

Career Pivoting in the Journey of Medicine -Psychosocial Preparation for Retirement

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Identify Psychosocial Aspects for Retirement

▶ Purpose:

- ▶ To have a happy, comfortable, secure, productive life after stopping work.
- ▶ Save enough money
- ▶ Develop other interests so that self-esteem and identity is not only connected with professional life.

Think of Retirement as a Career Change

Schlossberg (2004)

- ▶ Includes many transitions that require negotiation and coping.
 - ▶ Work and family meaning and satisfaction.
 - ▶ Retirement planning, expectation and timing, work and life satisfaction.
 - ▶ Health and financial security sense.
- ▶ Six ways to approach retirement
 - ▶ The Continuers (who continue using their skills and interests)
 - ▶ The Adventurers (who start new skills and interests)
 - ▶ The Searchers (who explore new skills and interests)
 - ▶ The Easy Gliders (who do Not plan their day)
 - ▶ The Involved Spectators (who dedicate their day to society)
 - ▶ The Retreaters (who plan their day as holidays)



Qualls and Abeles

- ▶ A person's past, present and future, from the perspective of life as a whole.
 - ▶ Explains why people differ in their retirement experience.



Steps of the Psychosocial Preparation for Retirement

▶ Pre-intention

- ▶ Awareness of preparation for retirement
- ▶ Work on own retirement questions- who they are, what do they want and how to get there.
 - ▶ Time management
 - ▶ Conflict management
 - ▶ Assertiveness
 - ▶ Relationship
 - ▶ Interpersonal communication

▶ Intention

- ▶ To achieve own psychosocial preparation for retirement.
 - ▶ Individual
 - ▶ Active aging
 - ▶ Plan

▶ Action

- ▶ To choose from a portfolio of activities.
 - ▶ Personal needs
 - ▶ Social needs

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- ▶ Organization needs