



Our Kitchen Table - The Aden Family

What we are eating

Spinach and maize porridge, yoghurt and Somali tea.

Respect for older family members

This photograph is of my mother and my children. It's the only one we have of my mum; she lives in Somalia now.

Normally we sit on the floor and we eat – we have no photos eating with my mother because she eats after us. In Australia we eat at the kitchen table. Eating together is very important, that's how people show you that they care about you.

As the older person in the room – people give you food, they don't have to say, 'we love you', instead they show they love you by giving you food. People say 'eat, eat, eat' and that means they love you. That's how we show we care.

Older people are very respected, you don't look them in the eye too long while we are talking; you don't talk back to them. You take your shoes off when you get to the house. If they ask you to buy something at the shop - 100% of the time you say yes. I drive her wherever she wants.

When someone gets older like my mum you plan for them to live with you, there is no aged care. You must take responsibility to care for them. I love my mum, in our culture there is no choice. I sponsored her to come to Australia. We trust each other.

The Kitchen Table is an initiative of Celebrate Ageing Ltd, a charity combatting ageism and building respect for older people. The aim of #TheKitchenTable is to promote respect for older people in families. The project documents portraits of families at their kitchen table and their stories about who is in their family, what they are eating and how respect for older people in their family is shown. More information on the project webpage: celebrateageing.com/kitchentable