But as I said they've all gone now; there is no one except my sister at home in Ireland now. If I went back home to Ireland I wouldn't know anyone. (Weir)

Other life

- Oh, I have cats at home. At one stage I had two Siamese, two Burmese, a blue Persian, and two white coats, all at once. All of those cats talk a lot and make a lot of noise. I have a strong connection with them. I also had dogs. And I miss those. We had dogs when I was at home with the pony. We had a spaniel called Mr Chips. Chippy. They were lovely. And they got on well with the cats too. It's very hard to be away from the animals they are so very much of your life. I talk to the birds outside. The magpies are beautiful. They have a beautiful call. (Margaret)

Other people

- I have made friends here but not sort of intimate friends – just chatting. (Ken)
- It all depends who people are of course. I've only got seven in the family now, that includes the sister and cousin, the cousin came out from Ireland in the 60s, and mum and dad were alive then of course. He does gardening and sends me all these lovely flowers. I've been keeping the heads of the sunflowers for the girls - for the seeds. (Mary)
- Other people are important to me because I don't have a big family, and I have come into a nursing home earlier than I thought I would. (Ann)
- Other people are very important to me. (Wendy)
- Other people are very important to me. If I'm ill and staying in intensive care the only reason I have survived so many times is because of the visitors, doesn't matter who they are. There are five of them. (Mary-anne)
- Other people are a big thing. It's huge. (Doreen)
- I'm just friendly with everybody. (Sarah)
- Oh, yes, if I want to escape from people I can go down into the garden. (Paul)
- So, I suppose that it's really that I get some sort of comfort from the people here. Yes. But I don't sort of depend on them. There's sort of something wrong but what it is exactly I couldn't tell you. (Stevo)
- Oh, they are very important because that's my life, you know. (Alma)
- I know a couple of them downstairs, Jill and Jackie. They're mostly older men upstairs so we go downstairs and meet. (Beatrice)
- Well there's the fellowship with all of the people; and, friends to visit. With cooking I'd go to their homes. I love dancing. I love table tennis and was good at that. Other people are so important to me. Someone who will get me a drink of water and things like that because I can't carry myself now; people who will hang my clothes up after a shower because I can't do that. I can wash them and put them in the washing machine, but I can't hang them out. My hands don't work anymore. People who care enough to help me by posting a letter or getting a card for me. A lot of people have done simple things like that that I would have once done for others, but I especially appreciate when somebody will take me somewhere that I need to go - to the doctor, to the optometrist, to my people I need to go to; people who come to me and to see me. I don't know what else I can tell you. (Jean)

About connection with creativity

- Well, of course, cooking is the obvious one with me. I love beauty. When I was young I was very interested in art – I had art lessons and I loved painting in water colours. Art is something that I have always been interested in; all forms of visual art really. One thing I say is I prefer art that reflects beauty, rather than in modern days where art depicts horrible things in order to make us reject them. I would rather reflect on and visualise the beautiful things. (Barbara)
- Yes, I read all the paper, and cowboy books. I just pick up the paper and read for something to do. (Billy)
- Art? Not much. Music? I like music. Photography, cinema movies? I am not interested in any of that. (Wendy)
- I'm not a participant, mostly because of circumstances. I live 30 miles out of town. (Shirley)
- Well, I've always been a person interested in music; very much. I like the better things in life. (Bob)
- As I said, I'm a quiet person and I am quite happy to sit down at the computer and play games. Movies? I am happy to watch them, but I don't go out of my way to see them. (Arthur)
- No, I'm sort of a loner. I used to knit and read but I am unavailable for that now. My arms are too sore. I miss the use of my arms a lot because I used to play bowls. Oh, and I miss this as well - the outings and meeting people, and so forth. Yes. (Alma)
- I did once a long time ago now. I like cooking, I like sport. I play table tennis and we loved dancing. (Jean)
- I love doing lots of things - knitting and cooking, and writing letters. I write a lot of letters. Well, it's very important to me. I feel good doing it. (Betty)
- Well I haven't been into any of those things very much, but I like it, kind of thing, you know. (Weir)

