

Within this rational it will give a justification of leaflet that was created. To Produce a leaflet for individuals that are approaching retirement it should promote a positive living within the post-retirement. It should Include theory and policy.

This leaflet was created because the people who are coming into the retirement age. They are facing lots of new challenging such as discrimination within their workplace which could come under ageism, they also are facing mental health issues such as depression, anxiety and dementia.

Ageism can be also known as age discrimination; it is when someone will treat a person unfairly because of their age. It can also involve the way that older people are represented within the media, in which can have a wider impact on the public's attitudes and options. If an individual experience ageism, it can also impact on their confidence within themselves and also within, their job opportunities, financial situation and their overall quality of life. It is important that ageism is being addressed, this is to make sure that nobody loses out on any opportunity because of their age (Nelson, T.D., 2004).

Even tough ageism is often more than likely to been seen as a workplace concern, an individual might face the issue of ageism when there out shopping, at the doctor's, or when ordering goods and services over the phone. Ageism can happen any where and any place, these are just some of the issues that could happen because of ageism. losing a employment because of your age, being denied interest-free credit, car insurance, travel insurance, getting a lower quality of service in a place of business or at restaurant because of the company's approach to older people (Nelson, T.D., 2004).

The people who are classed in the retirement community, and the issues that will come under A.Maslow Hierarchy of human motivation, this is a psychology theory, that is made up of a five-tier system of what a person will need in order to become a healthy individual , it is viewed as a hierarchical of levels within a pyramid shape. The lower level of this system within the hierarchy theory must be met before the individual can move higher up. The five different systems that make up this theory are physiological, safety, love and belonging, esteem, and then self-actualization. The hierarchy of Needs has will have the viewpoint that higher the needs within the hierarchy will increase the importance, when the individual will feel they have appropriately satisfied the previous need (Maslow, Town & Town, Stephen, 2013)

There is research that has been completed that does not fully support all of Hierarchy of human motivation theory. The research has had an impacted on other psychologists and there contribution to the study of psychology.

Anxiety can be regular such as with depression, anxiety is very frequent in individuals who are retired, and also it is very common for two people to suffer from these two difficulties together (AVIVA.2020).

The highest mental health condition within older individuals can have depression. Approximately half of adults seven point seven million who are aged over fifty-five. They stated that they suffer from depression (AVIVA.2020).

Dementia can affect anyone regardless of gender, race and sexuality it will affect an individual's recollection, the way they think, problem-solving, skills, also I can affect awareness and the way there perception. Within the United Kingdom it has effect Around eight hundred fifty thousand people in the United Kingdom have dementia . Theses are just some of the issues that

this society might face, there are few steps that can help with these problems such as exercise there is also treatment that can help with these issues (AVIVA.2020).

Conclusion

The United Kingdom has lots of issues when it comes to the issues that the retirement community will face. Such as the retirement age being increased to sixty-seven for an individual who is born in nineteen ninety-six. There is also the issue of mental health issues for this community. There is also legislation and policy that is in place to help protect this group.

From completing this leaflet I have found that there is a lot of work, to help this community, in such aspects of the disease that is know as dementia. In which this disease is incurable.

But there is also positives when it comes to this group, such as the option for a person to retire, there is also the free bus pass for an individual who will be eligible for this item.

Reference list

AVIVA.2020. *Three mental health problems most likely to affect retirees*. Available At: <https://www.aviva.co.uk/retirement/health-wellbeing/mental-health-in-retirement/> (Accessed On:18.02.2020)

Maslow, Town & Town, Stephen, 2013. *A theory of human motivation*, Floyd, Va.: Wilder Publications.

Nelson, T.D., 2004. *Ageism : stereotyping and prejudice against older persons*, Cambridge, Mass.: MIT