



IS PLANNING TO AGE 100 ENOUGH?
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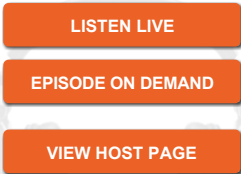


45 Forward
Monday at 12 Noon Pacific
September 6th 2021: Encore: 'Solo Aging':
Building a Great Older Life, Even if You're
Alone

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When we plan for our later years, most of us consider factors like health, housing, financial security, lifestyle and caregiving, but we tend to overlook one distinct possibility: What if end up aging alone? Recent studies have found that between 30 and 35% of older adults in the U.S. are expected to age alone within the next decade. About 45% of older women will find themselves aging solo. Many of these "elder orphans" have no assistance in making financial decisions, no designated caregiver, little access to transportation, and no help in times of crisis. In today's episode, host Ron Roel ta

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Featured Guest



Carol Marak
Carol Marak is a solo aging advocate and coach, as well as the most widely recognized authority on topics related to aging alone in the years ahead. She is publisher of CarolMarak.com and founder the Elder Orphan Facebook Group, which has been cited in numerous media outlets, including The New York Times, the Washington Post, USA Today, NPR and AARP. She offers Solo Living Group Support Coaching and private coaching, in addition to a Solo and Smart Course. Carol is a noted speaker at universities and conferences, such as Leading Age and the Society on Aging. Her forthcoming book, SOLO and SMART, will be published in 2022.

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