
NAVIGATING AGEING WHEN SINGLE

Whether you are **single** by choice, separated, or widowed, navigating ageing when single can come with **unique challenges and opportunities**.

Build and maintain a strong social circle

Especially if you are single, **peer support** can greatly benefit your mental and physical health. You can find hobby or senior **social groups** at your local community centre, through Facebook, through Meetup, or through a local cultural affiliation.

Plan ahead for caretaking and living arrangements

Explore your options for when you may need **caretaking** in the future, such as a retirement facility, an aged care facility, or a support worker. Think about a place you'd like to live long-term which is **ageing-friendly** and within your price range.

Have an emergency contact list and emergency plan

Create an **emergency contact list** and put it on your fridge and in your wallet or purse. Make sure your doctor, local hospital, and other caretakers have an up-to-date contact list. Establish an **emergency plan** with those on your contact list.

Identify support resources, even if you don't need them now

You may not feel that you need support right now, but it's beneficial to know what **options** are out there. Queensland has an extensive range of senior support, social groups, legal and financial resources, and caretaking options.

Choose someone to handle your finances for when you cannot

Identify one (or multiple) **trusted family members or friends** who you would like to make **health and financial decisions** on your behalf. This is called an Enduring Power of Attorney (EPOA).



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