



Transitioning into Retirement Checklist

Transitioning into Retirement is a big life change. There are many aspects to think about and it can be quite overwhelming. Here at NARPO, we want to make retiring as simple as possible with our checklist of helpful tasks for a smooth transition into retired life.



1. Understand your pension.

Check who is the provider/administrator for your force pension scheme and find out your pension value. Your local pension provider for your force can be found at:

www.gov.uk/government/publications/police-pension-administrator-contacts-england-and-wales/



2. Work out how much money you'll need in retirement.

Before you retire, it's important to decide how much money you'll need in retirement. Review your debts and investments and consider reducing your expenditure.

You may also want to consider creating a will if you don't already have one.



3. Notify the relevant departments.

Upon deciding to retire choose a relevant date to hand in your notice. If your force has a welfare team, you may wish to have a discussion with them on what support is available both pre and post-retirement.



4. Undertake a pre-retirement course.

Your local force may offer pre-retirement courses. These courses include coping with change, pension advice, financial planning for retirement, and health and wellbeing.



5. Ensure you have the right support in retirement.

The Police Treatment Centres (supporting Northern Forces) and Flint House Police Rehabilitation Centre (supporting Southern Forces) are charities which provide physical rehabilitation and mental health support. Both centres offer services for retired officers. You can find out more about the services they provide at:

www.thepolicetreatmentcentres.org
www.flighthouse.co.uk/



6. Research available benefits to you during retirement.

In retirement you may be entitled to a range of benefits. Typical benefits are age related, attendance allowance, disability living allowance (DLA)/ Personal Independence Payment (PIP), and Carer's Allowance.



7. JOIN NARPO – hq@narpo.org

NARPO is a member organisation that represents over 93,000 retired police officers of all ranks and police widows and widowers from all forces across England and Wales. Members have access to free, up-to-date advice and support in relation to police pensions and injury award reviews, alongside a range of member services, including health, travel and car insurance and discounts off big name brands.



8. Looking for a second career?

Research career advice, guidance on writing a CV and interview techniques. You could even opt for volunteering instead of a second career or start your own business. Check taxation implications for returning to work first.