LIFE PLANNING

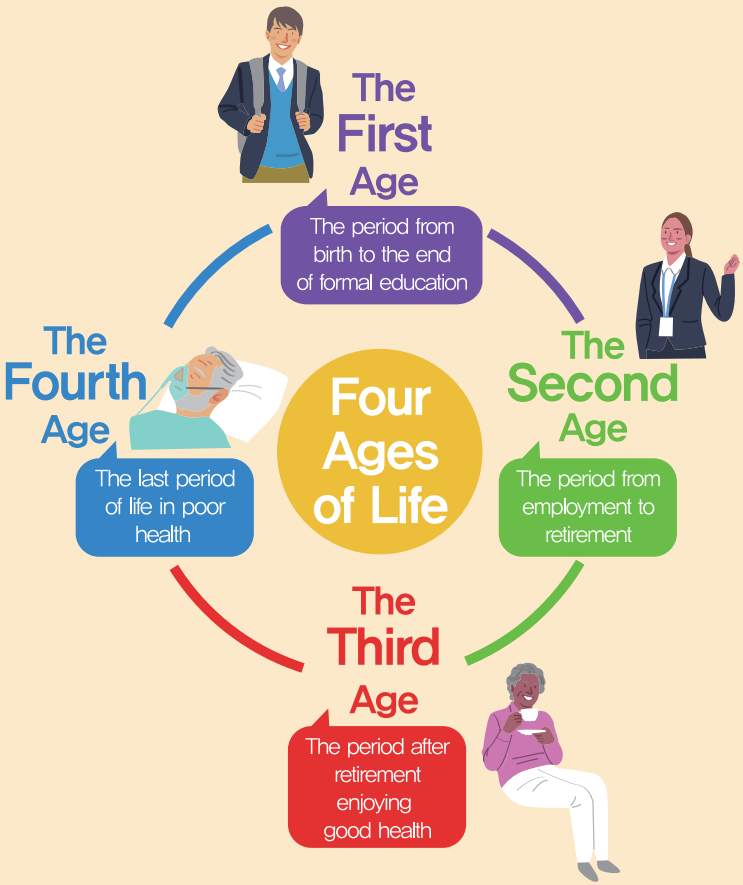
HOW TO PREPARE FOR ACTIVE AGEING AND REALIZE YOUR LIFE DREAMS

Activity Card



AGAC 아셈노인인권정책센터
ASEM Global Ageing Center


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1 Division of Life Course

Four ages of life

1 Division of Life Course

Four ages of life

You can divide your life into four ages.

- Which age of life are you in?
- How rewarding do you think your life has been?
- Do you think you could have lived a more rewarding life if you had planned ahead and followed up?

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2

Extension of
The Second Half of Life

The third age

2

Extension of
The Second Half of Life

The third age

It is a time when you can make your life more rewarding by achieving what you want in a healthy state after retirement.

- What is your third age you have longed for?
- What have you prepared for your third age to make it rewarding?
- What would you like to do in order to extend your third age as long as possible?

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3

Extension of
The Second Half of Life

The fourth age

3

Extension of
The Second Half of Life

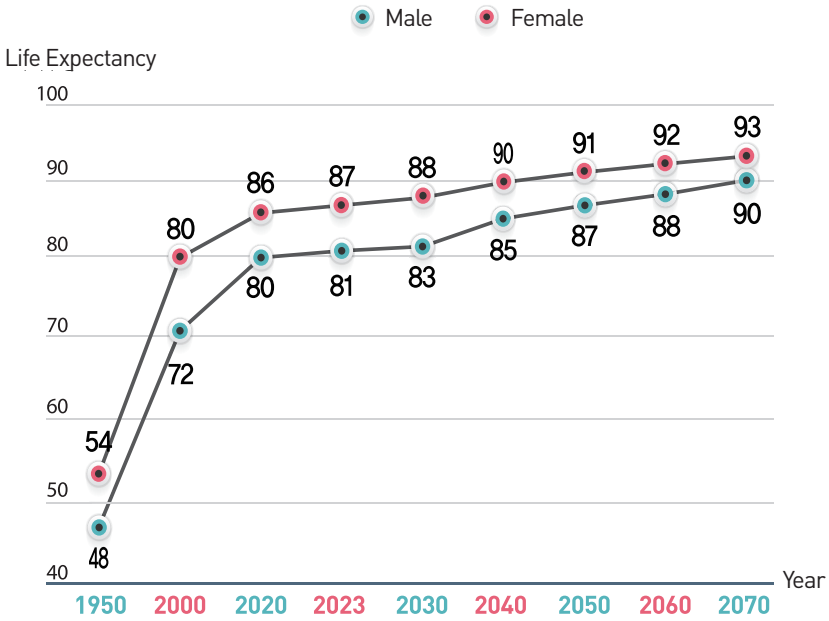
The fourth age

This is the final age, when you are likely to be dependent on others because of poor health.

- Not everyone goes through the fourth age. How could you end your life without the fourth age?
- If you do arrive at your fourth age, where and with whom would you like to spend it?
- How do you feel when you see the living situation of older persons who have to depend on others' help because of poor health?

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Korean's Life Expectancy at Birth (1950-2070)



Source : Statistics Korea, Life Expectancy Table (Every Year)
& Population Estimation (2020)

4

Extension of The Second Half of Life

Life expectancy

4

Extension of
The Second Half of Life

Life expectancy

**The average number of years
a person can expect to live**

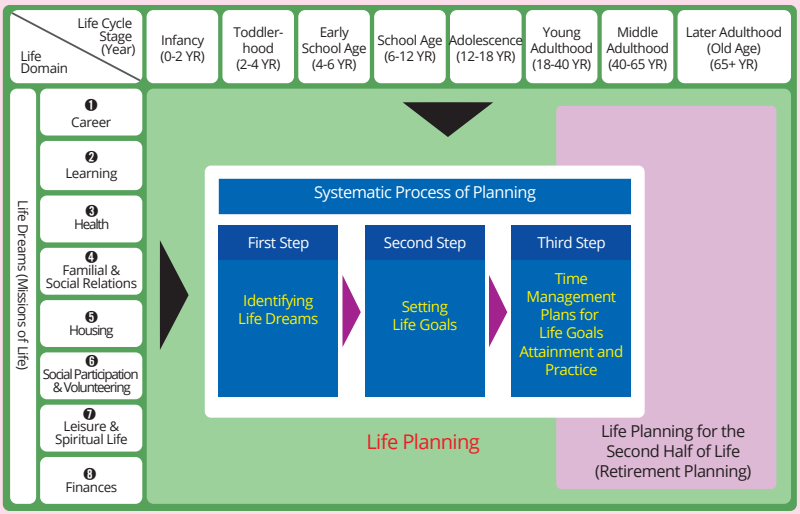
Q What is your average life expectancy at birth?
(Male/Female)

Q How long do you want to live?
(Up to what age do you want to live?)

