

Identity, Well-being into an beyond retirement

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Discussant; Kat Riach

'People'

- Moving from Cognitive-based to social-based approach to well-being
 - *Detach identification from what they do...valued for who they are (p.2)*
- Relational dimension key to this approach
- *Importance of action to sustain selfhood (p.3)*
- *'Staying me' (p.5) – whats is the alternative?*
 - *'Adapting to your age'*

'Well'

- Some dimensions of 'well-being' evident
 - Confidence, capability, communicability
- Exploring how activities are given up or taken up revealing?
 - Agnes *frustrated by poor organization* (p.11)
 - Jennifer *What activities continue to be possible for them to enjoy together* (p.8)
- Social and medical model useful (e.g. Richard and Agnes)

'Work'

- How some activities framed as a form of 'proxy' work
- Value of 'labour' stretched into non-working lives
 - Caring for one 'less able'
 - Potential to explore the 'relational other'
- Possible development of a well being typology
 - Being-well
 - Well-enough
 - Well be-ing