

## MODULE 9

### UNIT 5: YOU ARE AS OLD AS YOU FEEL

#### DISCUSSION QUESTIONS

Do you know any retired people?

What kind of life do they have?

Have they adapted to retirement easily?

What would you like to do when you retire?

Here you are a list of things that are important when one retires. Say why and give examples if possible:

- stimulating leisure activities
- access to good health care
- a good pension
- contact with family and friends
- a good public transport system
- respect for the rest of society
- secure accommodation
- opportunities for part-time or voluntary work

Do you think the retired people in your town have access to all the things mentioned above?

Do you think men and women face retirement in a different way?

Do you think retired people nowadays have different lives than twenty years ago? Do you think their lives are easier? Do they have new problems?

Would you like to take early retirement?

What can older people do in order to keep fit and healthy?