Q What is the life expectancy of you and your spouse?
(Life expectancy at birth, and present age)

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Life Planning



5 Life Planning

Meaning and procedure of life planning

5
Life Planning

Meaning and procedure of life planning

Life Planning is a plan set up to realize life dreams; it involves a three-step process.

Q Have you ever made a systematic plan to realize your life dreams?

Q Do you think you could realize your life dreams if you made and practiced a well-designed life plan?

Q What kind of help do you need in making and practicing the life plan?

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Life Dreams



6

Life Planning

Step 1: Identifying life dreams (by 8 life domains)

6

Life Planning

Step 1: Identifying life dreams (by 8 life domains)

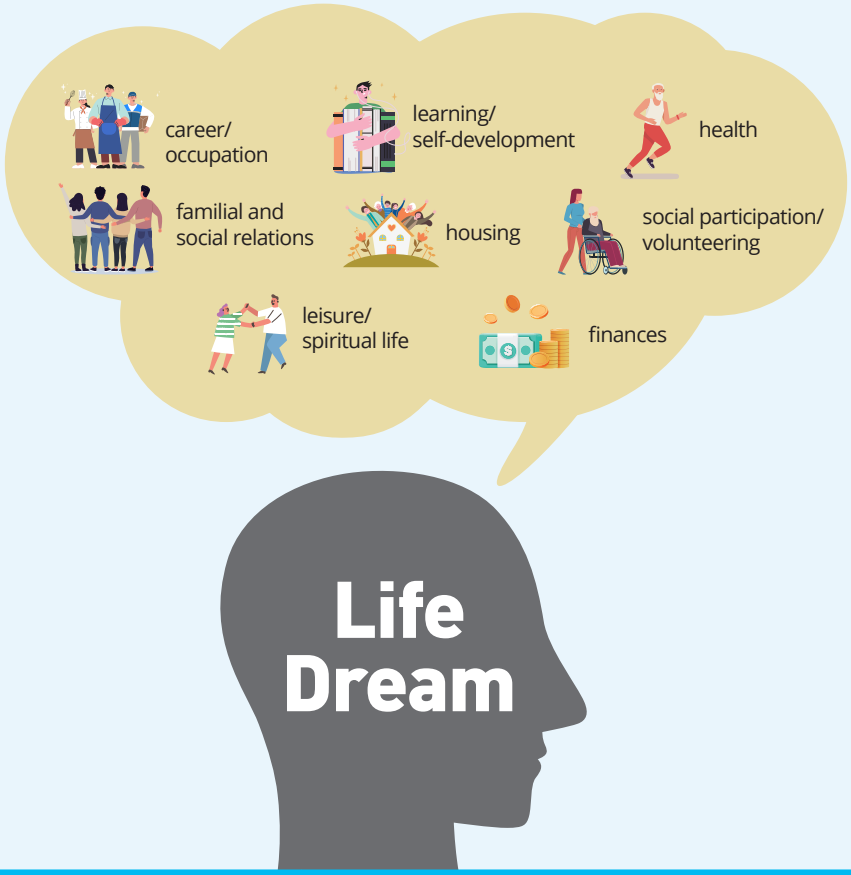
Step 1 of Life Planning is to identify dreams you want to realize in your life.

Life dreams are what you want to realize or what you think you should achieve.

- What are the life dreams you have had?
- Have the dreams come true?
- What are the new dreams you want to realize in the future?

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Life dreams in 8 life domains



7

Life Planning

Step 1: Identifying life dreams (by 8 life domains)

7
Life Planning

Step 1: Identifying life dreams (by 8 life domains)

Life dreams can be different according to life domains. You may have life dreams in one or some particular life domain of your choice.

Q Our life can be classified into eight domains. List the life domains you think are important in the order of importance.

Q Do you have life dreams in life domains that you have chosen because you think they are important?

Q What are the life dreams you would like to realize in the rest of your life?

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8

Life Planning

Step 2 : Setting life goals
(① Meaning of life goals)

8

Life Planning

Step 2 : Setting life goals (① Meaning of life goals)

Life Goals: Specific positions, actions, or states that can be considered as the realization of life dreams

Q What would your role be if your most important life dream could come true?
(president, office worker, lecturer, social worker, etc.)

Q What actions would you be taking if your most important life dream could come true?

Q What state would you be in if your most important life dream could come true?

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Step 2: Setting life goals
(② Principles in setting life goals)

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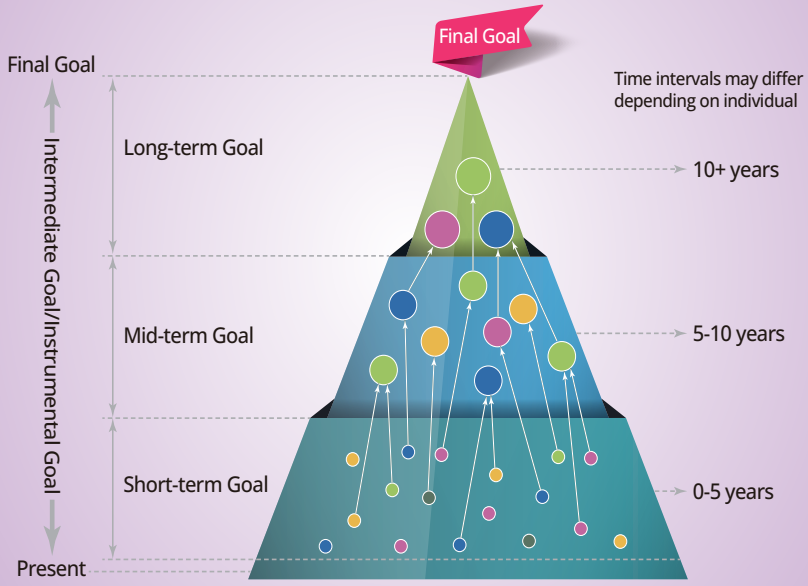
Life Planning

Step 2: Setting life goals (② Principles in setting life goals)

Setting life goals according to the five SMART principles: Specific, Measurable, Attainable, Relevant, and Time-Bound

- What aspects of your life goals meet with the SMART principles?
- What aspects of your life goals don't meet with the SMART principles?
- Reorganize your life goals by applying SMART principles.

