



CALOUSTE
GULBENKIAN
FOUNDATION



Retirement – Preparation, Prevention and Possibility: The Couple 50+ MOT Programme

**Loneliness in Later Life
22nd June 2018**





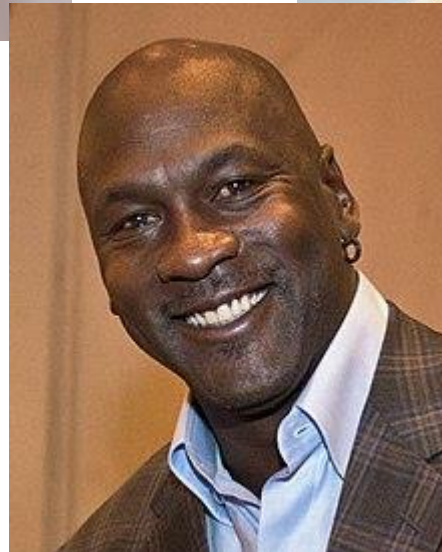








Celebrities who have Retired



Relationship is used and related to by both partners, and itself changes and develops, to the benefit of all 3 – each individual and in turn the relationship, to build understanding and growth by each partner.



What Are The Aims Of Couple 50+?

Couple 50+ MOT focuses on:

- Enabling couples to articulate and understand the process of change and each other's needs and wishes.
- Reviewing pre-existing resources within the relationship and ways in which the couple have managed stressful events and transitions in the past.
- Helping couples to turn to each other and rely on one another for support in preparation for change.
- Promoting resilience in both partners to cope with a future life together, including events in later adult life, such as ageing parents, empty-nest, illness/deterioration.

Supervision – A Supervisor's View



Agencies included: Relate, Age UK, NHS depts., Third Age Counselling, and members from Calouste Gulbenkian Learning Community.



The Process of Change: 1-4 Sessions

- ▶ *Session 1:* Noticing changes so far
- ▶ *Session 2:* Past changes
- ▶ *Session 3:* Future Changes
- ▶ *Session 4:* Changes across the model



Theme of 'Stopping'

Couple Feedback Themes

- ▶ Making space
- ▶ Improved clarity
- ▶ Feeling more prepared
- ▶ Some solutions to dilemmas
- ▶ Feel more patient and hopeful

Post-intervention Feedback

Understanding

- ▶ “A deeper understanding of potential impact of retirement both individually and a couple”
- ▶ “Togetherness through the conversations that we had and the insightfulness that we gained”

Awareness

- ▶ “Highlighted pre-existing road blocks and issues and made it clearer what to think about the retirement”
- ▶ “Became aware of my partner's thoughts and concerns”
- ▶ “Provided more clarity”
- ▶ “It facilitated us discussing and confronting the challenges facing us in the future with retirement”
- ▶ “It helped to see common challenges”

Communicating

- ▶ “It helped us to start talking - not just about retirement but about our relationship generally”
- ▶ “Tried to focus more on the positive”

Are You Planning to Do Anything Differently, If So Tell Us a Little About That?

- ▶ **Communicate** with my partner more
- ▶ **Discuss issues** more often and to think how retirement would work for us
- ▶ **Try to plan more**
- ▶ **Try to be more appreciative and supportive of my partner**



And...Try to remember to have fun

“I just turned 96 and can still eat, sleep, walk, and talk. I've been a busy person all my life...To my surprise, I found that creating crossword puzzles were fun to do and have written about 400. I also have learned that taking plenty of time makes life easier, and I'm able to be patient with myself”.

-Alora M. Knight

Clearing The Way

I have waited quite a long time to get old,
So I think I should try to enjoy it.
I can't turn it in for a refund,
And I surely don't want to destroy it.

They tell me that life is a one-way street,
As if I am too dumb to know.
I might as well keep moving on forward.
There's not much choice where to go.

I would like to lighten the luggage
I've accumulated over the years.
I'd be smart to release all the memories
That brought about heartache and tears.

That would make living much better,
Free up space that then could be filled
With appreciation for the good things in life,
With the promise that then I could build

A future that lives for the moment,
With little concern for the past.
My time will be filled with contentment,
No matter how long it will last.

So now that I'm ready for the rest of the trip,
I foresee no problems ahead.
I'll make each day be a worthwhile event,
With no regrets for the life I have led

