

# Accessing your super early

## Fact sheet

**Your super is your money saved for your retirement, so there are rules around when you can access it.**

### Things to think about

**If you're eligible to access your super early before you retire, it's worth remembering that:**

- super is a long-term investment for retirement, so withdrawing your super early may impact your income and lifestyle in retirement
- all or part of your withdrawal may be taxed
- other Centrelink benefits may be impacted by a payment from super.

**Before you access your super, you may wish to:**

- call or chat with one of our specialists who can explain to you the options available
- check to see if you can make an insurance claim rather than accessing your retirement savings. If you have Income Protection cover with Rest, this may help if you can't work for an extended period due to illness or injury. You can check your insurance cover with Rest in the Rest App or online in MemberAccess
- call the National Debt Helpline and access free financial counselling on **1800 007 007**
- have a chat with a financial adviser to consider your options
- check if you are eligible for any Government payment support at **humanservices.gov.au** or by visiting your nearest Centrelink service centre.

**You may be able to access your super early in limited circumstances including:**

- compassionate grounds
- severe financial hardship
- permanent incapacity or terminal illness
- small balance under \$200
- temporary resident leaving Australia.

### Compassionate grounds

You can apply to the Australian Taxation Office (ATO) for early release of your super on compassionate grounds.

**Compassionate grounds include:**

- medical - to pay for treatment or travel to treatment for you, your partner, child or other dependant
- mortgage - to stop the bank from selling your home
- disability - to modify your home or car
- palliative care - for you or a dependant
- funeral - to pay for expenses for a dependant.

There are strict rules about who can apply and the proof required. For more information, and to apply online, visit **ato.gov.au** or call the ATO on **13 10 20**.

### Severe financial hardship

Rest allows you to access part of your super if you're experiencing financial hardship, as long as you meet certain conditions. These conditions include receiving an income support payment for either 26 continuous weeks or a cumulative period of 39 weeks, depending on whether you've reached preservation age (the age you'd usually be able to access your super from).

Your preservation age also impacts the maximum amount you can withdraw under financial hardship. If you have not reached preservation age plus 39 weeks, the maximum withdrawal amount is \$10,000 in a 12-month period. To apply for a financial hardship payment, please call us on 1300 300 778.

## Permanent incapacity or terminal illness

You can access your super early if you're:

- **permanently incapacitated** - unlikely to engage in gainful employment for which you're reasonably qualified (by education, training or experience) because of physical or mental ill health
- **diagnosed with a terminal illness** - Rest will require proof of your condition from two separate medical practitioners. In the case of terminal illness, one of the practitioners must be a specialist in the particular field.

If you have Death or Total and Permanent Disability (TPD) insurance as part of your Rest account, you may be able to make a claim. For more information, please contact us and we will guide you through the process.

## Small super balance

If you have less than \$200 in your Rest account, and have left the employer who paid your contributions, you can apply to access your super. To withdraw this money, you'll just need to complete the online benefit payment form available at [rest.com.au/forms](https://rest.com.au/forms)

If you have a small super balance, you might also consider building on it, or transferring other super accounts to Rest, so that all your super is in the one place.

For more information on how to combine your super with Rest, visit [rest.com.au/quickas](https://rest.com.au/quickas)

## Temporary resident departing Australia

If you're a temporary resident and have departed Australia permanently, you can generally access your super. For more information and to apply online, visit the Australian Taxation Office website at [ato.gov.au](https://ato.gov.au)

and search for 'Temporary residents online application'.

If you depart Australia and don't claim your super, we'll transfer your super to the Australian Taxation Office (ATO) six months after your visa expires or you leave Australia (whichever occurs later).

You can claim your super directly from the ATO as unclaimed super. Under relief from the Australian Securities and Investments Commission (ASIC) we're not required to send you an exit statement when we transfer your super to the ATO.

## New Zealand citizens

If you are a New Zealand citizen, the temporary resident rules above do not apply.

Instead, you may transfer your super to a KiwiSaver scheme under the trans-Tasman retirement savings portability scheme if you meet certain criteria. To transfer your super to a KiwiSaver scheme, you'll just need to complete the 'Trans-Tasman transfer request' form available at [rest.com.au/forms](https://rest.com.au/forms) and return it to Rest.

## Non-preserved super

If any of your super is classified as 'unrestricted non-preserved', you can access it at any time if you meet a condition of release (tax may still be payable).

To find out whether you have 'unrestricted non-preserved' super, check your most recent member statement or go to MemberAccess at [rest.com.au](https://rest.com.au), select 'Your Account', then 'Benefit quote'.

To withdraw this money, you'll need to complete the online benefit payment form available at [rest.com.au/forms](https://rest.com.au/forms)



### Advice when you need it

Rest Advice\* is all about helping you make decisions about your super today.

Rest provides easy-to-use Digital Advice solutions that are available 24x7 at no additional cost for members. Or if you'd rather talk to an professional financial adviser we can help with that too.

For more information, visit [rest.com.au/advice](https://rest.com.au/advice)

## If there's anything we can do

🔗 [rest.com.au](https://rest.com.au)

💬 **Live Chat at rest.com.au**  
Monday to Friday 8am - 10pm, Saturday 9am - 6pm  
and Sunday 10am - 6pm AEST

📞 **1300 300 778**  
Monday to Friday 8am - 8pm AEST

📲 **Download the Rest App**



\*Rest financial advice is provided by Rest Advisers as authorised representatives of Link Advice Pty Ltd ABN 36 105 811 836, AFSL 258145. Rest Digital Advice is provided by Link Advice Pty Limited ABN 36 105 811 836 AFSL 258145.

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