

◇ Chapter 15  
Relate to Older Adults

Relationship Skills

RETIREMENT AND RELATIONSHIPS

Retirement is a major change that affects every aspect of a person's life — income, interests, self-image, daily routine. All these combine to impact on relationships. To assess this impact, conduct the interviews described below and answer the questions that follow.

**The Interview**

Interview four people who have retired. Try to include both women and men. Record their answers to the following questions:

- What relationships have you lost through retirement?
- What new relationships have you begun since retiring?
- How do these newer relationships differ from the older ones in how or where they were begun?
- Why are some relationships maintained and others not?
- Of those older relationships that you have maintained, how have they changed?
- On the whole, do you think retirement has increased or decreased your enjoyment of your relationships with others? Why?

**Assessing the Impact**

1. From your interviews, which types of relationships are likely to end upon retirement?

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2. What types of relationships often begin after retirement? \_\_\_\_\_

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3. How do these newer relationships differ in purpose from the older ones? \_\_\_\_\_

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4. Do you think the difference in purpose makes them more or less enjoyable? Explain.

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Name \_\_\_\_\_

**Chapter 15**

5. What factors seem to help determine whether a relationship continues into retirement?

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6. Of those relationships that have continued, how have they changed, and why? \_\_\_\_\_

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7. Have these continuing relationships changed for the better or the worse? Explain.

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8. Generally, does retirement seem to have a positive or negative impact on relationships? Explain.

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9. What personality traits do you think help a person cope with the impact of retirement on relationships?  
How do they help?

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10. Retirement often causes a person's roles to change. Identify two of these roles and explain how they can change.

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11. How can role changes affect a person's relationships with others? \_\_\_\_\_

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