



Gerontologist

Dear Jackie

I have been a school principal for 15 years and just retired. I have gerontology in my mind at this moment. Can I do it?

Mary aged 55 right-handed

Dear Mary

For the past 15 years, you have been entrusted with an important role as a school principal to deliver educational care to the youth and an upcoming population. I do not see why you cannot be tasked for a more important role of delivering health care to the aging population.

You can draw all the knowledge, experience and skill you have derived from your role as a school principal and apply them to gerontology. Both of them require excellent communicative and interactive skill, leadership skill, problems' solving skill, good management and organizational skill and people caring skill. All these qualities are shown in your hands.

You can go through any induction or training programs that your country runs to support your transition into the health care aging sector. Or you can check with your local school or university that offers study program on gerontology.

You are capable of pursuing further study and can consider taking up a master in gerontology which will help you to open up more career opportunities.

Your hands show that there is work for you in your retirement. You will be very busy whether you play a role in applying, administrating, researching or teaching gerontology which finds its demand in the growing community care sector.

Jackie