

Transition to Retirement

A Note to Consumers, Parents, Families, Health Professionals And Community Support Services

There are many times of transition across the lifespan. At some point as you get older, retirement and what that will mean will need to be a consideration.

Deciding when to retire often depends on a number of factors including:

- A desire to stop working
- Available income
- Plans for activity after retirement
- Available support
- The body's ability to continue to work

People from all walks of life retire at different times and for different reasons. For some, retirement is in the 50s while others work well into the 70s and beyond; some choose to retire to pursue plans such as travel, while for others retirement happens because the body is in pain or too fatigued for daily work.

A plan for retirement is important. For people with a disability considering retirement, continued monitoring by health professionals and a plan to remain physically active is recommended.



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