



Navigating the Challenges of Solo Agers

LEARNIdaho

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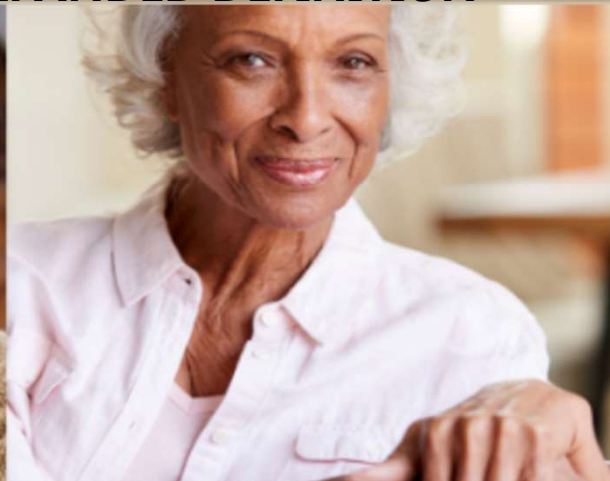
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Patient Advocate – Aging Strategist



WORKING DEFINITION – Solo Ager

Individuals who, by choice or circumstances, function without the support systems traditionally provide by family.

EXPANDED DEFINITION



THE NUMBERS

22.1 Million Solo Agerers in US

27% of seniors live alone

But how do we measure?

- *65 and up*
- *55+*
- *Living Alone*
- *Not married, not partnered*
- *Head of Household*
- *?*





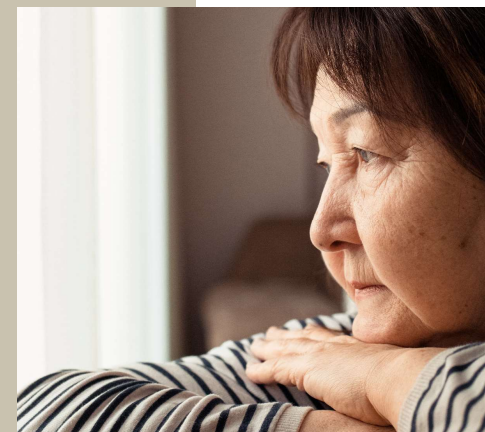
SOLO AGERS FIRST IDENTIFIED

"More than 1 in 5 Americans older than 65 are - or are at risk of - becoming elder orphans."

Dr. Maria Carney, 2016



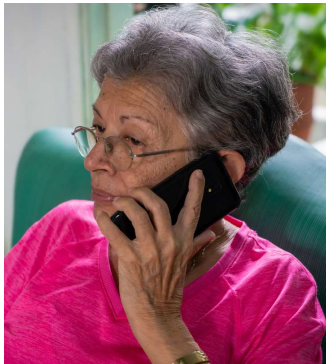
Monikers
Elder Orphan
Unrepresented
Unaccompanied
Unbefriended
Kinless



...Solo Seniors, Solo Agers, Solos

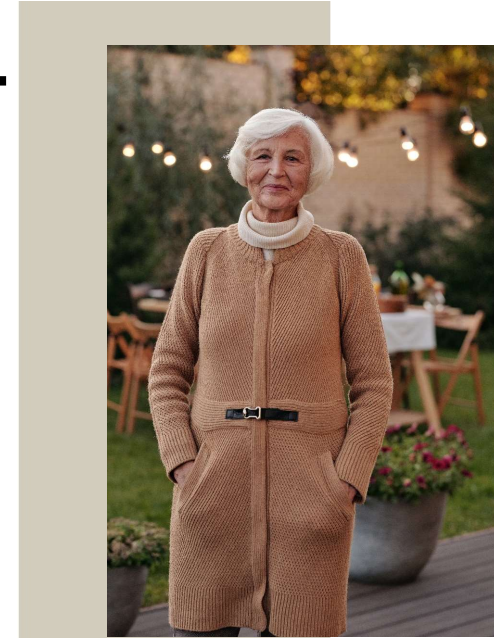
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SIMILAR BUT NOT



CHALLENGES LIKE MOST

Lack of Planning
Isolation
Loneliness



POSITIVES

- **Self-determination**
- **Contentedness**



SIMILAR BUT DIFFERENT CHALLENGES

- Legal
- Financial
- Logistics
- Living Arrangements



SOLUTIONS FOR SOLO AGERS

**Community
Interdependence
Microboard**



SERVING SOLO AGERS

- **Benefits of Microboard concept (now flip it)**
- **Position as The Expert**
- **Networking and cross referral**
- **Best Serve**



WHAT'S NEXT FOR US



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