

Work, travel, communal living and passion top over 50's future life expectations

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New TV series, HOW TO plan for your retirement! - SKY 191 and Freest 400 from Sunday 21st October at 6pm, supports over-50s active ageing

Working past retirement is much more appealing for the over-50s than it is for their younger counterparts under 30, a survey has found.

According to a poll of more than 1,000 men and women from HOW TO plan for your retirement! (<http://www.pmgvtv.com/>), a new twelve-part documentary series from PMGTV for anyone over 50 who is planning for their retirement and want to make the most out of life [SKY 191 and Freesat 400 from Sunday 21st October at 6pm and Tuesday 23rd October at 7:30pm, over half (58%) of over-50's, want more from their futures than previous generations.

Of those questioned, 26% of over-50's – who number 21 million in the UK - would happily work past retirement age compared to just 18% of under-30s.

One in four (23%) would like to sell their homes and downsize, preferably to live in independent, but quality community-style living accommodation, and just over half (55%) want to take an adventure holiday abroad.

Of those over-50's that find themselves single, 53 per cent rated lust and passion more highly than marriage.

What's more, over-50's see themselves as independent and confident about their lifestyle decisions with 60 per cent saying they don't look to their children for advice or financial support.

"The poll proves that men and women over 50 no longer feel that they have to give up on life and simply dedicate the rest of their lives to gardening, looking after grandchildren, and providing financial support for their offspring" says Holly Waite a spokesperson for PMGTV.

"The over-50s of today want to enjoy a youthful lifestyle and our TV series will help them to do just that. From medical tourism to looking after your finances and finding the right retirement flat, HOW TO plan for your retirement is a must-watch series for this often neglected age group."

HOW TO plan for your retirement!" (www.pmgvtv.com) – on SKY 191 and Freesat 400 every Sunday at 6.00pm and Tuesday at 7.30pm from 21st October, is a new TV documentary series from PMGTV for any person over 50 planning for their retirement. Over twelve weeks the series will provide comprehensive guidance on just about everything a person needs to know in order to plan for a happy, enjoyable and financially secure retirement.

The series will cover a host of topics – from property to finances, healthcare, travel, medical tourism and lots more besides,

It will also examine the serious issue of the health and wellbeing of an ageing population, with expert advice from healthcare professionals. The series will even provide insight and advice on such anxiety-provoking topics as how to get the most out of investments , while taking a look at 'How to spend it' in style.

– Ends –

For further information or case studies please contact Holly on 07775 992350 or email holly@lukats.com

About the Survey

The online survey designed by pmgtv.com questioned 1,000 British adults over the age of 18, of which 564 were over 50 years of age.

Notes for editors

The new TV series coincides with the 2012 European Year for Active Ageing and Solidarity between Generations, which aims to raise awareness of the contribution that older people make to society through:

Employment: Giving older workers better chances in the labour market.

Participation in society: retiring from one's job does not mean becoming idle.

Independent living: empowering us as we age so that we can remain in charge of our own lives as long as possible.