

# encore adulthood

*Boomers on the Edge of  
Risk, Renewal, & Purpose*

PHYLLIS MOEN

# Encore Adulthood Boomers On The Edge Of Risk Renewal And Purpose

**Andrea Roach,Ashley Ermer**



## **Encore Adulthood Boomers On The Edge Of Risk Renewal And Purpose:**

**Encore Adulthood** Phyllis Moen, 2016-04-06 The Baby Boomer generation is facing a time of heightened uncertainty. Blessed with unprecedented levels of education, health, and life expectancy, many hope to contribute to society after their retirement. Yet they must also navigate ambiguous career exits and retirement paths as established scripts for schooling, parenting, and careers continue to unravel. In *Encore Adulthood*, Phyllis Moen presents the realities of the encore life stage: the years between traditional careers and childraising and old age. Drawing on large scale data sets and interviews with Boomers, HR personnel, and policymakers, this book illuminates the challenges that Boomers encounter as they transition from traditional careers into retirement. Beyond data analysis, Moen discusses the personal impact for Boomers: wellbeing, happiness, and health when they are unable to engage in meaningful work during their encore years, as well as the potential economic loss that would occur when a large, qualified group of people prematurely exit the workforce. Moen concludes with proposals for a range of encore jobs that could galvanize Boomers to take on desirable and sought-after second acts, emphasizing meaningful work over high-paying jobs and flexibility over long hours. An important analysis of an understudied and new life stage, *Encore Adulthood* makes an important contribution to the existing scholarship on careers, work, and retirement.

*Encore Adulthood* Phyllis Moen, 2016-04-06 The Baby Boomer generation is facing a time of heightened uncertainty. Blessed with unprecedented levels of education, health, and life expectancy, many hope to contribute to society after their retirement. Yet they must also navigate ambiguous career exits and retirement paths as established scripts for schooling, parenting, and careers continue to unravel. In *Encore Adulthood*, Phyllis Moen presents the realities of the encore life stage: the years between traditional careers and childraising and old age. Drawing on large scale data sets and interviews with Boomers, HR personnel, and policymakers, this book illuminates the challenges that Boomers encounter as they transition from traditional careers into retirement. Beyond data analysis, Moen discusses the personal impact for Boomers: wellbeing, happiness, and health when they are unable to engage in meaningful work during their encore years, as well as the potential economic loss that would occur when a large, qualified group of people prematurely exit the workforce. Moen concludes with proposals for a range of encore jobs that could galvanize Boomers to take on desirable and sought-after second acts, emphasizing meaningful work over high-paying jobs and flexibility over long hours. An important analysis of an understudied and new life stage, *Encore Adulthood* makes an important contribution to the existing scholarship on careers, work, and retirement.

**Front-Wave Boomers** Gillian Ranson, 2022-05-15 Boomers are heading into very old age following a pandemic, a time of overt ageism and shamefully deficient eldercare. The front wave, now in their seventies, are on the brink of life changes that will be challenging for everyone: family, friends, and for the health care system too. Recognizing the dire need to tackle these changes, journalist and sociologist Gillian Ranson, a front wave boomer herself, investigates what they are doing to prepare for old age. Whether an elder orphan living in subsidized housing, a busy grandparent doing daycare pickups,

a small business owner phasing into retirement or a wife learning to cope with a husband's dementia they all share one thing they need intimate caring social ties to other people Just as the baby boomer generation transformed life for teenagers and youth in the 1960s they now have a chance to create a better way to grow old Their stories hold lessons for us all

**American Idle** Annette Nierobisz, Dana Sawchuk, Dana Sawchuk, Annette Marie Nierobisz, 2025-05-13 In *American Idle* sociologists Annette Nierobisz and Dana Sawchuk report their findings from interviews with sixty two mostly white collar workers who experienced late career job loss in the wake of the Great Recession Without the benefits of planned retirement or time horizons favorable to recouping their losses these employees experience an array of outcomes from hard falls to soft landings Notably the authors find that when reflecting on the effects of job loss fruitless job searches and the overall experience of unemployment participants regularly called on the frameworks instilled by neoliberalism Invoking neoliberal rhetoric these older Americans deferred to businesses need to prioritize bottom lines accepted the shift toward precarious employment or highlighted the importance of taking initiative and maintaining a positive mindset in the face of structural obstacles Even so participants also recognized the incompatibility between neoliberalism's one size fits all solutions and their own situations this disconnect led them to consider their experiences through competing frameworks and to voice resistance to aspects of neoliberal capitalism Employing a life course sociology perspective to explore older workers precarity in an age of rising economic insecurity Nierobisz and Sawchuk shed light on a new wrinkle in American aging

