

Living healthy Post-retirement, Maintaining Social Relationships and Active Living

What is Positive Living?

Positive ageing or living is essentially defined as the performing of the adoption of a positive view in relation to ageing and considering it to be a healthy, normal part of life. As a considered mindset, an individual will therefore do whatever is needed with the aim to continue maintaining the activities in which an individual loves and are deemed important as the individuals grows older (Breeding, 2018)

The World Health Organisation (WHO 2012) defines active ageing as

“the process of optimizing opportunities for health, participation, and security in order to enhance quality of life as people age”

The Active Ageing Model

The concepts of this active ageing model are based upon three included pillars presented within the following definition or phrases: **participation**, **health**, **security**. This proposed model is encompassed by six proposed groups of determinants, each one including their own multiple and individual aspects:

1. **The Health and social services** – promotions of health and disease prevention; providing health services; provision of continuous care; care for mental health
2. **Behavioural factors** – smoking; physical activities; an individual’s food intakes; oral health; alcohol consumption; medications
3. **Personal** – biology; the genetics; and the psychological factors
4. **Physical environments** – the friendly environments; houses of safety; falls; absences of pollutions
5. **Social – the social supports**; violence and abuse; educations
6. **Economic** – wages; social securities; work and the workplace

These six included determinants are embedded within the cultural and gender contexts, supported by recommendations for health policies for the elderly individuals, becoming implemented throughout the national health plans (Paul, et al., 2012)

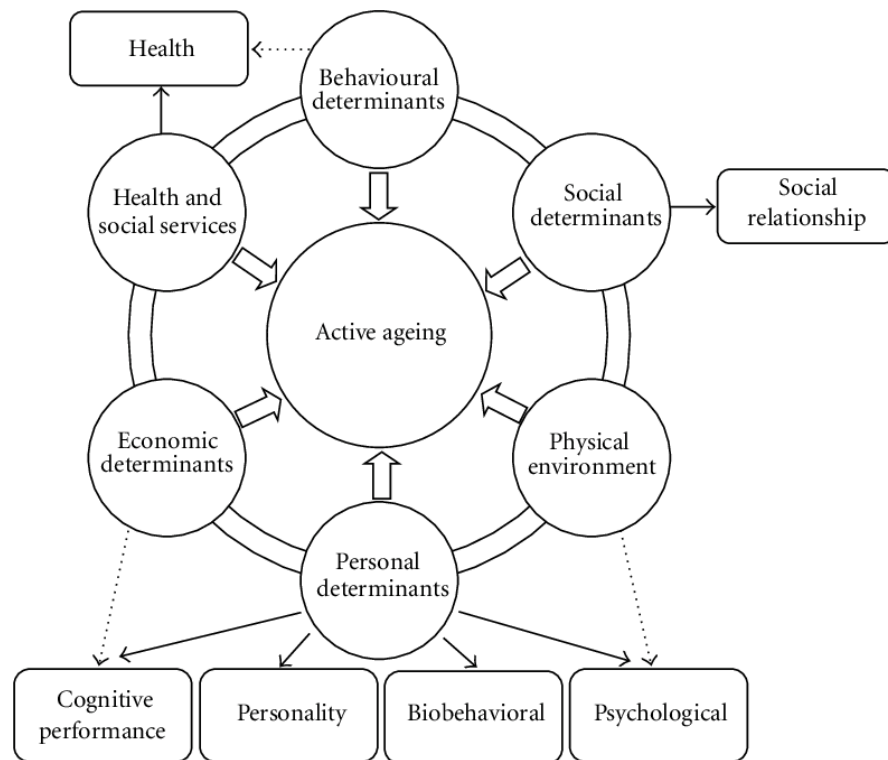


Image 1



Image 2



Image 3

Age UK tips for ageing better

1. Balancing your diet

The maintaining of a balanced diet is crucial for maintain good health, energies and keeping up the prevention of illnesses. A balanced diet should consist of saturated fats, fruits, vegetables, lean meats etc (AgeUK, 2020)

Drinking water is essential with the aim to avoid dehydration, which if not maintained can cause tiredness or confusion. To halt dehydration tea, coffee and fruit juices are also viable liquids which can be consumed.