Art

- Yes, yes. And I think creating a garden is an art. My friend and I also did ceramic painting which was wonderful; wonderful therapy. My friend asked to do it with me, particularly after I lost my husband and it was a marvellous tonic for me to go to her place, to sit down and do some wonderful painting. It has been absolutely marvellous. I think it has a place in life, creating, creating particularly beautiful things. (Barbara)
- I studied art for many years and I always said I had great potential. But then I found a teacher who didn't say I had great potential, but he said I was doing great stuff right now. So, I started to produce stuff but then I lost the sight in my eye so that stopped that, but it didn't stop my interest in colour. (Mary-anne)
- Art? I've never really learnt how to appreciate art. I remember reading once that somewhere in Europe they killed a pig and hung it up in a glass case. That was classified as art and colour. And I asked myself, is that art? (Arthur)

Movies and photography

- My husband was a photographer and what happened was that we used to look at the same tree and I saw it from the viewpoint of an artist, and he saw it from the

point of view of the photographer. We saw it from completely different aspects, even though we were looking at the same tree. This is why I think our marriage was so successful – it lasted for 34 years and two weeks.

- I love some old movies. “You’re in my way”, oh, that’s a long time ago. And then there was Bing Crosby. I liked movies. I’d see them all the time. When there were war movies... And even if there are some of the old movies on television today, I watch them ... and there were some lovely stars, Frank Sinatra... It’s the same with songs, you know, and there were some lovely songs. Nobody sings nice song today. I don’t even know the meaning of some of the words. (Weir)

Cooking

- I cook spuds, onions, pumpkin and potatoes. Well I bached for years so you had to get along. If you lived 70 miles from town you couldn’t just hop in the car and go out to dinner, could you? (Billy)
- I don’t miss cooking but I did cook a roast every Sunday for my husband, but I just got sick of roasts! I used to do some stews when my husband finished work in an afternoon. I used to do steak in kidneys soups, and those sorts of things. We had a big German shepherd and he used to eat all the left-overs. So, feeding the dog and the husband was killing two birds with one stone! (Mary)
- I did all the tuck shops and meals on wheels. (Isabel)
- Yes, I’ve always liked cooking. I used to make scones, and more scones! (Doreen)
- Cooking? I was a chef in the army. I don’t mind cooking, but I never really got to learn how to appreciate it. Like, I’m a basic cook. I could cook you up a meal, but being a chef is a different story. It’s basic but you have to be creative to create the dishes because sometimes with rations you had to work your way around and be creative to make it work. (Arthur)
- Yes, well I used to do a lot of cooking. I went to a place where I helped the person in a number of ways and also in the dining room. The cook left and she said, “Well, you do the cooking”. The person there helped me understand a lot more about cooking. I had a guest house near Queens Park, and I used to do all the cooking there. (Weir)

Garden

- Oh, I just potted around the house and did a little bit of gardening. I like gardening because you see the flowers that grow. I didn’t know much about gardening. I used to have a lot of flowers in the garden but I never planted a flower. I used to get the packet, sow them at a certain time, that’s what you did. It connected me with nature. I like gardening but I couldn’t do it now. I used to do my own lawn but now I couldn’t do it. I couldn’t start the mower anyway! (Weir)

Literature

- Poetry? Very, very strong. That’s my forte. (Wendy)
- Well, I went to university in Year One, I studied English B, which was split up into linguistic science and expression and communication. So, I did a double major in English B and linguistic science. I found it very fascinating and saw a new way of looking at things. Very exciting. (Mary-anne)

- I love to read. I am a great reader. (Isabel)
- I love reading, but I can't read any more because I can't see. (Moira)
- I read a lot. I did always read, and I still do as much as I can. (Marion)
- No, I never really got into reading. It sends me to sleep. (Arthur)
- I used to like reading murder cases. I didn't have any time for the other ones. I used to read a lot of books that are about court cases. I think it was about seeing how things were, that kind of thing. (Weir)

