

Insurance Solutions May Newsletter



A look at some important trends that will affect you

5 Common Worries Seniors Face

You've accumulated years of wisdom and you're able to take the time to relax in retirement. The flip side of the aging coin is some anxiety. Let's look at some of the common worries seniors face and how you might deal with them.

As we age, we understand the importance of family - people who truly care and can help us with these concerns. It's never too late to nurture family relationships. Our family cares enough to help each of us with these concerns.

1. Loneliness

Relationships can change as you age. You may lose your friends, spouse or other family members to illness, distance, or their own aging process. There are ways to combat this issue, though.

Fill your weekly calendar with the people you enjoy who are close to you. Having plans on the books every week gives you something that is fun on the horizon. If you don't have friends or family close by, find a group to join. Check out these options: <https://money.usnews.com/money/retirement/aging/articles/senior-clubs-to-join>

2. Loss of independence

One of the common worries seniors face is eventually having to rely on other people. The idea of someone else making decisions for you and having control over your life is frightening. There's also a loss of dignity that comes with losing a sense of independence – especially if you need help with everyday tasks like bathing yourself, getting dressed or you can no longer drive. Having conversations with your family members about how you're feeling, and your fears can help alleviate some of the stress.

3. Financial burdens

Lack of money can be one of the biggest worries you face as you grow older. Prescription medications can be costly, as well as other health-related bills. One of the ways to ease a scary financial situation is to not only have the right Medicare plan but also a trusted professional to call when you have a concern. I can help you. Just call.

4. Deteriorating health

A physical decline is to be expected when you reach a certain stage of life. Thinking about gradually losing your physical abilities is frightening. Taking care of yourself to the best of your ability can help you to feel in control and can slow the aging process in many situations. Here are some steps you can take to stay as healthy as you can, for as long as you can: Stay active (*join a gym!*), Eat well, Maintain a healthy weight, Extend your social connections by finding new friends, Stay up to date on immunizations and health screenings, Manage stress with relaxation techniques like yoga (modified to your abilities) and breathing exercises.

5. Death of a spouse

A common worry that seniors face that trumps all others is the death of your spouse. There's nothing quite like the pain of losing your beloved companion. It's hard to even imagine life without that person.

Though there's no cure-all for that kind of grief, surrounding yourself with loving friends and family and having a support system already in place before that time may come can at least give you a measure of comfort. As we all know, only time can help ease this pain.

I hope this has helped.