2. Maintaining Oral Health

Brushing one's teeth twice a day and flossing with the aim to remove food will aid the upkeep of healthy teeth.

Maintaining a healthy lifestyle, eating effectively, not partaking in smoking and limiting consumptions of alcohol and intake of sugar. This is beneficial for an individual's entire body, but significantly the teeth, mouth, and gums (NHS, 2018)

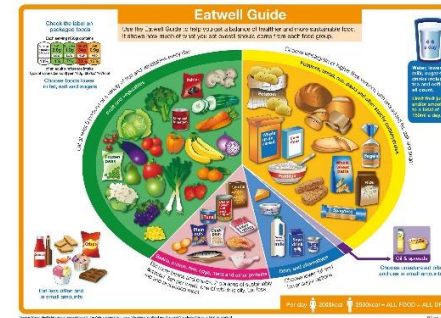


Image 4

In relation and in connection to retirement, the positive factors within could become effective and beneficial factors. For example, because of an individual entering retirement, free time then becomes a more common occurrence. As a result of this, an individual in order to entertain themselves within this free time may however positively take care of their health – mental or physical effectively. Personal relationships can develop and better as a way of an individual maintaining an effective and effective retirement. Of course, as we can see there are negative factors which could develop.



Image 5

Wellness Benefits of Retirement Community Living



Physical Wellness Activities



Physical fitness is integral to health at any age. Often, retirement communities prioritize the physical health of residents by offering a range of exercise equipment and classes to take part in. Some of these classes may include:

- Silver Sneakers classes
- Walking Clubs
- Strength and Balance classes

Mental Wellness Through Lifelong Learning

Lifelong learning classes offer opportunities for continued education. Whether learning a new skill or engaging in a new activity, the retirement community you choose to call home should provide a variety of opportunities for involvement and fun. Class examples include:

- Cooking classes
- Technology classes
- Book Clubs
- Special interest classes



Spiritual Wellness



Spiritual wellness is an important part of being healthy and happy. Opportunities to practice spiritual wellness go hand-in-hand with socialization. Examples of spiritual wellness activities offered at senior living communities may include:

- Religious services
- Bible study groups
- Prayer groups
- Common-interest groups
- Visiting with friends and family
- Engaging in community activities
- Volunteer Opportunities

For more information on retirement community living, visit our website at: www.concordialm.org or call 724-352-1571.




Positives of Retirement

- Beneficial to an individual's health
- Individual's having more time to travel
- There's an opportunity to begin a new career if the individual wishes to do so

Retirement, the marking of the end of an individual's working career. However, retirees within recent decades have become radically redefined as what the definition for retirement means. In today's current society, the retirees in question, often incredibly active within a variety of areas. (Hartman, 2018). Even after retiring, some individuals may take the decision to pursue perhaps part- or full-time employments after not maintaining a steady career for a number of years. In whatever form retirement develops, there are several major advantages of retirement to take into consideration (Hartman, 2018)

Image 4

Advantages of Retirement

Stress Reduction

Maintaining a job is considered a major source of stress for several individuals. Retirement can and may offer relief for individuals who retire. The removing of the need for performing for a high standard and meeting specific and important targets or the developmental of anxieties which may arise from the interactions with superiorities, customers, retirement can therefore be considered beneficial for the retiree's mental and physical health state (Hartman, 2018)

Health Benefits

As retirement occurs within the later life stages of an individual's life, often associated with the period when health may become poor or begin to fade (Hartman, 2018). However, as a result, the retirees then have more time to sleep and rest, maintain exercise and choosing to prepare and consume food which is considered healthy. Therefore, retirement is created as an opportunity for the maintaining and improving of health overall. Several retirees may for example take up athletic interest and hobbies, for example golf or walking. These hobbies can easily become carried over into the later life and maintain the promotion for longevities.