Music

- I love music, but I can't play anything. These two boxes here are full of tapes. (Mary)
- Well, I'm into choirs at the moment. I've been in choirs since I was two. My mother was a musician, and my husband was a musician. I have been involved with music therapy in a place here in town for 32 years. I'm involved with some people here in this facility so that took the place of the one that I was in. My husband has a syndrome that stopped him from playing any more. (Mary-anne)
- Oh, I love music. I taught piano, but I'm not a good player. I love the worthwhile things in life. You know that some people spend all day watching this cricket between India and Australia, whereas five minutes of it is enough for me and I think to myself what am I going to gain? You know, I like talking about new breeds of cattle, and what people have done in that field of livestock. And of course, we are in the middle of this terrible drought... (Dave)
- Oh, I love music, oh yeah, I love music! I love dancing, I danced all the time – from evening to 3 o'clock in the morning in them days. Old time dancing. And I still like the old songs for my day. And I still sing them to myself. What songs do I sing? "Oh you can't be true dear, there's nothing more to say. I trusted you dear, hoping we'd find a way". It's a lovely dance tune. And other ones are great too. I'm not dancing now. I couldn't get up now I don't think. Oh, and I like a little bit of opera, and musicals too. (Weir)

Sport

- Cricket. Tennis. Socially, not test match or anything like that. I had a good batting average at one stage. I played for a country club, and a few other places. Mitchell ... My batting average was 316 at one stage - which wasn't too bad. (Billy)
- Oh yes, I miss playing golf, the comradeship matches the actual playing. I used to love it. (Ken)
- I played everything but golf. I loved swimming and when I was down at school, there were the only schools that had their own baths and I learned to swim there. I also played basketball and netball. These were called five-a-side and seven-a-side. We also played vigoro at school, and softball. I didn't play much tennis, but we used to have a hit in the backyard. All the kids used to come over on the weekends and play shuttlecock. We used to have fun like that. I used to play table tennis, but I had to give it away when my legs got bad. I was always told to move my legs otherwise I would lose them. But I lost them anyway. My doctor at the time said table tennis is great physically and great mentally. You've got to keep your mind on the ball and move your body with it. He said never give up playing if you don't have to. But of course, I had to. There's been three of our table tennis players who have died in the

last week. It's just a social club of a Thursday. You meet some awful people in the clubs, but you meet some nice ones as well. Some of them would comment on what you were doing and then they would argue and argue. (Mary)

- My real interest was in sport – I did most sport. Tennis, hockey and netball – I did all those three. (Ann)
- Well, I used to play a lot of sport, basketball ... Well I was in the Queensland team. And I used to love dancing, but I never did any more dancing after I met my husband. He was not a good dancer. Well, if they have all asked me to go dancing, I say, "I can't", and they say, "But you're real good at it"! They have bowling, and catching the ball and that. I participate in it and enjoy it. But it's not only me; there's quite a few here like that. (Beatrice)

Woodwork? Metalwork, Needlework?

- Forget it! (Billy)
- Well, when I was growing up I loved sewing. I wasn't in a group of needle craft or anything like that. When I came up here to this new place, I found I can do it if I invented my own stitches and invented my own things. (Mary-anne)
- Well, back in the 1980s I had a house that needed renovating so over a 14 year period I went from one end of the house to the other and made it all new again. I enjoyed that. It was good. I felt that I achieved something. (Stevo)

