

# Older Adult & Caring

11.5 

Title: **Choices in Retirement**

Author(s): **Peter Hooper**

Publisher: **Age Concern**

Year: **2006** ISBN: **9780862424411**

This guide offers essential information on the transition from working to retirement.

It includes information on both positive and negative aspects of retirement as well as tackling issues including:

- Money management
- Staying healthy
- Keeping active
- Running the home
- Relationships

This book also includes further information on useful organisations, including Age Concern.

**258 pages**

The following titles are also available:

Helpful Hints for Carers – practical solutions for carers living with people with dementia

Caring for a parent in later life

On the Tip of Your Tongue: your memory in later life

Contented Dementia

Coping With Memory Problems

Readability:



Available: **Yes** Cover Price: **£9.99**

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