

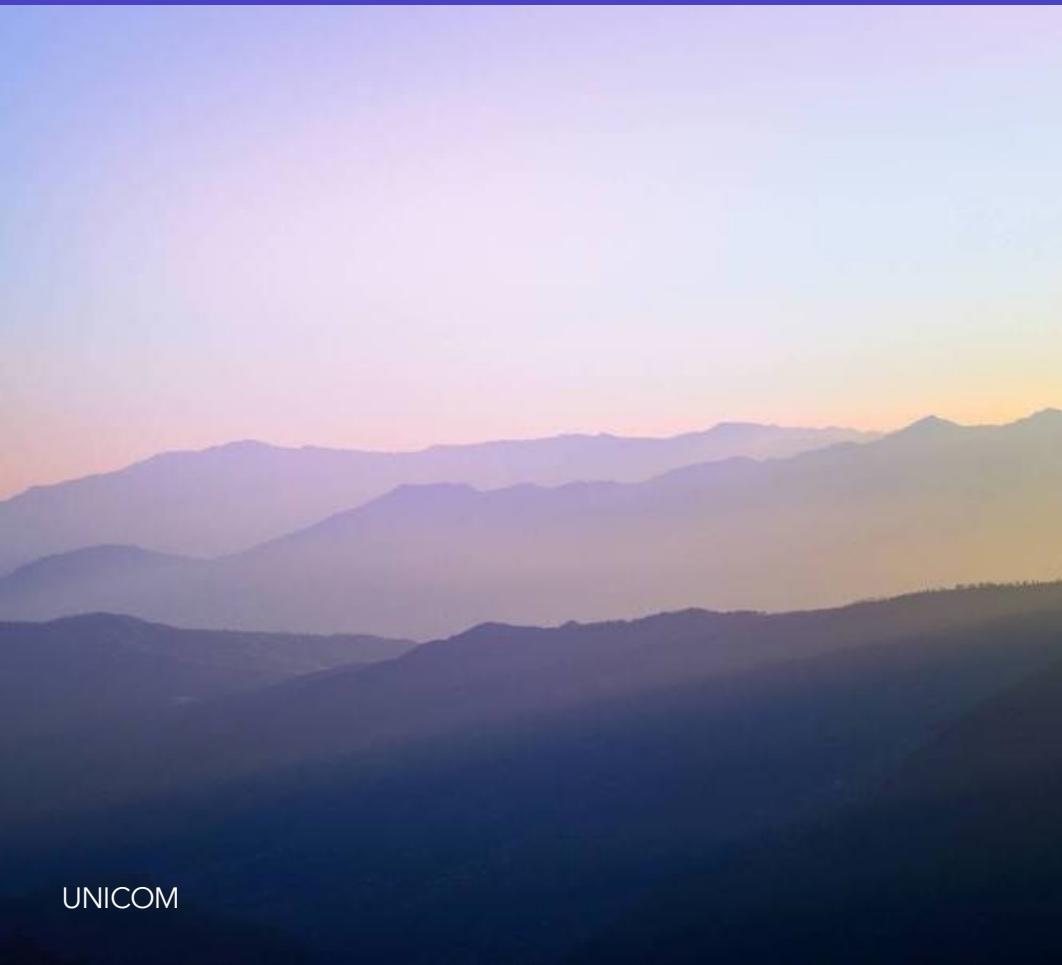
Retirement: strengths and weaknesses for a full and healthy old age