About connection with yourself

- I have a strong faith. (Billy)
- Oh, no, I don't have a strong faith, but you gotta have faith in something I suppose. I am not strong in a religious sense. I used to go Sunday School because I was made to go. Most of us were in that position. I am satisfied with my beliefs. (Ken)
- I'm not all that religious, but I do believe. We used to go to church years ago, but I haven't been for a long time now – only weddings or funerals. I think to myself, "but you don't have to be in church to say prayers, you can say them at home, can't you?". (Mary)
- I am a Protestant. My belief is Christianity. My purpose in life, at 98 years - I haven't many friends; I await my future. My aim is to be the best that I can be myself. My hope is that the world will be a better place for my family ... that the world becomes a better place. (Ann)
- My beliefs are sufficient. (Wendy)
- Well, I have my beliefs and they are pretty well kept up to what's been happening recently. (Mary-anne)
- My purpose in life was to help other people that didn't have the qualifications that I've got. Well I am a Christian and it's important that I have love in my life and that I follow my God for guidance. (Bob)
- Well, I am a Christian, and I go to church, but I can't see where heaven is. Where is it? We seem to be able to find everything else, but we can't find heaven. I can't believe that there is a heaven really. (Moir)
- Faith – well I guess I'll find out that when I'm dead, but there's got to be something. It's too great to be just a mistake, or trial and error. I think that would cover it wouldn't it? (Arthur)

- I didn't have much faith, I didn't actually belong to anybody. I don't know what it was but religion didn't do very much for me. (Weir)

Hope

- As in, for myself? Oh well, I'm not all afraid of going. That doesn't worry me at all. The actual going, the passing may be a little traumatic. The actual fact that I am about to leave this world doesn't worry me, I'm not afraid. (Barbara)
- Well put it this way, I'm in good hands. I've got my own house, my own car – I have everything I want. And good friends. (Billy)
- Well I hope to be out of here one day, I always did, but everything seems to set me back. I was just getting along good and I fell out of bed. That set me back from walking although I had been walking to the door, on the frame of course. ... Well, I hope to meet Him one day. (Mary)
- Hope? I don't know. (Wendy)
- I think it's important. (Shirley)
- Well, I've been a farmer and I bought this place at Highfields and built a big shed. I have been a collector and I want to have a clearing sale and to get that place cleaned up. I'd also like to visit my great-grandchildren. I have four great-grandchildren and they are beautiful kids. (Dave)
- Just to be safe and be happy. I have no problems. This place offers a bed, a roof, three meals a day, and people look after you. And 24/7 medical. For a person with one leg that's more than enough, plus the government-health system. (Arthur)
- I think you need some hope don't you; don't you? I feel at ease with my purpose in life. You hope that you left something behind that was good, that I was good and kind and they learned something from me. Every day. You need hope. And, I think your spirit lives when you are gone. Well, people will remember you. (Weir)

Purpose and meaning

- This is one of the reasons I was upset about having this illness and not being able to be treated. Because of this I feel I lost my purpose in life. I haven't gone into analysing thoughts. I haven't thought much about this during my life. I've always rushed into things. I have always been a person who has been busy. I like doing more than thinking. I probably rush in without thought to many things. ... Meaning in my life has always been important. When I was brought up, I had to be good, I had to be truthful, as per Jesus' teaching. I had to be kind. My father used to say, "If you can't say something good about something, don't say anything". I have tried, not always successfully, at working to be a good citizen – a good person, and a family person; and bring up a family that were loving and kind, and good citizens. (Barbara)
- What's important for me in my life? Tomorrow. (Billy)
- I'm very satisfied in the way I brought my family up. They've been brought up on the right path; and the three children have been great. I will just take every day as it comes. (Ken)
- I don't have a purpose now. (Mary)
- What is my purpose in life? I don't know how to answer that. (Wendy)
- I'm wondering why I am still here. I'm feeling really unwell. (Shirley)
- I don't know what my purpose is in life. I've had a great deal of sickness in my life. I

- must be going somewhere; things keep happening. (Mary-anne)
- Well, with my purpose in life, I don't know that I've got one now - being in here. I like helping people. (Moirra)
- Well, I've had a good life. I've brought my family up. I've done the right thing, I think. (Doreen)
- Well, family. Well, I know by their actions (family) that they love me, and I love them, and they give me purpose that way. (Dave)
- Purpose and meaning in life – I'm still looking for it. (Arthur)
- It hasn't been important I just go along with it. (Stevo)
- I don't know. I just want to be... I don't know. I'm not... (Alma)
- I'm very happy about them all. I've got a purpose in life; cooking and having family. It's all a purpose in my life. (Betty)
- You've got to remember the past to go on with the future. I would like to be treated by others the way I would treat them. That's very important. (Weir)

