

Talk

Communication is the key to bridging any personal gap with others. Reaching out to others can help you articulate your needs.

After assessing and considering, write down how you will stay socially connected and maintain strong relationships. Then talk with a family member or friend about how you'll make that happen.

Refer to the following conversation tips and suggestions for help communicating your wishes.

Conversation Tips

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"So, Dad, it seems you've been seeing quite a bit of Edith. What do you like about her?"

"You know, son, since I'm friends now with Fran, I'd like to include her in our holiday gathering. How do we make this comfortable for everyone?"

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"Mom, I know you used to love bridge before your eyesight got bad. Even though you can't play anymore, why don't you join the ladies for lunch?"

"I've been so lonely since Dad died. John down the street has invited me to go away with him for the weekend to a bed and breakfast. I'd like to go. You know I'll always love your dad, but we all need companionship."

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