

Work and retirement:

results from a sub-study of women aged 55-60 years

Women stay busy when 'retired'...

This includes visiting children, volunteering, contributing to the community, pursuing hobbies, gaining new skills, travel, staying physically active, and providing care to others

Women with better health...

find adjusting to retirement easier, and more satisfying

Many completely retired women...

felt that their family took them for granted

Women who managed on less money...

said they were 'working to survive' and thought retirement was a time of financial difficulty

Around half of the women agreed or strongly agreed that they plan to "never think of myself as retired"

When talking about their perceptions of retirement...

The majority of women reported feeling comfortable and prepared

but some said they felt pressured and lost

The research on which this information is based was conducted as part of the Australian Longitudinal Study on Women's Health, the University of Newcastle and the University of Queensland. We are grateful to the Australian Government Department of Health for funding, and the women who provide the survey data.