

Suggested Script for Radio/TV interviews:

We All Become Stories:

The Experience of Aging and Memory

By Ann Elizabeth Carson

Illustrations by Jennifer Kenneally

Blue Denim Press, 2013. \$22.00



Website: www.anncarson.com/stories

Available on Amazon.ca September 2013 in print and as an eBook.

Soundbite: In her new book **We All Become Stories** Ann Elizabeth Carson captures the experience of aging: 12 elders discover the changes they must make to live a satisfying old age. “Not *successful* old age,” she says, “old age is not an exam, it’s the reward that comes at the end.” Carson’s story-tellers tell us how you can *welcome* old age.

Interviewer: We are delighted to talk to Toronto and Manitoulin author, Ann Elizabeth Carson. She is a recently retired therapist who has written a startling book about what it feels like to be old... and what we need to know when we get there.

Good morning Ann Elizabeth. I understand you have invented a new-term, “long-living people”, and you state that old age gets a bad rap.

Ann: It does! We need to hear the voices of the elderly... to tell us how it really feels to be old. We usually hear about old people as if they were all one big group, all the same!

The 12 fascinating people in my book *We all Become Stories*, show us that:

1. First of all, being sick/poor/isolated threatens us at every age, not just in old age!
2. And then...it’s frightening to be dependent on family, and on community support, in a society that seems to be afraid of old age, that doesn’t seem to value the uniqueness of the long-living person, doesn’t respect this stage of life; One that will happen to all of us—if we’re lucky!

The elders in my book reveal benefits and insights that aren’t available to the young.

Interviewer: What do you mean?

Ann: Years of experience and know-how, how to navigate life’s ups and downs. You make changes all your life... when you get old you don’t just stop! You keep on making the changes you have to.

Interviewer: Like what?

Ann: Well, you learn that memory doesn’t necessarily decline with age. **You don’t necessarily lose it, memory changes** to suit the special demands and opportunities of each stage of life. It’s very interesting--and exciting!

Interviewer: Ann Elizabeth, you write how difficult it is to maintain an identity in our society that tells us our proper place is to act old.

Ann: Yes, we’re expected to be dependent, confused, inactive, **useless**, not engaged in life, with nothing to contribute. This is ridiculous! Aging is a life long evolution, not an EVENT that suddenly happens - and then we’re old!

Interviewer: Thank you for being with us today.

Ann: My pleasure.

(end)