



Fifty Plus, Minus Kids

What's on the Horizon for Childless Couples and Singles?

Sara Zeff Geber, Ph.D.

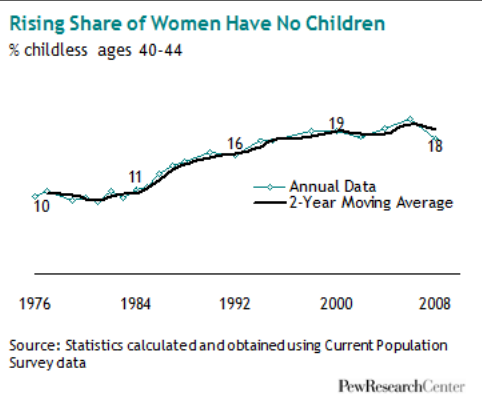
Certified Retirement Coach

4/5/2011

Sara@LifeEncore.com 408.355.0101 www.LifeEncore.com

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The Statistics



By 2020, the U.S.G.A.O predicts the number of solo agers (no living children or siblings) will be 1.2 million – almost twice the 1990 figure.



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Sara@LifeEncore.com 408.355.0101 www.LifeEncore.com

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What the Research Tells Us

Social Support Networks are critical to a happy retirement and successful aging (antidote to episodic depression)



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What the Research Tells Us

The most important figure in maintaining independence in later life is the spouse or partner



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What the Research Tells Us

Blood relatives are viewed as the only reliable source of morally obligated support



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What the Research Tells Us

Solo agers are much more likely to live alone than parents (4x for women; +40% for men)

and

Women fare better than men

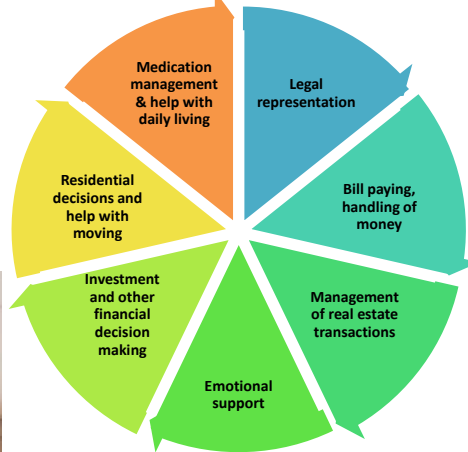


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What Adult Children Typically Provide

