

So Now What? Tips for Managing Life after Retirement

As the older adult population continues to age, the number of individuals facing retirement will continue to increase exponentially. Currently, half of all Americans retire between the ages of 61 and 65, and 18 percent retire at even earlier ages. By age 75, 89 percent of Americans have left the workforce. Because Americans are living longer lives, this means they are spending more time in retirement than ever before. While financial considerations for retirement are often at the forefront of people's minds, other aspects such as relationships, health, and other advance planning recommendations are often not considered. This lesson will introduce four social considerations for retirement, encourage individuals to make a plan for retirement living, and will introduce a variety of K-State Research and Extension programs that can boost their quality of life.

Lesson Objectives

This lesson is intended to be both an introduction to concepts that should be considered before/during retirement but can also serve as an introduction to K-State Research and Extension programs that can benefit individuals and families. For instance, this lesson could be used as a precursor to:

- » Healthy relationship programming
- » Keys to Embracing Aging
- » Stay Strong, Stay Healthy
- » Medicare Basics
- » Stress Less with Mindfulness
- » Master Volunteer Programs
- » And a variety of other K-State Research and Extension programs

Specific objectives, as measured by the evaluation tool, are to:

1. Increase awareness of the stages of retirement.
2. Increase understanding of the role communication plays in relationships.
3. Identify ways in which to initiate conversations about retirement roles and expectations with family members and friends.
4. Introduce and/or reiterate the importance of a healthy lifestyle at all stages of life.
5. Introduce and/or reiterate the importance of balance between involvement and time for oneself.
6. Introduce and/or reiterate the importance of advance planning in three main areas: finances, health, and home.
7. Create a short-term retirement action plan.
8. Increase interest in participating in future K-State Research and Extension programming.

Intended Audiences

This lesson is intended for: 1) adults who are retired, nearing retirement, or interested in learning more about social concepts of retirement; and 2) family members and friends of the aforementioned individuals. This lesson can be presented to adult individuals and groups, regardless of race, ethnicity, income, marital status, sexual preference, profession, or other demographic characteristics.

Preparing for your Lesson

- » Allow at least 60 minutes to teach this lesson. If necessary, the lesson's length can be shortened by reducing the number of activities you implement.
- » Download all necessary materials, including the PowerPoint presentation, from www.aging.ksu.edu

- » Gain familiarity with all aspects of the lesson, including objectives, PowerPoint presentation and script, fact sheet (MF3426), and evaluation instrument.
- » Prepare enough copies of the fact sheet and evaluation instrument for your audience. You may choose to give the fact sheet to your audience at the beginning of the lesson as a guide as you present the content. Or, the fact sheet can be used as a take-home message and learning tool for participants.

Presenting the Lesson

- » Follow the leader's script in the PowerPoint presentation.
- » Implement the optional activities with your audience, if you choose.
- » After the program ends, distribute the evaluation. Allow approximately 3 to 5 minutes for completion.
- » To communicate the impact of your work, you may return your completed evaluations through any of the following methods:
 - » Enter your evaluation data directly into PEARS
 - » Scan and email the completed evaluations and the evaluation cover page to: erinyelland@ksu.edu
 - » Mail hard copies of the evaluations and the evaluation cover page to:
Erin Yelland
343 Justin Hall
1324 Lovers Lane
Manhattan, KS 66506-1401

Other Materials

You can find the following materials on the www.aging.ksu.edu website:

- » Scripted PowerPoint presentation
- » Evaluation
- » Evaluation cover page
- » Marketing flyer
- » News release/consumer tips
- » Infographic (ideal for sharing on social media)

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My Retirement Action Plan

Whether you are already retired or are years away from retirement, it is important to think about your retirement goals and how you would like to spend your time. Use this action plan to help you discover your vision and plan for your present or future retirement.

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My Retirement Vision

Describe a realistic, but ideal vision for your retirement. For this exercise, try to think more broadly than financial aspects of your retirement.

In order to help you achieve your vision, identify items you would like to accomplish in each of these four categories. Try to make your goals as specific as possible (instead of saying “socialize more”, try “I will attend a book club with my friends once per month.”).

A
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Develop and Maintain Positive Relationships

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- _____
- _____
- _____
- _____
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- _____

Live a Healthy Lifestyle

Strive to Achieve Balance

Continue Planning for My Future

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We look forward to working with you to improve the health and wellness of yourself, your family, and the community.

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