**The Healthy wheel of retirement**

*The Healthy Wheel of retirement*has eight elements necessary for optimum health and well-being. These eight sections integrated together make up the mosaic that people need to function at their best. However, if you want to personalise the wheel to the different factors that work for you in terms of a healthy wheel, go ahead and change some of the eight elements.

* **Shade each of these areas on a scale of 1 to 10, 10 being the outside of the wheel and total satisfaction and 0 being the inside of the wheel and total dissatisfaction**
* **When you have done this look at the shape of your wheel and consider how smooth a ride it is giving and put any reflections of ideas that occur in areas where you score lower**

The suggested eight areas are below; bear in mind there will be some overlap between these different elements.

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| **AREA** | **QUESTIONS** | **REFLECTIONS** |
| **Close Family** | Is there close family around or people who feel like family? |  |
| **Wider social networks; hobbies and friendships** | The social networks and hobbies and interests you as an individual have and friendship groups; e.g., sports, social clubs, hobbies like sailing or walking |  |
| **Finance** | Sufficient income to support your retirement and plans in place to manage this |  |
| **Wider social networks; hobbies and activities** | The social networks and hobbies and interests you as an individual have; e.g., sports, social clubs, hobbies like sailing or walking |  |
| **Personal growth and learning** | What changes might be required in the actions the you take in your day-to-day life; the level of flexibility you have to change and your ongoing growth; e.g. maintaining IT skills |  |
| **Work re-orientation** | How you might have re-orientated from a normal work pattern to perhaps doing some work/paid or unpaid and things like volunteering |  |
| **Health and planning ahead** | Awareness of your own and significant others aging and plans/ideas in terms of handling frailty as you get older |  |
| **Having time out** | How much you have time out to replenish the batteries and space for yourself |  |