

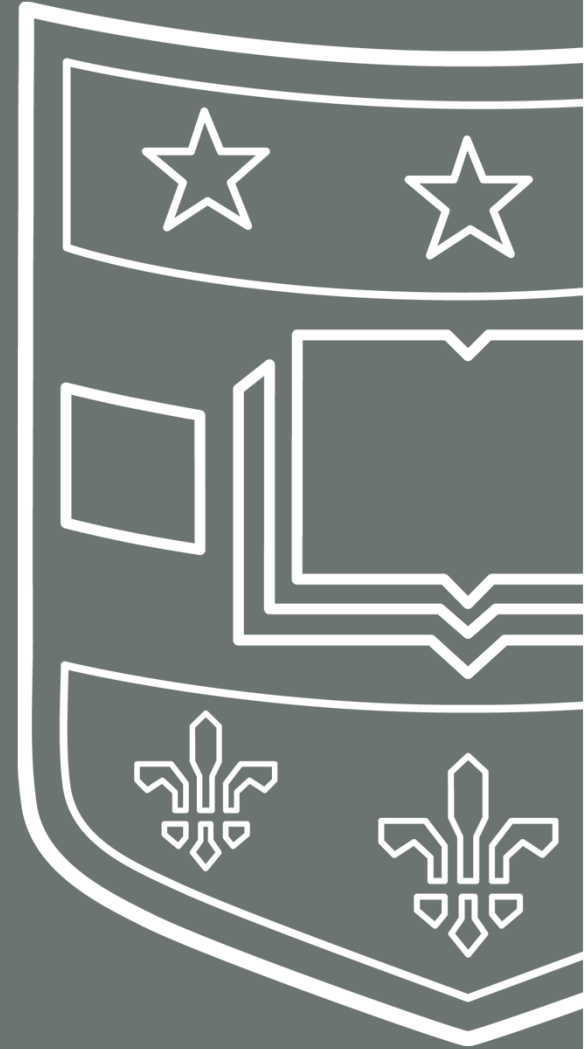


Harvey A. Friedman  
Center for Aging

INSTITUTE FOR PUBLIC HEALTH AT WASHINGTON UNIVERSITY

Your Next Move:®

**Preparing for the New Retirement**



# The New Retirement



Not just about going away from  
work.....

It's about what you are going toward in  
this next chapter

# Creating Tail Wind

*Joan Fernandez*

# Three-Part Workshop



- Part 1: Ingredients of a successful retirement
  - When should I retire?
  - Why should I retire?
  - What should I be “going for”
- Part 2: Stories from colleagues
- Part 3: Getting started with planning and knowing some resources



# **Introducing** **Chris Frey**

# Part 1: Ingredients of a Successful Retirement



- When?
- Why?
- What?



# When Should I Retire?



Research tell us that financial factors are not the dominant reasons for retiring

Some of us keep working despite having the money; and some of us retire without enough saved

**BUT.....**

No matter what your financial status at the time of your retirement, you will have a higher quality of life if you plan for the non-financial aspects of retirement

## Why:

*Do I want to retire? Do I need to retire?*



There are many factors that pull people away from employment

- Grandchildren; desire to devote self to a hobby; health crisis in family; need to be a caregiver