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Life Planning

Step 2: Setting life goals (③ Division of life goals)

10
Life Planning

Step 2: Setting life goals
(③ Division of life goals)

Final goal ▶
Long-term goal (10 years or more) ▶
Mid-term goal (5-10 years) ▶
Short-term goal (5 years or less)

Q What is your 10-year goal (long-term goal) in the life domain that you value most?

Q What should be the mid-term goal that enables you to achieve your long-term goal?

Q What should be your short-term goal in five years? (To achieve that short-term goal, you may set yearly goals for each of the 5 years.)

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Life Planning

Step 3: Time management plans for life goals attainment and practice (① Dividing yearly goals)

11
Life Planning

Step 3: Time management plans for life goals attainment and practice (① Dividing yearly goals)

Dividing yearly goals into monthly goals (12 months) and weekly goals (4 weeks per month)

Q What are your yearly goals in this year to attain your short-term goals?

Q Divide your yearly goals into monthly goals (12 months). (Monthly goals are set in December before the start of the new year.)

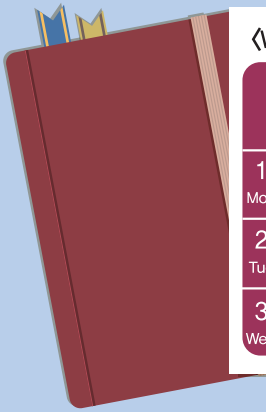
Q Of the monthly goals above, divide the goals of this month into weekly goals(4 weeks). (Weekly goals are set in the week before the start of the new month.)

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〈Monthly Goals/Time Management Plan〉

Monthly Goals	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3	4	5	6	7
	8	9	10	11	12	13	14
	15	16	17	18	19	20	21
	22	23	24	25	26	27	28
	29	30	31				





〈Weekly Goals/Time Management Plan〉

Weekly Goals	V	ABC	Time	Activity
1 Mon				
2 Tue				
3 Wed				
4 Thu				
5 Fri				
6 Sat				
7 Sun				

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Life Planning

Step 3: Time management plans for life goals attainment and practice (② Creating time management plan charts)

12
Life Planning

Step 3: Time management plans for life goals attainment and practice (② Creating time management plan charts)

Creating monthly time management plan charts and weekly time management plan charts to attain yearly life goals, and practicing them

- Create a time management plan chart to attain your monthly goals in the life domain you most value.
- Create a weekly time management plan chart to attain each week's goals.
- Time management should become a habit through practice and training. If you've had any difficulty in making time management a habit, what is the reason?

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Career/ Occupation Planning

Preparing for retirement

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Career/ Occupation Planning

Preparing for retirement

Preparations with positive mindset and attitude are required to make post-retirement life (the 3rd age) meaningful.

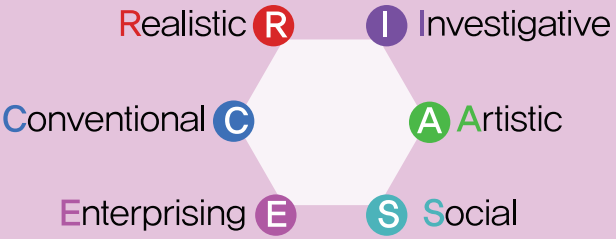
- What do you and your spouse think about your retirement? How do you face it?
- How are you preparing for retirement at present?
- If you want to continue working after retirement, what are the reasons for continuing work and what kind of job would you like to have?

MBTI Personality Test



INFP ISTJ ESFP ENTJ

Aptitude Test



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Career/ Occupation Planning

Aptitude and personality (re)discovery

14

Career/ Occupation Planning

Aptitude and personality (re)discovery

It is desirable to have a job that is suitable for your aptitude and personality. You may take tests to check your aptitude and personality.

- Were the jobs you have had so far suitable for your aptitude and personality?
- What kind of jobs do you think are suitable for your aptitude and personality?
- If you're not sure of your aptitude and personality, you may take an aptitude and personality test to find out the work that suits you well.

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15

Career/ Occupation Planning

Career development

15

Career/ Occupation Planning

Career development

Considering your experience, education /training, future prospects, and personality and aptitude, you need to develop the skills that have high potential for advancement.

- What kind of work have you done so far?
- If you were to develop a new career, what do you think you would be good at?
- If you were to develop a new career, where and how would you do it?



16

Career/ Occupation Planning

Re-employment / starting a business

16

Career/ Occupation Planning

Re-employment / starting a business

Re-employment/starting a business after retirement requires thorough and sufficient preparation.

- If you want re-employment or to start a business after retirement, what are the reasons?
- How long (up to what age) would you like to work in the future?
- How long do you think it will take to find and prepare a new job or start a business?

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Career/ Occupation Planning

Re-employment/ starting a business

17

Career/ Occupation Planning

Re-employment/ starting a business

Returning to farming/rural areas requires careful decision-making and thorough and sufficient preparation because it is a start-up/re-employment in a new industry.

- Is there a particular reason or purpose for your planning to return to farming/rural areas?
- If you want to return to farming or the rural areas, have you decided specifically what business to start or what kind of job to seek for re-employment?
- How long do you think it will take and what kind of preparations are needed for returning to farming or the rural areas?

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Ministry of Employment and Labor

Jobs and Social Activities for Older Persons

Participant Recruiment





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Career/ Occupation Planning

Job support policies

18

Career/ Occupation Planning

Job support policies

Various government agencies (national and local) provide senior job support policies.

Q If you want re-employment or to start a new business after retirement, what do you think are the most essential support policies you expect from the government?

Q Do you know about the government's 50+ job support policies?

Q After your retirement, have you received any education or consultation on re-employment / starting a business from professional organizations or experts?

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Learning/Self-Development Planning

Necessity of learning/ self-development

19

Learning/Self-Development Planning

Necessity of learning/ self-development

Learning/self-development includes non-school activities such as training, workplace training, visiting and observation, lifelong education, reading/self-education, etc.

- Is there anything you have continued to learn after your school education?
- If you have continued to learn something, what are the reasons and what kind of effect have you had from it?
- What areas of learning or self-development would you like to pursue in the future?

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Learning/Self-Development Planning

Learning for occupation/ career development

20

Learning/Self-Development Planning

Learning for occupation/ career development

Workplaces, schools, lifelong education organizations, special education orgnizations, etc. can provide learning opportunities for occupation/career maintenance and development.

