GROUPS 4 HEALTH: Retirement

G4H
Groups for Health: Retirement

GROUPS 4 HEALTH: Retirement (G4H:R) is an evidence-based, interactive online program designed to engage people in planning to support the management of social changes and identity transitions when moving towards, and through, retirement.

Aimed at improving the lives of those who are in the process of retiring, G4H:R is built around five modules that use the latest research in psychology and health. Throughout the program, participants explore the positive role of social connectedness and group belonging in managing life and identity change, as well as developing the skills to harness these connections in ways that optimise health and well-being. Finally, G4H:R helps people apply this knowledge to the planning and setting of goals required to support a healthy retirement transition.

With social group connectedness shown to be an especially important predictor of good health, G4H:R is suitable for anyone transitioning, or already transitioned, from the workforce into retirement, helping to ensure that people maintain optimum health and well-being during this life stage.

How G4H:R works

Built around five modules, G4H:R empowers people:

(i)   to learn why social groups matter when managing identity change in retirement,

(ii) to understand the workings of people's current group networks through the creation of a visual social identity map,

(iii) to harness existing positive group ties, as well as developing new ones, and

(iv) to develop goals and plans to ensure these ties endure in ways that optimise mental well-being, and strengthen identity into retirement.

G4H:R empowers people to take control of the identity changes that occur during retirement, leading to greater adjustment and fulfilment as they transition into this next life stage.

G4H:R is a simple and intuitive on-screen experience, and can be delivered in 40-minutes on a laptop, desktop computer, or tablet.

Appreciating Groups	Raising awareness of how social groups support identity changes that people experience in retirement.
Mapping Groups	Developing social maps to identify existing connections and areas for social growth in retirement.
Strengthening Groups	Using groups to support identity change in the retirement transition.
Extending Groups	Engaging in social planning to extend group ties and further develop identity in retirement.
Maintaining Groups	Reviewing progress, troubleshooting challenges, and reinforcing key program messages.

Why G4H:R will benefit you

G4H:R has been shown to increase social planning, and anticipated life satisfaction, as well as helping people feel more in control of their retirement transition.

The program is evidence-based and derived from the GROUPS 4 HEALTH program, which itself has been shown to increase well-being, and reduce depression and anxiety.

The program is versatile and can be delivered across a range of different online platforms, as well as being accessible at a time of the participant's choosing.

On completion, participants are provided with a personalised report, encouraging sustainable solutions that can be referred to in the coming months and years.

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