

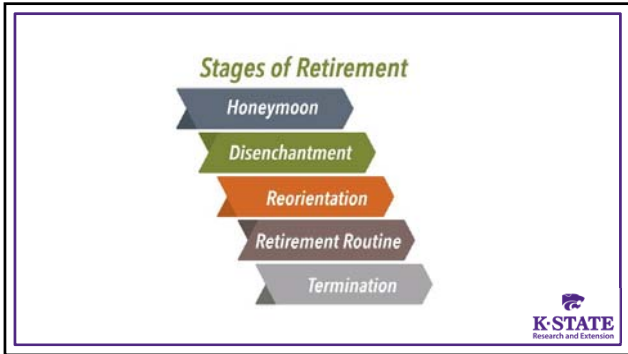
So Now What?
Tips for Managing Life
after Retirement.



RETIREMENT!!







- ### Four Tips
1. Focus on fundamental relationships
 2. Focus on a healthy lifestyle
 3. Strive to achieve balance
 4. Continue planning for your future
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Focus on Fundamental Relationships

- Retirement can change relationships
- What does this mean?
 - Talk about it
 - Establish expectations.

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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 visting 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.