As nurses, we are committed to improving the care of older adults. However, all too often our textbooks and articles about aging are written by younger and middle-aged individuals who are hypothesizing what it is like to be older. Doris Carnevali, in her mid-90s, is changing the way we think about aging. Carnevali, an emeritus faculty at the University of Washington School of Nursing who coauthored books, book chapters, and articles, including *Nursing Management for the Elderly* (Carnevali & Patrick, 1993), now writes a blog, *Engaging with Aging* (access [https://engagingwithagingblog.wordpress.com](https://engagingwithagingblog.wordpress.com)). In her blog, she shares how she deals with her own aging process, placing emphasis on active engagement to discover and test adaptations that work. Through her columns she challenges readers to re-examine their perspectives about aging for the "oldest-older adults" and encourages them to consider new ways to think about aging.

Writing about her experiences with aging (as a nurse and older adult), Carnevali says, "I’m writing to ‘elders’ and ‘yet-to-be elders.’ This is absolutely not a ‘how to.’ There are no panaceas, just a sharing of experiences, explorations, ideas, and an invitation to try out engaging with aging instead of just living it” (University of Washington School of Nursing, n.d., para. 4). Carnevali uses her clinical expertise to reflect on her own experiences with aging and what she is doing to maintain a balance between her requirements and resources in response to age-related changes each day. When she first started writing, she wrote about aspects of aging that she experienced in the past: health care challenges, loss of a spouse, and adapting to physical changes. But more recently, she writes about her day-to-day experiences. Themes presented in Carnevali’s blog include challenging the status quo about aging and what’s doable, understanding physical age-related changes (i.e., flat fingers, balance, metabolic rate), embracing the joys of growing older (including solitude), purposefully using routines and rituals in daily living, living with increasing precariousness, becoming aware of the impact of age-related changes, and the process of finding solutions to age-related change (e.g., one column is titled “In Praise of My Walker” [Carnevali, 2018]).

Through her own critical reflection, which includes years of nursing scholarship regarding older adults, Carnevali is developing concepts about how to live as independently as possible within one’s capacities through a process she calls “engaging with aging.” This process involves identifying age-related change, understanding the
impact of the change, and discerning what to do about it. She calls herself her own “lab rat” as she develops and tests concepts. Carnevali notes that age-related change is a normal process, not a pathological one involving signs and symptoms. By thinking about age-related changes as normal and pathology as a differentiated overlay on the normal, Carnevali is challenging our current view of aging, particularly in very old adults. Some physical manifestations are the same in pathology and age-related change, but the underlying causes and treatment are not (e.g., knee pain from worn cartilage versus inflammation).

Most developmental theory about aging has not addressed the diversity present in older adults today, particularly those who are 85 or older. Data are neutral. Therefore, the structure and terminology used in clinical settings and research that aims to assist aged individuals to engage with aging in an informed way needs to reflect normalcy and neutrality. Some of the neutral terminology Carnevali derived from her own critical reflection as she engages with aging. Carnevali’s weekly columns are well-received by her readers who agree that the blog is useful and helps them with their own aging experiences. Readers have posted comments on the website that they are encouraged by the material presented in the posts and that they are making adjustments based on what they are learning from Carnevali’s observations and experiences.

Nurse clinicians and researchers can learn from Carnevali’s writings as she is experiencing old age first-hand. Is it time for a paradigm shift or expansion of developmental theories about aging to address the normalcy of the aging process versus a perspective of aging as pathology? We argue that research to examine concepts developed by Carnevali through her experiences engaging with aging would provide a starting point to expand the science about aging as a normal process. Conceptual and theoretical development of the terms Carnevali defined is a first step. Once defined, new measures need to be developed to accurately measure the concepts as well as new health promotion strategies.

Carnevali’s blog provides informative material that can be used by nurse educators. Although Carnevali’s purpose in writing her blog is to share what she is experiencing in her own life, she remains the quintessential nurse teacher. Nursing students can be inspired by and learn from reading her blog because she writes in an authentic manner. The columns provide an opportunity for readers to learn from a nurse scholar who describes daily living challenges and her ways of addressing these challenges. She continues to discover ways to grow and change. Carnevali notes, “Writing the blog has sharpened me. I’m doing better engaging with aging because of my writing” (D. Carnevali, personal communication, September 13, 2018).

Nurse clinicians might recommend the website to their patients. Engaging with Aging targets a readership of independently aging individuals, inspiring them to consider their own age-related changes. Clinicians could emphasize that the information shared in the Engaging with Aging columns might help older adults focus on health/illness-related daily living and self-help strategies. Similarly, the website is an informative resource to be shared with retirement communities, senior centers, and community organizations that serve older adults.

Carnevali believes she has a responsibility to share what she knows by bringing together her vast knowledge about aging from an “outsider” perspective (i.e., as a nurse scholar who wrote extensively about aging) with her “insider” wisdom about age-related change, health/illness-related daily living, and fostering self-help. We can all be inspired by her example as we learn from her experiences and observations.

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