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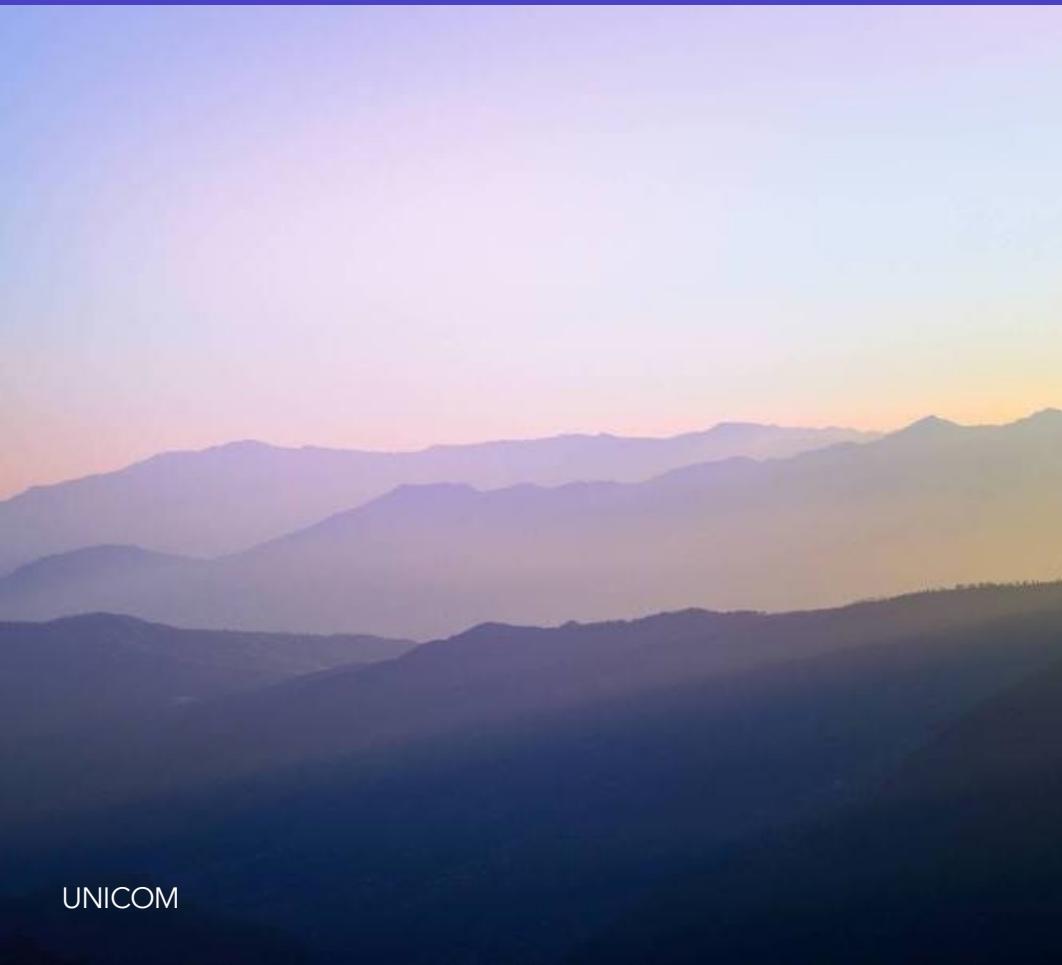


Introduction



Retirement represents, in the collective imagination, the coveted rest after a lifetime of work. However, this important passage in a person's existence brings with it a series of problems that the retiree must face in the best possible way to avoid this milestone turning into a tormented and unpleasant period of one's existence.

Retirement



- represents freedom from the slavery of the work routine, especially for those in salaried employment
- it creates gaps in an individual's life

A double gap



- traditionally retirement from work corresponds to the end of the tasks of caring for and bringing up children meansso the gap in activity affects both working and private life almost simultaneously

Work routine



- most of the population is to some extent a victim of the routine that most work activities induce

Work routine



- an individual spends more than 40 per cent of time travelling to work and working (between 8 and 10 hours).
- time for eating can take up two hours
- at least 7 to 8 hours of sleep are desirable
- 5 to 7 hours remain for oneself, much of which, especially if one is a woman worker, is taken up by family obligations.

Retirement: free time is more than doubled



- much time for:
 - introspection,
 - considerations on achievements
 - life balance

