How do older people living in the Faroe Islands make sense of ageing and growing old? How do political intentions and strategies comply with the lived reality of older people on the islands? How do older people’s ways of making sense of ageing compare with gerontological theories on ageing? These are questions that this thesis addresses. The study is a qualitative inquiry. Data derive from research interviews with older people living in various parts of the Faroe Islands. The results are presented in four papers, each of which explores different aspects of ageing. These were aspects that the interviewees constructed as important for making sense of ageing: Ageing as an embodied process, ageing and health, the meaning of home in later life, and ageing as a process characterised by continuity and change. The study compares these findings with assumptions about older people that underlie local policies and become visible within public discourses and theories on ageing.