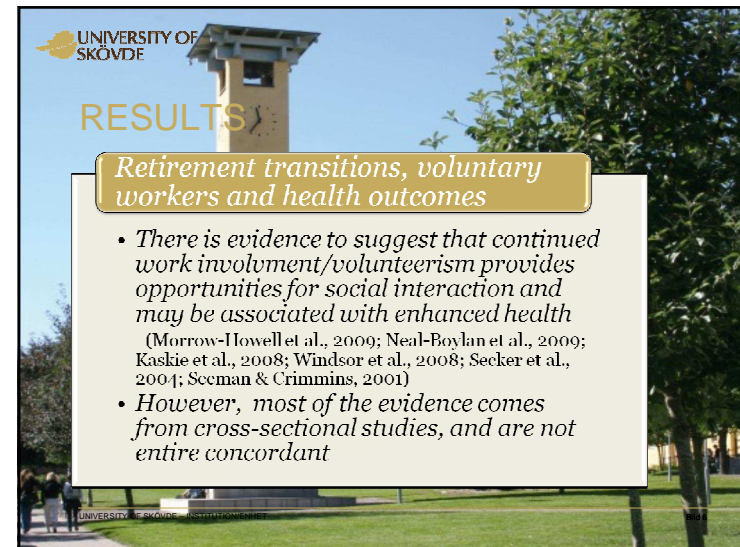


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RESULTS

Work ability in an aging workforce

- *Several studies have documented that experience, skills and maturity of older workers can compensate for age-related physical and cognitive declines*
- *Older workers experience lower overall rates of non-fatal work-related injury and illness compared with younger workers, but greater case severity*
- *(Silverstein, 2008; Naumanen, 2006; Salthouse, 2006; Layne and Pollack, 2004; Carness et al., 2001; Ilmarinen, 2001; Steverink et al., 2001)*

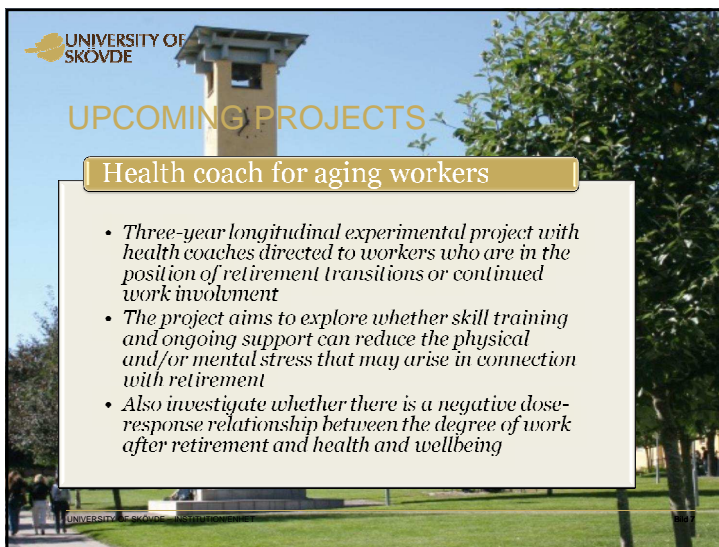


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RESULTS

Retirement transitions, voluntary workers and health outcomes

- *There is evidence to suggest that continued work involvement/volunteerism provides opportunities for social interaction and may be associated with enhanced health*
(Morrow-Howell et al., 2009; Neal-Boylan et al., 2009; Kaskie et al., 2008; Windsor et al., 2008; Secker et al., 2004; Sceman & Crimmins, 2001)
- *However, most of the evidence comes from cross-sectional studies, and are not entire concordant*



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UPCOMING PROJECTS

Health coach for aging workers

- *Three-year longitudinal experimental project with health coaches directed to workers who are in the position of retirement transitions or continued work involvement*
- *The project aims to explore whether skill training and ongoing support can reduce the physical and/or mental stress that may arise in connection with retirement*
- *Also investigate whether there is a negative dose-response relationship between the degree of work after retirement and health and wellbeing*



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THANK YOU VERY MUCH
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