

The World Has Not Stopped

It is reasonable for a senior to question if now is the time to make a move. Living in the midst of a pandemic puts a new light on everything, including the idea of changing your address.

There are many reasons why someone considers leaving their home of many years. At a certain point their home may become less a labor of love and more just a labor. Or maybe the stairs have become more difficult to navigate. Possibly their health has changed and they could benefit from more support in the course of a day. Or maybe in the midst of their isolation they've had the time and inclination to assess their life in a new light.

I heard someone reference our new world with this statement recently... "You know the world hasn't stopped". Well it sure hasn't. Unfortunately I see that for some people it has. If they can't do things the way they've always done them they're just not doing them anymore. For some they only see what they've lost, instead of considering that in every circumstance there are gifts waiting to be opened and acknowledged.

Life is a series of adjustments. That's true at any age. When we're young we're always pushing the boundaries of possibilities. For my grandkids, their neighborhood grew much larger this summer as they learned how to ride their bikes and discovered new neighborhood friends. Exciting for them, but a new form of anxiety for their parents as they get comfortable with setting a new expanded territory of freedom.

So what are your boundaries of possibilities? If you're going to consider that statement honestly, you have to get out of your comfort zone for a moment. Is your home still serving your needs well and allowing

for a quality of life? For some the answer is yes. They're not just surviving, they're thriving. They're still driving, their health is good and they're still actively engaged in life. Clearly those individuals are enjoying a full life in their current home.

But there are others who are missing key components of that active life. They aren't as mobile as they once were and maintaining their home is challenging. They may not drive, which means their independence is reliant upon a friend or family member to accomplish certain aspects of their daily needs. And possibly their health is compromised, causing their social life to fade along with their joy quotient and maybe even their purpose.

Over the years I've had seniors tell me that they're independent, and they noted one of the reasons they knew they were was because they're still living in their home. Independence is not a result of your geography or address. And quality of life isn't a product of the treasures you've gathered over a life time. It's an outcome of human interaction, of the degree to which you exchange conversation and love with one another. Regardless of the times, or what's going on in the world around you, quality of life should be a goal for everyone to their last day. If your days are becoming more limiting, if your moments of happiness are less frequent, do not passively accept that. Open yourself to greater possibilities by considering what next. Don't let your fear of the unknown hold you back from living your fullest life.

The world has not stopped...and yours shouldn't either.

*This article is a reprint of a blog posted by
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For 50 years, Laureate Group, a local, family owned business has been helping older adults and their families manage the challenges of aging. Laureate Group operates eight senior communities throughout the Greater Milwaukee area. Additional resources can be found at:

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