Retirement and depression



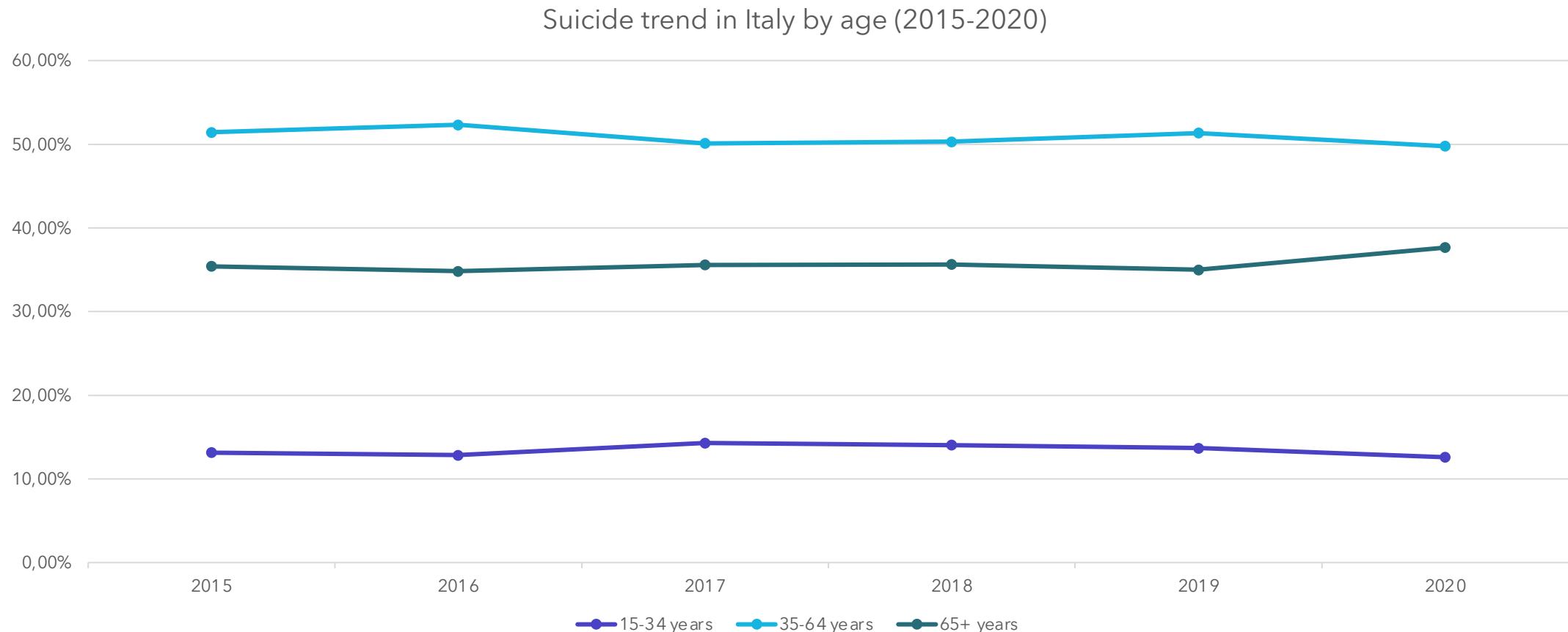
- having a lot of time to reflect on what has been and to think about what will be, can be a potential danger for the more fragile personalities who may fall victim to depression

Risk of experiencing depression and suicidal ideation.

