

Gerotranscendence Theory Explained

Gerotranscendence theory is a way to look at aging as a positive aspect of life. According to Lars Tornstam, who took more than 20 years to develop this theory, there are several ideas about human aging that are often overlooked. The core of his theory looks to include these forgotten elements.

There are 4 key points to consider when looking at the Gerotranscendence theory.

1. Aging includes an increased feeling of togetherness with past generations while decreasing an interest in social interactions that are superfluous at best.
2. There is an enhanced feeling of universal awareness, with an awareness that space, time, and life can all be redefined. Even death tends to have a different definition.
3. People as they age become less self-occupied, while also becoming more selective of their social activities and other events that they choose to pursue.
4. Aging produces a decrease in a personal interest for material things, while time in solitude becomes a more attractive option.

See full article: <https://healthresearchfunding.org/gerotranscendence-theory-explained/>

Gero-Transcendence Overview

There is a positive developmental process that is both natural and common among elderly people. It shows that we continue to develop -- our entire life.

1. **New perception of time.** A feeling of being a child, a young person, an adult, middle age and old ----all at once. You can look back on past events in your life with new and experienced eyes. Sometimes even old wrongs can be accepted and re-interpreted (Reframed)
2. Increased feelings of **affinity with earlier and coming generations.** Like you're a link in a chain of generations, and the whole chain is just as important as your own link.

3. **Less fear of death.** You seem to think of death more as a natural part of the life process.
4. It is **easier to accept the mysteries of life:** You simply can't understand everything.
5. You find greater value and **pleasure in the small, everyday aspects of life.** Music art and nature may inspire you in a new way.
6. **You discover new aspects of yourself, both positive and negative.**
7. **You perceive yourself as part of the whole** and are less self-centered. Some people no longer feel they are so "important". People who have had low self-esteem no longer feel it so acutely.
8. **Reduced anxiety about disease and ill health.** You still take care of your body, but are not as concerned about it as you once were.
9. **Increased selflessness,** which is most noticeable among people who have tended to be self-absorbed.