Concern
Real help, real experts, real fast.

Retirement Lifestyle Planning

Support. Just When You Need It.



"It isn't the changes that do you in, it's the transitions."
– William Bridges

Transition is the psychological process people go through to come to terms with a new situation. As you transition into retirement, you can anticipate different phases.

Ending Phase. Acknowledge what is ending to help to get through the sense of loss.

Neutral Zone Phase. Use your time and energy to be creative and develop new ways to live your life.

New Beginning Phase. This is where your new identity takes hold and you have a new sense of self and purpose.

Here are a few questions you might want to ask yourself as you consider your retirement.

- How will relationships with my partner, family and friends change?
- Where will I live and what type of home do I want?
- How will I spend money?
- Am I interested in volunteering? What inspires me to?
- Do I plan to travel?
- What are my interests, hobbies and goals?
- What willl I do to maintan my emotional and physical well-being?
- Do I want to learn new skills or go back to school?
- Would I like to work during my retirement years? What options should I expense?

Call our toll free number to speak with a financial coach or eldercare specialist about your transition and retirement plan options.

Call: 800.344.4222
employees.concernhealth.com