Within yourself

- No. I just say thank you God for every day, and I hope to see you again tomorrow! What is important to me is not so much my own well-being but all my family. My wife died and it just happens like that... Three months. (Ken)
- I don't think about things like that. (Mary)
- Maintaining my mental capacity and interest in the world around me, and do I still do that at 98 years of age? Well, I hope so! (Ann)
- I have inner strength. For example, I'm writing a new book at the moment. I've written five already. Three of them have been in the last four years. When I lost my eye, I only had ¼ vision and was left quite blind. I started taking drops and about six months later I found I could start writing again. My mother found a pair of glasses in a catalogue – she didn't know which catalogue, which helped me to be able to read again and I was able start writing again. (Mary-anne)
- Well I just don't want to have a fall while I'm here. It'll keep me here longer. When the 'doc' comes I'm, right, I'm ready to go. (Isabel)
- Well, I'm 90 years old. There is nothing much left to hang onto, or, I want here. (Marion)
- I'm very happy. I'm there for my nephew and I live in hope. I am happy within myself, but I really miss my family here in Australia. (Sarah)
- I try to treat everyone equal. I'm not a religious man. I am always frightened that if I went to church the roof is going to fall on me. (Ray)
- I just take each day at a time; hopefully, I'm here for the next one. (Margaret)
- I don't have a connection with my inner being, not even in my quiet times. No, no. (Paul)
- I'm getting older and I'm lucky to be here. It doesn't worry me that I'm getting old because I got somebody to look after me. If I was at home, I could be lying on the floor and nobody would know. It has happened to others years ago. (Beatrice)
- Well my purpose in life is get along without any arguments and do what I think is best. (Betty)

About connection with something, someone higher

Future

- See what tomorrow brings. ... While I'm here, I'm keeping you employed, aren't I? (Billy)
- Well I hope to be out of here one day, I always did, but everything seems to set me back. (Mary)

God

- God is a very hard concept for me, always has been, because, to have created this world, how can we imagine a world, so, so huge and immense; so wonderful. How can we visualize something we are only part of? (Barbara)
- [\(Do you believe in God?\)](#) I don't like questions like that. (Billy)
- Well, I hope to meet Him one day. (Mary)
- I feel that I have a connection with God. It is the simplicity I've been talking about. That means that there is a force beyond our understanding. Also, coincidences happen. According to a great psychologist, they are not just coincidences that happened, there is a force out there somewhere behind them. Now, he didn't believe in God. He believed in a force somewhere out there. (Mary-anne)
- I'll say it was God. And you know I had that fellow in the other day ... He was with that religious lot that go around, and he's always been very nice, and he talked about all the troubles in the world and he said, "You think God rules the world? You're wrong it's the devil". Well, that's his idea of it all, but I am still a God person. We grew up Catholics and we've always been that way. (Marion)
- I believe in God – very much so. (Sarah)
- Basically, if there is a God you'll find out when you're dead. (Arthur)
- I have questions in my mind about things, but I just go along with the flow. I am just not strong enough, I suppose... To stand up for myself and be counted for my beliefs. (Stevo)
- Without a doubt. I believe in my God. (Jean)

Nature

- The bush holds a special place in my heart more than the city. (Billy)
- Oh, I love nature and all the birds, animals and things like that. We often used to walk around in a nature area, it's lovely out there we used to go to a lot of places, for example, down to Currumbin to see the birds. And we grow sunflowers at home – still beautiful ones. (Mary)
- Oh, I'm very interested in nature – the beauty of it. Religion? Not as it is presented in churches. (Ann)
- Nature is very clever. (Wendy)
- Well I like nature and it should be part of our lives. (Doreen)
- But there's got to be something because the trees, the birds, the animals, it's just too much to be sheer coincidence. There's gotta be something, whatever that is. One day I might find out, but then I might never find out. (Arthur)
- Well I travelled with my a wife and six kids with farm work. I missed the open air.

