
In Their Own Words: Retirement and Options for Living

Program Overview

Retirement is an event that occurs in late adulthood for some people. Individuals differ in how they decide (or don't decide) to retire, in how they prepare themselves for this event, in how they adjust to being retired, and finally, how they spend their time in retirement. In this video, eleven seniors describe their retirement experiences in their own words.

Retirement is often accompanied by decisions regarding living arrangements. Staying in one's long-time house (referred to as "aging in place") or deciding to move to different accommodations, individuals differ in what they choose and their rationale for doing so. In this video eight seniors tell us about their choices in this area.

Introduction to this Guide

This guide is just that: a guide. It is not meant to encompass all the possible ways this video might be used. The underlying concept guiding the production of the video, however, was that it was designed with two different possible uses in mind.

One use was as a supplemental accompaniment to the video *Late Adulthood: Retirement & Options for Living* (see the preceding chapter in this Workbook). As we listen to these seniors describing their lives, they illustrate for us many of the concepts presented in the *Late Adulthood: Retirement & Options for Living*. The suggestions for discussion and/or written assignments presented below are intended to help the instructor or group leader help participants or students make these connections.

The second use was as a stand-alone video designed for a wide variety of groups and settings. In this case, the revelations of the seniors in the video are intended to stimulate discussion and thought. The questions presented below are examples of the types of directions the group leader can take. Again, these questions are not meant to be the only possible ones.

Possible Discussion/Written Assignment Topics

1. Compare and contrast how these seniors prepared for retirement.
2. There are wide differences in exactly how these individuals retired. What are they?
3. There are differences as well in how these individuals adjusted to retirement. What are they?
4. Compare and contrast the individuals' activities since retiring.
5. There are a variety of retirement patterns described in this video. What are they?

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6. Review the research on one or more of the aspects of retirement addressed in Questions 1 – 4, and discuss how the seniors in the video compare to the research findings.
7. Interview several seniors regarding the four aspects of retirement addressed above, and compare what they say to the seniors in this video.
8. If you viewed Late Adulthood: Retirement & Options for Living (see the preceding chapter in this Workbook), what points regarding retirement were illustrated by the seniors in this video?
9. Has watching this video changed your opinion or your attitudes regarding retirement? How or how not?
10. Describe the variety of living options chosen by the 8 seniors in this video.
11. Interview several seniors who have made other living choices. Compare what they say to what is said in this video.
12. Has watching this video changed your opinion or your attitudes regarding the various living options available today? How or how not?
13. Do a survey and identify other options for living that currently are available in your community.
14. What factors did the individuals in this video take into account when making decisions regarding living arrangements.
15. What factors would be important to you if you were in this position?
16. Cite pros and cons, advantages and disadvantages of all the options for living that you have identified, including the ones illustrated in this video.
17. If you viewed Late Adulthood: Retirement & Options for Living (see the preceding chapter in this Workbook), what options were presented that you saw illustrated in this video?