*The Rowman & Littlefield Handbook on Aging and Work* Elizabeth F. Fideler, 2021-09-11 The Rowman Littlefield Handbook on Aging and Work is a comprehensive resource for students scholars and practitioners seeking a broad overview of interrelated topics concerning the aging workforce or insightful discussions of specific issues and challenges facing people in the demographic Notably its chapters address the impact of current conditions and developments on the individual worker organizations and employers and society as a whole

**Prime Time** Bec Wilson, 2025-07-30 From Bec Wilson hit podcast host and bestselling author of *How to Have an Epic Retirement* comes the ultimate guide to modern midlife We're now living longer saving smarter working more flexibly and seeking meaning at every turn In 27 practical lessons let Bec guide you on everything you need to know to make your Prime Time count The period from your late 40s well into your 70s is what Bec calls your Prime Time These years can be some of the best of your life if you make the right choices Far from winding down this is the time to truly live In this essential handbook Bec guides you through the key pillars of power money health work purpose happiness family and travel This isn't just about adjusting to a longer lifespan it's about creating a richer more fulfilling life Prime Time 27 Lessons for the New Midlife isn't just a roadmap to retirement it's a playbook for a life lived with intention energy joy and financial confidence With Bec Wilson as your guide you can embrace this incredible stage and truly make the most of your Prime Time Money takes centre stage in this guide with strategies that go beyond the basics Learn how to make the most of superannuation invest with purpose maximise compounding and franking credits understand spending and layering of

income and how to leverage tax concessions Beyond simply reaching enough to retire Bec shows you how to build flexible financial foundations that will allow you to enjoy these years to the fullest Along with the financial foundations this guide is packed with insights for building purpose and joy into every day with practical advice for extending or reshaping your career crafting a purpose driven second act creating work life flexibility strengthening family ties and looking after your changing body Ready to make the most of your Prime Time Then you need this book now      **Handbook of the Life Course** Michael J. Shanahan, Jeylan T. Mortimer, Monica Kirkpatrick Johnson, 2015-10-26 Building on the success of the 2003 Handbook of the Life Course this second volume identifies future directions for life course research and policy The introductory essay and the chapters that make up the five sections of this book show consensus on strategic next steps in life course studies These next steps are explored in detail in each section Section I on life course theory provides fresh perspectives on well established topics including cohorts life stages and legal and regulatory contexts It challenges life course scholars to move beyond common individualistic paradigms Section II highlights changes in major institutional and organizational contexts of the life course It draws on conceptual advances and recent empirical findings to identify promising avenues for research that illuminate the interplay between structure and agency It examines trends in family school and workplace as well as contexts that deserve heightened attention including the military the criminal justice system and natural and man made disaster The remaining three sections consider advances and suggest strategic opportunities in the study of health and development throughout the life course They explore methodological innovations including qualitative and three generational longitudinal research designs causal analysis growth curves and the study of place Finally they show ways to build bridges between life course research and public policy      **Social Networks and the Life Course** Duane F. Alwin, Diane H. Felmlee, Derek A. Kreager, 2018-03-06 This volume engages the interface between the development of human lives and social relational networks It focuses on the integration of two subfields of sociology social science the life course and social networks Research practitioners studying social networks typically focus on social structure or social organization ignoring the complex lives of the people in those networks At the same time life course researchers tend to focus on individual lives without necessarily studying the contexts of social relationships in which lives are embedded and linked to one another through social networks These patterns are changing and this book creates an audience of researchers who will better integrate the two subfields It covers the role of social networks across the life span from childhood and adolescence to midlife through old age      **Economic and Social Factors Affecting the Health of Older Adults** Colette Joy Browning, Katherine Henrietta Leith, Shane Andrew Thomas, 2023-12-11 In 2020 over 1 billion of the world's population were over the age of 60 years old and it is expected to double by 2050 according to WHO Due to the growing population of older adults there is a focus on healthy aging that will benefit the individuals and the wider communities as older adults will be able to support family members and partake in paid or voluntary work for a longer period of time Currently a large number of

