Notes from Defining Solos Exercise at Backup Plan for Solos Task Force 10/10/17

Personal Situation: What Qualified One as a Solo?

- Estranged from children or family
- Homeless – disconnected from family
- Estranged from family
- Ornery – Has alienated friends and family
- Family dysfunction
- Family unable to make decisions because of health issues
- "Old old" (>85) who have outlived family and friends
- Widow
- Kids live abroad
- Like to act independently
- Fierce introvert!
- Lack of trust in others
- Choose to be solo
- No children/no partner
- Self-define (the "gold standard")
- If someone says they are solo, they are
- Values a to health decision making that diverge from my network
- Estrangement from decision-makers
- Some are solos but don't recognize it
- What is the hierarchy of needs/soloness

Other Factors: What other factors impact solos ability to navigate healthcare decisions and events?

- Lives away (far) from family
- Homeless
- Lives alone
- Disability
- Moving from neighborhood/town/etc.
- Lives in isolation
- Poverty, declining $ and resources
- Economic disadvantage – few choices
- Geography – rural, remote
- Geographic - distance/barrier
- Career choices lead to geographic separation
- Social determinates of health (poverty, food insecurity, etc.)
- Access to transportation
- Lack of new technology use/comfort for communication
- Education level
- Racism
- LGBTQ
- Poverty
- Financial insecurity
- Financial stability
- Avoidance of the subject of aging an dependence
- Socioeconomic factors
- Economic circumstances - ability to hire professional
- No social network
- Impaired ability to communicate
- Competency to do independent decision-making
- Cognitive issues
- Intellectual disadvantages
- Personality
- Housing – living situation
- Mental Health
- Mental health
- Very advanced age
- Poverty

- Mental illness (either of self or of family members)
- Mental health
- Mental health

- Mental illness
- Mental illness
- Substance abuse

Personal Perspectives
Desires
- Community
- "I want to die quickly in my sleep"
- Autonomy –"To be the author of their own story."
- Be in control
- To remain in control of decision-making
- To leave assets for heirs
- Support

- Not to be a burden
- Protecting assets
- Autonomy
- Someone to talk through issues
- A good death
- Connection with others that leads to planning

Concerns
- Concerned about respect for diversity
- Losing control of choices
- Afraid of pain (managing pain)
- Access to transportation to remain independent
- Bankruptcy

- Someone will steal from me
- Not being a "burden"
- Burdening others
- Being dependent on others
- Privacy

Barriers
- Capacity/incapacity
- Reticence
- Physical, economic, social
- Living in denial
- Lack of education of choices
- Communication skills (lack thereof)
- Knowledge
- Insecurity
- Trouble with trust
- $$
- Culture that avoids conversations about end-of-life

- $ (If solutions require professional help)
- Few people willing to spend enough time to be in trusted relationship with solos
- Impaired communication ability
- Cost of Rx
- Lack of awareness of resources
- Immobility – no drive, etc.
- Lack of options for support services availability