Other factors push people away from full-time work

- Undesirable work environment; loss of passion; taxing responsibilities



# Assessment & Planning Tool: Push-Pull Worksheet



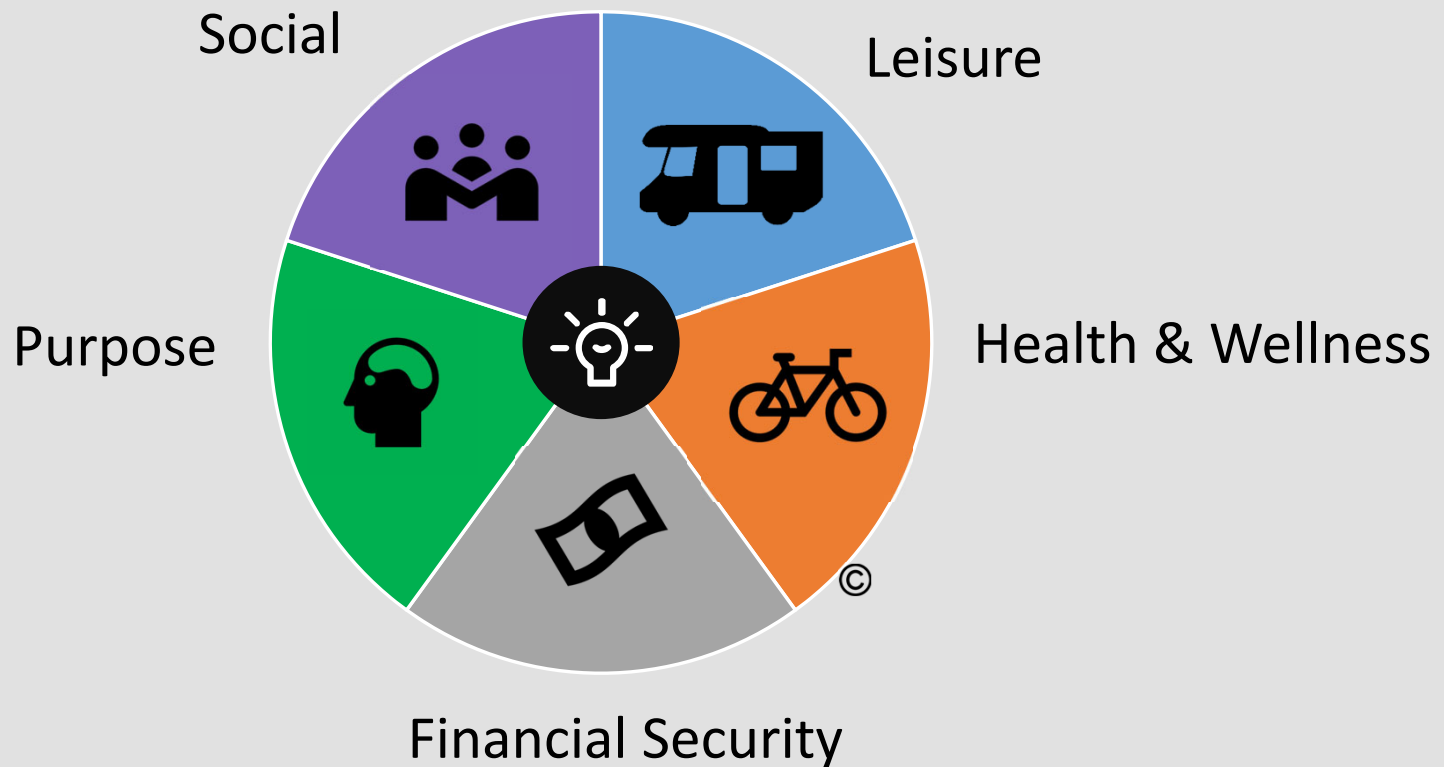
- What pushes me away from work?
- What pulls me into retirement?
- What keeps me from looking forward to retiring?
- What am I excited about doing in retirement?
- What about my job will I miss the most?