older adults are unable to work increasing the likelihood of economic instability with fewer streams of income Economic instability has been proven to have health impacts including declining mental wellbeing malnutrition and the inability to afford prescribed medications Social isolation proves to be another important factor in the overall health of older adults The CDC reports that poor social interactions have been linked to a higher risk of developing multiple serious medical conditions

*The SAGE Encyclopedia of Lifespan Human Development* Marc H. Bornstein, 2018-01-15 Lifespan human development is the study of all aspects of biological physical cognitive socioemotional and contextual development from conception to the end of life In approximately 800 signed articles by experts from a wide diversity of fields The SAGE Encyclopedia of Lifespan Human Development explores all individual and situational factors related to human development across the lifespan Some of the broad thematic areas will include Adolescence and Emerging Adulthood Aging Behavioral and Developmental Disorders Cognitive Development Community and Culture Early and Middle Childhood Education through the Lifespan Genetics and Biology Gender and Sexuality Life Events Mental Health through the Lifespan Research Methods in Lifespan Development Speech and Language Across the Lifespan Theories and Models of Development This five volume encyclopedia promises to be an authoritative discipline defining work for students and researchers seeking to become familiar with various approaches theories and empirical findings about human development broadly construed as well as past and current research

**The Routledge Handbook of Contemporary Inequalities and the Life Course** Magda Nico, Gary Pollock, 2021-12-30 Drawing upon perspectives from across the globe and employing an interdisciplinary life course approach this handbook explores the production and reproduction of different types of inequality across a variety of social contexts Inequalities are not static easily measurable and essentially quantifiable circumstances of life They are processes which impact on individuals throughout the life course interacting with each other accumulating attenuating reproducing or distorting themselves along the way The chapters in this handbook examine various types of inequality such as economic gender racial and ethnic inequalities and analyse how these inequalities manifest themselves within different aspects of society including health education and the family at multiple levels and dimensions The handbook also tackles the global COVID 19 pandemic and its striking impact on the production and intensification of inequalities The interdisciplinary life course approach utilised in this handbook combines quantitative and qualitative methods to bridge the gap between theory and practice and offer strategies and principles for identifying and tackling issues of inequality This book will be indispensable for students and researchers as well as activists and policy makers interested in understanding and eradicating the processes of production reproduction and perpetuation of inequalities

**Women's Lives** Claire A. Ettaugh, Judith S. Bridges, 2023-02-24 Women's Lives integrates the most current research and social issues to explore the psychological diversity of girls and women varying in age ethnicity social class nationality immigrant experience sexual orientation gender identity ableness and body size and shape The text embeds a lifespan perspective within each topical chapter and has an intersectional approach that integrates women's

diverse identities It includes rich coverage of women with disabilities and on middle aged and older women throughout Taking a deeper transnational focus it also examines the impact of social cultural and economic factors in shaping women s lives around the world This edition explores the latest areas of research and tackles important contemporary topics such as feminization of immigration media portrayals of LGBTQ individuals and immigrants regulating testosterone levels in women s sports disorders of sexual development nonbinary identity the effects of social media on body image sizeism new classification of sexual disorders menstrual equity and the tampon tax migrant women as transnational mothers academic environment for low income ethnic minority and immigrant women effects of the COVID 19 pandemic on women s employment and work family balance the dilemma of unpredictable work hours healthcare barriers experienced by immigrant women and LGBTQ individuals MeToo movement vigilante gender violence the fourth wave of feminism the role of immigrant women and ethnic minority women in grassroots feminist activism men s support of feminist issues and more Boasting a new full color design and rich with pedagogy the book includes several boxed elements in each chapter In The News boxes present current news items designed to engage students in thinking critically about current gender focused events and issues The What You Can Do boxes give students examples of applied activities that they can engage in to promote a more egalitarian society Get Involved boxes ask students to collect data and to critically think about the explanations and implications of the activity s findings Learn About the Research boxes expose students to a variety of research methods and highlight the importance of diversity in research samples by including studies of underrepresented groups At the end of each chapter What Do You Think questions foster skills in critical thinking synthesis and evaluation by asking the student to apply course material or personal experiences to provocative issues from the chapter The If You Want to Learn More feature provides names of the most current books available on various topics that are discussed in the chapter Combining up to date research with an approachable and engaging writing style Women s Lives is an invaluable resource for all students of gender from psychology women s studies gender studies sociology and anthropology

