

# Craft Your Own Conference on Retirement

If you could craft your own conference on retirement what would it look like?

Please rate your personal interest in the topics below:

## 1. Learning, Leisure & Self Development

	Not interested		Very interested	
Navigating your life in retirement: Ideas for finding the things you love to do	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Personal development: Discovering ways to keep learning and staying engaged	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Making the move from full-time to part-time work	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Seeking out volunteer opportunities that fit my interest and skills	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Traveling and exploring in groups	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## 2. Relationships

	Not interested		Very interested	
Building social connections to remain healthy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sexuality and intimacy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Staying connected to the younger generation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## 3. Wellbeing

	Not interested		Very interested	
Staying fit: Best exercises for living well at all ages and abilities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Supplements and health trends for the mind and body: What works and what doesn't	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
What works to keep my mind healthy?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do I have dementia? Understanding diagnosis, options and treatments	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

#### 4. Finances & Money Management

	Not interested		Very interested	
Estate planning basics (living wills, trusts, advanced directive)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scams: How to avoid them and what to do if you are caught in one	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Managing money	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

#### 5. Where You Live

	Not interested		Very interested	
Can I stay in my home? Options, costs and resources	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Overview of housing options, types, costs and levels of care	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Living abroad or in another state	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

#### 6. Taking Care of Yourself and Your Loved Ones

	Not interested		Very interested	
Healthy caregiving relationships with your parent or partner	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Finding and selecting caregiving resources	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being a long-distance caregiver	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Self-care for the caregiver: finding a healthy balance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

#### 7. Spirituality & End of Life

	Not interested		Very interested	
Understanding the differences between palliative care and hospice care	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Exploring death through the lens of spirituality	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How to talk about end of life issues with my family, including tools and documents	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**8. Are there any other topics you are interested in that aren't included?**

**9. What is the likelihood of your attending this one-day conference on Retirement in the Berkeley area in May 2018?**

Not likely

Very likely

**10. Retiree type**

Emeriti

LBNL

Non-Senate Academic

UCOP

Staff

Beneficiary

Other (please specify)

**11. Age?**

55 - 60

61 - 74

75 and up

Other (please specify)

**12. To be entered into the drawing for a free conference registration, be sure to complete the survey and following information by June 28th:**

Name

Email

Phone Number