

Relationships in the 'boomer years'

Many say the Boomer generation reinvented itself as it went along. With the sexual revolution, the hard won (fought for) gains of feminism and gay rights, and the liberalisation of divorce laws under their belts, the Boomers have led the way in asserting the right to choose what their relationships look like.

Boomer years can bring fulfilling relationships, when lessons and understanding from the past can be put into effect with more self-awareness. Being clear about what's important to you (interests, values, friendships, children and grandchildren) is crucial.

Putting to rest the hurt and disappointment of past relationships will give new relationships a chance to breath. Consider being wary of new partners who haven't managed to do that and perhaps seek professional help if this is a problem for you.

Many people repartnering will want to segregate their assets, to ensure, for example, that their children are their beneficiaries - not their new partners. You should probably seek advice if that's what you want. Remember, you can construct relationships any way you want within the limits of your resources, working out the balance of independence and sharing. Entering a new relationship open eyed and setting out the terms doesn't mean you kill romance or diminish the chance for genuine intimacy. The opposite is true: it is more likely to be real and to work.

There are still many ways to meet people today. Use existing contacts and connections and let people know you are 'looking'. You can register with dating agencies and clubs. Take up activities, and join interest groups. The Internet can broaden your range of connections but take safety precautions. Finally, look after yourself. Feeling fit and well will make you feel more confident and optimistic.

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