Transforming Retirement Janis Clark Johnston, 2023-05-05 People are naturally worried about transitions at any stage of their lives and retirement transitioning presents unique challenges because you realize that your life clock is ticking faster with each passing year Beyond financial concerns your true wealth is determined by how you spend your time and how you care for your health Retirement represents a rich psychological growth time and successful aging is characterized by cultivating a growth mindset alongside a healthy dose of grit or passion plus persistence This book shares insights from a survey of 125 participants all of whom are 55 or older on retirement beliefs and time management The author encourages retirees to embrace the concept of rewiring their brains in a psychological reboot applying to both work and non work scenarios Each chapter presents rewiring exercises that prepare space for new possibilities to germinate immediately and possibility time exercises that foster digging deeper into legacy roots for shaping days where you can flourish Seasoned citizen years have

the possibility of becoming your greatest life plots when you rewire your personality and ability skillset

**Working with Family Carers** Valerie Gant, 2025-02-28 Care giving transcends race gender and age and most people will be a care giver or receiver often both at some point in their lives This book explores the extent of caregiving in the UK and discusses its impact on individuals groups and communities as well as health and social care professionals It covers ways of identifying carers and providing information and advice and given the likelihood of practitioners themselves providing care a discussion regarding maintaining resilience and the extent to which personal experiences guide and inform practitioners response to work with carers is included Exercises allow the reader to explore ways practitioners can engage with and support carers The recent legislative changes brought about by the Care Act 2014 is discussed as well as relevant policies Caregiving has the potential to transcend disciplines so this text will appeal to students of a variety of undergraduate and postgraduate programmes and across the professional arena including social work nursing occupational and physiotherapy The author is donating her royalties on this book to Carers UK and Carers Trust

*Economics and Ageing* José Luis Iparraguirre, 2018-12-11 This upper level textbook provides a coherent introduction to the economic implications of individual and population ageing Placing economic considerations into a wider social sciences context this is ideal reading not only for advanced undergraduate and masters students in economics health economics and the economics of ageing but also policy makers students professionals and practitioners in gerontology sociology health related sciences and social care This volume introduces the different conceptualisations of age and definitions of old age as well as the main theories of individual ageing as developed in the disciplines of biology psychology and sociology It covers the economic theories of fertility mortality and migration and describes the four main frameworks that can be used to study economics and ageing namely the life cycle the overlapping generations the perpetual youth and the dynastic models

*An Introduction to the History of Human Development and Family Science* Andrea Roach, Ashley Ermer, 2025-05-02 This comprehensive textbook offers an interdisciplinary introduction to the history of human development and family science It provides insights from home economics sociology and psychology to explain and analyze how the field was established and how it is developing and showcases the contribution of its unique transdisciplinary nature Expert authors cover key topics and highlight historical contributions from women scholars of color and LGBTQIA scholars they emphasize and incorporate research that cuts across cultures and examine current human development and family science trends in research and careers in their chosen fields Subjects and issues covered include historical and contemporary studies of child development adolescent development and young adulthood adulthood and aging family science marriage formation and maintenance parenthood divorce the role of grandparents and sibling relationships Exploring how human development and family science can be used as a springboard into careers such as marriage and family therapy social work case management teaching and research this essential textbook is for all students of human development and family science

