Some Activities or Characteristics often Associated with the Stages of...

### YOUNG ADULT (18 - 35)

1. Independent living
2. Managing home
3. Obtaining first job, etc.
4. Idealism
5. Self-identity analysis (who one is and what one has achieved)
6. More flexible in terms of change
7. Military
8. Selecting a spouse
9. Marriage
10. Rearing kids
11. Usually healthier and physically stronger
12. Lower income years
13. Assuming responsibilities
14. College
15. Other (activities or characteristics which have not been included)

### MIDDLE-AGE OR MIDLIFE (30/35 - 55-65)

1. Possible job dissatisfaction school
2. Higher income years
3. Children in college
4. May need new skills or training
5. Need of re-assessment of life
6. Career change
7. Job loss, burnout, etc.
8. Need to identify assets
9. Aspiration/achievement gap
10. Divorce/separation
11. Single parenting
12. Diminishing physical “reserve capacity”
13. Self esteem and self-identity
14. Lack of career planning
15. “Breadwinner” crisis
16. Less flexible in terms of change
17. Going back to school
18. Other
19. Other

### OLDER ADULT (65 AND OVER)

1. Diminished social status
2. Self-identity analysis
3. Questions about self-worth & contribution to society
4. Emphasis on social/spiritual
5. Volunteerism
6. More active in terms of leisure activities
7. Adjusting to retirement
8. Spending more or less time with family/friends
9. Boredom and loneliness
10. Lower income years
11. Less physically productive
12. Coping with illness
13. Problems related to new friends, safety, shopping, heavy chores, repairs, transportation, financial, medical/Medicare benefits, etc.
14. Physical or mental impairment(s)
15. Feelings of helplessness
16. Loss of spouse/peers
17. Seclusion
18. Need for community services
19. Other

*The stages above reflect a traditional perspective only. Many of the activities cited may overlap or occur during different stages. Furthermore; each could be divided into one or more subcategories.*