

## How Part-Time Work Can Help Seniors Stay Healthy While Pursuing Their Passion and Purpose in Later Life



Seniors need to stay active to maintain their physical and mental health. One of the best options for staying active is to do part-time work. Part-time jobs give seniors flexibility in their schedules and boost their income. Better yet, part-time work helps seniors get out of the house, stay social, and avoid a sedentary lifestyle, or worse, [addiction](#). We share some of the best part-time employment options for seniors below.

### 1. Become a Coach, Umpire, or Referee

Public schools and sports organizations nearly always need extra help in the form of coaches, umpires, and referees. If you played sports during your younger years or coached your own children, consider becoming a [coach, umpire, or referee](#) during your retirement years. You'll enjoy getting to know the players and their families, spending time guiding young people, and getting in extra physical activity on the court or field. You may need to pay a little upfront for clearances or certification, but you'll soon be making a nice little salary for your efforts.

### 2. Find Seasonal Work

Many retailers need extra help during certain times of the year. Several need extra help doing inventory at the end of the year or the end of each quarter. Others need [seasonal workers](#) for lawn and garden centers during the spring and summer. Museums, cultural centers, and movie theaters often hire additional workers during the summer. And, retailers often start hiring for the holidays in September and October and offer work through the end of the year. These types of seasonal jobs will help you be more active because you will be standing on your feet, helping customers, and moving throughout your department. The social aspect of the job will help you engage with others and help stave off loneliness and depression seniors often feel when they stay at home for the majority of their day.

If you have strong organizational skills and know your way around an office, accountants often hire extra office assistants during tax season. And, tax services like Jackson Hewitt and H&R Block often hire additional tax preparers during tax season. Often, all it takes to get one of these jobs is a little training and some good references. Office jobs boost mental health by improving your concentration, exercising your communication skills, and requiring you to use your analytical skills.

### **3. Tour Guide**

For seniors who love history or have a special knowledge of wine or factories, being a [tour guide](#) is a great part-time job that can boost your physical and mental health. You can tap into your existing knowledge and do more research to learn more, and you'll be interacting with new people every day. Tour guides have to be energetic and friendly, and you'll get the chance to walk and talk while you work. You'll also get to deepen your interests in the subject you tour with your groups, which will boost your optimism and mood.

### **4. House Cleaning**

If you enjoy organizing and cleaning, consider starting a part-time house cleaning business. You'll be able to choose your clients, your hours, and your wages. You easily can advertise on social media and join websites where clients can find you, so you won't have to go knocking on doors to find jobs. Climbing stairs, mopping, pushing the vacuum, sweeping, and dusting are great activities to improve your physical health. And, you'll get to meet new families and feel good about helping others who don't have the time to clean their own homes.

### **5. Share Your Talents with Others**

If you have a [special talent](#) that you would like to share with others and help them learn, consider starting a business that allows you to do so. Maybe you love to paint and want to teach a class at your local senior center. Or, maybe you are a singer or musician who wants to give private lessons in your own home. If you know how to knit, crochet, tie flies, or carve wood, consider giving lessons to others who want to learn from you. Any talent you have can become a part-time job, with a little advertising and patience. You might also consider sharing your talents as a mentor. For example if you ran a successful business, you can donate your time to helping an up and coming [entrepreneur](#).

### **6. Donate Your Time**

Volunteering is another incredibly rewarding way to keep seniors active. If you have a cause that's close to your heart, like working with children, you can donate your time tutoring students at the local elementary school. Or, you can show your altruism by learning about a new issue. You could volunteer at a local animal rights organization or an environmental protection group. Use your extra free time to not only broaden your knowledge, but to make a positive impact on your community, and even your self-esteem will improve.

Part-time jobs in retirement benefit seniors in several ways. You'll supplement your income, get to know other people, keep your mind and body active, and avoid the sedentary, lonely lifestyle that some seniors fear.

*Image via [Pixabay](#) by keijj44*

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