So Now What?
Tips for Managing Life after Retirement.

RETIREEMENT!!
Four Tips

1. Focus on fundamental relationships
2. Focus on a healthy lifestyle
3. Strive to achieve balance
4. Continue planning for your future

Focus on Fundamental Relationships

- Retirement can change relationships
- What does this mean?
  - Talk about it!
  - Establish expectations.
Focus on Fundamental Relationships

Before retirement:
- When I retire, I envision spending my time doing ___. How do you feel about that? How and when would you like to be involved?
- What would you like for us to accomplish together once I'm retired?

Focus on Fundamental Relationships

After retirement:
- Now that I'm spending more time at home, let's talk about the household responsibilities. I'm comfortable doing ___, what do you think about managing ___?
- Now that I have more free time, I'm comfortable visiting you ___. What do you think about that?

Focus on a Healthy Lifestyle

- Retirement is 10th on the list of life’s most stressful events
- Retirees can have poorer health outcomes:
  - mobility challenges
  - physical illness
  - mental health
- Others can experience improved outcomes

  Retirement has the capacity to change how you manage your personal health.
Focus on a Healthy Lifestyle

- Break a Sweat
- Hit the Books
- Follow Your Heart
- Buddy Up
- Fuel Up Right

Focus on a Healthy Lifestyle

- Head’s Up!
- Stump Yourself
- Catch some Zzz’s
- Butt Out
- Take Care of Your Mental Health

Strive to Achieve Balance

Achieving your balance.
- Am I doing too much?
- Am I not doing enough?
- How do I balance life after work?
Continue Planning for Your Future

• Finances
  • Appropriately manage your finances
  • Advance planning documents

• Health
  • Advance planning documents
  • Medicare and prescription drug plans – SHICK Counseling

• Home
  • What would you prefer – a long-term care facility or your home?
    • Complete necessary repairs
    • Make improvements that will help you stay home longer
  • Managing a lifetime of “stuff”

Tips for Getting Started

1. Focus on fundamental relationships
2. Focus on a healthy lifestyle
3. Strive to achieve balance
4. Continue planning for your future

• Make a list of reasonable goals
• Start small
• Ask for help

• Take your time
• Don’t forget to enjoy life!
• Celebrate your accomplishments

Thank you!

Insert local agent contact information here.