

Survey: Retired baby boomers cope with emotional adjustments

Many miss connections with colleagues

By Nanci Hellmich
USA Today

The transition to retirement isn't always easy, especially the emotional adjustments, a new survey of retired baby boomers shows.

About two-thirds (69 percent) say they had challenges adapting to this change in their lives, according to a survey of 1,000 people. The surveyed people were ages 60 to 73, retired in the past five years from their primary profession, and have at least \$100,000 in investable as-

sets. The survey was commissioned by Ameriprise Financial.

The toughest parts of retiring include missing the day-to-day social connections with colleagues (37 percent); getting used to a new and different routine (32 percent); and finding ways to give meaning and purpose in their days (22 percent).

That said, 76 percent say they felt in control of their decision to retire; 52 percent say they were emotionally prepared. More than half (65 percent) say they got adjusted to their new routine fairly quickly. In fact, 97 percent say they are "somewhat" or "very" satisfied with their retirement lifestyle.

"My overall conclu-

sion is that it seems like there is a magic formula for feeling confident in your retirement," says Marcy Keckler, vice president of financial advice strategy at Ameriprise Financial. "It's three parts. The first is being in control of your retirement decision. The second is the right financial preparation, and third is the right emotional and social preparation. The people who have all of those are the most satisfied in their retirement."

Respondents said that making the decision was a process, she says. "They didn't just wake up one morning and decide to retire. They had considered it and planned."

TN

2/6/15