- Have you ever received education offered by your company for job/career development? If so, how often have you received such education?
- Have you ever received school education (including degree courses), lifelong education or license achievement on your own initiative, because it is necessary for career development?
- Is there any license you'd like to obtain or skill you'd like to learn in the future?

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21

Learning/Self-Development Planning

Participation in lifelong education

21

Learning/Self-Development Planning

Participation in lifelong education

Continued participation in lifelong education on various subjects is recommended.

- So far what education have you received and what lifelong education organizations have you attended?
- What are the reasons for your participation in such lifelong education?
- What educational courses would you like to participate in the future?

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Learning/Self-Development Planning

Learning for convenience of life

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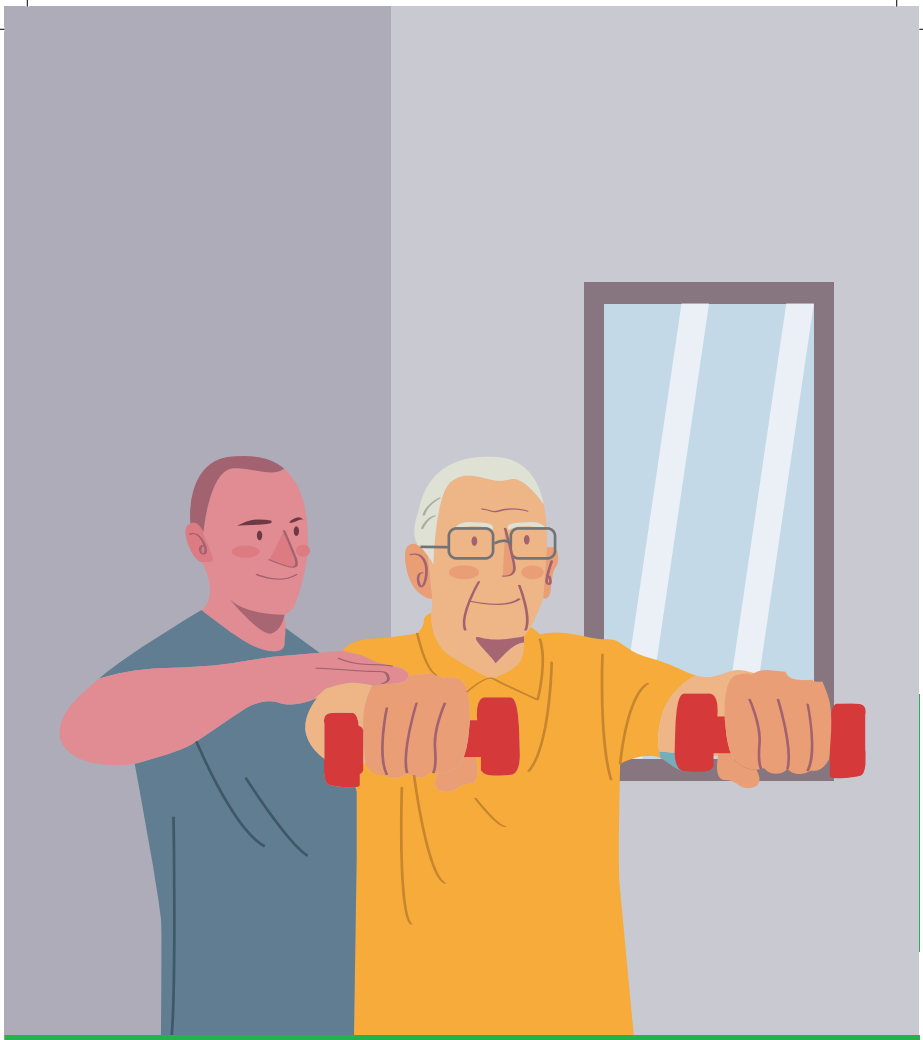
Learning/Self-Development Planning

Learning for convenience of life

Learning new knowledge and skills is needed to make life more convenient and adapt yourself to the changes caused by developments in technology.

- For your convenience of life, have you ever voluntarily participated in the education programs provided by broadcasters, correspondence courses, civic organizations, public welfare centers, etc.?
- Do you have difficulties in using social networking services (Kakaotalk, Facebook, etc.), e-mail, word-processing, internet homepage, cell phone, online banking, or self-pay tills in shops and kiosks, etc.?
- What areas or skills would you like to learn for your convenience of life in the future?

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Health Planning

Health maintenance habits

23

Health Planning

Health maintenance habits

You need to make a habit of maintaining your own physical and mental health so that you may live independently without the help of others.

- What are your fundamental purposes (reasons) for maintaining health?
- What kinds of habit do you think are necessary for maintaining health?
- What kinds of habit do you currently have to stay healthy?

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Health Planning

Regular health checkups

24
Health Planning

Regular health checkups

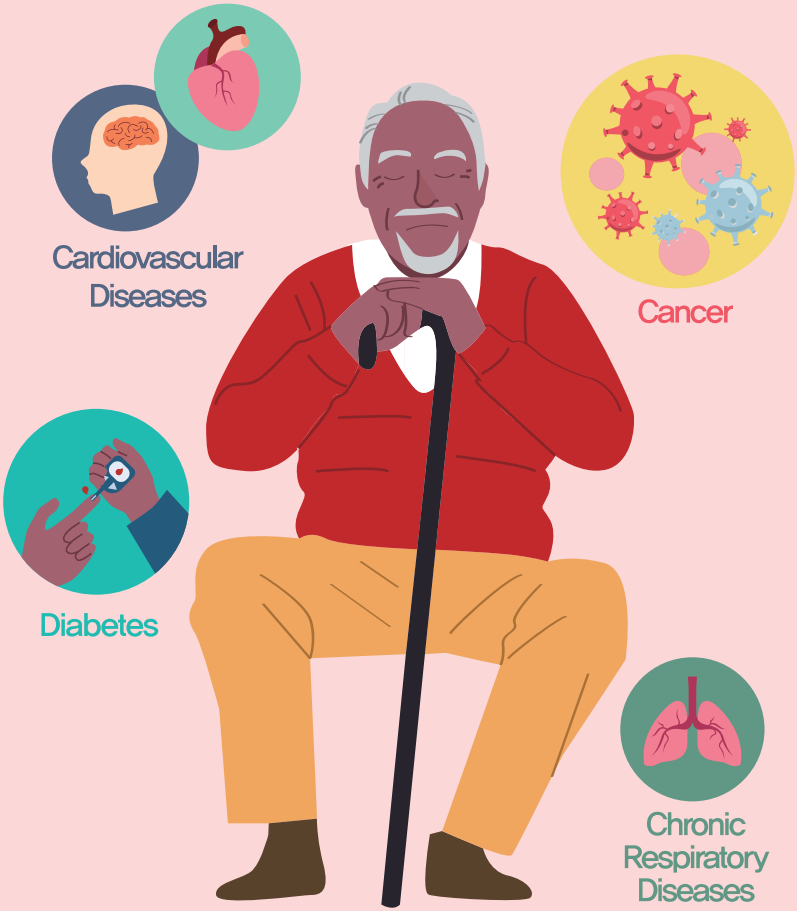
Regular health checkups are needed for prevention, early detection, and treatment of diseases.

