

ARE YOU A SOLO AGER?

You're not alone and it's time to plan!

Solo Agers are adults making decisions about their future independently.

You might currently be a solo ager if you are...

- an individual or couple with no children
- an individual who never married or had children
- an individual living alone since the death or divorce of a spouse
- an individual or couple whose relatives live faraway or are estranged

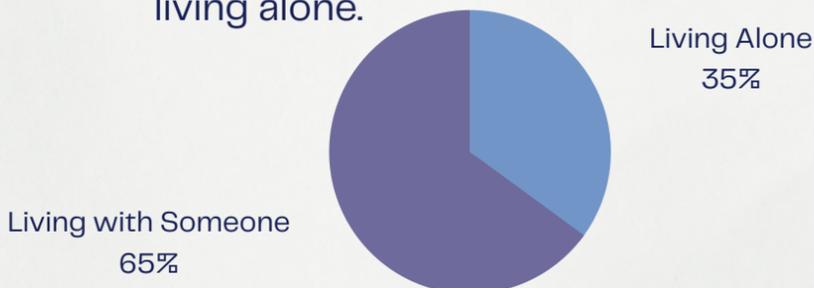
SOLO AGING IS VERY COMMON

Nationally,

27%

of older adults that live alone do not have children..

26% of Orange County 65+ Households are individuals living alone.



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IT'S ON THE RISE

SOLO AGERS ARE A GROWING GROUP BECAUSE...

More Americans are single

There has been over a 50% increase in unmarried adults since 1980

Fewer are having children

16.6% of US adults over 55 do not have children as of 2020 and that number is expected to increase

The older adult population is large and growing larger

By 2030, 1 in 5 Americans is expected to be retirement age.

BE THE CEO OF YOUR AGING PROCESS!

Solo agers face unique challenges and joys as they get older. It's important to plan early to maintain **choice, independence,** and **satisfaction** in later life.

There's no way to know exactly where you'll be in twenty, ten, or even five years. Keep checking in to make sure you set up to be in control of your own aging process.

Build a board of expert advisors for aging with satisfaction.

Plan your legacy with financial and legal advising

Tips for getting started

Consider medical directives and home renovations for best aging in place

Build a caregiving team before crisis.

Work on creating community and coordinate with your chosen family, identify professional caregivers, or seek guidance

Created in collaboration with UNC Partnerships in Aging Program.

Reach out to ekeese@unc.edu for more information.