



AGING WORKFORCE

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RECRUITMENT

RETENTION



Retirement Prevention

Creative Retirement

Aging Worker Family Situation

- Grandchildren
- Kids in university (still at home)
- Aging parents

Work Life Balance

- Flexibility
- Family related leaves
- Resources

Physical Health

- Active
- Colds/Flu
- Ergonomics

Losses

- Parents
- Children
- Depression and Anxiety
- Resources

Shiftwork

- Difficult for many
- Harder as get older
- Lack of sleep....

At the End of the Day

- Ask what need and want to stay
- Ask what need and want to be successful
- Be creative

RESOURCES

- MFL Occupational Health Centre
www.mflohc.mb.ca
- QNET www.qnet.mb.ca
- CMHA www.mentalhealthworks.ca
- Work Life Balance in Canada
www.hrsdc.gc.ca/en/lp/spila/wlb/rtm/14table_of_contents.shtml
- Linda Duxbury
www.cprn.org/doc.cfm?doc=52&l=en