Retirement:
A Major Life Event
Psycho Social Aspects

MURA Presentation

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Questions we hear from prospective retirees

- Will it be difficult to transition to a life that is not based on routine and work?
- What will I do to keep busy?
- How will I see myself?
- How will others see me?
- Est-ce que je vais vivre jusqu’à 100 ans?!

Where are you?

Worried?

1. About loss of purpose and loss of a routine?
2. About your finances?
3. About your health?
4. About not knowing what to do with all your free time?
5. About new family obligations
6. About “Who am I” when I have no job role?

Happy?

1. To look forward to a new purpose and new routines?
2. That your finances will be ok?
3. To engage in new physical activities?
4. To have the free time to get involved in new social activities?
5. To have more time for family and grandchildren?
6. To have the chance to be a “whole” retired person

The Bottom Line?

- Research based evidence shows that to live a long and happy retired life, it's important to remain engaged in life
- Therefore, keep busy socially, physically, mentally and spiritually in whatever way feels right for you
- Don't take longer and longer to do less and less!

Suggestions

- Educate yourself about your financial situation
- Know your McGill Health Plan
- Interact socially – MURA activities can help with this
- Keep physically active
- Keep intellectually stimulated
- Learn a new skill or take a course
- Volunteer
- Travel
- Consider a “gap year”
- Get a job!!
- Monitor your progress

This Questionnaire Might Help

- What are your VALUES? – What's important to you in life?
- What are your SKILLS? – Which ones do you have now?; which new skills do you want?
- What are your INTERESTS? – What interests do you have now?; what new interests do you want to develop?

Develop “Cognitive Resilience”

- Activities keep us cognitive and physically fit
- Challenge and Change in activities are important
- Remaining socially engaged is essential

- Antoine Hakim *“Save your Mind: Seven Rules to Avoid Dementia”*