Philanthropy

Retirees can use their new – found free time and accumulation of wealth as a way of becoming involved within the philanthropic activities (Hartman, 2018). For example, these philanthropic activities may include the retiree choosing to make a charitable donation for the serving of community foundations. This form of activity provides the retiree with the opportunity to use skills and experiences developed throughout their life course with the purpose of meeting the needs of their community in which they reside within (Hartman, 2018)

Family Involvement

Retirement as an entirety offers the advantage of allowing the retiree to spend more time and energy with their family members. In the classic instance, retired grandparents for example, serve as babysitting is considered the most common example of retiree's activities (Hartman, 2018). However, retirees can of course maintain their new lifestyle to spend more beneficial time with the adult children, the distant family members, retired siblings and their closest friends (Hartman, 2018)

A New Lifestyle

Lastly, retirement offers advantages for being one of the times within life in which many individuals feel like they can freely rearrange and change their current lifestyle and the priorities within in the way they may prefer it to be (Hartman, 2018). Spending more time maintaining a hobby, following the developing of intellectual pursuits or travelling, defining the entirety of the new way of life for an individual, especially with the consideration if the dominated career of the retiree's commitments of the time developing prior to retirement (Hartman, 2018).

Activities for Active Living

According to the NHS, physical exercise as you grow older can support yourself maintain a healthy, energetic, and independent lifestyle. As an individual grows older, the paramount importance of remaining active and staying healthy becomes important. (NHS, 2018)



Image 6

What is Physical Activity?

The NHS recommends that moderate activity of 150 minutes a week is deemed effective. Examples of these moderate activities include:

- Walking at a fast speed
- Partaking in water aerobics
- Riding a bicycle on even ground, or hills
- Partaking within doubles tennis
- Using a lawn mower

When beginning fitness regimes, it can depend on the individual's circumstances. The following exercises are linked to the effective raising of an individual's activity levels:

- Manageable exercises
- Walking and strolling for health
- Walking (Nordic style)
- Partaking dancing to maintain fitness
- Undertaking fitness swimming
- Cycling suited to the individual's skill level
- Guided yoga
- Guided tai chi
- Guided Pilates (NHS, 2018)

Age UK

Age UK are working in partnership with the Health and Wellbeing Alliance and the partners involved with the aim of reducing the health inequalities, improving the health services and the proposed outcomes for the older individuals with the promotion for wellbeing. (AgeUK, 2020)

What is the Alliance?

This Alliance is partnership with and between state bodies within NHS England, the Department of Health and Public Health England and the 21 included voluntary sector organisation which represent the communities which share the protected characteristics or the experiences of health inequalities (AgeUK, 2020)

The Future Generations Act (Wales) 2015 and what it is

The purpose of this act is to improve the social, economic, environmental, and cultural well-being of Wales. It encourages listed public bodies included within the act to consider long term, collaborating more effectively with individuals, communities, and one-another. Looking to prevent issues and considering the taking of a joined-up approach, also paramount within this act. The purpose of this act is to ensure that Wales thrives as a community in relation to prosperity, resilience, health, equality, cohesiveness of communities, vibrancy, cultures and the Welsh Language, and lastly global responsibilities. (Government, 2015)

As part of this strategy, the Welsh Government has taken that bold step to define sustainable development with the following quote:

“The process of improving the economic, social, environmental and cultural well-being of Wales by taking action, in accordance with the sustainable development principle, aimed at achieving the well-being goals”

The legislating process for future generations sets out clearly what is the meaning of sustainable development within a significantly important milestone on the journey towards achieving a Wales which is of necessary sustainability levels for the future (Department for Natural Resources, 2015). Within this process the government therefore are taking the five proposed steps to progress this development. I will however be focusing on the three I believe are of most paramount importance:

- **Building a long term insight** – the building of real insights into the future may be perceived as if the goals are achieved, are failed to be achieved or tackled are considered one of the biggest threats in relation to public bodies attempting to plan for their sustainable future in Wales

- **Maintaining an integrated approach** – as organisations or departments makes their decision, there are as a result developmental knock – on effects and impacts upon other organisations and departments. It is vital that public bodies collaborate together in order to develop and understanding of each other’s collective contributions within all seven of the created well-being goals, whilst avoiding the temptation there is to simply focus upon one or two of the well-being goals surrounding the aim to maintain sustainability.
- **Involving individuals those of who have the interest in achieving these well-being goals** – The Future Generations Commissioner for Wales herself firmly believes that the real and meaningful dialogues which develop between communities, individuals and their connected public services, deemed as crucial if the needs are met within the current generations, however without the issue of the compromising of abilities of the future generations having the ability to meet their needs becoming a factor (Government, 2015)

Rationale

As we consider theories, we can include the following three, **Disengagement Theory**, **Activity Theory** and **Continuity Theory**.

