

Aging by Decade: Common Life Experience after Age 65 - 2023

Decade	Alone Time	Family & Friendships	Living in Community	Meaning Making
65-74	<i>Adjustments in Flux</i> Employment or not Social Security & Medicare Restructuring of self Possessions/housing New interests surface Daily routine changes	<i>Focus on Age mates</i> Adult-children relationships Grandchildren relationships Importance of age-mates Family watchdog role Exits and entries Giving time & money	<i>To Move or to Stay</i> Moving close to age mates Status changes due to age Old groups/new groups Documents in order Dependency Images Giving to causes	<i>Finding meaning</i> What am I here for now (Vocation)? Am I of worth to anyone? Is it okay to love being me? What do I care about? Where do I find enjoyment? Where are the rules?
75-84	<i>New Patterns Created</i> Getting Affairs in Order Saving/Spending/Downsizing Discovery of self Legacy reflections Health care adjustments Enjoyment of learning	<i>Relationships Lost & Found</i> Choosing who to trust Long term relationship losses Dating & blended families Caregiving & Care Receiving Finding new friendships Limiting contacts/Restoring rifts	<i>Location & Group Energy</i> Choice of living environment Protected environments Age limited environments Location near or with family Group selection criteria Causes to sustain & how	<i>Finding one's own way</i> Uniqueness of our situation Focusing on limitations. Focusing on strengths Helping others hear their voice Meaning through giving Meaning through learning
85-94	<i>Letting go & letting be</i> Maintaining functionality Adapting to energy level Deciding about health care	<i>Less choice of who, more how</i> Allowing others in or not. Being present for milestones Sharing family history	<i>How far away to go</i> Finding possible activities The joy of small ones To drive and how far	<i>Deepening Enjoyments</i> Beauty in the repeated Leaving legacies of memories Reading, learning. listening
95-105+	<i>Contentment in Now</i> Rest and activity Holding one's own Adjusting or resisting	<i>Celebrations - Milestones</i> Surprising connections Convoys over time Weighing burdensomeness	<i>Environmental Adjustments</i> Making home in strange places Group activities that sustain Making the most of the givens	<i>Looking forward to the End</i> I'm ready to go to the beyond. Being with those who care. Retreating or not. Day- by-Day.

Issues of the times: *Speed of change, Technology, Climate Change, Violence, World on our doorstep, Information overload.*