

Transition Across the Life Span

The Middle Age and Aging Years



The following are areas of personal and family competencies that are important to successful transitions throughout the life span:

- **Health**
- **Employment**
- **Education/Skill Development**
- **Financial Management**
- **Social Relationships**
- **Fun-Recreation/Meaningful Activities**
- **Support Services**
- **Housing**
- **Transportation & Mobility**
- **Legal Issues**

***Competencies include knowledge, attitudes, and beliefs.**

Middle Age and Aging

Health

Middle Age

- Declining health and coping
- Health promotion
- Mental health (depression, suicide, etc.)
- ADL's (Activities of Daily Living)

Aging

- Declining health and coping
- Medicare/Medicaid
- Geriatric Health Programs
- Mental health (depression, suicide, etc.)
- Reeducation, if newly acquired disability

Middle Age and Aging

Employment

Middle Age

- Job loss, new jobs, promotion, career changes
- Social Security work incentives
- Early retirement
- Part-time employment/volunteering

Aging

- Retirement and related issues
- Developing new skills

Middle Age and Aging

Education/Skills Development

Middle Age

- Reeducation, if newly acquire disability or job change

Aging

- Developing new skills (i.e., learning new technology)

Middle Age and Aging

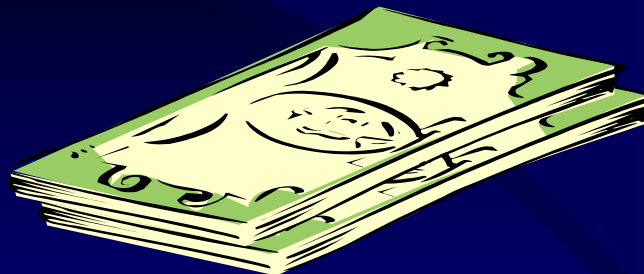
Financial Management

Middle Age

- Early retirement
- Social Security
- Bill Paying

Aging

- Retirement (decline in income)
- Social Security
- Bill Paying



Middle Age and Aging

Social Relationships

Middle Age

- Death of parents, spouse, family members, and friends
- Grieving from loss of family and friends
- Divorce and remarriage
- Changing of relationships and roles
- Renegotiating of children and parents roles

Aging

- Death of parents, spouse, family members, and friends
- Grieving from losses of family and friends
- Changing of relationships and roles
- Renegotiating of children and parents roles

Middle Age and Aging

Fun-Recreation/Meaningful Activities

Middle Age

- Adult support groups
- Being active in community
- Day programs
- Volunteering
- Church
- Clubs
- Concerts

Aging

- Adult support groups
- Being active in community
- Day programs
- Volunteering
- Church
- Clubs

Middle Age and Aging

Support Services

Middle Age

- Home care programs
- CIL's (Center for Independent Living)
- KATLC (KY Assistive Technology Loan Corp.)
- Waiver Programs
- DFB (Dept. for the Blind)
- DVR (Dept. of Vocational Rehabilitation)
- AARP

Aging

- Home care programs
- CIL's (Center for Independent Living)
- KATLC (KY Assistive Technology Loan Corp.)
- Universal design
- Waiver Programs
- DFB (Dept. for the Blind)
- AARP

Middle Age and Aging

Housing

Middle Age

- Accessibility/Transitional housing
- Waiver programs
- Universal design

Aging

- Accessibility/Transitional housing
- Waiver programs
- Universal design
- Self-eviction

Middle Age and Aging

Transportation & Mobility

Middle Age

- Loss of abilities

Aging

- Loss of abilities
- Loss of license

Middle Age and Aging

Legal Issues

Middle Age

- Retirement
- SSI (Social Security Insurance)
- ADA (Americans with Disabilities Act)
- Wills
- Trusts
- Health surrogate
- Guardianship
- Finding legal representation

Aging

- Retirement
- SSI (Social Security Insurance)
- ADA (Americans with Disabilities Act)
- Wills
- Trusts
- Health surrogate
- Guardianship
- Finding legal representation