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A practical approach for embedding stakeholder perspectives in creative production

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WORKSHEET

Ageing, Identity, Memory and the Self

Breakout Group Activity

Time: 20–25 minutes

Group members: _____

Note-taker: _____

Spokesperson: _____

Part 1: Starting Assumptions

Consider the statement:

“People remain fundamentally the same person throughout their lives.”

As a group, place yourselves somewhere on this spectrum:

☐ Strongly Agree ☐ Agree ☐ Unsure ☐ Disagree ☐ Strongly Disagree

Why did your group choose this position?

What examples support your view?

What experiences or examples challenge your view?

Part 2: Identity Across the Life Course

Discussion Question

How do cultural ideas about ageing shape the way we think about identity over the life course?

Discuss

What messages do we receive about who people should be at different ages?

Are some forms of change celebrated while others are viewed negatively?

What qualities are people expected to gain, lose, or maintain as they age?

Are older adults typically represented as continuing to develop and change, or as fixed and defined by their past?

Examples from media, education, policy, culture, or everyday life

Part 3: Change, Continuity and Loss

Discussion Question

How do people negotiate change, continuity, and loss throughout their lives?

List examples of changes people may experience over time

Changes Often Discussed Changes Less Often Discussed

Discuss

Which changes tend to dominate cultural narratives about ageing?

Which forms of growth, adaptation, or transformation are overlooked?

Why do some changes get interpreted as “loss” while others are seen as “development”?

Part 4: Memory, Selfhood and Later Life

Consider the statement:

“Memory is what makes us who we are.”

To what extent does your group agree?

What assumptions sit behind this statement?

Can a person remain themselves even when memory changes?

How are memory and identity typically represented in stories about later life?

What might these representations overlook?

Final Reflection

One assumption about ageing and identity that your discussion challenged

One idea or insight your group found particularly interesting

One question you would like to explore further

Report Back

Please be prepared to share:

- Your group's position on the opening statement
- One key insight about ageing and identity
- One assumption that became visible during discussion
- One question that remains unresolved