

# Retirement Ready Checklist



## Planning

**Review Financial Readiness:** Assess your superannuation, savings, and investments to ensure you're financially prepared.

**Create a Budget:** Plan for post-retirement expenses, including essentials and leisure activities.

**Seek Professional Advice:** Consult a financial advisor to optimise your retirement strategy.

**Prepare Legal Documents:** Update your will, power of attorney, and advance care directives.



## Purpose

**Reflect on Your Identity:** Consider how your sense of self may shift after leaving the emergency services.

**Set New Goals:** Identify hobbies, interests, or skills you'd like to pursue in retirement.

**Explore Volunteer or Part-Time Opportunities:** Engage in activities that provide purpose and fulfilment.

**Establish a Routine:** Create a daily structure to maintain productivity and focus.



## Connections

**Strengthen Relationships:** Invest time in family and friends to build a strong support network.

**Reconnect with Colleagues:** Stay connected with peers from the emergency services community.

**Join Social Groups:** Participate in clubs or community organisations to expand your social circle.

**Plan Social Activities:** Schedule regular outings or gatherings to stay socially active.



## Health

**Prioritise your Mental and Physical Health:** Maintain regular check-ups, a balanced diet, and an active lifestyle AND complete a MyPulse screen.

**Seek Support if Needed:** Speak to a member of the team at Wellbeing Support, or your psychologist, to navigate emotional challenges before you retire.

**Develop Healthy Habits:** Establish routines for sleep, exercise, and nutrition to support overall wellbeing.

### Source documents

1. Superannuation and financial planning resources for retirement. [www.aist.asn.au](http://www.aist.asn.au)
2. Financial literacy and retirement readiness reports. [www.nationalseniors.com.au](http://www.nationalseniors.com.au)
3. Articles on identity shifts and purpose in retirement. [www.sciencedirect.com](http://www.sciencedirect.com)
4. Research on identity loss and purpose for retiring emergency services personnel. [www.emerald.com](http://www.emerald.com)
5. Studies on social capital and relationships in retirement. [www.sciencedirect.com](http://www.sciencedirect.com)
6. Resources for maintaining social connections and mental health during life transitions. [www.beyondblue.org.au](http://www.beyondblue.org.au)
7. The role of social networks in successful retirement. [www.sagepub.com](http://www.sagepub.com)
8. Research on mental health strategies for retirees. [www.apa.org](http://www.apa.org)
9. Studies on physical and mental health impacts of retiring from high-stress professions. [www.oxfordjournals.org](http://www.oxfordjournals.org)
10. Articles on maintaining physical activity and healthy habits in retirement. [www.cambridge.org](http://www.cambridge.org)



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