



## Successful Transition to a Healthy Retirement Project

This is a sub-study of the 45 and Up Study, looking at the process of how and when people transition into retirement. As the Baby Boomer generation moves into retirement, their patterns of work, leisure and overall adjustment are likely to be different to those of earlier generations. Therefore, it is important to understand what factors are associated with healthy and enjoyable retirements in order to provide the best support and opportunities to maximise people's ability to adjust to changing needs and environments.

### **The researchers**

Professor Beryl Hesketh from the University of Western Sydney and Dr Barbara Griffin from Macquarie University are funded by the Australian Research Council to conduct this research.

### **Who has been invited?**

This sub-study has invited men and women, aged 58 to 65 years, from all walks of life, all social and ethnic backgrounds and all lifestyles and interests who are currently engaged in some form of paid work (either full time, part time, casual, or contract) or who have recently entered retirement. More than 2,000 people have been randomly selected from the 45 and Up Study participants to take part in this sub-study.

### **What this sub-study will involve**

Invited participants will be asked to complete an online questionnaire, once a year for four years, with one additional questionnaire if they change their pattern of work within this four year period (i.e. retire or cut back on work hours). Each questionnaire should take about 30-40 minutes to complete. If you have chosen to take part, you may withdraw at any time by calling the 45 and Up Study Infoline on 1300 45 11 45. You may withdraw from this sub-study and still remain in the 45 and Up Study.

### **What sort of information will be collected?**

The questionnaire asks participants about their general attitudes to retirement and work, plans and expectations regarding transitioning into retirement, and overall health, activity and wellbeing.

### **How the researchers will use the information**

The information collected in this sub-study will be used to identify common "patterns" of planning for and adjusting to retirement.

Once this sub-study is complete, the information participants have provided will be included in the 45 and Up Study data.

## **Our commitment to security and confidentiality**

All information provided as part of this research is bound by Commonwealth and State privacy legislation and guidelines. The researchers, and the 45 and Up Study, are committed to providing a high standard in handling personal information. All information collected will be treated completely confidentially and used for research only.

To further ensure security and confidentiality, all information will be stored, analysed and reported on with identifying details, such as name and address, removed. No information will be released in a way that would allow an individual or household to be identified.

In addition, this sub-study is accountable to both the University of Western Sydney Human Research Ethics Committee and the Macquarie University Human Ethics Committee.

The researchers conducting this sub-study will not have access to your identifying information unless you give your consent to participate.

## **How the information provided will help you, and others**

Moving into retirement is not an easy process and information from the Successful Transition to a Healthy Retirement Study will give us a better understanding of what determines adjustment to retirement and how individuals and employers can act to improve the quality of life in retirement.

## **How to participate**

If you are one of the over 2000 people who were randomly selected to be invited to participate, you will have been emailed an invitation and provided with a link to complete the questionnaire online.

At this stage the Retirement Transition Study is not looking for volunteers.

## **More information**

You can call the 45 and Up Study Infoline on **1300 45 11 45** to find out more and get regular updates on the progress of this sub-study. Participants in this sub-study will also receive a summary report of the findings at the end of the study.

Participants in this study may also contact the researchers directly:

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## **Complaints or reservations about the ethical conduct of this research**

You may contact the University of Western Sydney Ethics Committee through the Research Ethics Officer, nominated as Complaint Officer, by email [humanethics@uws.edu.au](mailto:humanethics@uws.edu.au) or telephone: 02 4736 0229. Any issues you raise will be treated in confidence and investigated fully, and you will be informed of the outcome.