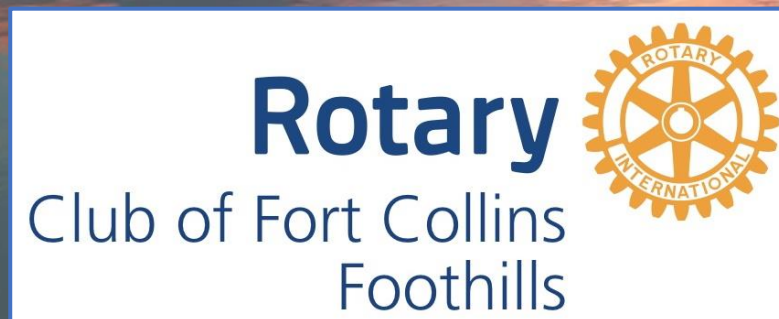


# What's Next in My Life?

Carl Dierschow

3 January 2024



# Path

Childhood

Becoming independent

Raising a family

Mature career

~~Retirement~~

# What do we want?

# What do we want?

A person wearing a white cap and a black shirt is jumping joyfully in a mountain valley. The background shows a winding river and green hills under a cloudy sky.

## More of

- Fun
- Energy
- Contribution
- Relationships
- Freedom

## Less of

- Focus on problems
- Isolation
- Not valued
- Lack of purpose
- Restrictions

Dear Heloise:

Officially, I'm retired. However, **I want to work**, and **I want to stay busy**. My biggest problem has been finding someone to hire me. After years of working as an electrician, I still have skills that are useful, and I've kept up with all of the latest innovations in my field. I worked my way through college as a carpenter and put an addition on my own home a few years back. Like so many other retirees, I'm in good health, and for a man of 70, I have no problem getting around or climbing stairs. **Earning money is not my major concern, but the extra cash would be welcome.**



I've spoken to a number of other people who would like to start a second career, but **no one wants to hire a person who is elderly**, no matter how much experience they have or how sharp their mind is.

Yes, there's **freelancing as an alternative**, but it's hit-and-miss with jobs. I can be busy for a month, but then there wouldn't be any jobs for the next six weeks.

One of the main problems I've encountered is that when you do freelance work, everyone expects you'll work for less than minimum wage. On one job, a woman asked me what I'd charge to build a bookcase and paint it. I quoted her a price, and she agreed to the amount. After I was finished (and I did a nice job), she was furious that I didn't reduce my fee by a couple hundred dollars because, **as she put it, I was retired and had nothing better to do.** I've encountered that attitude far too often.

**Being over the age of 65 does not mean that seniors have become senile or incompetent.** Many of us just want a job where we can earn a decent wage. — No Name, in Washington

Focus on what you can control

Attention  
Interaction  
Contribution  
Appreciation

# Limitations

We've always experienced limits and barriers

Every person has a unique situation, needs, desires

# What you focus on expands

- What inspires me now?
- Where are my interests?
- What's important?
- Where would I like to focus?





# Volunteering

- Using your gifts
- Social interaction
- Improving the world
- Giving you energy

# Service organizations

- Making a difference
- Being part of a group
- Your own mental and physical health



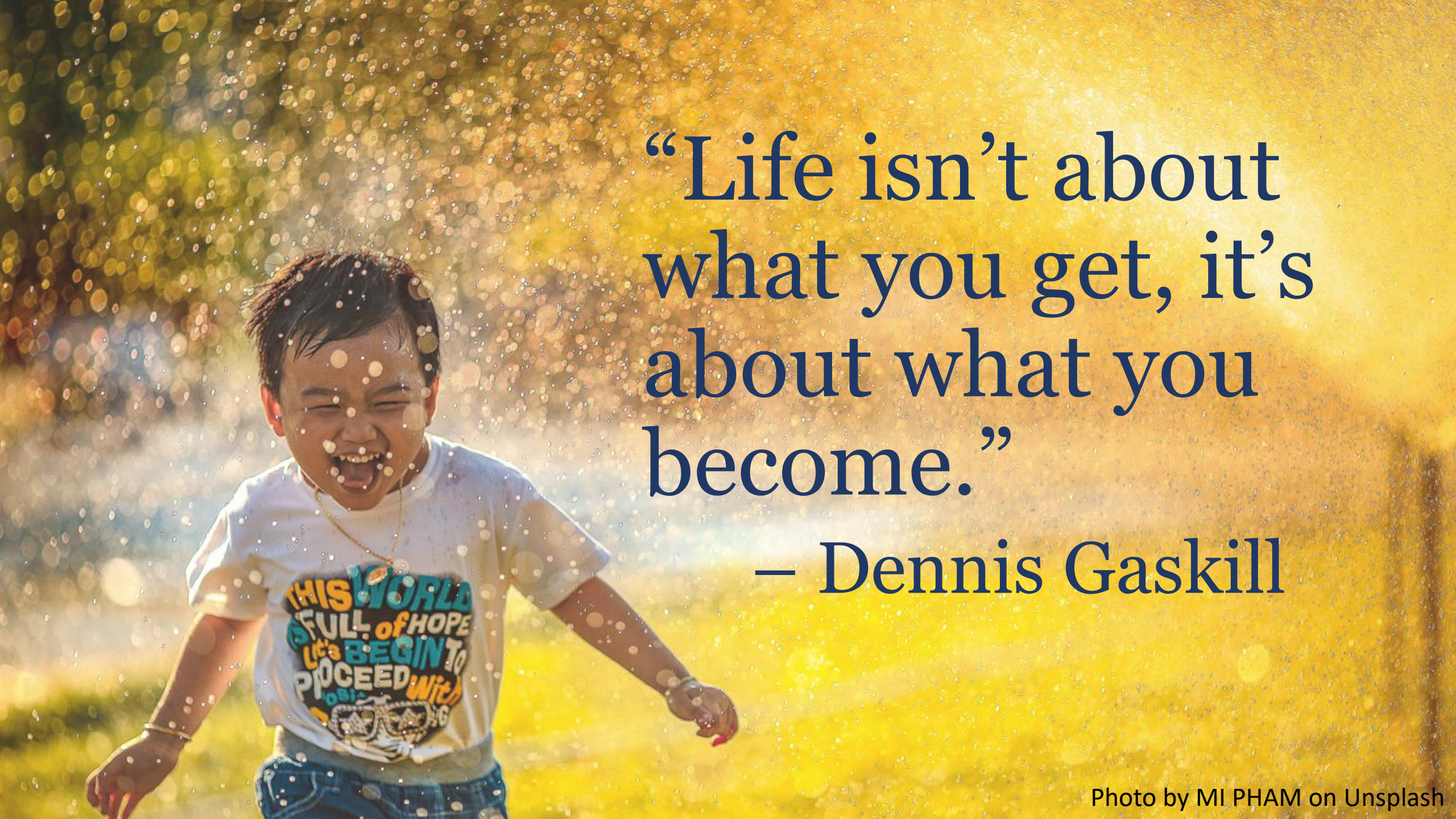


# Or local services



# My energy and ability

- ✘ Taking care of yourself is also “giving back”!
- ✘ Call a friend, stay in touch
- ✘ Do what you can while honoring your limits
- ✘ Get out and have a bit of fun

A young boy is running joyfully in a field of golden light. He is wearing a white t-shirt with the text "THIS WORLD IS FULL OF HOPE LET'S BEGIN TO PROCEED WITH HOPE" and blue jeans. The background is a bright, golden field with a bokeh effect of light spots.

“Life isn’t about  
what you get, it’s  
about what you  
become.”

– Dennis Gaskill



What do you want your  
life to be about?

What's possible now?