

INTRODUCTION

Advances in medical science have made it possible for people to live longer and healthier lives. At the same time the trend in government and industry is toward the adoption of compulsory and early retirement policies. In the Public Service early retirement options are being offered to employees as early as age 55. As a result of these trends, a person may now expect a longer retirement and better health through most of its duration.

A basic problem of retirement is that of adjustment. Studies indicate that it is not so much retirement itself as the anticipation of, and transition to, retirement that create problems. For those who have matured in a work-oriented society the problem is particularly difficult. When one leaves one's job, he or she not only suffers a reduction in income, but also loses challenge, social status and companionship.

The greatest benefits will be gained by those who start planning early in life so that the transfer to retirement may be made without anxiety. It is unwise to trust that chance will turn up some occupation that is worthwhile. Some people after a life of work have a natural desire to rest, and providing they can find some quiet interest to keep their minds alive, this may be the wise thing for them to do. Statistics have shown that when the brain is allowed to die the body will die also. It is important therefore to develop some interest, such as part-time work, study or a hobby, which will help fill the leisure hours, and provide companionship and stimulus to the mind as well as promote physical well-being.

WORKING AFTER RETIREMENT

If you are interested in developing new skills the Public Service Commission will give aptitude tests to determine where your talents lie. Attached as Appendix A is a list of organizations which may be of interest to those wishing to work either on a paid or voluntary basis.

RETIREMENT IN A FOREIGN COUNTRY

Many of you who retire in a foreign country will have had a great deal of experience abroad and will know what to expect. However, those who have had little or no experience would be well advised to move with caution. Remember that you will be leaving friends and family behind, that you will encounter social and cultural differences and that a move to another country will likely tie up your resources. Retirement abroad may also affect your medical coverage as well as certain elements of your retirement income package. These are discussed below.