

Aging Well

Social, Emotional and Spiritual Considerations

Social

- Hearing issues: conversation is harder
- Vision challenges: hobbies that require clear sight no longer enjoyable
- Energy and physical decline: harder to get out and about
- Driving- particularly at night
- Friends moving to be closer to family (or dying)
- Some families experience estrangement, which causes great pain

Social networks narrow. Layers of loss.

Emotional

- Cumulative grief (both death of loved ones and other losses associated with aging)
- Loneliness and isolation
- Worry
- Cumulative trauma
- Caregiver stress

But!

- Negative emotions become less frequent
- Improved self-regulation
- Changes in priorities that favor meaningful activities
- Gift of perspective

Spiritual

- Questions of meaning/purpose
 - Existential grief at state of the world/planet
- Confronting Mortality
- Fear of death v. fear of dying process

Questions for Discussion

- How has your social life changed over time? What are the activities that you particularly enjoy?
- What are the aspects of aging that you find emotionally challenging? Where are you finding gifts or silver linings?
- What do you see as your most important legacy?