How to grow your super after retirement

By Perpetual

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Just because you've retired doesn't mean you can't continue to grow your super nest-egg. For example, you may come into additional funds, such as an inheritance or from selling your

family home.

Contributing this to super can be a tax-effective way to grow your retirement savings.

Additional contributions

You can make additional contributions to your super even after you retire.

If you are under 75 years old, you can generally make non-concessional contributions without having to meet the work test or work test exemption. If your total superannuation balance is less than $2.1 million (at 30 June prior year), you may contribute after-tax (non-concessional) contributions of up to $130,000 per year.

Additionally, members under 75 with a total super balance under $1.84 million can bring forward their non-concessional contribution cap over three years.

Total Super balance at 30 June 2026	Non-concessional contributions cap/bring forward rules
$2.1 million or more	$0, no bring forward
$1.97 million to less than $2.1 million	$130,000, no bring forward period
$1.84 million to less than $1.97 million	$260,000, two-year bring forward period
Less than $1.84 million	$390,000 three-year bring forward period

Downsizer contributions

If you are 55 years or older, you may be able to contribute up to $300,000 from the sale or part-sale of your home.

The home must have been owned by you or your spouse for at least 10 years, and the disposal must be exempt or partially exempt from capital gains tax (CGT). You also cannot have made a downsizer contribution from the sale of another home or part-sale of a home previously.

Before making this contribution, you must provide your fund with the ATO's Downsizer contributions into super form. Downsiser contributions must be made within 90 days of receiving the proceeds of sale.

Additional tax on super balances exceeding $3 million

From 1 July 2026, if your total super balance (TSB) at the end of the financial year exceeds the large super balance threshold (LSBT) (set at $3 million for the 2026–27 financial year) you will be subject to tax of 15% on the proportion of earnings relating to your TSB that exceeds the LSBT.

Further, if your TSB at the end of the financial year exceeds the very large super balance threshold (VLSBT) (set at $10 million for the 2026–27 financial year) you will be subject to additional tax of 10% on the proportion of earnings relating to your TSB that exceeds the VLSBT.

From 1 July 2027, the additional tax will apply if your TSB exceeds the LSBT / VLSBT at either the start or end of the financial year.

Earnings relating to total superannuation balances below the $3 million threshold will continue to be taxed at 15% in a super account or 0% in an account-based pension account.

It is certainly possible to continue to grow your super after retirement. Making additional non-concessional contributions or a downsizer contribution are two ways to do this.

Further information

For further information please speak to your financial adviser or call us on 1800 011 022 during business hours (Sydney time).

However, as a general starting point, you can use the Money Smart calculator to estimate:

- Your super balance at retirement
- How fees affect your final super balance

Read more retirement articles here.

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