

# connect

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## Centrelink assistance for working age pensioners and incentives to downsize your home

There have been positive Centrelink changes to incentivise pensioners to increase their participation in the workforce (amid staff shortages) and to downsize from their family home.



### **\$4,000 Work Bonus increase**

The Work Bonus provides senior Australians with an incentive to continue working at least on a part time basis, by providing an exemption to income from work.

#### **How it works**

Under the Work Bonus, the first \$300 of fortnightly income from work is not assessed under the pension income test. Any unused part of the \$300 fortnightly Work Bonus accrues in the Work Bonus income bank and can be used to offset future income from work.

On 1 December 2022, a one-off \$4,000 income credit was added to the Work Bonus income bank of those at least pension age and in receipt of an Age Pension, Disability Support Pension, Carer Payment or certain Veterans entitlement.

Prior to 1 December 2022, the Work Bonus income bank was capped at \$7,800. This has been temporarily increased to \$11,800 until 31 December 2023. Effective 1 January 2024,

any amount in the Work Bonus income bank that exceeds \$7,800 will be lost and not available to offset future employment income.



### **Case study**

Mary is an age pensioner who works for three consecutive fortnights as an accountant. She has no other income. As Mary has not worked in the previous 12 months, she has accumulated the maximum income bank amount of \$7,800 (26 fortnights x \$300). Since 1 December 2022, her income bank was credited with \$4,000, which brings her total income bank to \$11,800 (\$7,800 + \$4,000).

During the three fortnights that she works, Mary earns \$3,000 a fortnight, a total of \$9,000. As Mary's income bank amount is more than her employment income, none of the \$9,000 is assessed under the income test and so her work income does not reduce her age pension.

In contrast, without the additional \$4,000 credit to her income bank, her age pension may have been reduced due to her work income.



**Julio Carrieri & James Baxter**

Authorised Representatives  
Capitol Group Wealth

T 03 9872 4736  
E [info@capitolgroup.com.au](mailto:info@capitolgroup.com.au)  
628 Canterbury Road  
Vermont VIC 3133  
[www.capitolgroup.com.au](http://www.capitolgroup.com.au)

### **In this issue**

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- What is the value of life insurance?
- How to do a daily digital detox

For income tested pensioners (eligible for the Work Bonus), those earning:

- more than \$300 per fortnight may see a temporary increase in entitlements, and
- less than \$300 per fortnight may consider temporarily taking on additional paid work without impacting their Centrelink entitlements.

### **Centrelink incentives to downsize your home**

Pensioners are often concerned about downsizing their existing home, where the sales proceeds may become assessed towards their assets and income test and negatively impact their age pension (previously their home was exempt from assessment while they lived there).

To encourage pensioners to downsize, in conjunction with the Super downsizer contributions law, the Government has

legislated to enhance the Centrelink concessions applicable to pensioners who sell their existing home and intend on applying a portion of those proceeds to purchase, build, repair or renovate a new home.

Since 1 January 2023, the asset test exemption period has been extended to 24 months (from 12 months). The exemption only extends to the amount that is intended to be used for these purposes. For example, if a pensioner is downsizing and only 75% of the home proceeds will be utilised for the new home, the assets test exemption is limited to this amount.

Exempt proceeds that are held in a financial investment, such as a bank account, will be subject to the income test via the lower deeming rate only (currently 0.25%) during the exemption period. They are also isolated from other financial assets which may be deemed at the higher deeming rate of 2.25%.

Please seek further advice from your Financial Adviser.



# What is the value of life insurance?

Life insurance can be valuable at various life stages, whether you're young and single, starting a family or transitioning to retirement.

## What is life insurance?

Adequate life insurance can help provide financial security for you and your family through a lump sum payment if you were to be diagnosed with a terminal illness or pass away. It can also give you peace of mind that your family will be looked after and will have financial protection if you were not around. Life insurance can be of help at every stage of your life. Let's discuss some of the scenarios where life insurance can be valuable.

## Major health concerns among Australians

Cancer is one of the biggest health concerns for Australians. According to the Cancer Council, at current rates, 1 in 2 Australians are expected to be diagnosed with cancer by the age of 85.<sup>1</sup> The high prevalence of the disease among Australians should give you pause for thought about protecting your family in case the unexpected happens. However, it's not only those with health concerns who should consider life insurance. Even if you're young, fit and healthy, starting a family or planning your post-retirement life, life insurance may have some benefit for you.



