Retirement and Family Life
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Are you or is someone in your family approaching retirement age? Retirement is a wonderful achievement. Many experts define retirement as stopping work at some prescribed age. The age that many Americans define as retirement age is 65, the same age that individuals are eligible to receive Social Security benefits from the U.S. government. Whether a person chooses to retire at 65 or 45, this is a major life change.

Adjusting to retirement comes naturally to some people, while others find it more difficult. A person’s health, mobility, financial resources, social ties, and the reason why a person retired all affect how a person handles retirement. Some people go through an identity crisis, because work no longer provides a source of self-esteem and self-respect. Other retirees delve deeper into different aspects of their life, such as leisure activities, and continue or redefine their family roles of parent, grandparent, spouse, sibling...

Some develop new interests or have more time to spend on lifelong hobbies. It may be time go on the overdue family vacation, to take time to pass down family recipes, or to teach a grandchild to sail. Many retirees devote their time to volunteering in their communities: maybe in their grandchild’s classroom at school, or by adopting a foster grandchild in the community.

Families can also support a new retiree in so many ways. By incorporating them into daily family life, the whole family can benefit from a retirement.

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