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.

- Around half of the women agreed or strongly agreed that they plan to “never think of myself as retired”.

- The majority of women reported feeling comfortable and prepared, but some said they felt pressured and lost.

When talking about their perceptions of retirement...

- Women who managed on less money...
  said they were ‘working to survive’ and thought retirement was a time of financial difficulty.

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