TRANSITIONING TO RETIREMENT

Retirement is an exciting time that can allow for ongoing personal development. A successful adjustment to retirement is often linked to sound planning which includes anticipating and preparing for life changes. These changes include adjustment in family roles, daily activities, social interactions, and the utilization of professional talents post-retirement. Planning for and familiarizing oneself with this new phase of life can be both a delight and a challenge. The Faculty and Staff Assistance Program (FSAP) can assist you as you prepare for this change and as you reorient yourself to a new daily routine.

MANAGING THE UNEXPECTED IN EVERYDAY LIFE

Unfortunately, retirement does not protect one from sometimes difficult and often unexpected life events. Such occasions can affect your own well-being and/or that of loved ones. During these times, it can be useful to gain another perspective as well as learn about helpful local resources. FSAP’s professional providers offer free and confidential guidance and support to retirees and their partners to address issues affecting their personal lives. Examples include:

- Family or relationship issues
- Personal life changes
- Adjusting to loss
- Mental health issues
- Health changes
- Relocation and/or downsizing
- Alcohol and drug use
- Financial well-being

CONFIDENTIAL SUPPORT DELIVERED BY LICENSED PROFESSIONALS

FSAP is committed to maintaining your privacy. Providers maintain strict confidentiality as a matter of professional ethics and NY State law. Furthermore, FSAP records are separate from all other university records, and are not included in personnel files. All services including personal consultations and short-term counseling are provided by licensed mental health professionals with significant experience as therapists, educators and consultants. FSAP providers are well informed about campus and community services including private practitioners.

WE’RE HERE FOR YOU: BY PHONE, ONLINE, AND IN PERSON

Our website includes information written especially for retirees, as well as more general information about services and resources. During business hours, M–F, you may schedule an appointment by phone. Initial appointments (offered by phone and in person), are typically scheduled within 3 days, and allow for a review of individual needs, available resources, and scheduling of further services. In-person appointments take place in our Collegetown office.

FSAP partners with Gannett Health Services to provide professional phone consultation when the FSAP is closed. This ensures that you can speak confidentially with a licensed counselor or health care provider any time 24/7.