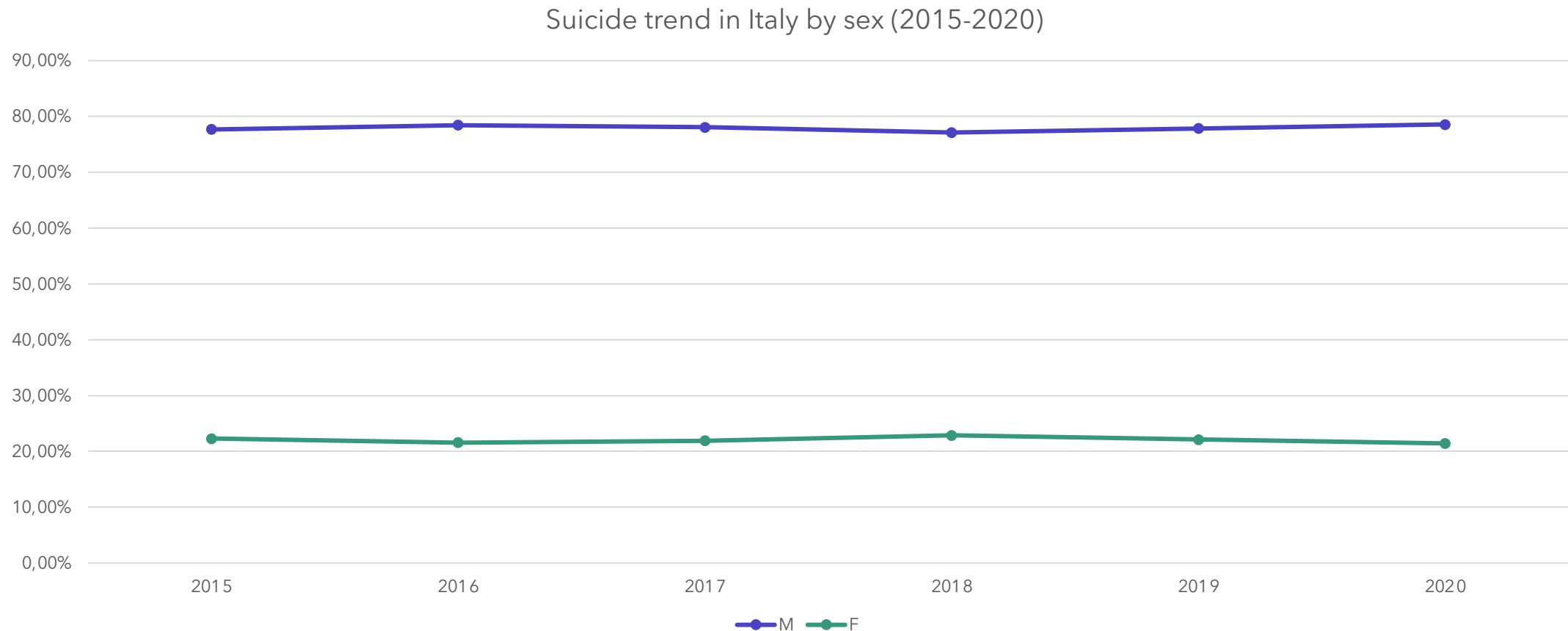


- thoughts about the past and the future
- worries about health
- worries about financial matters

Suicide by age in Italy



Suicide by sex in Italy



Coping strategies.



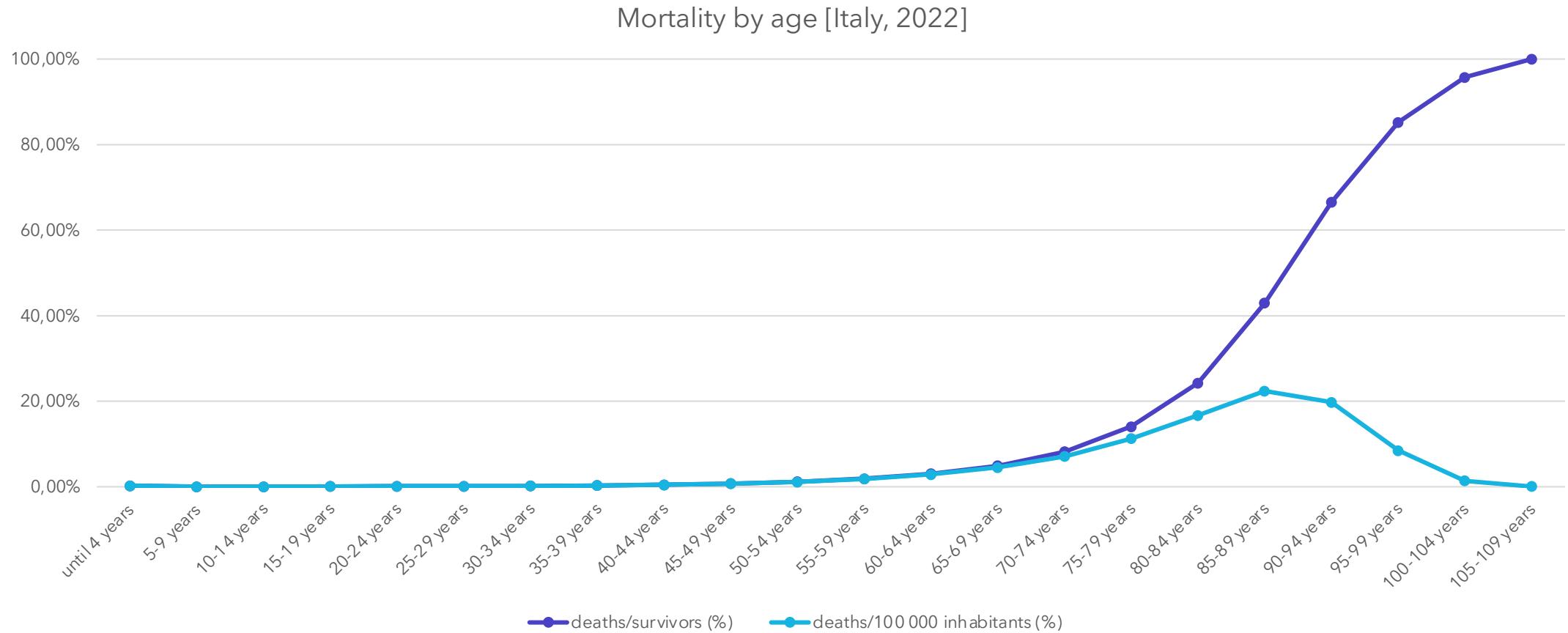
- overcome the stress of change as quickly as possible
- make the free time that retirement offers both for others and for themselves worthwhile

Does mortality risk increase in the periods immediately following (1 - 2 years) retirement?



