



Commander Stephen Burk's story

After almost 40 years of Service with Tasmania Police, Stephen Burk is preparing for his retirement in the second half of 2027.

Stephen has some great advice for those of us approaching this life transition which he has shared here.

"I have been speaking to many recently retired friends and colleagues to understand what I might be in for and what I should consider. My first step is planning what my retirement looks like so I can occupy myself, not get bored and stay actively involved in life. A recently retired colleague suggested having two activities planned each day, both for indoors and outdoors in case the weather is inclement."

"My grandchildren, gardening, travel and renos are foremost on my mind when it comes to how I might spend my time – all things that require mobility. Understanding your current health status and health risks is important for planning both your future activities as well as managing your potential financial needs."

"I have issues with my knees so I have arranged to have x-rays and scans, I will also organise a referral to a specialist to discuss this more."

"I am heading off to see a neurosurgeon for a specialist opinion on potential surgery for ongoing neck pain that I think I sustained following a car accident in 1989. I was a passenger in the car and it rolled a few times. Revisiting ongoing chronic pain and health issues to see what more can help address them helps ensure we're set up for success in retirement and can hopefully enjoy many more years of movement and recreation."

"Most importantly health wise, I was advised to have a Coronary Calcium CT scan which measures plaque buildup in heart arteries and gives you a numeric score. A higher score suggests a greater risk of future heart attack. My score was 267 which puts me in the 90th percentile for risk of a cardiac event in the near future. While we all know that nothing is guaranteed, I am now armed with this information that I can take to the cardiologist for specialist advice and look at how best to manage my risk."

"Outside of thinking about the activities you want to do in your retirement, it's also time to take stock of your financial situation and needs for the future. I am considering what superannuation options I have and am seeking financial advice. Knowing about your health helps here too as you can chose a superannuation option that best suits your specific circumstances."

"My best advice is, have a plan for what retirement looks like, do your research with finances and make sure your health is properly assessed early so you get to retirement and can do what you aspire to in retirement. Consider family medical history, diet, exercise, hydration, rest, stress and your social connections."

"With the practicalities taken care of, retirement becomes what it should be: time to live at your own pace and enjoy the years ahead."

