### Are you prepared to retire?





Here's a checklist of things to consider when planning your retirement **Is your home ready? Have you thought about:** 

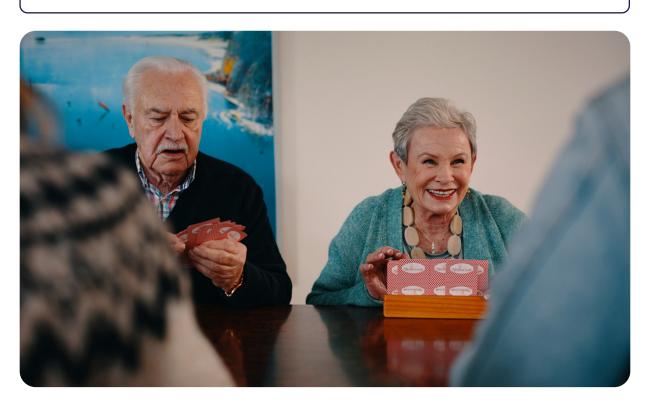
Your living situation

| for retirement?  |
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| ☐ How close do you live to your family and friends?  |
| What community involvement opportunities are available in your area?   |
| Making home adjustments  |
| Are there modifications needed to improve your home's<br>accessibility and safety, such as grab bars or ramps? |
| Do you need assistive devices or home automation tools to<br>support daily living?                             |
| Notes:   |
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#### Are you prepared for possible health changes?

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| Are there lifestyle changes needed to enhance your<br>overall health?   |
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| <ul> <li>Consult with your healthcare provider for<br/>recommendations on diet, exercise, and preventative care.</li> </ul>     |
| <ul> <li>Do you have a regular healthcare professional? Make sure<br/>you know where to go if you need medical care.</li> </ul> |
| Check your healthcare and insurance   |
| <ul> <li>Review your healthcare coverage, so you understand<br/>exactly what is covered.</li> </ul>                             |
| <ul> <li>Make sure you have a plan for managing healthcare<br/>expenses and accessing medical care.</li> </ul>                  |
| Notes:  |
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# Wondering how to prepare your finances? You're not alone. Here's where to start:

| Assess your financial readiness  |
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| Do you own your home, and will it be sufficient for your<br>retirement needs?  |
| <ul> <li>Define your desired lifestyle (comfortable or modest) to set<br/>a realistic savings target.</li> </ul>   |
| Calculate how long it will take to reach your savings target<br>based on your current financial situation.   |
| ☐ Review and adjust your budget as needed.   |
| Understand your superannuation   |
| <ul> <li>Learn how to access your super fund and understand the<br/>rules for withdrawals.</li> </ul>  |
| <ul> <li>Consider making tax-free voluntary contributions to your<br/>super fund before you retire.</li> </ul>   |
| Explore your options for transitioning your super fund into<br>retirement income. Will you need to access your<br>super early?   |
| Plan for the financial needs you'll have during your<br>transition period before fully retiring.   |
| Consult with professionals   |
| <ul> <li>Update your estate planning documents with a lawyer,<br/>including your Will and Power of Attorney.</li> </ul>  |
| If you can afford it, and want more specific advice, you<br>can schedule a one-off meeting with an independent<br>financial advisor to discuss retirement planning, investment<br>strategies, and review your savings. |
| Notes:   |
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## Retirement can be a major lifestyle change. For your mental health, it's important to stay connected and active.

| Explore your hobbies and community  |
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| ☐ What hobbies do you currently enjoy or wish to explore?   |
| Are there local clubs, groups, or volunteer opportunities<br>that align with your interests?  |
| Set personal goals  |
| <ul> <li>Identify goals you want to pursue in retirement, such as<br/>learning new skills (like a language or musical instrument).</li> </ul>   |
| <ul> <li>Set both short-term and long-term goals to stay engaged<br/>and motivated.</li> </ul>  |
| Follow self-care routines   |
| What self-care activities help you relax and feel uplifted?<br>Schedule regular appointments for activities you enjoy. This<br>could include walks in the park, reading books, or<br>social gatherings. |
| <ul> <li>Consider adopting a pet, which can offer companionship<br/>and motivation.</li> </ul>  |
| Notes:  |
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Remember to review and update your checklist regularly as your plans and needs change. Stay proactive in adjusting your retirement plans to ensure a smooth and enjoyable transition.

You can read more about how to prepare for retirement on the LiveUp website. There, among other things, you can also find tips for:

- Deciding on things to do in retirement
- · Exercising and eating well
- · Downsizing or future-proofing your home
- Finding helpful products and services, and local activities to join

#### **CONTACT US**

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LiveUp is a healthy ageing initiative funded by the Australian Government Department of Health and Aged Care.