*Common Experiences Age of 65 and Beyond – by Decade*

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

**Issues of the times (2024):** *Speed of change, Climate Change, Violence & Divisions, Technology, Information overload.* *World on our doorstep.*