

# Foreword

Robert Weale addresses many important issues in a refreshing and attractive way. He points out that serious and difficult subjects, such as the increased likelihood of age related, and often seriously debilitating, diseases are the downside to the triumph of increased longevity, which is now something that most of us can hope for. He demonstrates that the new approach can give young people knowledge about growing old and counter the ignorance and negative attitudes towards old age that are still widely held. A better understanding between old and young people could go a long way, not merely to improving life for older people but, as importantly, ensuring that young people, in turn, would reap greater benefit from their own old age. This should be required reading for young people, whose own future and experience of ageing might well be dramatically improved as a result.

*Baroness Sally Greengross (Former Director-General  
of Age Concern England), 2009*