Q Do you get regular health checkups?
What health checkups do you get regularly?
(Differentiate medical checkups provided under the public health insurance from other health checkups that you voluntarily bought.)

Q When and what was your last health checkup?

Q What were the results of your last health checkup?

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Health Planning

Treatment of chronic diseases

25
Health Planning

Treatment of chronic diseases

Chronic diseases are most often caused by unhealthy eating and physical and mental habits. Consistent treatment and care for them are required.

- Do you have a primary care physician (family doctor) with whom you can continue to discuss your illness or health condition?
- Do you currently have one or more chronic diseases? If so, what are they?
- How do you take care of your chronic disease?
- To manage chronic illness, what kind of habits are needed?

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Health Planning

Developing good eating habits

26
Health Planning

Developing good eating habits

Poor eating habits contribute to most chronic diseases (adult diseases).

Q How many meals and snacks, and how much, do you currently eat in a day?

Q Do you have good eating habits, i.e., do you balance nutrients?

Q In many cases, obesity is caused by poor diet and lack of exercise. What is your Body Mass Index (BMI), which indicates how obese you are?

※ Body Mass Index (BMI) is a number calculated by the formula "your weight in kilogram unit (kg) divided by the square of your height in meter unit (m)."
A number greater than 25 indicates obesity.

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Health Planning

Signing up for accident/ illness insurance

27
Health Planning

Signing up for accident/ illness insurance

It is advisable to have separate private insurance in case the cost of treatment for a physical injury or illness is not covered by public health insurance (National Health Insurance).

- If the initial treatment cost of an injury or illness becomes too much, the deductibles provided by the public health insurance scheme could be less, and consequently, out-of-pocket treatment costs will become a big burden. How can we prepare for this?
- Do you have any private accident/illness insurance besides public health insurance? If you do, make sure of its coverage.
- Do you know what kinds of insurance can provide good coverage for injury/illness costs?

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28

Health Planning

Measures for long-term care

28
Health Planning

Measures for long-term care

Long-term care provides personalized services such as safety checks, daily life education, service referrals, household assistance, and activity support if you have difficulties in managing your daily activities on your own.

- If you need care (long-term care), where and by whom would you like to be cared for?
- Do you know what kinds of services are provided by the care services?
- When and where can I apply for care services?

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29

Familial/ Social Relations Planning

Relationship with spouse

29

Familial/ Social Relations Planning

Relationship with spouse

Maintaining or improving the relationship with your spouse is the most important of your family relationships (There is a big increase in the twilight divorce rate in Korea).

Q What are you satisfied with in your current relationship with your spouse?

Q What makes you dissatisfied or unhappy in the current relationship with your spouse?

Q What kind of efforts do you think are needed to build a happier couple relationship?

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30

Familial/ Social Relations Planning

Relationships with children and grandchildren

30

Familial/ Social Relations Planning

Relationships with children and grandchildren

It's important to re-evaluate your role as a parent in your relationship with your adult children and wisely maintain your relationship with your grandchildren.

- What do I need to improve in my current relationship with my children?
- What do I need to improve my relationship with my grandchildren?
- What are the roles that your children and/or grandchildren would want and expect from you?



31

Familial/ Social Relations Planning

Relationships with friends and relatives

31

Familial/ Social Relations Planning

Relationships with friends and relatives

It's important to re-evaluate your relationships with friends and relatives in later life and selectively engage in deeper relationships when necessary.

- What do you think is the most important factor in old age to maintain good relationships with friends?
- What do you think will be a desirable relationship with your relatives in the future?
- Who are your favorite people to hang out with frequently? (relatives, old chums, schoolmates, workplace friends, friends with shared interests, neighborhood friends, social and leisure friends, social media friends, etc.)

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Familial/ Social Relations Planning

Participating in a variety of social gatherings

32

Familial/ Social Relations Planning

Participating in a variety of social gatherings

Staying involved in personal interest groups, community services, social movements, fraternal organizations, and fellowship groups is a way to broaden your social network.

- Are there group gatherings you participate in based on common interests, such as clubs and societies? What are their activities specifically?
- Are you involved in any community-based gathering? What are your activity plans in the group(s) for the future?
- Are there gatherings you actively attend based on past connections, such as alumni associations and school friends?
- What other social activity groups do you participate in?

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Housing Planning

Residential planning for senior living

33
Housing Planning

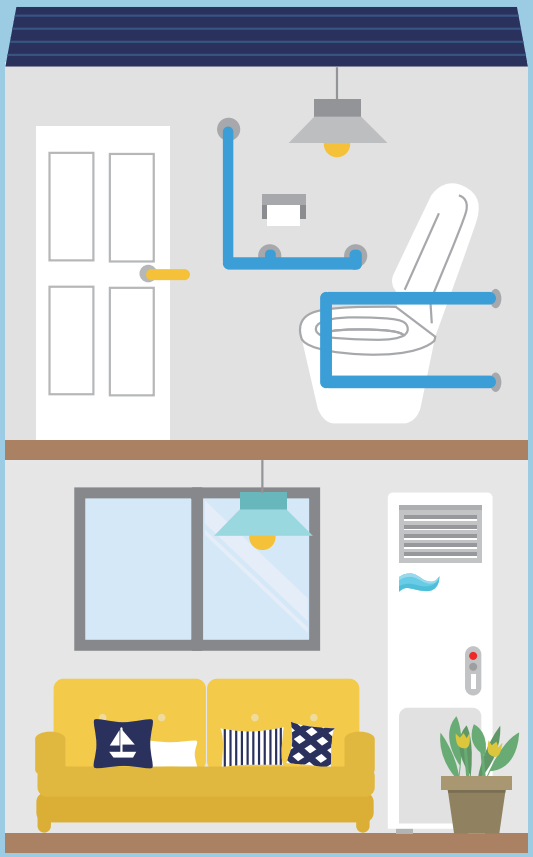
Residential planning for senior living

Your home in later years is a vessel that contains your whole life, so you need a residential plan that considers the residential area, the environment, the neighborhood, your cohabitants, and usage of home equity.