### Young and single

When you're young, single and healthy, life insurance is probably the furthest thing from your mind. After all, you're in the prime of your life and have other expenses to think about. But life can be unpredictable, and it doesn't hurt to plan ahead. If something unforeseen were to happen, would your immediate family be able to cover your existing loans and expenses? What's more, you may be able to get a better premium if you're able to lock in your policy while you're young and healthy, as opposed to when you're older and have other health complications.



### Married or starting a family

When you get married or think about having kids, you have other dependents who will now rely on your income. It can be a good time to consider life insurance to provide them with a financial safety net if the unthinkable happens. So, they're not left struggling to keep up with mortgage, childcare payments or everyday expenses in your absence.



### Transitioning to retirement

It's a misconception that life insurance is only about giving a lump sum payment to your family or loved ones in the event of your death. It's much more than that. When you're older and transitioning to retirement, life insurance can give you the financial freedom to live life on your terms, knowing that your family will not be under financial stress to pay bills or even your funeral costs.

## Get professional help

If you'd like further information please speak to your Financial Adviser.

<sup>1</sup>[www.cancer.org.au/cancer-information/what-is-cancer/facts-and-figures](http://www.cancer.org.au/cancer-information/what-is-cancer/facts-and-figures)

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# How to do a daily digital detox

Australians spend more time scrolling than sleeping. Here's how to take time to recharge yourself.

Do you ever feel as if life is just speeding by and you're running from one thing to the next, without time to pause and regroup? You're not alone. Despite all the technology we have in our lives that in some way saves us time, it often seems that we are more stressed and time poor than ever before.

This is not 'news'. A Medibank study found that Australians are spending an average of nine hours a day looking at computers, TVs, smartphones and tablets. That's more time than we're spending sleeping!

Eye strain headaches, posture issues, fatigue at work, lack of sleep and lack of physical activity are just a few possible side effects of our busy, technology-focused lives. We all know it would be good for us to cut back on the time we spend on our digital devices. And yet, so many of us are not taking the steps we need to slow down and reboot ourselves each day.

Wellbeing isn't just about exercise and diet. A big part of wellness is mindset and mental clarity. To achieve this, it's important to get back to basics with three core pillars of vitality: fresh air, fresh food and a fresh perspective.

Taking regular breaks away from your laptop, phone, tablet and TV can help you to reconnect with your surroundings, create a pause of mental clarity and creativity, and give you a chance to notice your posture and your breathing.

## Tips for giving yourself a daily reboot

### During the day

- Place a sticky note on your computer that says "Take a nano break" and make a point of getting up and walking away from your computer for a few minutes. Go talk to a colleague personally rather than emailing across the room.
- Try to stay off Facebook and social media in the morning before work. Listen to music or a podcast or read a book instead.
- Take a fresh air break at lunchtime, rather than eating lunch with your phone or iPad in front of you. Look up, look around.

- Plan to do some physical activity most weekends away from your devices. Use this time away from work to recharge your mental and physical batteries.

### At night

- Avoid TV, illuminated alarm clocks and other digital stimuli in the bedroom.
- Read a book before you go to sleep, rather than watching television or working late on the computer.
- Meditate and concentrate on breathing. Channel your thoughts from worry to a place of peace.
- Create a regular bedtime routine and a regular sleep-wake schedule.
- Create a restful environment that is dark, cool and comfortable. Play restful music to help you relax.
- Keep a diary of things that are on your mind, even if it's just a list of things to do for the next day. Get them out of your head and onto paper.
- Think of a digital detox as recharging your own batteries. If we do not fully recharge our batteries, then we diminish our energy levels and our ability to handle stress and perform daily tasks.

After you've read this, rather than stay on your phone or connect to Netflix, why not lace up your shoes, head out the door or get up and have a chat with a friend or family?

Sometimes you need to disconnect to reconnect.

Source: Medibank. Written by Nikki Fogden-Moore, specialist in private coaching for high achievers to bring business and personal vitality to life. While Medibank hope you find this information helpful, please note that it is general in nature. It is not health advice, and is not tailored to meet your individual health needs. You should always consult a trusted health professional before making decisions about your health care. While we have prepared the information carefully, we can't guarantee that it is accurate, complete or up-to-date. And while we may mention goods or services provided by others, we aren't specifically endorsing them and can't accept responsibility for them. For these reasons we are unable to accept responsibility for any loss that may be sustained from acting on this information (subject to applicable consumer guarantees). Copyright © 2022 Medibank Private Limited. All rights reserved. ABN 47 080 890 259.

# Thinking ahead? Let's talk about strategies for creating a positive financial future.

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