

Not everyone is average!



At the moment there is a lot of focus on giftedness in children. Fortunately, it is recognised more and more that a number of these children needs special attention and special education. Gifted adults and seniors, however, do not benefit from this insight, even though there must be many thousands of them. It is of great importance for gifted people to know this fact about themselves. Knowledge about their personal identity and individual challenges can make a person happier and less lonely.

Giftedness

Many gifted people only find out late in life that they are gifted. Some never find out at all. That's very unfortunate. Recognising the cause of 'being different' and 'feeling different' can help a person to function better and connect to other people. Gifted people often find it difficult to connect to others who think at a slower pace and also have completely different interests. They are also easily bored when they are not being challenged. At work for example, they often find the conversation during breaks boring and therefore prefer to withdraw completely.

In the last phase of life many gifted seniors withdraw from social intercourse because they don't find enough people in their surroundings that they can talk to on an equal level. The average activities on offer for their age group are often very disappointing to them, thus they withdraw from those too. The result of all this is that they feel quite lonely.

Recognising your giftedness helps!

Recognising their own giftedness is often an eye-opener for many people. This doesn't imply that the path of discovery is always easy. For some it actually resembles a mourning process. However, we have experienced that most people are often very glad they have embarked on this journey. They feel more understood by other gifted people. Conversations sometimes become so lively that they lose track of time. Not all gifted people automatically befriend all other gifted people, of course. The differences can be huge. Even in larger communities such as residential homes for the elderly there are a limited number of people that a gifted person will feel a strong connection to.

Activities surrounding a theme offer the best possibilities for meeting like-minded people. These could be lectures (with a debate afterwards), musical performances or 'clever' games like scrabble, bridge, chess and mah-jong.

Knowing that you are gifted, will help you to know yourself better. This will enable you to look for activities that are right for you and focus on people that you will have something in common with.

Do you recognise many of your own characteristics when answering the questions below? That could be an indication of giftedness. Even if you don't identify with all the quotes, you could still benefit from activities that are more challenging and substantial. And that is the ultimate goal.

Recognising giftedness in yourself?

Questions asked by gifted seniors

1. I've felt different from others all my life. What is going on with me?
2. Why can't I really talk to the people here?
3. Why do they only offer activities that are completely uninteresting to me?
4. Why do they treat me like a child?
5. Why don't they understand my questions?

Characteristics pointing to giftedness

1. You have a wide range of interests and one or more extraordinary hobbies.
2. You are very curious & like to learn new things.
3. You are very creative & are a good associative thinker.
4. You really care about your autonomy.
5. One or more of your children or grandchildren is gifted.
6. You often don't feel at ease in groups and don't like birthdays and parties. You prefer to read a book or to go for a walk on your own.
7. You have had an unusual career in school. For example: you wanted to study at university, but couldn't or weren't allowed. Or you didn't do well in school, but completed your education at a later time.
8. You have had many different jobs and have occasionally experienced conflicts in the workplace.

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