### **PSYCHOLOGICAL CHALLENGES**

<u>OF</u>

INDIAN AMERICAN SENIOR CITIZENS

# **SENIOR CITIZEN**

WHO ARE SENIOR CITIZENS

ACCEPTED AGE

# ADVANTAGES OF SENIOR CITIZENSHIP

SOCIAL SECURITY

**MEDICARE** 

RETIREMENT

SENIOR DISCOUNTS

TRAVEL ANYTIME

FREEDOM TO RELOCATE

LOSS OF IDENTITY

• LOSS OF STRUCTURE

LOSS OF SOCIAL INTERACTION

#### **RETIREMENT**

## **SOCIAL ISOLATION**

FEWER OPPORTUNITIES FOR SOCIAL INTERACTIONS

INABILITY TO PARTICIPATE

**TRANSPORTATION** 

CONFLICT OF SCHEDULES

# **LATE MIGRANTS**

**NEW CULTURE** 

ISOLATION

LANGUAGE PROBLEMS

LOSS OF INDEPENDENCE

CULTURAL CONFLICTS WITHIN FAMILY MISSING FAMILY
EVENTS AND
FESTIVALS OF
HOMELAND

## HEALTH ISSUES

**NEW ONSET OF ILLNESS** 

CHRONIC ILLNESSES

MEMORY PROBLEMS

**MOBILITY PROBLEMS** 

BALANCE/FALLS/INJURY

SLEEP DISTURBANCES

GASTROINTESTINAL DISEASES

# MENTAL ILLNESS

### ANXIETY DISORDER

DEPRESSIVE DISORDER

DEMENTIA

**PSYCHOSIS** 

## LOSS OF INDEPENDENCE

# LIMITATION /UNABLE TO DRIVE

RELYING ON OTHERS
FOR DAILY ACTIVITES

MOVING CLOSER TO FAMILY/CHILDREN/ASSISTANT LIVING



#### LIVING ON FIXED INCOME

# FINANCIAL CONCERNS



UNEXPECTED EXPENSES
..HOUSE REPAIRS / CAR
REPAIRS



POSSIBILITY OF NEEDING LONG TERM CARE /ASSISTANT LIVING/NURSING HOME

# FEAR OF FUTURE

FEAR OF LOOSING THE EMPIRE ONE HAS CREATED

FEAR OF DECLINING HEALTH

FEAR OF BECOMING A BURDEN



# PROBLEMS OF ADULT CHILDREN

LOSS OF EMPLOYEMENT

**HEALTH OF ADULT CHILDREN** 

**ESTRANGEMENT** 

#### **DIVORCE IN FAMILY**

**DIVORCE OF CHILD** 

## **DIVORCE**

LOSS OF RELATION WITH GRANDCHILDREN AFTER PARENTS DIVORCE

# DEATH OF LOVED ONE / FRIEND/FAMILY MEMBER

**DEATHS** 

DEATH OF SPOUSE

DEATH OF CHILD

## **REVIEWING LIFE**

• JUDGING LIFE LIVED SO FAR

 GUILT FOR THINGS DONE OR NOT DONE

 CONTENTMENT FOR THINGS DONE OR NOT DONE



# **HELPLESSNESS**

- DREAMS NOT FULLFILLED
- EXPECTATIONS FROM CHILDREN
- WHAT TO DO WITH ALL YOUR COLLECTIONS... BOOKS, ANTIQUES, ARTWORK, FAMILY HEIRLOOMS,

WHO WILL BE RIGHT PERSON/ WHO DESERVES

# REALIZING AND FACING END OF LIFE



# DIAGNOSIS OF A TERMINAL ILLNESS



PLANNING WILL/ADVANCE DIRECTIVE



EXPRESSING YOUR LAST WISHES

# PREPARATION FOR GOLDEN YEARS

RETIRE FROM "A" TO "B"

