



RETROSUBURBIA

THE DOWNSHIFTER'S GUIDE TO A RESILIENT FUTURE

CHAPTER 31: HEALTH, DISABILITY AND AGEING

QUESTIONS:

- How dependent are you on the centralised health system? Is there anything you could do to reduce this dependency (think personal healthcare strategies, alternative healthcare practices and attitude change)?
- Is there someone performing the equivalent of a 'Household nurse' in your home?
- Does your household have a first aid kit?
- Do you have a sense of purpose, meaning and belonging in your life? How does this affect your health?
- What is your experience with alternative health systems (eg naturopathy, Chinese medicine, massage, chiropractic, homeopathy)? What has or hasn't worked well for members of the group?
- What is your attitude towards vaccination?
- Does anyone in the group have direct experience with homebirth? Share as much as you feel comfortable with. How does this compare with other parent's birth experiences?
- For those with ageing parents: do you have a plan for their care? Why or why not? For those in the second half of their lives: do you have a plan for your later years?
- How and where would you like to die?

ACTIVITIES:

- Make a plan for health improvement. This might include: strategies to get more exercise and/or eat healthier; more social engagement and avoiding stressful situations to improve mental health; regular massages; practices such as Ti Chi, yoga or meditation; improved tooth brushing techniques...
- Learn the medicinal properties of three common herbs
- Organise a workshop with someone with skills in herbalism or massage

