

Could Your Aging Parent Have a Lost Pension or Retirement Benefit?

If your aging parent worked for several different employers over the years, changed jobs, or worked for a company that later merged, changed its name, or closed, it may be worth checking to see whether they have a lost or forgotten retirement benefit.

U.S. Department of Labor Retirement Savings Lost and Found Database

The U.S. Department of Labor's Retirement Savings Lost and Found Database is an official government resource designed to help individuals locate certain lost or forgotten retirement plans connected to private-sector employers or unions. It may help your parent find information about a former pension, 401(k), or other eligible workplace retirement plan and connect them with the plan administrator to determine whether they may be entitled to benefits. A search result does not guarantee that money or benefits are still owed, but it can provide an important starting point for families trying to track down a forgotten retirement plan.

[Search the U.S. Department of Labor Retirement Savings Lost and Found Database](#)

Pension Rights Center: Pension Counseling and Information Program

If your parent needs help understanding a pension, locating information about a retirement benefit, or resolving certain problems involving a pension, the Pension Rights Center's Pension Counseling and Information Program may be a helpful resource. Its counseling projects provide free assistance to eligible individuals in participating areas and can help people better understand their pension rights and options.

[Find Pension Counseling and Information Help](#)

For families caring for an aging parent, these resources may be worth exploring before assuming you know all of your parent's available sources of retirement income. A pension or workplace retirement benefit from years ago may have been forgotten, lost track of after a job change, or become more difficult to locate after a company merger or closure. The U.S. Department of Labor specifically created its database to help people reconnect with certain workplace retirement plans they may have lost track of.

<https://lostandfound.dol.gov/>

<https://pensionrights.org/find-help/counseling-projects/>

Important Disclaimer

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