

“There is nothing like a dream to create the future.”

Victor Hugo

crafts or begin learning other languages? Does swimming, walking, Tai Chi or joining an exercise class sound like a good idea? Have you ventured into a different section of your library lately? Tried a different hairstyle or colour scheme? The last two suggestions may sound trivial but could change the way you look and feel about yourself and give you confidence to try other things.

Do you want more contact with your local community? Your local Citizens Advice Bureau is a good place to ask what is going on locally and your nearest Age Concern office can also advise what activities are available. The local paper is another source of information or you could scan the notice boards in your supermarket. If there is a volunteer centre near you, ask about opportunities to help organisations that work for causes you support. You could join a group involved in influencing public attitudes to things that you value or become politically active in effecting change.

For those of you who have chosen to continue in the work force, this might be a time for you to negotiate different hours or even a change of job. It is also a good moment to begin planning for those years when you have the same options as those who have already retired. There are many possibilities and the choice is yours. Start investigating the prospects now.

Most importantly, remember that you are a unique individual, so determine the things you enjoy and want to do in these vintage years. Choose the combination of activities, interests, social contacts, spiritual aspects and health-boosting actions that give your life quality, so this can be the best age for you.

There are many possibilities



Resources

The Mental Health Foundation has a comprehensive range of information on mental health and wellbeing including pamphlets, books and DVDs for purchase or loan, and our relaxation CD is available at a cost of \$15.

Contact us

Resource & Information Service

Phone: **09 623 4812**

Email: resource@mentalhealth.org.nz

Mental Health Foundation

PO Box 10051, Dominion Road,
Auckland 1446

Units 109-110, Zone 23, 23 Edwin St,
Mt Eden, Auckland

Phone: **09 623 4810** Fax: **09 623 4811**

www.mentalhealth.org.nz

Further information

Age Concern

Phone: 04 801 9338

Fax: 04 801 9336

www.ageconcern.org.nz

This brochure was produced with the support of the Elsie Steele Trust

2013

Retirement



 **Mental Health Foundation**
mauri tū, mauri ora OF NEW ZEALAND

www.mentalhealth.org.nz

Our vision: a society where all people flourish.

“Dreams are renewable. No matter what our age or condition, there are still untapped possibilities within us and new beauty waiting to be born.”

Dale E. Turner

Retirement

The removal of compulsory retirement on grounds of age has opened the doors for people over 65 years of age to continue in employment if that is their choice.

Nevertheless, after working for 40 or 50 years, many are delighted to retire from paid work and enjoy the next stage of their lives. This is the time when there are opportunities to take up new hobbies and learn new skills, a time to take those old dreams down from the shelf and breathe some life into them.

If you have already retired or are planning to do so, this is the beginning of the rest and what may be the best of your life. If you already have ideas and hopes for the future, write them down, take another look

at them and ask yourself if that is what you want to do for the next 20 or 30 years. Yes, it could well be for a period of that length or even longer! Often, the first few months following retirement include an extended holiday, perhaps returning to see people and places long remembered and loved. Or you may wish to make changes to the house and garden, to ensure your comfort and enjoyment in the years ahead. When these long-planned activities have taken place, what next? It is the “what next” that is going to occupy your future years and it is never too late to recall your early dreams or contemplate new ones. But remember,

A dream is just a dream. A goal is a dream with a plan and a deadline.

Now is the time for plans and goals

There is no ‘one size fits all’ plan to guide you because your own health, finances, environment and family/whanau circumstances will affect some of your goals. Indeed, you may decide to make changes in some of these areas, particularly if they have a bearing on your plans. It is sometimes easier to start with a summary of where you are now before moving on to planning the future. It is important to be positive and to consider what

you personally want out of life, then write down your goals. For some people, there is more likelihood of getting goals down on paper if you have someone to share this stage with but do not be diverted from your own dreams.

- Think about what you want to achieve in the short and long term
- Write these down as your goals
- List the key steps needed to achieve each goal and when each step must be completed. This is your action plan
- Identify any problems that may stop you achieving a particular step or goal
- Decide how you will deal with these potential problems and adjust your plan
- Start with something you know you can or will do. Achieving a goal motivates you to try other things. You can do anything if you take one step at a time.

If you have spent most of your life ensuring that the wishes of others are met – child, spouse, parent, friend, employer – even thinking of what you want for yourself may be difficult. Ask yourself how good your life is for you. Are you happy and fulfilled in different aspects of your life? Are there leisure, recreational and social activities you want to try? Would you like to learn new skills or brush up your old ones, try new

Consider what you want from life

