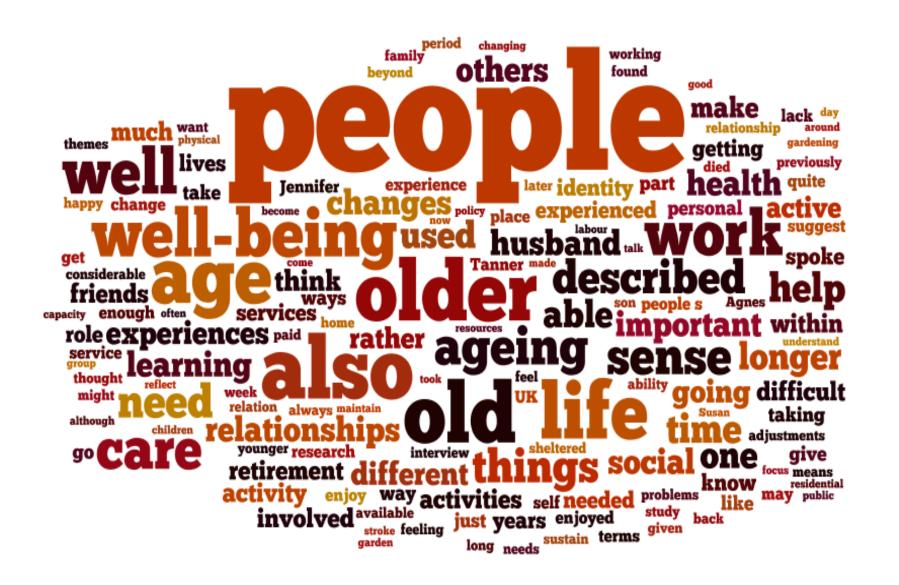
## Identity, Well-being into an beyond retirement

Marian Barnes and Lizzie Ward Discussant; Kat Riach



## 'People'

- Moving from Cognitive-based to social-based appraoch 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, communicality
- 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