

Transitioning from Work to Retirement: Occupational Therapy's Essential Role

ConnOTA Community of Practice Home Care

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Atchley—Stages of Retirement

- ▶ Honeymoon
- ▶ Disenchantment
- ▶ Reorientation
- ▶ Stability
- ▶ Termination



Preparations

- **Finances**
- **Good Nutrition**
- **Exercise Your Mind and Body**
- **Social Supports**
- **Health Check**
- **Practice Mindfulness**
- **Keep in touch with Friends from Work**
- **Travel**
- **Winding Down**
- **Develop a Routine**
- **“To Do” Lists (goals)**
- **Make Peace With Not Working**
- **Give Back to the Community**
- **Push Your Boundaries**
- **Up & Downs**
- **Pets**
- **Pamper Yourself**
- **Be One with Nature**
- **Take on a new Project**

Involuntary Retirement

Case Example



Advocacy

- ▶ Policies that promote positive adjustment for people with progressive health conditions.
- ▶ Incentives should be provided to employers that encourage:
 - ▶ retirement planning
 - ▶ gradual work cessation without penalty
 - ▶ support services
- ▶ Policies that support barrier-free leisure and volunteer opportunities.

**Retired.
Invisible.
Non-productive.
No focus.
No value.
Chair-sitter.
Old.
Re-Fired!
Fired up.
New focus.
New direction.
Sharing
experience,
knowledge,
history.
Still vital,
still learning,
still active
in mind and body.
Almost everyone
is forced,
eventually,
to retire.
Re-fired
is a choice**

