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| **Q32: What is/was the most helpful resource or type of retirement-planning support that you received? (from female respondents)** |

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| * My adult son and daughter who are both academics. |
| * I taught faculty retirement planning seminars to UBC, UVic, and a couple of BC colleges, so knew what to look for. My concern is that many approaches to helping folks with retirement focus on financial/legal planning and omit what I know to be the most important aspects - caring for mental and physical health, connections to community, new relations with spouses as life changes |
| * Word of mouth from colleagues |
| * Workshops and seminars both from the UBC Pension Plan office and from the Faculty Association. It was important to have these workshops spaced over one’s career. |
| * financial planning seminar re: UBC pension plan |
| * Health benefits |
| * Pension Plan information |
| * medical |
| * Materials from the pension plan |
| * Connection with Lorraine Heseltine |
| * None |
| * My own research and professional development that I gave |
| * Needed no help. support. And there was none. |
| * finacial |
| * UBC HR and Pension Plan workshops |
| * Financial planning with personal consultant funded by UBC was extremely helpful. |
| * A book (Breaking the Watch) by an anthropologist friend, Dr. Joel Savishinsky provided very valuable insight. |
| * Financial planning provided local bank |
| * Direct contact with HR back in the dark ages |
| * I found the financial planning and the health planning most useful. |
| * My department never queried my desire to continue to do research, supported my grant applications, and provided the necessary lab space, office space, facilities for students, postdocs and employees, etc. |
| * Extended Health information |
| * None needed but good to know it was there if needd |
| * A seminar provided by UBC, a very knowledgeable colleague in the department and ongoing support from Lorraine Heseltine in the Pensions department of Human Resources |
| * The retirement workshops that were offered -- I remember attending one in 2016 that was particularly helpful. |
| * post-retirement appointment to a new department |
| * advice from my colleagues and friends. I attended many financial planning sessions but they covered too much and the details were lost on me. |
| * FPP discussion and information |
| * Announcement of the various information sessions such as UBC Pension retirement planning options,  information brochures on the UBC RSB, making appointment with a tax accountant for retirement planning strategies. It basically was a time of talking to other colleagues to learn what you could. Hit and miss. Extremely few comprehensive retirement planning supports in place during my time of retirement. |
| * Extended health and travel insurance info; much appreciated! |
| * Financial planning and information about additional travel and health insurance. |
| * retirement seminars with financial planning |
| * Doing my own research and reading on the topic. |
| * Pension info   Help from members on health insurance?? |
| * The retirement planning seminars were helpful. |
| * Accountant |
| * Financial management |
| * Financial planning advice from "downtown company". |
| * Financial planning |
| * The pre-retirement information sessions, especially related to Financial Planning and to Health & Travel Insurance, were very helpful. It would be helpful to have another similar session - recapping these issues - shortly after Retirement, as the reality can be quite overwhelming and, of course, the ground is constantly shifting - especially having retired in this past year of COVID. |
| * Recommendation to make an appointment with a financial planner. |
| * Assistance from College members in sorting out financial and insurance details |
| * pension and health care advice |
| * During my first years of retirement, the head of our Sociology/History department at UBCO continued to support my research and I felt very much still a department member. |
| * Standard retirement planning day, including financial information. |
| * Pre-retirement sessions at Western were excellent. |
| * The College provides a ‘support’ network even though I have not taken undue advantage, Knowing it is there at this time of continued transitioning, It feels supportive. |
| * Presentations on UBC Faculty Pension Plan Retirement Options |
| * Comparisons of insurance plans |
| * Advice and assistance from Pensions and Finance Department, Human Resources |
| * Nond |
| * I used a financial planner, not connected to UBC but with one of the major Canadian bank. |
| * presentations prior to retirement |
| * Financial Planning and Benefits Planning and stories from those who enjoy retirement. |
| * Information about retirement benefits. |
| * Emeritus College assistance with my membership and health/travel insurance benefit |
| * information sessions on insurance |
| * how to decide which was the best plan for me financially so that I would not have to worry about money |
| * Staying on faculty email lists to know what is going on, being easily able to access information about things like medical benefits and what other retired folks are doing. Benefitted from presentations and updating and some special events. |
| * a financial planner years before retirement |
| * Word of mouth recommendations by colleagues who had retired before me |