

What are the Outcomes of the Programme?

The retirement planning programme is a helpful and interactive means through which vital information is disseminated about the importance of planning for life in the later years. The programme is particularly beneficial in helping to reduce and eliminate many of the myths and misconceptions of retirement and ageing. At the end of the seminars, participants are equipped with the skills to:

- Formulate a personal financial plan
- Plan leisure/social activities for their post retirement years
- Compute their pension and gratuity benefits
- Explain the principles of healthy lifestyles
- Make informed decisions with respect to Estate management



About the Division of Ageing

The Division of Ageing was established under the former Ministry of Social Development in August 2003. The unit functions as an umbrella agency for ageing initiatives and the primary advocate for older persons in Trinidad and Tobago. The Division's core functions are:

- Commemoration of International Day of Older Persons on October 1
- Commemoration of World Elder Abuse Awareness Day on June 15
- Public Education Campaign on Ageing
- Retirement Programme for Public Officers
- Continuum of Health & Social Support Services for Older Persons
- Monitoring of Homes for the Aged

Get More Information

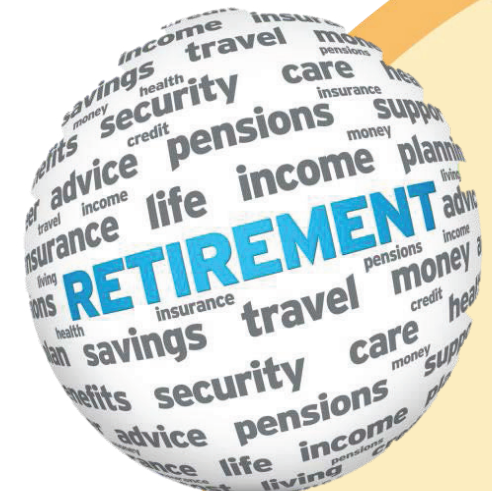
- CL Building #39-43 St. Vincent Street, Port of Spain
- Call the Older Persons Information Centre at toll free 800-OPIC (6742)
- Email: divisionofageing@gmail.com



THE REPUBLIC OF TRINIDAD AND TOBAGO
Ministry of Social Development
and Family Services

DIVISION OF AGEING

RETIREMENT PLANNING PROGRAMME



CL Building #39-43 St. Vincent Street,
Port of Spain

Call: 800- OPIC (6742)

Email: divisionofageing@gmail.com

What is Retirement?

Retirement is defined as the period in a person's life during which he or she is no longer engaged in active work or the commencement of that period. The standard age for retirement in most countries is 65 although many individuals choose to retire earlier or later due to personal or financial reasons.

Why Retirement Planning?

The Retirement Planning Programme of the Division of Ageing is designed to provide participants with the knowledge and skills required to make viable plans for their retirement.

According to data from the National Financial Literacy Programme (NFLP) conducted by the Central Bank of Trinidad and Tobago, a significant portion of the population has not been adequately prepared for retirement, thus resulting in the advancement of Retirement Planning as a national issue.

We now know that the earlier an individual learns about the importance of ageing and retirement, the greater chance of anticipated success in later

life. Indeed, preparation for retirement has long-lasting benefits for individuals and their families.



What are the Goals of the Retirement Planning Programme?

- To educate and assist officers in financial planning/management
- To inform officers of their retirement benefits
- To inform officers of the importance of maintaining healthy lifestyles
- To educate officers about legal issues that are critical for Will Preparation and Estate Management

How is the Programme Designed?

The Retirement Planning programme is formatted as a series of two-day seminars thematically designed to address the key issues in relation to retirement. A combination of lectures, workshops, and individual and group discussions are used to facilitate the learning process. Each seminar session is tailored to meet the programme's objectives while ensuring that the target group is equipped with the support mechanisms with which to maximize their post-retirement years. The main topics addressed within the programme are:

- Ageing versus Retirement
- Retirement Benefits Computation
- Will Preparation and Estate Management
- National Insurance Benefits
- Money Management and Financial Planning
- Healthy and Active Ageing