*How to Live Forever* Marc Freedman, 2018-11-20 Using this helpful book learn how the secret to



happiness and longevity can be found through mentoring the next generation In *How to Live Forever* Encore org founder and CEO Marc Freedman tells the story of his thirty year quest to answer some of contemporary life s most urgent questions With so many living so much longer what is the meaning of the increasing years beyond 50 How can a society with more older people than younger ones thrive How do we find happiness when we know life is long and time is short In a poignant book that defies categorization Freedman finds insights by exploring purpose and generativity digging into the drive for longevity and the perils of age segregation and talking to social innovators across the globe bringing the generations together for mutual benefit He finds wisdom in stories from young and old featuring ordinary people and icons like jazz great Clark Terry and basketball legend Kareem Abdul Jabbar But the answers also come from stories of Freedman s own mentors a sawmill worker turned surrogate grandparent a university administrator who served as Einstein s driver a cabinet secretary who won the Presidential Medal of Freedom and the gym teacher who was Freedman s father *How to Live Forever* is a deeply personal call to find fulfillment and happiness in our longer lives by connecting with the next generation and forging a legacy of love that lives beyond us

**Aging and Mental Health** Daniel L. Segal, Sara Honn Qualls, Michael A. Smyer, 2018-01-18 Fully updated and revised this new edition of a highly successful text provides students clinicians and academics with a thorough introduction to aging and mental health The third edition of *Aging and Mental Health* is filled with new updates and features including the impact of the DSM 5 on diagnosis and treatment of older adults Like its predecessors it uses case examples to introduce readers to the field of aging and mental health It also provides both a synopsis of basic gerontology needed for clinical work with older adults and an analysis of several facets of aging well Introductory chapters are followed by a series of chapters that describe the major theoretical models used to understand mental health and mental disorders among older adults Following entries are devoted to the major forms of mental disorders in later life with a focus on diagnosis assessment and treatment issues Finally the book focuses on the settings and contexts of professional mental health practice and on emerging policy issues that affect research and practice This combination of theory and practice helps readers conceptualize mental health problems in later life and negotiate the complex decisions involved with the assessment and treatment of those problems Features new material on important topics including positive mental health hoarding disorder chronic pain housing caregiving and ethical and legal concerns Substantially revised and updated throughout including reference to the DSM 5 Offers chapter end recommendations of websites for further information Includes discussion questions and critical thinking questions at the end of each chapter *Aging and Mental Health Third Edition* is an ideal text for advanced undergraduate and graduate students in psychology for service providers in psychology psychiatry social work and counseling and for clinicians who are experienced mental health service providers but who have not had much experience working specifically with older adults and their families

**Handbook on Demographic Change and the Lifecourse** Jane Falkingham, Maria Evandrou, Athina Vlachantoni, 2020-06-26 This innovative Handbook offers a deeper understanding of the causes and

consequences of demographic change across the lifecourse Chapters highlight major theoretical and methodological advances and present research that sheds light on family dynamics health and mobility over the lifecourse illustrating the implications of lifecourse research for policy and reform

**Aging in the Family** George Dickinson, Brenda Sanders, 2018-10-31

With a rapidly aging population throughout the world the issue of larger percentages of older adults has repercussions for both policy and the job market Whether a university student about to seek a full time job or a caregiver for an older person *Aging in the Family* should enhance the reader's knowledge and skills The main topics covered in this volume include marital status of older adults support systems within families crises with older adults within families the resilience of older adults entering the latter stages of life practical information involving caregiving aging in place and various social services for an aging population The reader will be made aware of intergenerational interactions between older adults and other family members in various cultures The role of ethnicity and socio economic status in health issues of older adults will be discussed as will the application of technology to an aging population Though problems certainly exist as one ages the overall thrust of the book is toward the positive aspects of growing old Numerous theories exist to probe research and understanding of older adults in families The relation between theory and research will be helpful to many students of aging in the family Older adults are generally married yet cohabitation and other options are alive and well too Ageism death and abuse unfortunately are issues affecting aging Yet most older adults in the US and Western Europe report living independently and being satisfied with their lives *Aging in the Family* will be an interesting read for anyone wanting to learn about older adults and family relationships as it exhibits a blend of both theoretical and practical matters

Fuel your quest for knowledge with is thought-provoking masterpiece, Explore **Encore Adulthood Boomers On The Edge Of Risk Renewal And Purpose** . This educational ebook, conveniently sized in PDF ( \*), is a gateway to personal growth and intellectual stimulation. Immerse yourself in the enriching content curated to cater to every eager mind. Download now and embark on a learning journey that promises to expand your horizons. .

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