

Break-Up and Divorce in Later years

GUIDE : BREAK-UP & DIVORCE IN LATER YEARS



One of my areas of expertise is divorce in later years, which is an increasing trend in the modern world. Whilst there has been a downturn in divorce numbers generally the older age group buck the trend.

So do not think you are the only couple divorcing and facing a new life when you probably least expected it. Statistics show that rates of divorce in the 55 to 64 age bracket doubled over a 15 year period and tripled in the 65 and older group.

Over the last 15 years rates of divorce have doubled for 55 - 64 year olds and trebled for the over 65's

Later age divorce is often referred to as the 'Grey' or 'Silver' or 'Silver splitters' divorce. I do not like these terms as they are ageist. I am a true believer in bucking trends and, regardless of hair colour, our outlook is anything but grey and we can colour our hair as we wish! We can have a new colourful life without age defining what we can or can't do or how we should look for 'our age'!



This is probably the most difficult time to divorce, many couples having been married for over 20, 25 or even 30 years, particularly if the split was not a joint decision. There are overwhelming negative feelings filling your mind, such as you are disposable or you are surplus to requirements. At a point in life when you were looking forward to retirement and spending more time together suddenly your dreams are dashed. You are likely suffering from empty nest syndrome at the same time, compounding a feeling of dismay.

The world has moved on and so have you; you are much worldlier and open minded than in previous generations. Both partners are more likely to have had successful careers, which does help with being on your own - emotionally, physically and financially. In many countries divorce laws regarding pensions have progressed to ensure both parties have equal security.

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Age is not a defining moment these days in the quest to start a new life. It is an opportunity to rediscover yourself and can be very liberating. There is now more support than ever to help you cope, I have seen my clients start a new and happy chapter in their lives, often finding new love in the process. If you wish to find another partner there are many opportunities for your age group now. However, you may decide that this is your time and prefer to live on your own and embrace a life on your terms which is equally liberating.



My divorce came later in life so I am particularly knowledgeable with this age group. I know it can be a frightening, unnerving experience, and, while there may not be child custody issues it does not mean that grown children are not involved, even taking one side or the other.

There are many different considerations for older people contemplating a divorce and the possibility of finding companionship at a later stage in life often worries people who had not envisaged being on their own after so many married years.

I am here to help you through every single step of your painful situation with strategies to enable you to move forward in your life. It is my job to support, educate and guide you as you move into a new and improved life. I can be your co-driver in your journey and my aim is to create a safe, supportive, non-judgemental and understanding environment.

I believe you need to harmonise your body with your mind to operate at full capacity.

My approach is holistic as I am a great believer in the mind and body working together. What is in your body is in your brain. I believe you need to harmonise your body with your mind to operate at full capacity. I used this approach in my divorce journey and recognised the multi-faceted benefits.

To schedule a call or to find out how you might benefit from JH Holistic Divorce and Break Up Coaching, please email janet@jhdivorcecoaching.com or fill in the contact form on www.jhdivorcecoaching.com

