



CLSA Approved Project

Applicant

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Project Title

The Changing Landscape of Work & Retirement

Project Summary

With increasing life expectancy and lower than expected savings versus the cost of living in retirement, the vision of the life stage of 'retirement' is evolving. The spectrum of choice for Canadians can involve choosing to remain at work, choosing full retirement and multiple choices on the spectrum between the two. With an aging population, employers too have concerns about maintaining a sustainable workforce to energize the Canadian economy. The study evaluates the attributes of those who choose to continue working and those who choose the alternatives to full-time work after retirement. It evaluates how life history and sociodemographics affect retirement quality, the retirement decision and how mental and physical health can contribute to the experience of retirement.

Keywords

Family caregiving, Social isolation, Loneliness, Psychological wellbeing