

Summer

2018

# Newsletter

## healthfocus

clinical psychology services

## Happy Holidays!

Yong and the team at Healthfocus wish everyone a Happy New Year and we look forward to being of service in 2018.

## This Month's Issue

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## Welcome to 2018

A very big hello to everyone!

It's the holiday season again and time for reflection on the year gone by, as well as excitement and preparation for the New Year ahead.

We should all take a moment to give ourselves a pat on the back for hard work and successes from 2017 and also look for things that we can improve on in 2018.

Thank you to our clients and referring doctors for choosing Healthfocus and we look forward to continuing to serve people in our local communities around Armadale and Riverton.

Monique has provided an interesting information piece for this newsletter about the psychological aspects of retirement planning and the transition to retirement.

I hope you have had an enjoyable and safe holiday season and I wish everyone a happy and healthy New Year!

-- Yong

*“Thank you to our clients and referring doctors for choosing Healthfocus”*

## Welcome to Bree and Suqi

Please join us in welcoming Bree Flynn and Suqi Vanderput to the Healthfocus administration team, providing cover for the other members of the front office team for annual and unplanned leave.

Suqi and Bree undertook training at both the Armadale and Riverton clinics in November 2017, becoming familiar with the premises and systems in place.

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*“... retirement can have a psychological impact on personal relationships.”*

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## Retirement Planning

-- by Monique Armstrong-Burgin, Clinical Psychologist

Clients are attending counselling claiming that their previously happy marriage has become troubled following the retirement of one or both partners. It appears that once the initial excitement passes, some people can struggle with retirement if they have not emotionally prepared themselves for this stage of life. We tend to invest considerable effort into setting up our careers, but often underestimate planning for our retirement (which can last in excess of 20+ years).

It is well accepted that retirement planning programmes are geared towards financial matters. While this is undeniably important, healthy adjustment should include consideration of a wider range of areas. Particular focus should be given to strengthening our emotional wellbeing in order to maximise not only an initial smooth transition into retirement but to increase the likelihood of a successful retirement experience.

It seems important then to understand the ways in which retirement can have a psychological impact on personal relationships. The increased togetherness that retirement brings can heighten existing relationship issues (Nuttman-Shwartz, 2007; Yogev, 2012).

Without job responsibilities and demands, we may not have the distractions from relationship tension that we previously had.



References:

- Atchley, R. (2008). The process of retirement: comparing women and men. *American Psychologist*, 63 (4):25-26.
- Nuttman-Shwartz, O. (2007). Is there life without work? *Intl. Journal Aging and Human Development*, 64 (2):129-147.
- Yogev, S. (2012). A couple's guide to happy retirement. United States of America: Contemporary Books.

Addressing areas of disagreement with a partner can reduce sources of stress. In having discussions, you are likely to make additional relevant decisions regarding redefining how much time you will spend together as a couple, how your relationships with friends and adult children may change, and how the division of housework and spending/money issues may be navigated with the onset of retirement.

Some issues that may initially be specific to an individual but then impact on the wellbeing of a partnership relate to ones' feelings of usefulness and purpose. We are often unprepared to know who we are without our job, and we may feel less productive and valuable once we have stopped working.

Furthermore, after the first few months of retirement we may become bored and frustrated. If friends are still working, we can feel 'on the outer' when they discuss work matters. Our feelings of irritation and low self-worth may then be transferred into our relationships with our partners, exacerbating friction and disharmony.

With the above information in mind, a smoother transition to retirement is likely to occur when we:

- ✓ Are mindful of addressing issues with our loved ones as soon as they arise. Aim to discuss concerns, and where possible search for a middle ground. Often giving our partner physical and emotional space as we each adjust to retirement will strengthen overall satisfaction levels.
- ✓ Have activities that give you meaning and a sense of purpose. These will allow you to feel productive and valuable outside of the traditional workplace.
- ✓ Are socially active. This promotes a connection to wider society.
- ✓ Have an attitude of appreciating life. If we appreciate life in general we are more likely to find positive aspects to retirement (Atchley, 2008). Furthermore, adopt positive attitudes such as viewing retirement as the beginning of the next phase of ones' life (rather than the end). Confront fears about what may lie ahead and establish a retirement path that feels meaningful.
- ✓ Remember to negotiate new rules around intimacy, togetherness, social interaction, housework, finances and having physical, intellectual and creative stimulation.

Retirement is a wonderful phase of life, allowing us to enjoy ourselves in new ways and to do things we haven't previously had the chance to do. But it is nonetheless a significant milestone that requires psychological preparation if the transition is to be as successful and productive as possible.

## Other News

### NOW ACCEPTING AMERICAN EXPRESS

Healthfocus is pleased to announce that we now accept American Express charge and credit cards through our EFTPOS terminals at both Armadale and Riverton.

### ONLINE APPOINTMENTS LAUNCHING SOON

We have been trialing self-service appointment booking online through our website with a few client volunteers. We are aiming to roll it out to everyone very soon.

### WEBSITE UPDATES

There is an update to the website upcoming that will refresh the look and feel of the site and incorporate online bookings. Stay tuned!

## Dr Yeow Tan at Riverton

### MONDAY EVENING APPOINTMENTS

We understand that many of our clients lead busy lives and getting to office hours appointments can be a challenge.

Dr Yeow Tan is now available for appointments at our Riverton clinic on Monday evenings.



*We provide a full suite of services including for children and adults, under Medicare Better Access, private, Workers' Compensation, Motor Vehicle, Medicolegal, Disability services, across a variety of psychological issues.*



#### Locations:

Armadale:  
Shop 6, Pioneer Village Complex  
7 Albany Hwy Mt Richon WA 6112

Riverton:  
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