(Ray)

- I've worked on the land growing grain and with cattle and it's just my second nature. Mum and dad were both off the land. And so, was it a strong connection with being ... there was an old gentleman who used to rake the leaves down in the Memorial Garden and he moved away. The Recreation officer took over and asked me if I would water the garden. Nature is good. I'm not just sitting around doing nothing, I'm outside every couple of days watering. It's the birds and the plants and all of those things. It's got that way now that every time I water the garden a frill neck lizard comes round and follows me around and drinks from a puddle of water. That feels good. (Paul)
- Not really. When I look out at the trees, flowers and birds and things, I appreciate them but they are not important to me. (Stevo)
- Yes, I do like nature. I don't like the air-conditioning. (Beatrice)
- I believe so much in nature. I love my garden. I can't do it, my gardening, anymore which I once did, and did it well and had a real knowledge about what I was doing. I've always been interested in plants and have been grateful that I had quality flowers and plants. I still love this, even though I am old. I love to read about plants and how they evolve. Love animals, and I love, I just particularly love good people. (Jean)
- No, not really. We never had a car. But I did get involved in the garden. Until then I never did anything in the garden, never had a shovel or a spade. (Weir)

Place

- Where I would like to be is in a paper shop and buy a casket ticket! I won something once. (Billy)
- It doesn't bother me where I am I just take it as it comes. (Ken)
- No there isn't here particularly, but there is in nature great beauty around us. (Ann)
- This room is my special place at the moment. I suppose I'll be here for a while. (Moir)
- Just here in my room, looking out my window is where I like to be. That's marvellous, that. It does wonders for me. The birds ... they're beautiful. (Sarah)
- Well, my home is quite a good home, it needs a bit of cleaning up and painting, but I sort of feel, a day at a time. (Dave)
- There's probably not a special place I would like to be. I'm still searching for it, but I haven't found it. But I don't know what I'm searching for. Probably some people do have a special place. It's properly a place that has a lot of memories for them. I don't think I've got any memories that make such a place for me. (Arthur)

Religion

- Religion? No! (Billy)
- I believe in God as I mentioned, but I wouldn't argue with anybody about religion. I always say, "You've got your religion and I've got mine". (Mary)
- I respect people's belief in the churches but I find it hard to accept. (Ann)
- Well, I go to church, I was able to do it last week. It is a lovely church, and there's lots of kids there... Hundreds of kids (laughing). Some churches you don't see any children. It's good when you have heaps of families of children. (Moir)

- I belong to the Seventh Day Adventist religion so Saturday to me is a holy day. I believe that this terrible flood in North Queensland might be one of the signs of the times, and wickedness is increasing in our society today. Some of the things now we didn't ever hear about a few years ago. I don't believe this world is going to last, so at my time of life, what is there to look forward to? (Dave)
- When we were kids, our parents always made us go to Sunday school and church until my father was on a church committee, and they had a meeting, and this other fellow old Keith who had plenty of money and everything and he didn't leave the church any money and dad was very upset about that and he never went to that church again. And when dad died, they wouldn't bury him. And he was friends with the old catholic priest and he said that they would not bury old Bert – it was the same when mum died. The church of England buried her. I've never had much to do with religion since. (Ray)
- I have in the past had a spiritual backing with singing in a church choir, and teaching in Sunday school – little bits and pieces like that. No after my wife and I separated, I stopped going. (Stevo)
- Well I'm just a person who prefers not to talk about religion but I know how I feel in myself. (Alma)
- Yeah, we only go to church over there with someone. Oh, that's you! (Beatrice – recognizing the interviewer who was a pastoral carer.)
- I always went to church. I was a Presbyterian person and a great number of my really special friends were Catholic people. I just felt that we cared for each other. I know when I get into trouble. I can say a prayer and hope I will be calm enough and that I can make good decisions - how to get out of a troubling times. I know there have been a number of times that I have been in real trouble and because I could keep calm and be patient, I had the faith to manage on my own that I could stay calm enough, that I could to be able to make good decisions and able to get up again. (Jean)
- I'm very staunch with my religion. It is important to me and always has been. I feel good when I go to church. It's very important. (Betty)

