

Retirees in Hawaii & Japan: From Youthful to Useful?

Michiyo Tomioka, PhD¹, Tomoko Ikeuchi, PhD², Cullen Hayashida, PhD¹, Sachiko Yamazaki, PhD³, Mayuko Ono, MA², Chiho Shimada, PhD⁴, & Hisao Osada, PhD⁵

1: University of Hawaii, 2: Tokyo Metropolitan Institute for Geriatrics and Gerontology, 3: Bunkyo Gakuin University, 4: Saku University, 5: J. F. Oberlin University Graduate School & Tokyo Metropolitan University

“Don’t Retire, Rewire” Workshop Overview

- Adapted from the works of M. Newhouse (Boston), P. Tinbaek (Denmark), and H. Gudmundsson (Iceland).
- Designed to help those aged 50 and older to prepare for retirement.
- Interactive: Facilitated peer support, group sharing, and discussion.
- Consist of 5 sessions.

- Sessions 1-4: Once a week, 2 hours each
- Session 5: 3 months after Session 4.

Sessions:

1	Where are we now?	Understand retirement in the context of demographic aging, our 20-30 years longevity bonus, and promoting long health spans.
2	Who am I? Who do I want to be?	Review one’s core competencies and the negative consequences of negative views towards old people or ageism.
3	Where am I going & how do I get there?	Review the 11-facets of active aging and community resources to maintain our well-being.
4	How do I sustain it & give back?	Develop personal goals and action plans based on one’s core competencies, values, passions, and one’s lifework or purpose.
5	Am I on course?	Share progress and encourage group support through reunion.

Conclusion

- Workshop helped participants learn the importance of community involvement in influencing successful retirement.
- Participants from Hawaii and Japan indicated that declining health, well-being, and independence were among the biggest barriers.
- Further study is needed to explore the workshop’s impacts.
 - Explore the impact of cultural values on successful retirement.
 - Develop other coding schemes.
 - Analyze the outcomes by sociodemographic factors.



Workshop Participants

Demographics		Hawaii (n=47)	Japan (n=39)
Age	Mean	66.6	70.1
	Ranges	57-75	60-81
Ethnicity*	Non-Japanese	21 (48%)	0 (0%)
	Japanese	23 (52%)	39 (100%)
Gender*	Male	17 (39%)	8 (21%)
	Female	27 (61%)	30 (79%)
Education level*	HS grad/GED	5 (12%)	8 (21%)
	College 1-3 years	6 (14%)	17 (45%)
	College 4+ years	32 (74%)	13 (34%)
Living arrangements	Live alone	10 (23%)	19 (50%)
	Live with a spouse	21 (48%)	10 (26%)
	Live with family member(s)	10 (23%)	8 (21%)
	Live with non-relatives	2 (5%)	1 (3%)
Retirement Status*	Pre-retirement	10 (23%)	4 (11%)
	Retired	20 (46%)	30 (79%)
	Don't know/Other	14 (32%)	4 (11%)

Hawaii and Japan participants have comparable visions of a successful retirement and identified similar barriers to reaching it, except for financial security/stability.

Visions of a Successful Retirement N=67



fitness, maintaining health, personal health, and emotional fitness.

faith, goal setting, learning, motivation, living with no regrets, preparing for the end of life, and teaching.

family, socialization, not being a burden.

recreation and time to relax. (*JP pre/post ↓)

give back to the community, volunteering (*JP pre/post ↑)

investment, having enough \$, work

* denotes p<.05, Wilcoxon test of significance.

Barriers to a successful retirement N=70



preparing for the end of life, not having a purpose to live, declining health, losing independence. (* HI pre/post ↓)

caregiving, family lives far away, loss of friends, being a burden.

not having enough money, debt, medical coverage, income stream.

renovation, selling house, not knowing where to live, and living alone.

Agism, pollution, disaster, and world affairs.

* denotes p<.05, Wilcoxon test of significance.

Pre-post tests were completed by 38 Hawaii & 36 Japanese participants to examine changes before and after the workshop.