**BOLD - SENIORS CREATING CHANGE**

**TRANSCRIPT**

Vicki - Ageism is inherent. We're brought up with ageism from the time you are born to your first fairy tale. You've got negative stereotypes. You've got wicked stepmothers. You've got witches with warts on their noses.

Jane - Seniors Creating Change are a project of the legal service, of the Seniors, Legal and Support Service funding. So the group started in June, 2011.

Terry - When the issue or the idea was first raised or mooted, you know, we're going to have a flash mob that was sort of like, this'll be fun! And at the time we didn't have a song, it was just, okay, well, let's do something to raise the awareness about elder abuse and that was the initial motivation. ♪ Give me a home among the gum trees ♪ ♪ with lots of plum trees ♪ ♪ A sheep or two, a kangaroo ♪ ♪ A close line out the back ♪ ♪ A veranda out the front and an old rocking chair. ♪

Jane - So part of the group is to tackle that social isolation that many older Australians experience. So we go to the nursing homes and the age care facilities where we understand that sometimes there are a lot of people there that don't have family that live close by or don't visit. And so we go in there to spread some happiness and some music and laughs with those residents as well. And to break down a little bit of the isolation they may be feeling.

Terry - There's some magical moments that I've fortunately been able to witness. One time, we were doing a group performance at one of the nursing homes and the nurses had wheeled on guy in on a gurney, I thought he was asleep, you know. He was all twisted up in bed and bent up on this gurney. He didn't look comfortable at all. And we were singing our songs and he was just immobile. And then we sang a song. A Johnny O'Keefe song. "If you want to be happy, sing a happy song, sing, sing, sing." And while we're singing that I just happen to look across, and I was seeing this person's foot move. The tears, the connection there that somehow this group got together and, sort of, permeated through whatever circumstance this person was in to remind them of some happier time. What a gift!

Jane - We now have probably just over a hundred people as members of the group on a regular basis, probably 40 to 45 people that come each week and get involved, perform when we're out performing. ♪ When the moon hits your eye ♪ ♪ like a big pizza pie, ♪ ♪ that's amore. ♪

Vicki - The visibility thing is solved by Seniors Creating Change because suddenly you're out in a group wearing a t-shirt that says who you are. You're singing and you're being noticed. And you know, that for me is just like as, per normal, as a performer. So that all sort of comes naturally to me. But it's amazing how some of the group who are relatively new members have hardly performed at all. They've just come out of that performance just totally elated.

Jane - I really do think I'm privileged to be a part of the group and to share that and take that joy and look at them and think that's what I want to be like when I get older and that's the attitude I want people to have when I'm that age as well, is a positive ageing attitude and, and be full of life. Age is just a number. You're never too old if you want to do something.

Vicki- Live life to the full and do what you want, not what other people want you to do, but follow your own passion. I can't imagine retiring, you know, because I can't imagine never wanting to play music or share music or teach music. Do what you want on your own terms. Always.

Terry - Believe in yourself and be true to yourself. I think that's the essence of it all in life. As you say, you know, we're on this one planet. And that wording in and of itself is what brings us all together. That oneness.

Vicki - My mother always says you've got to grow old gracefully. But I think I want to grow old disgracefully.

Group sings - One, two, three... ♪ We are the Seniors Creating Change, ♪ ♪ We are the Seniors Creating Change... ♪