Investigating people’s use of time, health and wellbeing across the retirement transition

ARC funded study
Background: Defining retirement

- Full, partial, gradual, temporary
- Reduced responsibility
- Self-defined
- Receiving super, pension
- Choice or forced

Ceasing paid employment
History of retirement

Private pensions (USA)

Other countries

Australia

<table>
<thead>
<tr>
<th></th>
<th>1860</th>
<th>1880</th>
<th>1900</th>
<th>1920</th>
<th>1940</th>
<th>1960</th>
<th>1980</th>
<th>2000</th>
</tr>
</thead>
</table>

Australia
History of retirement

Private pensions (USA)  Old age pensions (Germany)

Other countries

Australia

1860  1880  1900  1920  1940  1960  1980  2000
History of retirement

- Private pensions (USA)
- Old age pensions (Germany)
- Old age pensions (UK)

Other countries

Australia

Yearly milestones:
- 1860
- 1880
- 1900
- 1920
- 1940
- 1960
- 1980
- 2000
History of retirement

- Private pensions (USA)
- Old age pensions (Germany)
- Old age pensions (UK)
- Old age pensions (USA)

Other countries

Australia

<table>
<thead>
<tr>
<th>1860</th>
<th>1880</th>
<th>1900</th>
<th>1920</th>
<th>1940</th>
<th>1960</th>
<th>1980</th>
<th>2000</th>
</tr>
</thead>
</table>

## History of retirement

<table>
<thead>
<tr>
<th>Other countries</th>
<th>1860</th>
<th>1880</th>
<th>1900</th>
<th>1920</th>
<th>1940</th>
<th>1960</th>
<th>1980</th>
<th>2000</th>
</tr>
</thead>
<tbody>
<tr>
<td>Australia</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- Private pensions (USA)
- Old age pensions (Germany)
- Old age pensions (UK)
- Old age pensions (USA)
- Occupational pensions (UK) and retirement plans (USA)
History of retirement

- Private pensions (USA)
- Old age pensions (Germany)
- Old age pensions (UK)
- Old age pensions (USA)
- Occupational pensions (UK) and retirement plans (USA)

Other countries

- 1860
- 1880
- 1900
- 1920
- 1940
- 1960
- 1980
- 2000

Australia

Old age pensions commence
History of retirement

- private pensions (USA)
- old age pensions (Germany)
- old age pensions (UK)
- old age pensions (USA)
- occupational pensions (UK) and retirement plans (USA)

Other countries

Australia

1860 1880 1900 1920 1940 1960 1980 2000

old age pensions commence

super more widespread
History of retirement

<table>
<thead>
<tr>
<th>Year</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1860</td>
<td>private pensions start</td>
</tr>
<tr>
<td>1880</td>
<td>old age pensions commence</td>
</tr>
<tr>
<td>1900</td>
<td>super more widespread</td>
</tr>
<tr>
<td>1920</td>
<td>mandatory super</td>
</tr>
<tr>
<td>1940</td>
<td></td>
</tr>
<tr>
<td>1960</td>
<td></td>
</tr>
<tr>
<td>1980</td>
<td></td>
</tr>
<tr>
<td>2000</td>
<td>longevity</td>
</tr>
</tbody>
</table>
History of retirement

- **1860**: Private pensions start
- **1880**: Old age pensions commence
- **1900**: Super pensions more widespread
- **1940**: Mandatory super
- **1960**: Age at retirement starts to increase
- **1980**: Longevity increases
- **2000**: Age at retirement peaks


**AGE**

**YEAR**
Health consequences of use of time

- Physical activity
- Sedentary behaviour
- Intellectual activity
- Social interaction
- Sleep
- Enjoyment
Protocol overview

• over 50 years
  • about to retire
  • 4 time points
Use of time: MARCA
Who did you do it with?