# What should I be “going for”



## Ingredients of a Successful Retirement<sup>©</sup>



# Thriving in your next chapter

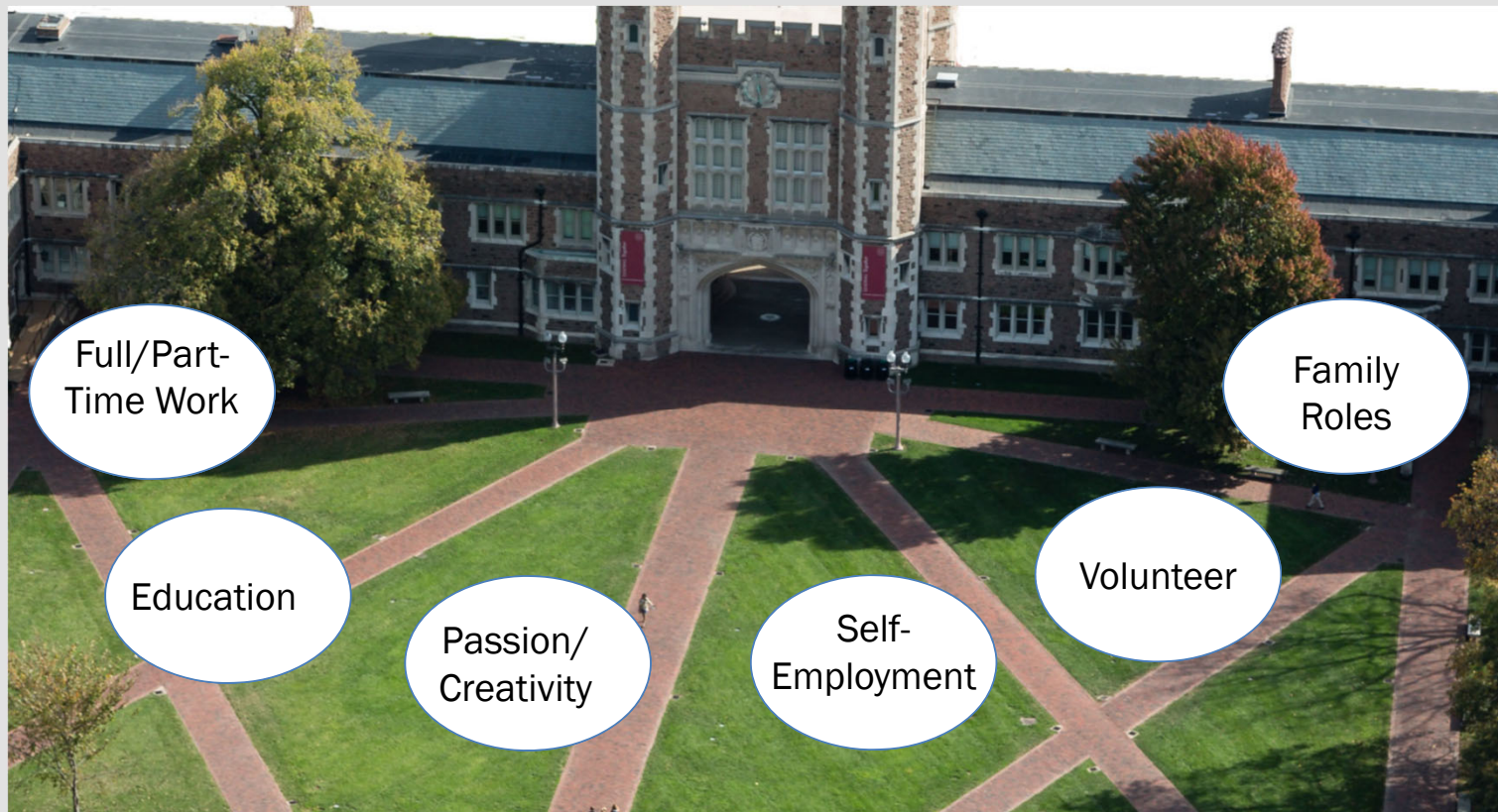


- These ingredients are important to quality of life at any age
- But older age and retirement can present different risks
- Disconnection from work routines or health limitations can lead to disengagement, weakened social ties, loss of meaning

*Who will I be after I leave my full-time job,  
and how will I spend my time and energy?*

# Part 2: How do I get there?

## Pathways to a Successful Retirement<sup>©</sup>



Full/Part-Time Work

Education

Passion/  
Creativity

Self-  
Employment

Volunteer

Family  
Roles



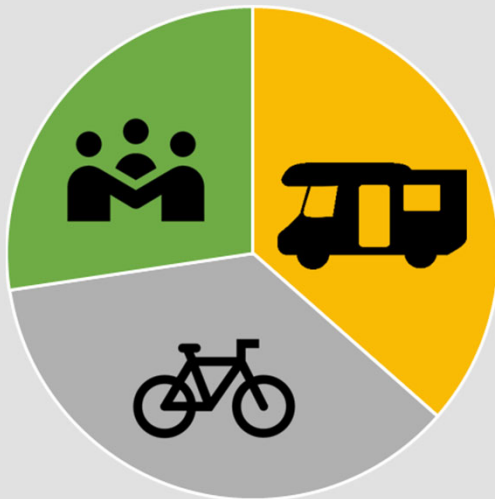
# Panelists

Tom Evola

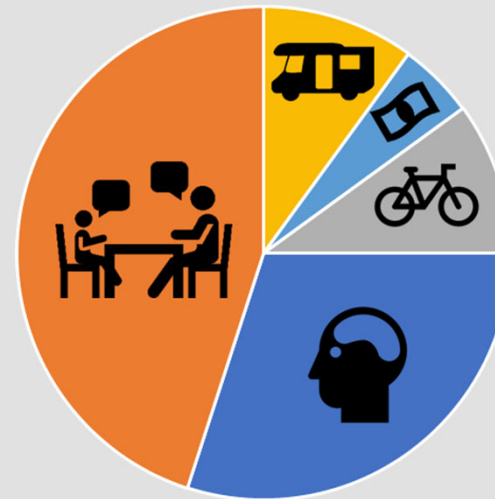
Frances Hubbard Smith

David Windus

# Finding Balance



Leisure - 33%  
Health and Wellness - 33%  
Active Social Network - 33%



Leisure - 15%  
Health and Wellness - 10%  
Meaningful Engagement - 30%  
Fulfilling Family Relationships - 45%

# Finding Leisure



- *What do I spend time doing that clears my head of other projects and concerns?*
- *What activities do I care about and from which have I drifted away?*
- *What have I promised myself I would do, or do more of, someday?*





## Part 3: Get Planning



This introductory workshop  
is a call to action

You have started....today.

So what is next?





# **Assessing Your Situation & Planning for Your Next Move**

# Pick one ingredient



- Flip through the pages of the assessment and consider:
  - Current situation
  - Envisioned future
  - Action steps to get there
- You can work on this over time
- Your answers and priorities will always be evolving



## You have been here before

Identify another time when you experienced a life transition

What did you learn from that?

What can you use at this particular transition?

## Considering people and places

Ensure you can achieve the essential ingredients wherever you live and whoever you live with/by

What aspects would be improved in a different place?

What aspects would be threatened if you move?

What people may help achieve the retirement life you want?

# Resources



- 1) Reading list
- 2) Online resources available at Washington University
- 3) Career Development Staff, Washington University
- 4) Future events – [publichealth.wustl.edu/aging/your-next-move](http://publichealth.wustl.edu/aging/your-next-move)