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Resilient Widowers: Older Men Adjusting to a New Life

Alinde J. Moore, Dorothy C. Stratton

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Based on an intensive qualitative study of a diverse group of 51 older widowers, this unique book sets widowhood within the context of life experience and identifies characteristics and patterns of behavior that contribute to widowersÆ success, or lack of it, in adjusting satisfactorily to their circumstances. The authors shed light on widowers' specific needs and on the services needed to help widowers develop greater self-reliance.
Among the topics discussed are models of resilience, marriage and illness of the spouse, caregiving and communication, death of the wife, grief and adjustment, living alone and remarriage, life values carried forward, adult children and other social support, and cohorts and the future. The authors conclude with a consideration of trends that may influence the next generation's experience of widowhood.
This excellent volume offers expert guidance on the needs and care of the nearly invisible population of older widowers.

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