

Gray divorce rate continues to rise amongst baby boomers.

Written by Australian Business

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As children start college, some parents are left with an empty nest. For more and more baby boomers, this transition is leading to divorce.

A study released earlier this year found that the rate of gray divorce in the United States is the highest it has ever been. More specifically, the study, conducted by Sociology professionals with Bowling Green State University, noted the divorce rate for those over the age of 50 had doubled from 1990 to 2010.

Want to avoid this trend? Follow these tips to help reduce your risk.

The following steps could help strengthen your relationship, keeping you from becoming a part of this growing trend:-Nurture your relationship before the kids leave. There is something to be said for a regular date night. Taking the time to focus on each other, discuss career developments and future aspirations, can help to further solidify your relationship's foundation. It may be wise to include a candid conversation about expectations for the future. What do you expect your relationship to look like after the kids leave? Ideally, this conversation should begin before it happens.-Make "me" time a priority. Transitioning from a complete focus on children or one's profession to a complete focus on each other may be too much. Instead, make it a priority to have some time apart. Pursue other interests, perhaps by taking a class at a local community college or volunteering. Take some time to invest in your own interests as well as spending time with your partner.-Prioritize issues that need to be addressed. Not every issue can be solved. Take the time to consider whether or not the issue in controversy matters. If it does not, accept the difference of opinion and move on.

Unfortunately, even when these proactive steps are taken some relationships may not be salvageable. If you do find that you and your partner are better off apart, it is wise to have a basic understanding of divorce law before moving forward with a separation.

Divorce law in New York

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Divorce law is state specific. In New York, the only court that handles divorce cases is the Supreme Court of the State of New York. Family Courts do not grant divorces; instead they provide assistance with child support, child custody, child visitation, paternity and spousal support or maintenance issues.

To begin a divorce in New York, a Summons and Complaint, which explains the reasons for the divorce, is filed with court. Grounds for divorce can include cruel, inhumane treatment, abandonment, adultery, separation or an irretrievable breakdown in the marital relationship.

Those considering a separation should contact an experienced New York divorce and property division attorney to help provide guidance through the process. This professional may help ease the stress associated with a divorce and better ensure a more favorable outcome for everyone involved.