

# ASK LARRY

**Q:** *After 20 years at a high tech company, I lost my job 12 months ago and still haven't found anything. I'm 55. Is that the problem?*

**A:** Could be one of the problems. "Ageism" exists, especially if you work in high tech where 50+ are often considered old with declining job skills. The good news is that you're still young enough to find another position.

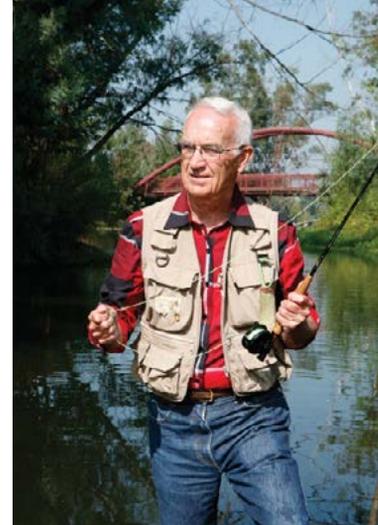
Start your job hunt on the Internet and research "Job Hunting Tips for Over 50." Most of the stuff is basic but helpful.

Millions of people of all ages lose their jobs and you shouldn't be embarrassed to admit you're looking for new career opportunities. I was laid off three times in my 10 year corporate life before starting my own company at age 43. (I'm still working today at age 74 as owner/publisher of ActiveOver50 media.)

Your job hunting search should/must include LinkedIn. I know several people who landed new positions after posting their profiles on LinkedIn including my daughter. I also know several long-term 50+ job seekers who do not have a LinkedIn account which is free. I also know 50+ business owners who do not have a smart phone. Hard to believe in this day and age.

**My advice:** Never, ever give up. Keep current with technology or it will "past you by," making it extremely difficult to land a new job. You might also want to think about starting your own business as many boomers and seniors are doing today. Having launched two businesses myself, I'd be happy to share the pros and cons with you.

Fastest age group launching new businesses in the last few years? Baby boomers in the 55 to 64 year age group.



Larry W. Hayes

As owner and publisher of ActiveOver50 for the past nine years, I've been asked dozens of questions about a host of things. Although I don't claim to know it all, I know a little about some things. Or know someone who does.

That's what this column is about: helping you find answers to every day problems. Email me questions on any topic: **AskLarry@ActiveOver50.com**. I'll answer the best I can.

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