

Age at Work – case study guidance

Older person

Ideally this is 100 - 150 words summarising:

- where the older person was before (not employed/ employed /in need of support),
- what they did with the Age at Work programme
- what happened as a result.
 - attitudinal change - feeling more confident, less lonely, more engaged at work etc
 - behavioural change - got a new job, got promoted , sorted out finances , lead an older person initiative at work ET cetera ET cetera

Ideally, it would be good to include a quote, attributed by name & employer and be accompanied by a photo.

Once written, this will need to be Oked by the older person themselves.

- 1. At age 53, an employed female attended the Mid-Career Review webinar focusing on Career, Health & Wellbeing. She registered because she was interested in career planning, but was feeling it was too late to make career changes since she feels there seems to be more focus on younger people.**

Work life balance is especially important to her as she is responsibly for looking after both her children and her 80 year-old mother. She says it has always been a challenge trying to juggle everything, but it has become even more difficult during the pandemic.

She said, “The webinar gave me some food for thought and an opportunity to reflect on where I am and what safeguards I need to put in place.

It also has helped me to press for changes in my workplace, particularly with regards to support for older workers, including greater support for women going through the menopause. The webinar has given me ideas and the confidence to approach senior managers and press for changes. My employer is now seriously considering introducing four-day weeks to help reduce stress and improve organisational output.”

The mid-career review also gave her the confidence to set up one to one coaching sessions with colleagues especially those who feel they’re at a crossroads between work and caring.

“I now feel motivated to review my current skills, align my values to a role/career and pursue my goals. The links between physical & mental wellbeing has also motivated me to set some goals for learning and moving more during the working day,” she commented. (261 words)

Any queries please contact either Charlotte Turner or Cath Weight.
We look forward to hearing those stories of impact, bringing to life the difference you make and to illustrate all the data we collect!