



Caring for Solo Ager: Building Your Support System for Successful Aging

Approximately 22.1 million Americans are considered solo agers, representing about 28% of older adults

As we age, a strong support system becomes essential—but what happens when we are navigating this journey alone? Join us for an insightful discussion with **Steve Gurney, Founder of Positive Aging Community**, as he explores strategies for solo aging—a growing reality for many older adults.



Wed., Mar. 5 @ 6 PM Eastern Time
(6 PM Eastern, 5 PM Central, 4 PM Mountain, 3 PM Pacific)



Questions

- I am desperately looking someone who I can appoint as my medical power of attorney. I do not want a guardian. Please give me resources.
- How can I find a trustworthy person to pay bills in the case of cognitive decline.
- How does solo ager engage in community activities & build social connections if they are an introvert?
- Helping a solo's personal care/comfort, medical care, with limited finances, possible dementia.
- Please discuss options for continued care for solo agers.
- As a couple, when do you talk about and prepare for solo aging.

Those who identify as Solo Agers are highly concerned, even more so than adults 50-plus, about a variety of aspects of aging.



- Losing your independence/having to rely on others (78% vs. 72%)
- Not having enough money (70% vs. 62%)
- Being alone without family or friends around (61% vs. 43%)
- Not being able to stay in current home (60% vs. 47%)
- Being moved somewhere against their will (51% vs. 37%)
- Needing help with daily activities (50% vs. 38%)

We Are All Aging Solo!

- **We may age in the company of others, but the journey within our bodies is uniquely our own.**
- Aging is the ultimate personal journey – no one else can take the wheel.
- **While we share life with many, we age alone in our personal universe of one.**



Building Our Personal Village

- Cultivating a diverse support network of friends, family, volunteers, and professionals is an investment in our future well-being and independence.
- By proactively creating a support network, we empower ourselves to live with dignity, even when facing unexpected challenges alone.
- Our personal village is a tapestry of relationships that provides not just assistance, but also purpose, joy, and a sense of belonging.



Steps To Build Our Personal Village

STEP ONE: Identify Current Members of Your Village

- Family and Friends
- Neighbors
- Community
- Professionals

STEP TWO: Personal Purpose Inventory & Identify Opportunities

- Review areas in your Village that need more support.

STEP THREE: Connect and Nurture

- Offer how you can help your connections.
- Have your “list” for support in your back pocket.



Steps To Build Our Personal Village

STEP FOUR: Join and Connect

- Clubs
- Organizations
- Volunteer

STEP FIVE: Be Vulnerable + Set Boundaries

- Share your feelings and needs with your network.
- Learn to say no when necessary to maintain healthy relationships and prevent burnout

STEP SIX: Celebrate Achievements

- Acknowledge and celebrate the contributions of your support network. This reinforces a positive atmosphere and motivates continued support.



The most important factor when choosing a health care power of attorney or a financial power of attorney is **trustworthiness**

- Someone who understands and respects your healthcare wishes.
- Someone who will handle your finances responsibly, as they will have extensive control over your assets.
- While family members are often chosen, it's not mandatory – you can select a close friend or even a professional if they are the best fit for the role
 - Professional Fiduciaries
 - Attorneys
 - Social workers or care managers
 - Nonprofit organizations
 - End of Life Doulas



Questions

- I am desperately looking someone who I can appoint as my medical power of attorney. I do not want a guardian. Please give me resources.
- How can I find a trustworthy person to pay bills in the case of cognitive decline.
- How does solo ager engage in community activities & build social connections if they are an introvert?
- Help solo's personal care/comfort, medical care, with limited finances, possible dementia.
- Please discuss options for continued care for solo agers.
- As a couple, when do you talk about and prepare for solo aging.

Questions & Brainstorming



Steve Gurney, Founder

Cell/Text: 703-966-6182

1-800-394-9990

Email: steve@proaging.com

Schedule: calendly.com/proaging

LinkedIn: linkedin.com/in/gurns



We believe that the **right solutions and connections** can help people live **more purposeful lives**—no matter their age or ability. For more than 35 years, we have fostered a **community** that helps make aging **choices** easier and more accessible.

States with Licensed Professional Fiduciaries

1. California: Professional fiduciaries in California are licensed and regulated by the Professional Fiduciaries Bureau under the Department of Consumer Affairs¹²⁵.
2. Arizona: The Arizona Judicial Branch has a Fiduciary Licensing Program designed to ensure that elderly and vulnerable citizens have licensed individuals or businesses to serve as fiduciaries⁸.
3. Illinois: While not explicitly called "professional fiduciaries," public guardians appointed by the Governor must be certified as National Certified Guardians by the Center for Guardianship Certification³.
4. Oregon: Oregon requires professional fiduciaries to be certified by the Center for Guardianship Certification or its successor organization as a National Certified Guardian or a National Master Guardian³.

It's worth noting that the regulation of professional fiduciaries is not uniform across all states, and the requirements may vary. Some states may have registration or certification requirements rather than full licensing programs