***Late Life Design – Framework***

**Environment & Time**

**Community**

**One to One - time**

*Culture*

**Alone**

*Patterns*

*Groups*

*Friends*

*FriendsdsNDS*

*Family*

*Organizations*

**Vocation** (Purpose & Calling)

**Defining the Facets of the Late Life Design Framework**

Developing a design for living requires a framework to organize activities and thoughts and find balance in what we do. The older we are the more aware we are of the value of using our time well. The facets or areas of focus below can help by identifying how your life is now, and how you might shape it in the future.

1. **Alone time**
   * The focus is on the time you spend when alone, and when thinking or regulating your emotions even when not alone. This is the you have the most ability to influence.
2. **Family and Friendships:** 
   * The focus is on one-to-one relationships with relatives, friends, and acquaintances. It includes any type of one-to-one communication. It may be in-person, by phone, text, letters, or a variety of tech-based media. You have some control over who you contact and maintain relationships with, but the other person has measures of control as well.
3. **Community:** 
   * The focus is on the groups you belong to both by choice, culture, or location.

The group may be local, state, national, or international. Interactions may be in-person, on zoom, written, or through any type of media. You may contribute through your presence, membership, or support.

1. **Vocation:** 
   * The focus is on the sense of your own unique *purpose* for living. It grows out of what you *value* and what you feel called to be and do based on your own personal qualities, abilities, and limitations. The more your awareness increases in area of your life the more able you are to adjust to changes and find meaning in how you spend your time.

In the background runs areas of life over which we all have the least control yet often influence what we do, think, and feel in all other facets of our lives.

* ***The environment*** is the whole of our planetary home. It includes: its cyclical rhythms, weather, and movement; and all existing inanimate (non-living) and animate (living) matter.
* ***The times*** are the eras we live through, what is happening in the larger world and our society, and the pace of changes occurring.