

Losses Through Life Workshop-March 2012

Losses Elders Experience

Empty nest

Physical changes

- a. Appearance –including weight gain
- b. Eyesight
- c. Hearing-including intolerance of noise
- d. Digestive problems
- e. Stamina
- f. Joint pain
- g. Mobility

Retirement-forced or not

Loss of Job

Inability to find work

Deaths

- a. Spouse
- b. Siblings
- c. Parents
- d. Friends
- e. Colleagues
- f. Pets
- g. Children or grandchildren

Driver's License

Status

Independence

- a. Home
- b. Privacy
- c. Personal possessions
- d. Decision making

Cultural devaluation – sense of uselessness and isolation

Loss of being touched in an affirming way

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Become more beautiful inside!

More tolerant

More forgiving

Wiser

More patient

More confident

More powerful

Discounts!

Freedom to express yourself

Priorities in proper perspective

Grandchildren