About your lift, transcendence

- Today is another new day which I hope to use usefully. (Ann)
- I would say it's my operant conditioning. I studied this in Western Australia. I have used that with me and Andrew ever since. I have found this has helped, and when I applied it to dieting, it was helpful in my reward system. I would work out these rewards after I reached my goal. I found that these rewards I gave myself for my dieting helped a lot. (Mary-anne)
- I know that my God is with me. (Bob)
- The company. They are all nice people here, you have to admit that. They are not just any old people. (Doreen)
- Family first, then visitors. (Marion)
- What is sacred or very special to me? I don't know. ... Everything! (Sarah)

- Well, seeing people. And we had a couple of young ministers in the church that they needed a car, so I gave them a car. Yeah, that gave me a lift; it's more blessed to give than to receive. (Dave)
- I feel that the world is in the circle, and I am in the outside it. Sometimes I get into that circle, and shortly after I get thrown out again. And then I can get into it again. It gives me a lift to be in the circle. And I learnt in taxi driving that everybody is in a different circle and you don't realise how different people are until you get into a job where you see the world in the sense of the good, the bad and the ugly. (Arthur)
- Yes. When I first came here I hated myself being here. And I hated my bloody daughter for putting me in here. But when I sat down and thought about, she done the right thing. I wasn't able to sort it out for myself. I get a lift when I see my family here but it's not very often now. When I first came here they were all around me, but not so much now. I have a daughter that lives in Townsville, a son in Bundaberg and a daughter in Toowoomba. And another daughter who was closest to me, but now she is in Tassie. (Ray)
- What gives me a lift here? Oh, I go for a walk, around the block sort of thing. I'm able to get outside. I don't know, is just birds and everything like that. It's nature. (Margaret)
- It's good. I'm not just sitting around doing nothing, I'm outside every couple of days watering. It's the birds and the plants and all of those things. It's got that way now that every time I water the garden a frill neck lizard comes round and follows me around and drinks from a puddle of water. That feels good. It gives me a lift. Some of the others residents come out and says "where's your friend?" (the lizard) and he has a drink. (Paul)
- Someone who expresses their appreciation for something I've done; and someone doings things without the thought of being appreciated. If it doesn't happen it doesn't happen. (Stevo)
- Well the way it is now I just go out to morning tea somewhere. I've asked my daughter to start-up another coffee club and once a week we get to have a cup of coffee or lunch. We meet people that we have never met before. It's lovely. (Alma)
- I'd like to go into the garden but I can't do it safely as I've had a number of falls. One was in the garden and it was difficult to get inside on my own, (sigh) so I know I can't go out into the garden without somebody to help me. I love it when people care enough to have enough time, just a quarter of an hour, to take me out and let me enjoy a breath of fresh air. I love to be where the sun is warm on my skin and the fresh clean air. (Jean)
- My wedding, I'd say. Sixty-two years ago. So that takes me to feel that all my life I have done the right thing and I am peace with everything. (Betty)
- I'm at peace with everybody and with myself and contented with myself and this gives me a great lift when I think about it. (Weir)

About your inner peace

- I do feel at peace, at rest. I did feel at peaceful state, when I was actually in hospital in Toowoomba, because the doctor there, I talked with her, and I found a kindred spirit. She was easy to talk to and I found it easy to talk with her about many death

things. And I have found the medical profession in general to be absolutely wonderful, and she in particular, and all of the nurses who looked after me. I was particularly impressed in Toowoomba of a whole lot of little, young Asian girls there who looked so sweet, young and innocent, doing this very intimate work with me, and it didn't worry them. They were not embarrassed, and I didn't feel in any way offended. I was absolutely astonished, particularly by these young girls. (Barbara)

