

# Personal Resources in Aging: Choices and Change

**Abstract:** Given the challenges during the aging process, personal resources can affect circumstances and conditions encountered over the life course. One's place on the aging continuum is affected by the ability to bring personal resources to bear at the appropriate time. They may be financial, legal, social, spiritual or economic, and they may determine the choices one has relative to healthcare, housing, transportation, physical and cognitive health and a host of other issues. These concerns remain very personal in certain instances, or may involve family, caregivers and human services providers. Changes will dictate what resources must be engaged, as well as requiring answers to when, where, why and how. The absence of personal resources may significantly disrupt the aging process or make it untenable.

**Presentation Description:** The presentation will heighten the awareness and importance of personal resources. Specific means are examined through individual and societal lenses to demonstrate circumstantial divergence. Older adult cohort needs vs. wants are scrutinized to include the evolution of needs and challenges for future cohorts. A socio-demographic snapshot of potential resource factors is provided.

## **Learning Objectives:**

1. Participants will identify the challenges, effects, and nature of personal resources.
2. Participants will describe how individuals, as well as society, will help to bring personal resources to bear during the aging process.
3. Participants will explain how specific resources represent appropriate counters to circumstances and challenges.