

Older adult interview

Sociology, Communication



I had the privilege of interviewing a 60 year old gentlemen who I will identify as Mr. E to protect his privacy for this assignment. The goal of my interview was to gain insight on aging from an older adult. I interviewed Mr. E in his home on a weekday evening. He expressed appreciation and was surprised that he was the focus of an interview in which his life story and thoughts would be recorded. Mr. E was born in a ranch in Guadalajara, Mexico. He is the youngest son of nine children. His father passed away when he was 1 - year old. He was privileged to attend elementary school from the 1st grade to the 4th grade.

Mr. E had the responsibility of helping support the family as there were only two male children in the family and the remaining siblings were female. At 13 years of age he went to the neighboring state of Tepic, Nayarit to work in agriculture. He was 15- years old when he immigrated to the United States by himself. Mr. E lived with friends who helped him find a job 3 weeks after he moved to the United States. He worked as a busboy at a restaurant for 3 months. He left that job to work in the garment industry making jeans, shirts and blouses for 3 years. I was the only man working there at that time" (E. Privacy, personal communication, October 10, 2012). Mr. E observed that years later he saw more males seeking employment in the garment factories because word spread that any undocumented individual could work making clothing regardless of gender. He financially supported two infant children on those wages. He then worked in a fabric for 7 years making electrical parts for cars. After that he worked as a gardener and left the business to his son when he retired. He was married at the age of 18 and had his first child at the age of 21.

Two years later he had a daughter. He became a U. S. Citizen and has helped many family members also obtain their citizenships in the past decades. He is a grandfather of 5 and looks forward to seeing great grandchildren in the future. I asked Mr. E (2012) what he best enjoyed about being an older adult. You are a person that sees things for what they are. As if you walked a path and see what you could of done but didn't. How could you have lived and not lived. You see your errors. Like when you are on a cliff looking down or on the clouds and looking down.

When asked about challenges to getting older (2012) Mr. E felt that accepting the challenges and just living the best you can is all you can do. Try to live in peace and love what is on earth. When you think of death you have to accept it. Why fight it you are going in that direction. You have to make a decision. He told me a story of a friend he had who had cancer and she made the choice to stop the chemotherapy. Her arms had scabs and she decided enough was enough. She knew she wasn't going to get better. She talked about death as if she were going to a party.

He described how she appeared to be at peace because she lived a fulfilling life. Mr. E felt that she encouraged and motivated him more than he to her. Mr. E felt that the greatest joys of getting older were family and seeing it grow. He also felt that being loved and having others think highly of you were great achievements. Looking back on his life Mr. E felt that the only thing he could have done differently was to be more patient, smarter, more humane and not make as many mistakes. " You look back and think that you were not able to see things that are obvious" (E.

Privacy, personal communication, October 10, 2012). When asked about fears of getting older Mr. E stated that living with diseases and not being able to pay for medications and hospitalizations was a concern for him. Although, he has insurance he stated it is very expensive and he is worried he might not always be able to pay the high amount. He stated that he worried about leaving family members behind that may not be emotionally and financially stable. ? The final thoughts Mr. E left me with were some positive things that he anticipate as getting older. Seeing the world as a paradise, enjoying spending time with horses and seeing family grow older and expand”(E. Privacy, personal communication, October 10, 2012). ? Throughout the interview themes such as family and time arose over and over again. His emphasis on missed opportunities with family has taught me that if I am not careful I will also have the same concerns when I am an older adult. He didn't mention business as a regret even though when he talked about his personal history the majority of that conversation was on job history.

During the interview I was on the edge of my seat because he had a lot of wisdom to share and I knew that I was lucky to get advice from somebody who has lived longer than I have. My perceptions of older adults has not changed as I have always felt that they have bigger wealth of information greater thanGoogle. My new perceptions of aging are that healthcare is one of the biggest concerns for older adults. I need to hurry up and start planning for my ownhealthcare as I have not really given it priority in my life. This interview has confirmed my desire to work with older adults.