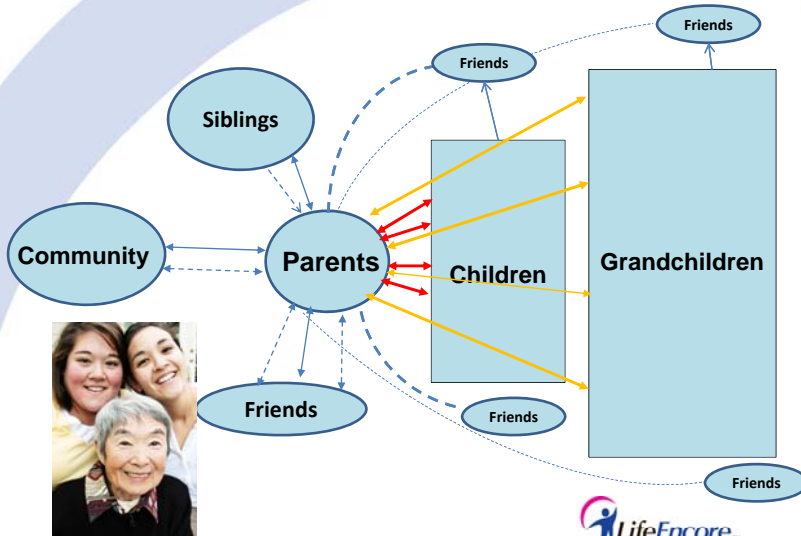


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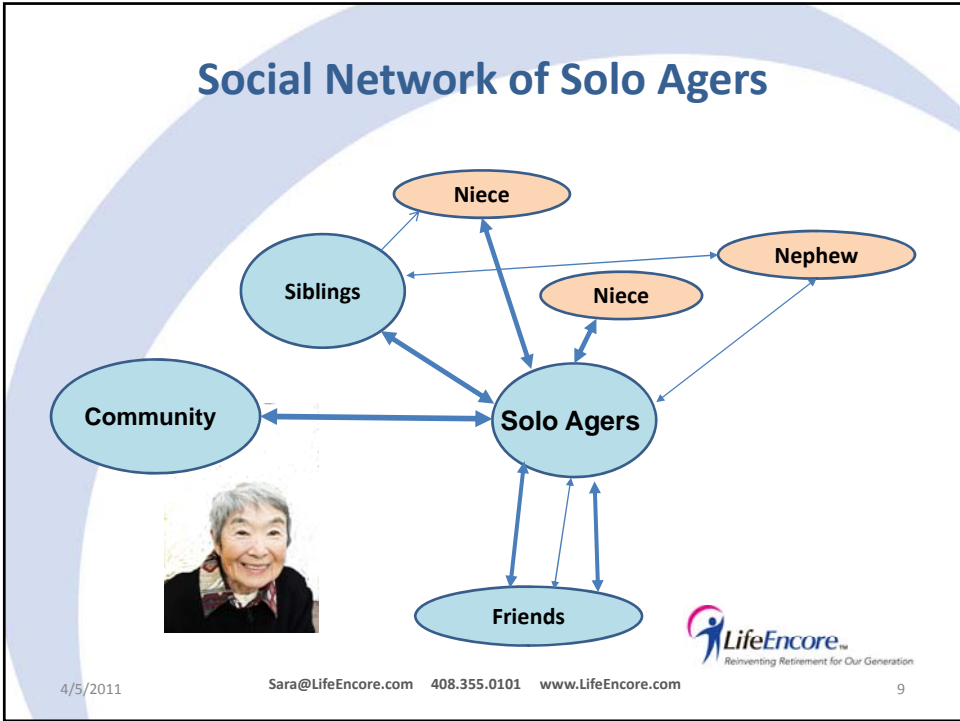
Social Network of Parents



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- ### Questions for us to Consider
- Absent a spouse, who should a solo ager turn to in an emergency?
 - From a *financial and legal* standpoint, should solo agers plan differently than their counterparts with children?
 - What unique and different demands might solo agers place on society?
 - As professionals, how can we help solo agers prepare for a secure and comfortable fourth age?
 - What new residential models might be developed to reinforce the social/emotional component in the lives of elderly solo agers?
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New Social and Living Models

- Co-housing – elder and mixed
 - Came from Denmark in the 1970s
 - Semi-communal with separate living units around a common kitchen, DR, gathering space
 - Elderspirit – Abingdon, VA
 - Glacier Circle – Davis, CA
 - Silver Sage Village – Boulder , CA
 - www.cohousing.org & www.eldercohousing.org
- Village Concept – aging in place with neighborhood support
 - Example: Beacon Hill Village (www.beaconhillvillage.org)



Get Over Your Denial!

- Have the conversations – spouse, friends, relatives
- Are you covered?
 - Legally – who will have your POA?
 - Financially – how will you pay for what you need and who will manage it?
 - Medically – insurance, records, DNR
- Who do you want to have control?
 - Five Wishes – www.agingwithdignity.org



Five Wishes

Five Wishes lets your family and doctors know:

- Who you want to make health care decisions for you when you can't make them
- The kind of medical treatment you want or don't want
- How comfortable you want to be
- How you want people to treat you
- What you want your loved ones to know

Five Wishes meets the legal requirement for an advanced directive in 42 states.



What can we do now?

- Find like-minded friends and begin to plan for the future – form a group
- Continue (or plan) to live near one another in some way
- Create “durable powers of attorney for health and finances”
- As the years go by, encourage younger people to join your group
- As a group, hire a geriatric care manager to oversee your collective health and wellbeing, and to offer advice as your needs change