- Well, I thought I'd never end up in a place like this. I thought I'd die underneath a tree. (Billy)
- Well I look forward to having my scotch of the night! Every morning when I wake up and say, "Thank you God for today". I always try to look on the bright side. I just don't like people who look on the dull side of things. I don't associate with those sorts of people. (Ken)
- Sometimes I don't feel at peace with myself. It's been awful with a couple of people fighting all the time. I'm not frightened for myself, but I am frightened they might hurt one another. Sometimes they call each other names. Another lady came up to me and said quietly, "If I am annoying you and talking a lot, you tell the nurse and she will come and tell me to quieten down!". (Mary)
- I do feel peace when I come to a decision, and it's quite pleasant. It's important. When you grow older is it more important, less important or it doesn't matter. When I first came to this home it was important. (Ann)
- Because it's very important to go to your heavenly home. (Wendy)
- You've got to have peace of mind in your life otherwise you will always be in turmoil or always upset. (Shirley)
- Well, I've been having psychotherapy for the last six years, and this has helped me a great deal. I had psychotherapy before which also helped me. I think it depends a lot on your psychotherapist. One thing he suggested was that I should read some books on depression because I was a depressant. I read some specific books, and this delayed my active depression. (Mary-anne)
- I have been very happy. Sometimes I just get down on myself. I am sick of me. I just to get down on myself. I guess a lot of people feel like that. (Isabel)
- Yes, I have peace of mind. I don't feel that I've got any animosity towards anybody. My walk with God has been very real to me. Very real. And I hope I portray that to other people. (Bob)
- I think I'm quite at peace really. (Moir)
- Well I'm quite at peace with myself while I'm here. (Doreen)
- Well there's nothing I can do about it if I'm not at peace. (Marion)
- Yeah, yeah (emphatically), I do feel at peace. (Dave)
- Yeah, yeah. I have a peace of mind when I am here.
- I don't know I would just say that it is peaceful. (Alma)
- Deary me yes, I do. I can say, "Thank you" for when I've had some problems and got through them. Sometimes I think at night; I think of the people who have helped me the mailman (*better access to letterbox*) has been kind, and a neighbour who's been caring, a phone call that's been supportive. And I say, "thank you" for each one of those, and I ask for people's safety, people travelling, people in floods, people I know who are having troubled times in their family, illness, and troubles with other

people. I care about them all and I can say, “thank you” when I know there’s been help for those that I’ve asked for support to be given to them. (Jean)

- Well, I’ve always tried to do the right thing all my life, and I hope I have done the best I could anyway. This does give me peace of mind at this stage of my life. Yes, it has. I feel at peace with myself. (Betty)
- Oh, yes I feel at peace with myself, I’m happy with myself. I like peace with everybody and I’m at peace with many; I don’t think I’ve done nothing wrong with them. Those who have done wrong to me I just had to say let it go but for me this is hard. (Weir)

About the importance of your spirituality

- I try to make the most of whatever a situation it is. The staff do a good job of looking after patients here. (Ken)
- Some people want me to go down into the library and to meet people to make friends. You can’t make friends because half of them you can’t hold a conversation with. I gave it away I couldn’t stand it. I never feel lonely because I’m always reading. (Mary)
- I think spirituality is important for anybody at any stage of life. They should start young, work and this will help them later on. (Shirley)
- It’s very important. Just at the moment I’ve been living hand to mouth because my diet requires that I have extra supplements and I hadn’t worked out yet any way of getting reserve. I haven’t had reserve for a long time. (Mary-anne)
- Well I believe that I was really guided here by my God, I knew in my life that I was getting older and not coping very well, and that’s the reason I came to this facility, and, as soon as I stepped in that front door, I knew I was in the right place. And now I’ve been here just on six months and I feel at home. (Bob)
- Oh, I think so. As I say, I pray hard. (Sarah)
- Probably the fact that when you are young you don’t realise that one day you will grow old and you can’t do as much as you used to be able to do, and then one day, that’s it. Whether there is a God, or hereafter comes down to what you believe in. As I’ve said, whether there is a God has to be questionable, but there has to be something higher influence doing all the creating that’s around it. Does that make sense? (Arthur)
- Ah well I don’t know, talking about these things is all that’s keeping me alive. (Alma)
- I’m quite happy with everything that I’ve done and am doing. (Betty)

