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
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