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I'm Not Ready--The Realities of Senior Transitions

Avrene L Brandt PhD

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For the reader who would pass up the book, thinking it was irrelevant, this book is really for you. For in fact there are only two possible outcomes, either you will grow old or you won't. The senior population is the fastest growing segment of our society. Seniors are the focus of over seven trillion dollars in the marketplace and hold more than eighty per cent of the country's wealth. Yet they are often the object of disrespect, dismissal, and demeaning of their value in their daily lives. They are seriously vulnerable to social, emotional, physical, and financial abuse. Most seniors have lived their lives as respectful, hardworking members of society. Therefore they are not ready for society's response to their becoming older. Senior transitions means a time of deciding where to live, how to manage a new budget, confronting physical changes, facing end of life issues , and above all being susceptible to those who would abuse them or the seniors in their lives. Overview If you think you and your relatives are going to die young, this book is not for you. A large segment of the population is totally unaware of what it means to become a senior - or even more unsavory, to be old. From my personal experiences as a consultant to facilities for the aged, and from working with seniors and their families, I became convinced that this book had to be written. Fundamental to having a good, long life (and people are living longer and longer) is knowing both the realities of being elderly and knowing how to be prepared. Whatever your age, and whatever the age of your relatives, you will need this information. Life expectancy is increasing. The graying of America is increasing. In 2009 almost twelve per cent of the population was sixty-five years plus. By 2030 it will be nineteen percent, and by 2030 seniors are projected to represent twenty-one percent of the population. The increase in those who are older by no means insures life will be better. While the medical profession can miraculously keep us alive longer , it does not guarantee social, emotional, or physical comfort. It is therefore necessary to open ones eyes to see what "senior" means. It is important to see things in a new way and to accept that "I'm Not Ready" applies to you. This book is a must read for everyone - the general population, families and their seniors, the medical profession, and other professionals who work with seniors.

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