

James R. Williams
EMS Educator and Speaker

“Into the Sunset You Ride” (60 – 90 Minutes)

Breakout/Concurrent Sessions

Summary

Let’s face it, we all eventually reach a point in this line of work where we need to make the decision to “retire”. Regardless if you are paid or volunteer, it can be a difficult transition to a “normal” life or “normal” job. Research has demonstrated that public safety retirement can be more stressful than retirement from a civilian job. This presentation will offer insight into what one can expect when they hang up their stethoscope or helmet and how to plan for the day you ride off into the sunset.

Objectives

- Discuss stressors due to public safety retirement
- Discuss what an individual can expect when they retire from a public safety career
- Discuss strategies to plan for a successful retirement