- mortality statistics do not show a more pronounced increase in the 60-64 and 65-69 age groups (those in which people mostly retire): it seems that the perception of an increased risk of death is an effect of availability heuristics rather than a fact

Mortality by age



Does mortality risk increase in the periods immediately following (1 - 2 years) retirement?



- there are no statistics available that analyse mortality data as a function of the distance existing between the retirement event and the death event
- but it can be hypothesised that retirement from work leads on to relaxation and to stress linked to change, factors that would influence the immune system by giving quiescent pathologies, the opportunity to manifest themselves, sometimes with lethal outcomes.

We are our profession



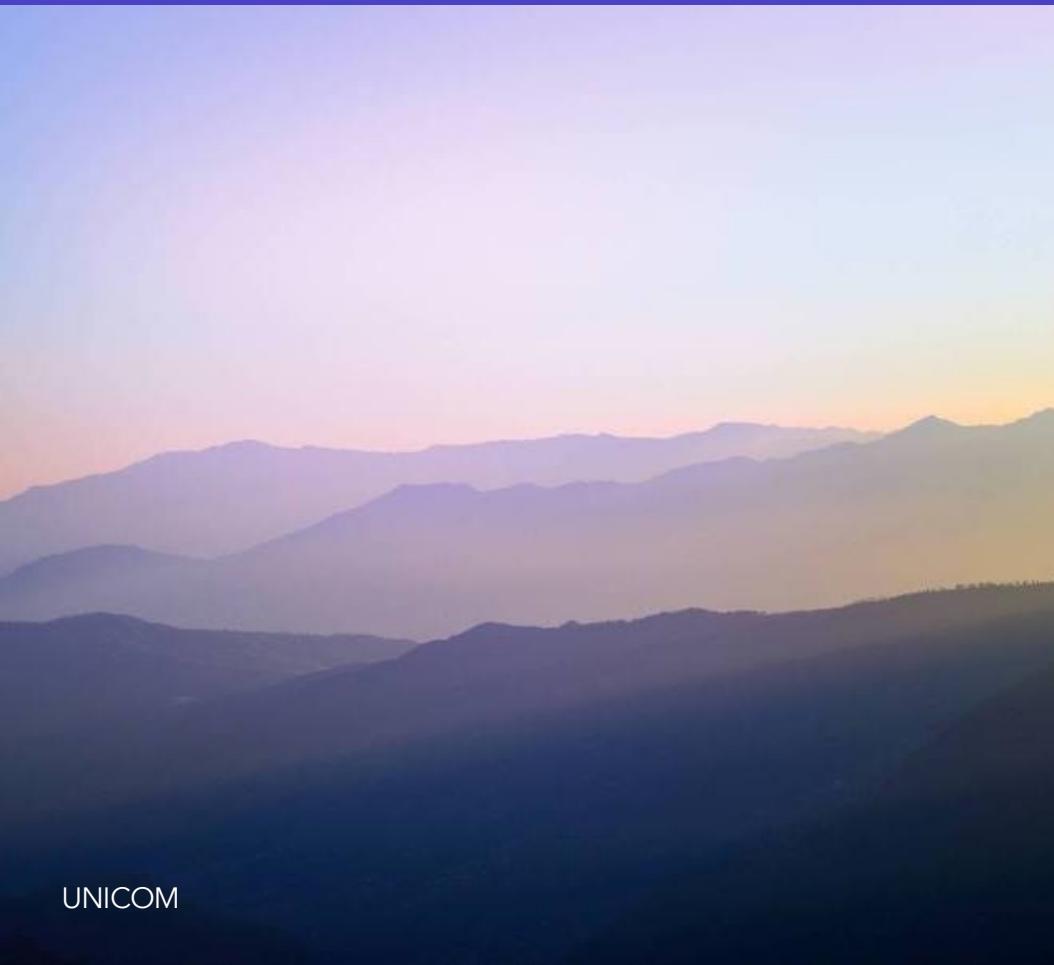
- we distinguish ourselves from each other according to what we do as work.
- but the moment one leaves the world of work, one automatically becomes a member of the same category: that of pensioners.

