

The exploration of adults' future preparation

Y-H. LEE, C-Y. LU. *The exploration of middle-aged and older adults' future preparation: Learning perspectives*. *Gerontechnology* 2014;13(2):240; doi:10.4017/gt.2014.13.02.207.00 Taiwan will become an aged society in 2018, and developing means of dealing with the challenges of an aging population has become an important task for researchers. **Purpose** This study aims to understand middle-aged and older adults' preparation for the future, and how they prepare themselves to face the problems of aging, and how they take action to plan and cope with their future life. Moreover, how do they engage in a process of active learning, so that they will be able to live a more active and meaningful life as they age? **Method** We conducted semi-structured interviews with 10 middle-aged and older adults who had taken actions to prepare for their future. We examined the interviewees' consciousness and learning actions in their preparations for the future. **Results & Discussion** (i) The triggering factors of the interviewees' consciousness to prepare for the future included: family events, their desire to maintain active social lives after retirement, the continuation of the interviewees' professional careers after retirement, and their aspirations for participation in volunteer services. (ii) 'Health problems' and 'economic security' were issues of utmost concern for the interviewees' future. However, they transformed these worries into learning actions, comprised of active participation in learning and seeking out relevant information, thus accumulating more resources to cope with their future needs.

References

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Keywords: middle-age adults, older adults

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