FIND A PURPOSE

LEARN NEW THINGS

EXPLORE ACTIVITIES IN COMMUNITY, VARIOUS CLUBS

**VOLUNTEERING** 

SOCIALLY CONNECTED

PHYSICAL EXERCISE/ MEDITATION/MINDFULNESS

MAKE PEACE WITH LIFE CIRCUMSTANCES

**ACCEPTANCE AND GRATITUDE** 

# **FRIENDS**



# LAUGH MORE



# FAMILY TIME



## TIME WITH GRAND CHILDREN



# YOGA TOGETHER



# CHAIR YOGA



# **TEA TIME**



# ROMANCE



# TRAVEL



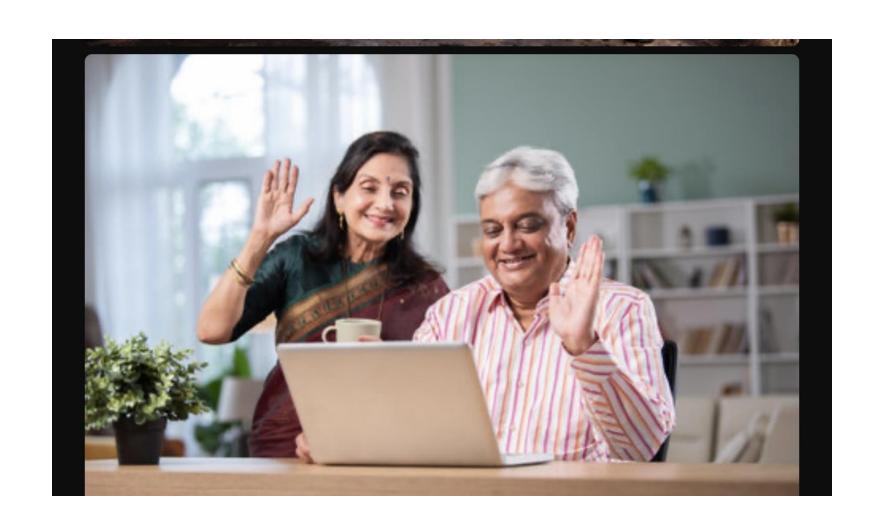
# SPEND MONEY



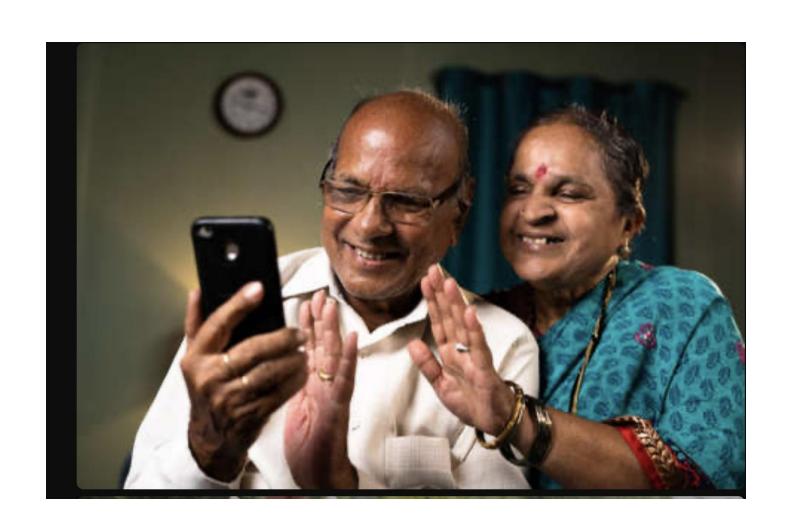
# TAKE SELFIES



# **VIDEO CALLS**



# WHATSAPP CALLS



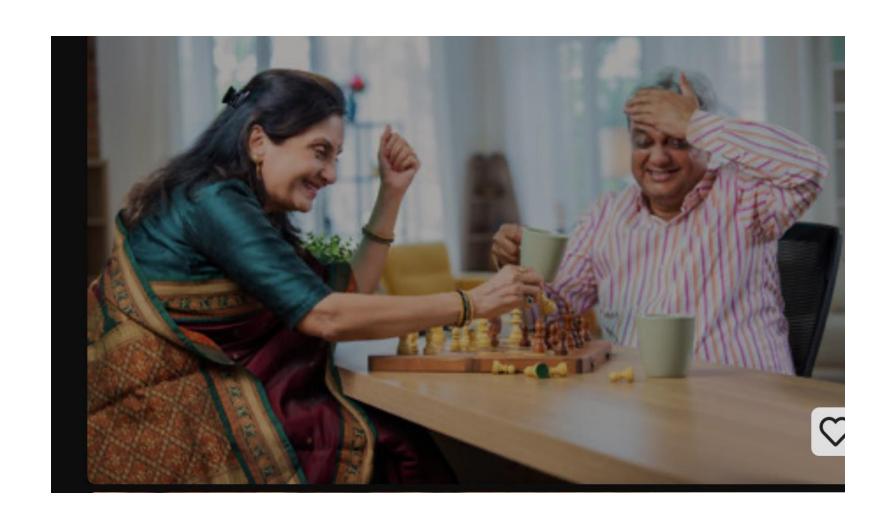
# PLAY TOGETHER



## PLAY VIDEO GAMES



# PLAY CHESS



# READ NEWSPAPER