Reconstruct a role



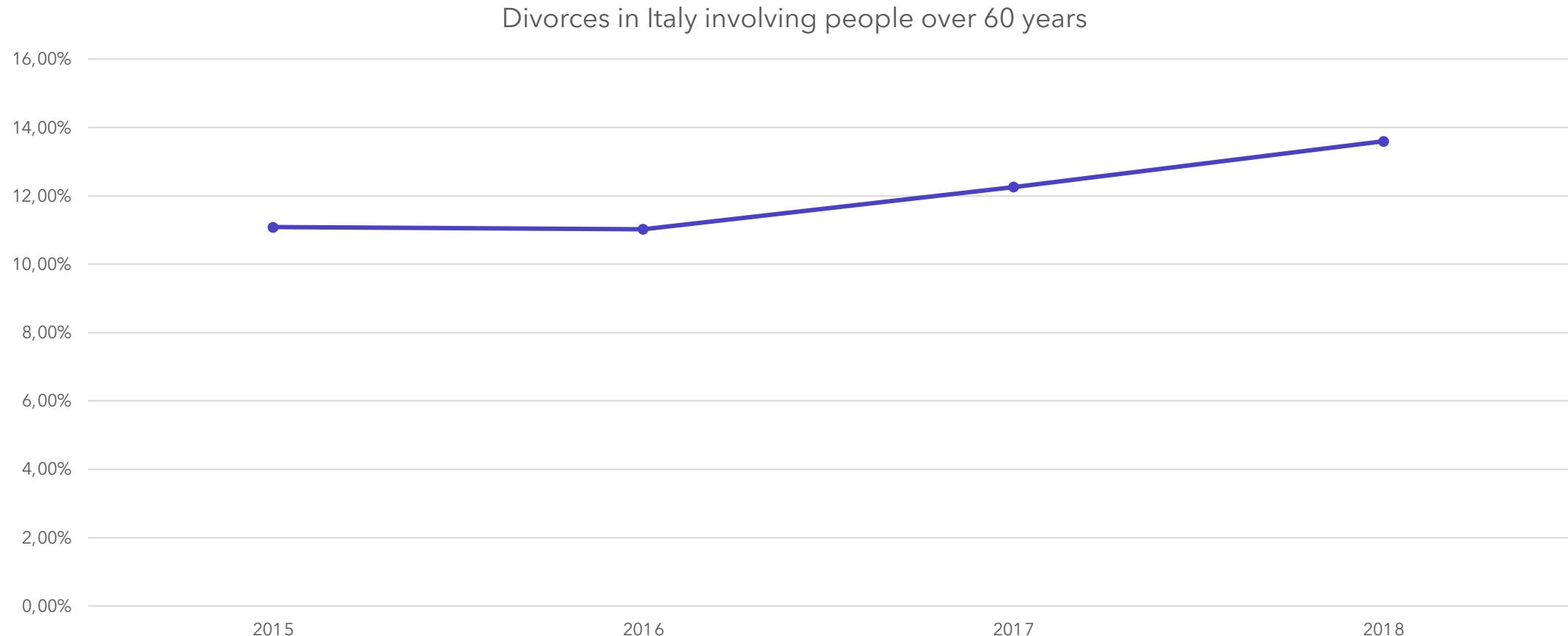
- It is a question of giving meaning to one's existence, which one fully regains by no longer having work obligations
- who have had a less physically demanding and more intellectually stimulating professional life have less difficult to reorient themselves
- Hence the need for specific post-retirement training aimed primarily at less skilled workers

Empty nest syndrome and couple crisis



- The so-called 'empty nest syndrome' creates special situations among spouses who see the disappearance of those who were, for many years, the main topic of conversation, concern and financial attention.
- The sudden lack of these common goals can be a problem within the marital relationship.
- It is no coincidence that statistics on the number of divorcees indicate a substantial proportion of them in the over-sixties bracket.

