

Coping with Loss and Change as We Age



As we age, we often experience loss and change. Below are some changes commonly experienced as we age, along with tips on how you can cope with these changes.

Change: Retirement

How to cope: Retirement can be a major life transition, as employment provides structure, social interaction, and a sense of purpose. To help cope with retirement, find a meaningful part-time job or volunteer opportunity. Establish a structured daily routine that incorporates socialization, physical activity, and hobbies.

Change: Loss of family members and friends

How to cope: Allow yourself time to grieve and remind yourself that grief is natural. Seek support from other personal relationships, or form new connections through volunteering or activities. If you need professional support, talk to your physician or call the free Massachusetts Behavioral Health Help Line at 833-773-2445.

Change: Declining physical abilities

How to cope: Declining physical abilities can make it more difficult to stay active and to attend social engagements. Changes in hearing and vision can also affect social relationships and can make it dangerous to drive. Try low-impact physical activities, such as tai chi, yoga, or swimming. Talk to your physician about assistive devices. Reach out to friends and family to see if they can help with transportation, or contact the Salem Council on Aging (978-744-0924) about their transportation offerings.