As well as discussing these theories post-retirement, explained within will be the reasons for the information and images included and also the way in which the text has been formatted, coloured and presented in order to draw the attention of the readers of the leaflet.

As the older adults begin to slow down within **Disengagement Theory**, this results in themselves becoming gradually withdrawn from society. Disengagement is considered a mutual activity in which the elderly within this stage not only end up becoming disengaged from society, but the society becomes disengaged from the older individual. It's like a two-way street (Larkin, 2009)

Positively, eventually the elderly will develop a sense of a greater self-preoccupation and the decrease of the emotional ties within people and the reducing of interest within the social activities. For example, such social withdrawals and the increased self-absorptions was and is a thought to increase the life satisfactions among older people as individuals (Larkin, 2009)

This theory in relation to this leaflet, looks at and considers at the old age as a time when both the elderly individual and the society becomes engaged within a mutual separation (e.g. the retirement from the workplace). This does not always refer to the outward presenting of behaviour of an individual and can be referred to as the inner attitudes towards life. This theory is also one of the earliest tried attempts for the explanation of old age within a modern society (Larkin, 2009)

The **Activity Theory** proposes opposite views of the Disengagement Theory. The more active and involved the elderly become, the highly more likely they are to become satisfied with their lives they are living. Therefore, it is of utmost importance to find and discover what are referred to as the substitute activities with the need of replacing the retiree's work for them to maintain an active lifestyle following retirement (Mauk, 2010)

This in relation to post-retirement, argues that the more active individuals become, the more likely they are as individuals to age within a successful manner. Within this theory, it can be considered difficult for the what we refer to as the "old-old" individuals due to the physical developments and changes which are associated with ageing processes to adapt to the concept of becoming more active

(Mauk, 2010). However, this fails to take into consideration that there are or may be included constraints in which prevent the elderly individuals to engage within activities, for example a lack of social and / or economic resources (Mauk, 2010)

The **Continuity Theory** claims that individuals who grow older become more inclined to maintain the best they can of the same and structured habits, personalities, and the styles of life in which they developed within the earlier years of life (Wang, 2012)

Being similar to the Activity Theory as it suggests that the decreasing of the social interactions which become better explained in relation to the poor health and disabilities, rather than some of the considered functional needs within societies in order to “disengage” the older individuals from their previous roles (Wang, 2012)

The formatting of the leaflet is important. The leaflet needs to be clear, concise and needs to appeal to the readers. When considering the audience which is the most important factor for this leaflet, post-retirement individuals the font sizing needs to be suitable. Colour and images also draw the attention of the reader by encouraging the reader to feel that is of course an informative leaflet about post-retirement but also connecting to the fact that post-retirement and keeping active

is beneficial to the targeted post-retirement audiences. Colours and bold formatting emphasize the importance of terms and phrases in connection to post-retirement. Bold formatting of titles within the leaflet emphasize to the reader that the information following the title is beneficial for themselves as readers to know and consider within their retirement stage of life. Images included in connection to the information present that the maintaining of fulfilling activities within retirement can promote Active Living, the images also emphasize the health benefits of maintain exercise as well as other beneficial factors which readers will be able to read about within the leaflet. Governmental policies such as The Future Generations Act (Wales) 2015 will also present to post-retirement individuals the forms in which they are protected during their post-retirement stage of life.

This **Continuity Theory** would be needed and necessary within today's current society in relation to the number of the growing elderly population within the UK. Elderly populations and retirement populations are growing. Relating this theory to this, the encouraging of elderly individuals to maintain fitness, exercise, and a healthy daily life as well as structured habits, routines and personalities are emphasized within this theory. Continuity within retirement is

paramount to provide retirees with a feeling of security within their new form of life – retirement.

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