

Leisure Blog for Retirement-Age Adults in Canada During COVID-19

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INTRODUCTION

Over the course of several years (starting in 2020), newly retired adults in Canada will participate in a research blog discussing their lives after retirement. In addition, some of the bloggers have yet to retire and are nearing the time to decide. The COVID-19 pandemic persisted during this time, resulting in a significant decrease in leisure activities more common among retirement-age adults. This poster will address some of the trends in group two during the second session in May 2020. It is important to note that this is an ongoing study.

METHOD

- Group members are asked to answer three questions in their posts relating to current experiences during the pandemic, thoughts on how retirement is going, and the types of leisure they participate in
- Blog posts from Group 2 Session 2 (May 2020) are reviewed by the research team
- Common themes are compiled based on responses to prompted questions

Observations

- Many participants were new to using Zoom and relied on it to connect with friends and family
- Some participants were concerned about COVID-19 protocols being lifted
- Retired participants often found ways to exercise whether it be taking walks or Zoom exercise groups
- Several participants have lost family members due to COVID-19
- Retired participants often found part-time jobs or volunteered in the community to still have a sense of purpose
- Participants often participated in leisure activities such as gardening, playing instruments, and riding motorcycles
- Some participants traveled after retiring
- A few participants mentioned using social media more often

Goal

The goal of this blogging session is to gain a better understanding of what older adults who are newly retired do with the sudden increase in leisure time. For those that have yet to retire, this study introduces initial thoughts and expectations for retirement. This session also highlights leisure trends during the COVID-19 pandemic in Canada.



START



I ILLINOIS

Discussion

Every participant's experience is different in terms of how COVID-19 has impacted their lives and what retirement looks like (or will look like). However, many participants expressed some degree of concern surrounding the lifting of COVID-19 protocols and plan to continue to social distance and proceed with caution. Each participant has been able to find ways to stay busy whether it be working part-time, volunteering, and/or exploring a hobby they enjoy. There was, however, one participant that was having difficulty planning out what retirement will look like for them and asked for advice on how to navigate this concern. Overall, the participants have managed to make the best of their situations and found ways to see the positives during a very trying time.