Q What does housing (the house you live in) mean for you in your old age?

Q Where and with whom do you want to live in your later years (urban, rural, retirement community, etc.)?

Q Do you have in mind a plan to apply for a homeowner's reverse-mortgage loan (housing pension)?



34

Housing Planning

Convenient/safe housing

34
Housing Planning

Convenient/safe housing

In later life, your home is where you spend the most time in your daily life, so make sure the equipment and facilities in your home are convenient and safe.

- What equipment or facilities in your home make your life there uncomfortable?
- Are the fixtures and fittings in your home installed well enough to protect you against accidents or falls?
- Is it necessary to make house modifications or repairs to create a comfortable and safe home?

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35

Housing Planning

Access to medical facilities

35
Housing Planning

Access to medical facilities

It is important to have a home that has fast and easy access to medical facilities in an emergency.

- In case of an emergency at your current home, how long would it take to get to the nearest hospital?
- Do you know the nearest hospital you can go to in case of an emergency?
- What type of transportation would be the fastest for you to get to the hospital in an emergency?

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Housing Planning

Housing when in poor health

36

Housing Planning

Housing when in poor health

If your health is failing and you need help from others, you may stay home as much as possible or need to move into a care facility (including a nursing home). Your place of living in poor health depends on planning and decisions you make in advance.

- Where do you want to live when you need other people's help due to poor health?
- When your spouse is in poor health, what's your plan to get care? (Where and how?)
- What do you think about using a care facility? Under what circumstances (conditions) would you be willing to enter a nursing home?

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37

Social Participation and Volunteering Planning

Getting involved in volunteering

37

Social Participation and Volunteering Planning

Getting involved in volunteering

Volunteering is not only an obligation for you as a member of the community, but also a good way to develop yourself.

- Are you participating in volunteer activities? If so, for what purpose (reason) are you dong it?
- If you are not doing it, what are the reasons?
- If you do volunteer work in the future, whom would you target? What kind of activities would you want to do for them?

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38

Social Participation and Volunteering Planning

Participation in civil society

38

Social Participation and Volunteering Planning

Participation in civil society

As a sovereign citizen, it is a civic duty and rewarding for a citizen to participate in civil society to monitor government policies and business activities, to ensure public interest and order, and to serve social development.

- Is there any civil society organization that you are currently involved in?
- Have you ever participated in any public or civic organization's policymaking for older persons, or are you doing it currently?
- Are there any civil society organizations in your community that older persons can participate in? If there is one, or some, what are their main activities?

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39

Social Participation and Volunteering Planning

Donations

39

Social Participation and Volunteering Planning

Donations

Participation in civil society and volunteering are possible through direct (physical) and indirect (e.g., counseling and consulting via internet) methods, as well as through material contributions (cash or goods).

- Have you ever donated material to community chests, social service organizations, or civil society organizations? Do you currently donate regularly?
- If you've never made a material donation before, why is that?
- If you could make a material or talent donation in the future, to what organization or to whom would you make it?

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40

Leisure/Spiritual Activities Planning

Personal leisure activities

40

Leisure/Spiritual Activities Planning

Personal leisure activities

Personal leisure activites are the lubricant of life, providing physical and mental relaxation and recharging energy for work and other social activities.

- What are some of your favorite leisure activities? What do you think you've got through leisure activities?
- If you have a hobby or specialty as a leisure activity, what is it and how many times a week do you do it?
- What would you like to do as leisure activities in the future?

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Leisure/Spiritual Activities Planning

Leisure activities with spouse and family

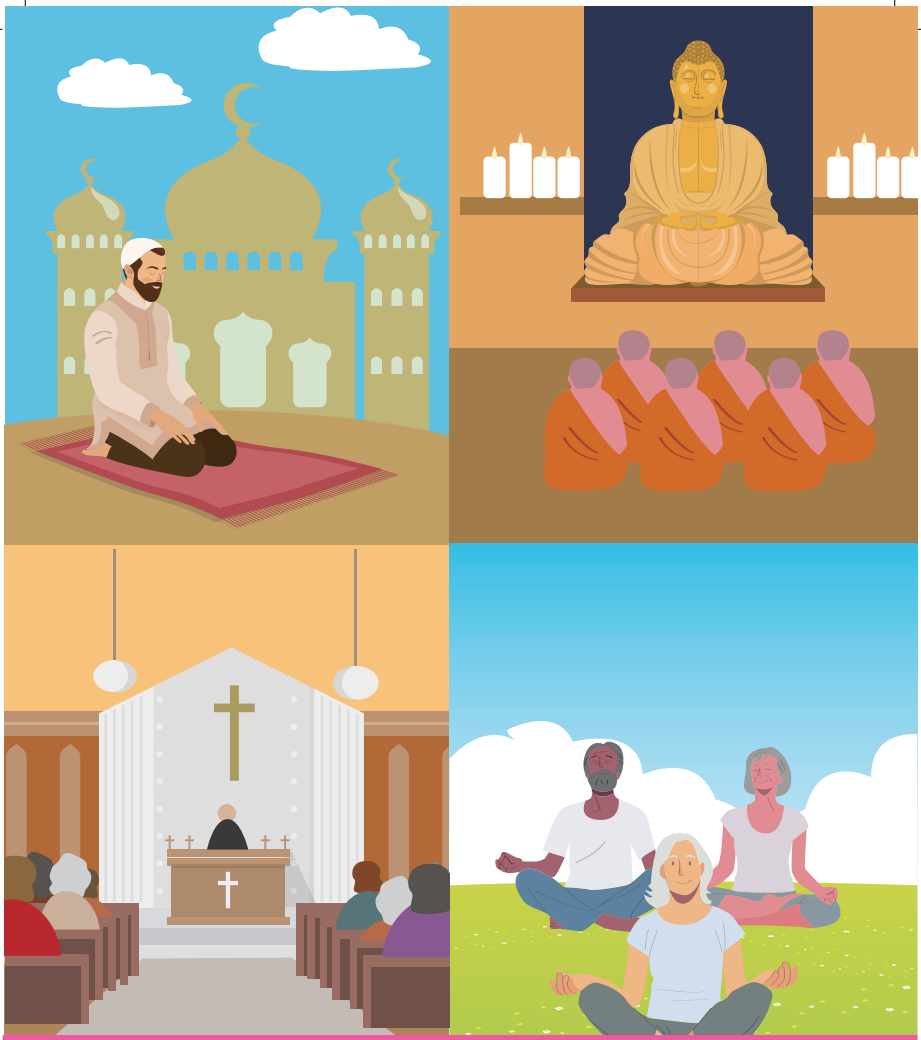
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Leisure/Spiritual Activities Planning

Leisure activities with spouse and family

Leisure activities with family can provide energy for better family life, develop family relationships, and create fun memories.

