Make your choice
Engaging Aging: mental health in the workplace
Busy World
Meet my grandparents
Barend: 23-3-1887 – 1-3-1952
Some facts on (mental) health

- 2020: 18.4% workforce 55 – 65 years old
- Sick leave: unhealthy behaviour > 100% plus
  - 55% high BMI
  - 50% not enough exercise
  - 25% smoking
  - 20% drinking (too) much
  - 15% burn out complaints

Montclair 2017
Some facts in the Netherlands

- Sickleave healthcare: 6% and going up
- Normal sickleave percentage < 3%
- Presenteeism: 6% (@risk)
- Sickleave: € 3 billion per year : € 400 per day
- 60,000 employees in healthcare @home
- 72,000 (ex)employees in Disability Act
- Attrition: 7% or 80,000 employees

Montclair 2017 & PPGM
Workstress or a lack of .....
Charging points
THE 7 KEYS of ENGAGEMENT
Good employment practice

- People are responsible for their own employability, vitality ....

- We
  - employers
  - (health) insurance companies
  - pension funds
  - .............

- give you support & advice .......
if you are afraid to lose your job
if your private life seeps into work
..... if the worries about a sick partner/relative affects work
...if your head is full of financial worries
..... if work and private hit into imbalance
if you need support in the event of loss
always with focus on vital workplace
Call for Action: 24/7 mental care
MAKE YOUR CHOICE