

I use the term *solo ager* as a helpful life-stage identifier. Just as knowing I'm a *teenager* or an *adult* provided context for my possible experience so I could prepare, knowing I'm a solo ager helps me prepare - and thrive.



## Are you a solo ager?

It's up to you to decide. Regardless of whether you are pre- or post-retirement\* (or plan on never retiring), it can be useful to ask yourself:

Am I, or will I be aging on my own *without a reliable support system* because one or more of these points is true for me?

- |   |  |
|---|--|
| <input type="checkbox"/> single by choice   | <input type="checkbox"/> living on your own                |
| <input type="checkbox"/> divorced or widowed  | <input type="checkbox"/> have outlived your children       |
| <input type="checkbox"/> "kinless" (no immediate family - partner or spouse, children or siblings)                    | <input type="checkbox"/> are estranged from children       |
| <input type="checkbox"/> distanced from friends &/or family through geography   | <input type="checkbox"/> children live far away            |
|   | <input type="checkbox"/> children are unwilling to assist  |
|   | <input type="checkbox"/> children are unable to assist     |
|   | <input type="checkbox"/> have a complicated family dynamic |
| <input type="checkbox"/> in any life circumstance that has created, or will create the opportunity to age on your own |  |



\*Most Boomers want to retire the word *retirement*. Some choices my clients have made are: *next life adventure*, *next life chapter*, *Life 2.0*, *re-wire*, and *re-fire*. The choice is yours!