

# Life changes experienced by older adults

---

The importance of maintaining social connections as you age and move through transitions later in life.

## What are life changes?

Aging is a lifelong process that brings many changes and transitions. As you become an older adult, you may face multiple transitions such as:

- retirement
- illness
- changes in vision and hearing
- loss of a driver's licence
- loss of a spouse

## How do you cope with life changes?

These transitions can be stressful and make you feel like you are losing your independence.

By staying socially connected, you can make adjustments with the help of others and reduce feelings of loneliness and depression.

You can get support from:

- family
- friends
- healthcare professionals
- community centres

There are always people you can reach out to and count on.

<https://www.canada.ca/en/public-health/services/mental-health-wellness-all-ages/older-adults-life-changes.html>

# Late Life Transitions, Mental Wellness and the Importance of Maintaining Social Connections



## **STAY SOCIALLY CONNECTED**

- + Stay in touch with family and friends – use the phone, social media or visit in person.
- + Volunteer in your community.
- + Offer to help your neighbours – pick up the mail or take someone to an appointment or social event.



## **PLAN FOR CHANGE**

- + Think about the future and what can ease transitions.
- + Share your ideas and plans for change with family and friends.
- + Find information that can help you plan for changes.



## **STAY ACTIVE, IN BODY AND MIND**

- + Stay physically active – go for a walk or join an exercise class.
- + Take time for a hobby or try something new.
- + Explore new ways to get around, such as the city bus or sharing a ride.



## **FIND EMOTIONAL SUPPORT**

- + Know what changes you can control.
- + Talk with family, friends, or a health professional if you feel sad or lonely.
- + Find helpful information at a local seniors, community or health centre.