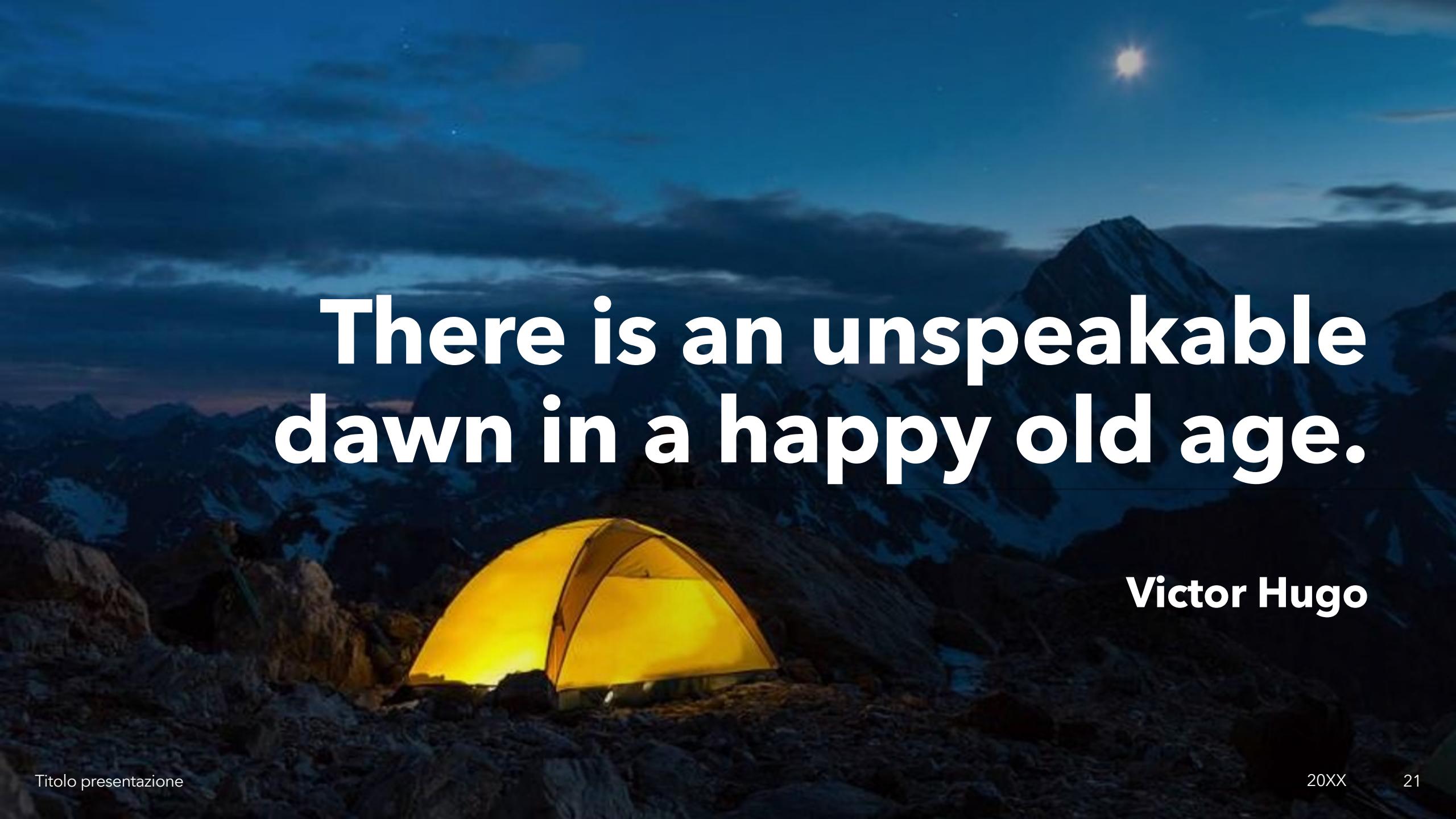
Divorces in Italy over 60 years



Conclusion



- Old age after retirement can be a new phase of life but one needs to be prepared for the changes that retirement brings.
- To prevent the negative phenomena that can characterise retirement it is necessary to train workers for this potentially positive but often negatively experienced event.
- Only in this way can actions to promote an active and healthy old age be effective.

A photograph of a yellow dome tent glowing from within, set against a dark, mountainous landscape under a night sky with a full moon.

**There is an unspeakable
dawn in a happy old age.**

Victor Hugo



Thank you for your kind attention

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