

WOMEN IN RETIREMENT: ARE YOU PREPARED FOR THE FUTURE?

Does the idea of retirement sound enticing to you? Many people in retirement say they truly enjoy it. Hopefully, you will be able to say the same. As you prepare for retirement, there are some important things to consider.

You May Be Retired for a Long Time

There's a good chance you may be retired for a long time. The average life expectancy for a woman who retires at 65 is more than 21 years; that's more than two years longer than for a man.¹ Also, you may spend a good part of your retirement living alone. The chart reflects data from the Population Reference Bureau Fact Sheet, Aging in the United States.

What Can You Do?

There are many things you can do to prepare for retirement. Here are simple, yet powerful steps you can take:



- Determine your retirement needs. Estimate a comfortable retirement may take 70% to 90% of your current earnings. If you are closer to retirement, sit down and determine what you actually can spend on various monthly expenses such as housing, entertainment or travel.
- Estimate inflation effect. A financial professional can help you understand the potential effect of inflation on your future purchasing power. Inflation eats into buying power. What costs \$100 today may cost more next year and further in the future.
- Evaluate your assets. Know the resources you will have available, like when you can receive full Social Security retirement benefits. Do you have other retirement plans or assets?
- Consider a retirement plan. If your employer doesn't offer a retirement plan, consider contributing to an IRA. If necessary, you can start small, but you should at least start. You should contribute on a regular basis and keep your savings in the IRA.
- Increase retirement contributions. If you are contributing to a plan, consider increasing the amount. Remember, you will be the beneficiary of your contributions.
- Cover all the bases. More than just putting money aside, health coverage is critical in later years. Make sure you have medical and long-term care insurance. You may want to consider life insurance to provide for loved ones.
- Understand all savings options. Think in terms of an income stream. An immediate annuity can provide an income you cannot outlive.
- Get educated. There are plenty of books, magazines and online articles available on a wide range of topics.

Percent of Women Population Living Alone

Ages 65-74



Ages 75-84



85 & older



Common Concerns

As you begin to think about and prepare for retirement, it's natural to have several concerns, including the following:

- Potential effect of inflation
- Affording long-term care
- Maintaining a reasonable standard of living
- Depleting savings and investments
- Relying solely on Social Security
- Depending on family for financial assistance

Being Prepared

These concerns should not prevent you from enjoying retirement. Finances are an important part of retirement. In addition, being prepared financially helps with confidence and satisfaction during retirement.