



Centacare – Transition to Retirement

Program Content

The aim of our Transition to Retirement course is to prepare our senior participants for life after Centacare. This course will cover various topics including those outlined below:

- Maintaining daily personal care – even though participants will not be working anymore it is essential to their wellbeing that they maintain daily personal hygiene and grooming
- Maintaining friendships and communication with Centacare friends
- Creating relationships outside of Centacare
- Accessing social groups
- Accessing services as a senior member of the community

- Assistance obtaining various identity documents including seniors cards and information on what this may be used for
- Assist with obtaining information regarding pension payments and superannuation access
- Planning your day at home and ways to keep busy to avoid isolation

Program Goals

The primary goal of the Transition to Retirement course is to reduce anxiety felt by participants who are reaching retirement age and will no longer be working at Centacare.

If there are specific goals for a participant, delivery can be tailored and individualised for that participant.