- If there are leisure activities that you and your spouse do together, what are they and how often do you do them?
- What, if any, leisure activities do you do with your children and how often do you do them?
- What leisure activities would you like to do with your spouse or family?



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Leisure/Spiritual Activities Planning

Spiritual activities

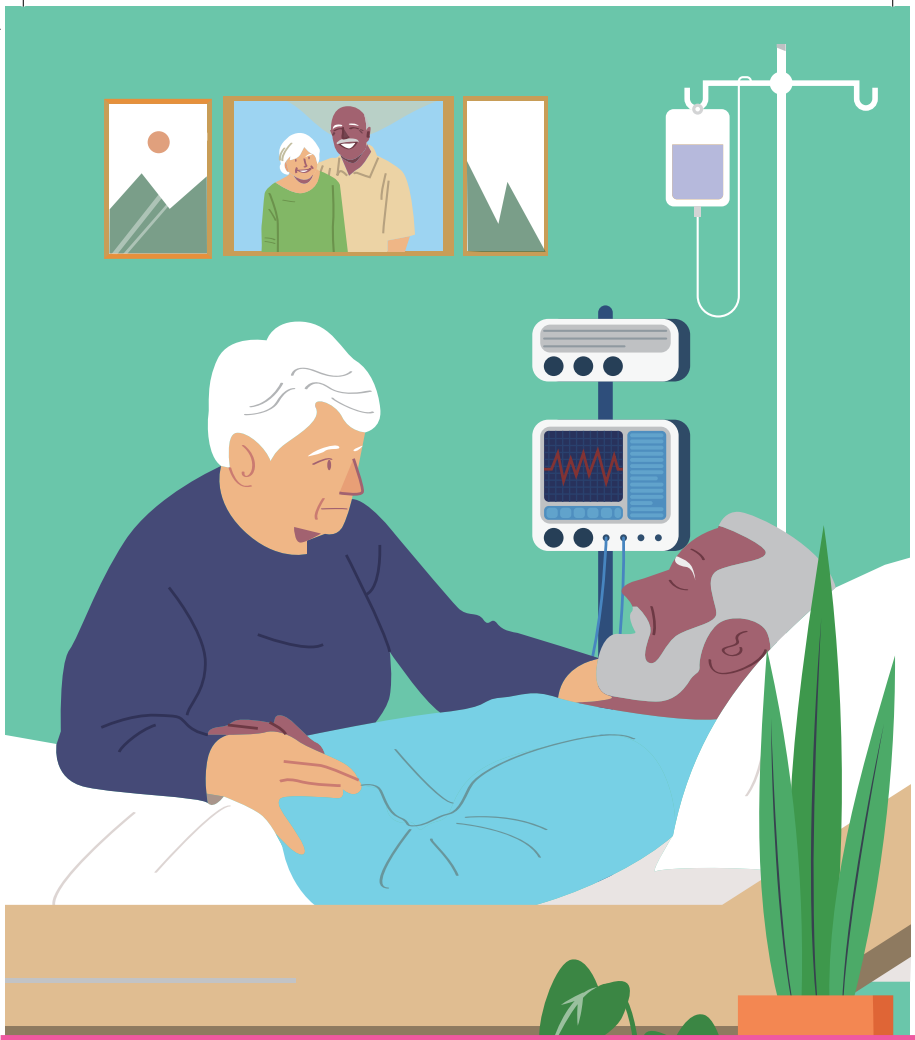
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Leisure/Spiritual Activities Planning

Spiritual activities

Searching for the value and meaning of life through a superhuman being and believing oneself to be connected to that being may help you solve life problems.

- Do you participate in any spiritual activities (religion or special belief)? If so, what does this mean to your life?
- Do you believe that spiritual activity is necessary? What is the reason for that?
- If you feel the need for spiritual activity, what kind of spiritual activity would you like to do?



43

Leisure/Spiritual Activities Planning

Well-dying

43

Leisure/Spiritual Activities Planning

Well-dying

Preparing for death and dying with dignity is related to spiritual activities and contributes to leading a more meaningful life.

- Have you ever thought about death? What do you think death means?
- Have you ever taken an educational course on death and dying, or have you ever read books on death and dying?
- What do you need to do (how to live) to prepare for death and dying with dignity?
- Do you know about the advance directive on life-sustaining treatment?

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Financial Planning

Securing funds for life in retirement

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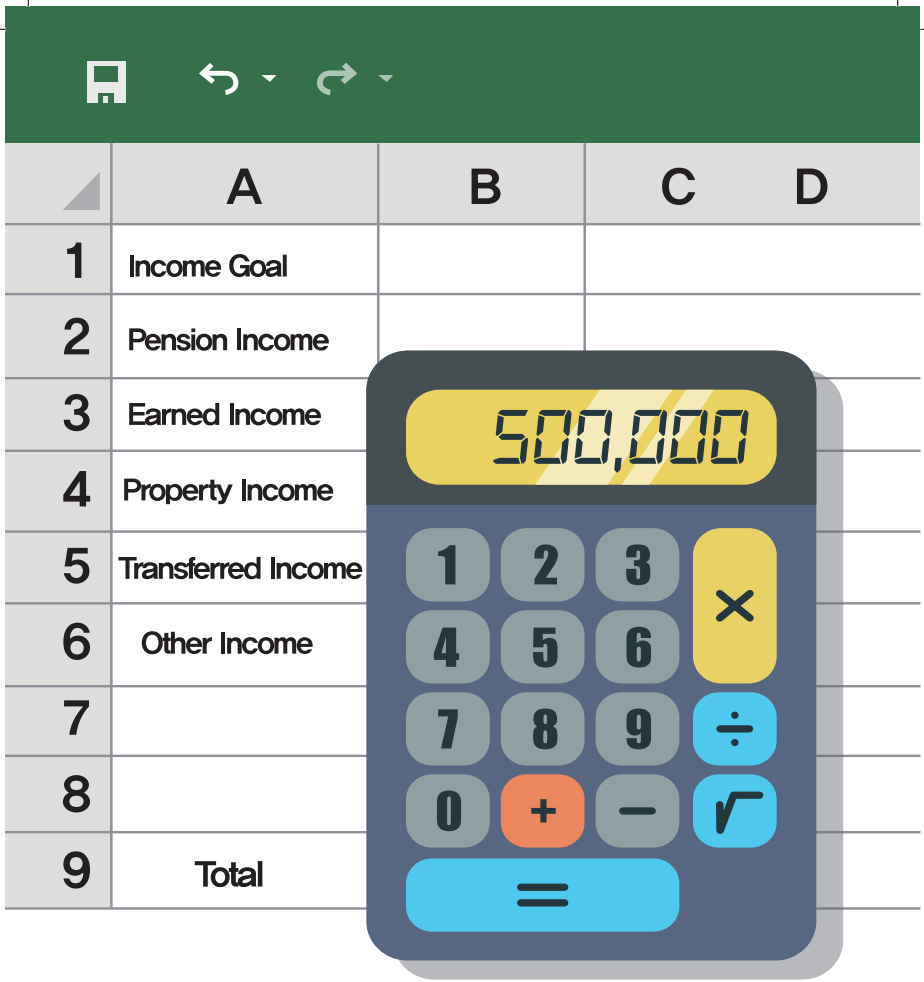
Financial Planning

