

## **Senior Futures in Sussex County**

### **2024 and Beyond: Challenges and Solutions**

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A limited 5-part PowerPoint /discussion series looking at the emotional and mental health of the senior population influx making up much of the growth spike taking place in Sussex County. What are the mental health and emotional challenges facing these folks, especially the ones who are alone, or who become alone in short order? What are the dangers they face in terms of substance use disorder's (SUD's)? What opportunities are there for them to feel productive and valued in their new homes? How do we integrate them into society and the communities already in place? What can we do to help them remain in their homes as they age, leading as healthy and emotionally productive lives as they are capable of? Most importantly, what are the new solutions and creative ideas people are trying, and succeeding with, to make these things happen. These are the critical issues and concerns we will look at and sort through in this 5-part limited series.

### **Lecture/Discussion Outline**

- 1. Ther Demographics: Kin-lessness and Elder Orphans.  
It's a fact of life.**
- 2. Substance Abuse among Older Americans: A growing Concern.**
- 3. Caring for Aging Friends: The Power of Companionship.**
- 4. Creating New Networks: Seniors Connecting with Each Other.**
- 5. Senior Urban Communes: A Modern Approach to Community Living.**

