

Your Employee Assistance Program is a support service that can help you take the first step toward change.

Aging Gracefully: Preparing for the Golden Years

Getting older is a natural part of life. Though our attitudes about aging may differ, we all can expect to make adjustments. Aging does not have to be all-negative; our ideas and attitudes about the process can impact the way we cope during that time. Having an idea of what to expect and how to cope, can help you be proactive. Whether you are preparing for this period for yourself, or you have elderly parents, here are some things to consider.

Loss

There are many different types of losses associated with getting older:

- **Loss of loved ones.** As we age, the death of family and friends becomes more common.
- **Memory.** Memory becomes less efficient with age, particularly short-term memory.
- **Health.** There are many health issues that are a natural part of getting older, like hypertension or high blood pressure, weakened muscles and joints, lack of balance, and digestive problems.
- **Independence.** For some, aging comes with the loss of the ability to do things on their own. They may need help with medical care, finances, help driving or household chores.

Stress

Due to the loss's mentioned above, older adults are also in danger of dealing with high levels of stress.

Changing roles

Through the many roles that we live through in life (child, parent, worker, grandparent) retirement is one of the most dramatic. For some, leaving work means changing their social status, limiting their financial flexibility and activities. This also may bring a change in roles at home, as you have more time to spend with your significant other, family and friends.

How can I prepare?

In reading this, you might be wondering, "How am I going to handle all of these changes?" There are a few things that you can do to cope with these challenges and make this stage of life enjoyable.

- Take care of your health. Eating well and exercising can prevent many of the health problems associated with age. Remaining active and eating the proper nutrients can help with increasing bone density, cardiovascular health and weight management and stress management.
- Build a support network. Participate in family or community activities to keep yourself connected. Social support is a great way to manage stress, build self-esteem, have fun, stay active and receive emotional support.
- Keep a positive outlook. Remember the many benefits of aging, like time to spend with friends and family, travel, discounts and passing on your experience and memories to grandchildren.

© 2026 Morneau Shepell Ltd.