Securing funds for life in retirement

Financial planning means planning for securing and managing funds for basic living and fulfilling life dreams in each domain of life. It is desirable to set up financial planning after finishing planning of other domains of life.

- How have you been preparing for funds for life in retirement so far?
- If you haven't secured enough funds for retirement, what do you think you should do from now on?
- For financial planning for retirement, do you think you need education and/or consultation? If given an opportunity for education, are you willing to take it?

AGAC



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Financial Planning

Calculating income goal (target income)

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Financial Planning

Calculating income goal (target income)

After setting total expenses for life in retirement as your income goal, you need to calculate total expected income from you and your spouse to achieve this goal.

Q What is the average monthly income from you and your spouse? Calculate income from the following sources:

(1) Pension income
(public pension, retirement pension, individual pension)
(2) Earned income
(3) Property income
(4) Transferred income (from child/government, etc.)
(5) Other income (asset gift/inheritance, part-time job, etc.)

Q Are there any other possible sources of income?

Q Considering income sources, do you need to adjust the calculated total expense?

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Financial Planning

Developing additional income sources

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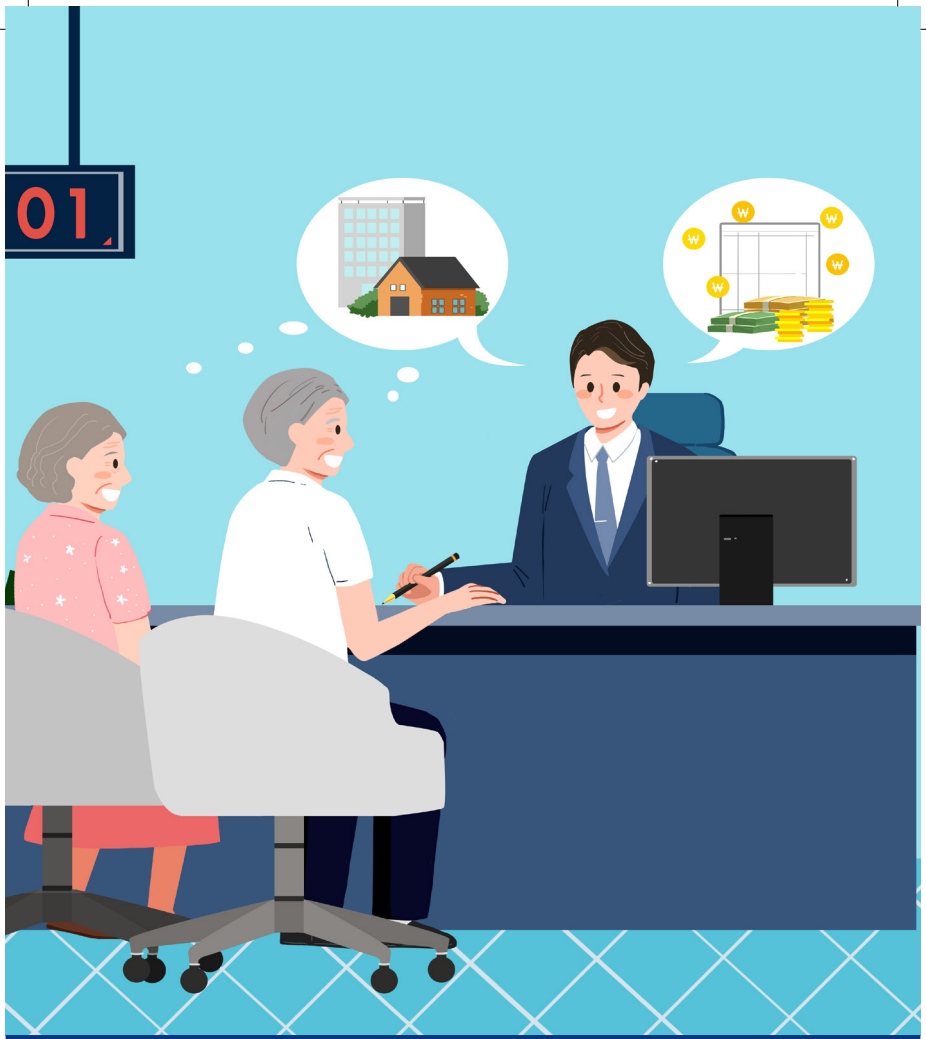
Financial Planning

Developing additional income sources

You need to develop additional sources of income to ensure a stable life in retirement.

- How do you plan to finance the parts of expenditure that are difficult to cover with your expected income?
- If you could make additional income, how much per month would it be?
- What are the ways that you can generate additional income in the future?

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Financial Planning

Asset management, inheritance and asset gifts

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Financial Planning

Asset management, inheritance and asset gifts

You need to manage your assets as a way to secure funds for living, and you need to include inheritance and asset gifts in your financial planning.

- How do you currently manage your assets?
- Do you have any plans for inheritance and/or asset gifts?
- What should I consider in case of inheritance and/or asset gifts?

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Financial Planning

Designation of legal representative to exercise property rights

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Financial Planning

Designation of legal representative to exercise property rights

You need to designate someone (a property power of attorney) to exercise property rights on your behalf in case you become unable to exercise your property rights due to ill health.

- Under what circumstances do you need to appoint a property rights legal representative?
- If you need to designate property rights legal representative, whom would you like to designate?
- How can you designate a property rights legal representative?

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