Who did you do this activity with? eating - sitting

- I did it alone
- with my spouse/partner
- with my kid(s)
- with friends or other adults
- with my parent(s)
- other
Use of time through the ages: the 18-29s
40s vs 50s

The diagram compares the lifestyle patterns of individuals in their 40s and 50s. The left side represents the 40s, showing a relatively calm lifestyle with a focus on quiet, chores, and socio-cultural activities. The right side represents the 50s, showing a more active lifestyle with a focus on exercise, computer use, and socio-cultural activities. The graphs highlight the differences in daily routines and activities between the two age groups.
Daily activity across the ages
Key types of physical activity

hours per day

18-29 30-39 40-49 50-59 60-69 70+
Change in time (min/d) after retirement
Change in time (min/d) after retirement

- chores +60
- indoor +50
- clean +40
- cook shop +30
- outdoor +10
- -10
- -20
- -30
- -40
- -50
- -60
Change in time (min/d) after retirement

- chores
- indoor
- clean
- cook shop
- outdoor
- screen
- TV
- computer
- VG

0
-10
-20
-30
-40
-50
-60
Change in time (min/d) after retirement

- chores (+60)
- indoor (+50)
- clean (+40)
- cook shop (+30)
- outdoor (+20)
- screen (+10)
- computer (0)
- VG (-10)
- TV (-20)
- sleep (-30)
- computer (-40)
- computer (-50)
- computer (-60)
Change in time (min/d) after retirement

- chores: +60
- indoor: +50
- clean: +40
- cook shop: +30
- outdoor: +20
- screen: +10
- sleep: 0
- PA: -10
- VG: -20
- computer: -30
- TV: -40
- -50
- -60
Change in time (min/d) after retirement
Change in time (min/d) after retirement

- chores
- indoor
- TV
- sleep
- outdoor
- screen
- PA
- QT
- read
- socialising
- talk
- phone
- computer
- other
- social
- other

Changes range from +60 to -60 minutes per day.
Change in time (min/d) after retirement

- chores
- indoor
- clean
- screen
- PA
- read
- QT
- social
- phone
- eat
- self-care
- socialising
- talk
- other
- groom
- cook shop
- outdoor
- computer
- VG
- TV
- sleep
- other
Change in time (min/d) after retirement
Change in time (min/d) after retirement
Post-retirement daily time use
\begin{tabular}{|c|c|c|c|c|c|c|c|c|c|}
\hline
 & Sleep & Screen & Chores & Self-care & Transport & Social & Quiet Time & Work \\
\hline
Sleep & & -10 & +4 & +7 & -5 & -8 & +4 & -4 \\
Screen & -11 & & -10 & -114 & -32 & -37 & -14 & -28 \\
Chores & +17 & -5 & & +25 & -10 & -10 & -6 & -28 \\
Self-care & +1 & -9 & +7 & & +7 & 0 & -1 & 0 \\
Social & -33 & -14 & -7 & -2 & -8 & & +13 & 0 \\
Quiet Time & +6 & -2 & -2 & -2 & -17 & +5 & & \\
Work & -28 & -20 & -38 & +2 & +6 & 0 & & -29 \\
\hline
\end{tabular}

Means a change of... min in...
What do you get out of work?

- Structure and routine
- Social interaction
- Worthwhile contribution
- Physical activity
- Cognitive challenge
What do you get out of work?

- Structure and routine
- Physical activity
- Social interaction
- Cognitive challenge
- Worthwhile contribution
Structure and routine

• Set yourself a wake up time
• Identify all of your morning tasks
• Plan a sequence
• Daily “to-do” list
• Write it down
• Consistency – stick to it!
What do you get out of work?

- Structure and routine
- Social interaction
- Worthwhile contribution
- Cognitive challenge
- Physical activity
Physical activity

- Moderate and vigorous physical activity are particularly important
- Look for opportunities to be active
- Join a group, club or gym
What do you get out of work?

- Structure and routine
- Physical activity
- Social interaction
- Worthwhile contribution
- Cognitive challenge
• Book club
• Learn a language
• Brain training – apps, sudoku, crosswords
What do you get out of work?

- Structure and routine
- Social interaction
- Physical activity
- Worthwhile contribution
- Cognitive challenge
Worthwhile contribution

- Voluntary work
- Caring for others
- Part-time work
What do you get out of work?

- Structure and routine
- Social interaction
- Physical activity
- Cognitive challenge
- Worthwhile contribution
Social interaction

tips

• Family
• Friends
• Join a club or group
• Online
questions