



# 4 Tips to Live Better in Retirement

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(StatePoint) The conceptions and realities of retirement have changed a great deal over the past several decades, giving many seniors misgivings about the future. But your golden years can be happy, healthy and productive, say experts.

"For many individuals, confusion, fear and an overwhelming sense of powerlessness accompany the prospect of growing old in America. The good news is that we have power to address these concerns," says Scott Page, author of the new book "It's Never Too Late: Getting Older, Wiser, and Worry-Free in our Golden Years."

## 4 Tips to Live Better in Retirement

Are you retired or approaching the end of your working life? Are you concerned about an older parent or loved one? Here, Page offers expert tips on living better:

### Living Ideas

Reducing housing expenses can have an extra upside. For example, downsizing your empty nest offers you the benefit of less house to maintain. Moving to a region of the country cheaper than your current area may take you somewhere sunnier, warmer and better suited for aging.

Another popular way to live more frugally is to consider taking on a roommate. "Co-living arrangements like the 'The Golden Girls' are becoming more popular with single or widowed seniors. It helps save money and can be beneficial for socialization and support," says Page.

### Make Money

You can rake in extra income that doesn't feel like work. Review your talents and hobbies. Are you an excellent baker, a talented woodworker or musician?

"Seniors often have a lot of time on their hands, and they may be able to transform hobbies or interests into a way to make a little money," says Page, who points out that such activities can also be an excellent way to stay engaged and active, keeping minds and bodies vibrant.

### Saving Tips

Don't be shy about using the age card. After all, you have worked hard for it. Senior discounts are available at restaurants, stores, on travel, adult education classes and gym memberships, and sites like [Restaurant.com](#) or Groupon have special bargain days for seniors.



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ons to determine which objects to keep and which to discard or sell. Free [e.com/free-tools](http://e.com/free-tools), can help you make smart decisions.



### Connect with Friends

Consider planning

upport network.

"Maybe Sally take "Cooking for more the responsibility."

s, Judy takes Wednesday nights and Sarah takes Friday nights," says Page. on encourages community, and can be cost-effective if everyone is sharing in

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Maintain an active interests as you ai

presence online to stay connected to friends and family. Those with the same click away.

More information about the book can be found at [www.scottpage.com](http://www.scottpage.com).

With smart strategies you can free yourself from worry about aging, while getting wiser over time.

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