

# Discover the benefits of working longer

This generation feels and acts younger than any in the past. Even if you're 40 or 50 the chances are you can hum out a Lorde song, and you've got an eye for the latest fashion. The statistics show you'll live longer than generations gone by. Chances are you'll want to work beyond the traditional retirement age as well.

SEEK's *Wise, Wonderful and Working* report found that despite the majority of working people wanting to retire by 65 years old (62%), 87% of workers say it's more realistic they'll hang up their hat closer to 75 years; and for very few, 75 years old and beyond (13%).

Why are we working longer? It's because:

- We enjoy our work
- It gives us an interest in life
- The money is nice
- We get a sense of purpose and responsibility
- It's good for our mental and physical health
- We can give back to others and share our knowledge
- Our life expectancy gets longer every generation

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## **Working beyond retirement: realities**

Not everyone is the same. It's much easier, for example, to keep working if you have a sedentary job. Not everyone who works in their golden years does so full time. SEEK found 48% expect to cut down their work hours.

Even if you don't want to keep busting a gut in a very physical job it's possible you can use your transferrable skills. Perhaps you worked as a mechanic. Can you get a job in vehicle testing? Could you work on the reception? Perhaps you would make a perfect roadside breakdown person, or call centre operator for a motoring-related organisation.

"With the workforce no longer being ageist, we're seeing a shift in attitudes towards retirement with people seeing it as a flexible option, a chance to explore new avenues or to slow down gradually,"

says Supierz.