

## Women and retirement



The fact that women generally have longer life expectancies compared to men is a significant consideration when it comes to retirement planning. It means that your retirement savings will need to stretch over a longer period of time, potentially several decades. This has important implications for estimating your financial needs and planning accordingly. Here's why it is crucial to consider:

1. **Increased Retirement Duration:** With longer life expectancies, women typically have more years to enjoy their retirement. However, this also means that they require a larger pool of savings to cover their living expenses for an extended period. Failing to account for this can lead to financial strain or even the risk of running out of funds later in life.
2. **Rising Healthcare Costs:** As we age, healthcare costs tend to increase. Longer life expectancies mean a greater likelihood of encountering age-related health issues and potentially requiring long-term care. These expenses can put a strain on your retirement budget if not adequately planned for. Considering the potential healthcare costs and factoring them into your retirement plan can help ensure that you have sufficient funds to cover medical expenses.
3. **Inflation and Cost of Living:** Over time, the cost of living tends to rise due to inflation. As your retirement may span several decades, it is essential to account for the potential impact of inflation on your expenses. Medical expenses have a higher inflation rate than most other expenses too. Failing to plan for this can erode the

purchasing power of your savings, making it harder to maintain your desired lifestyle throughout your retirement years.

4. **Quality of Life and Financial Independence:** Planning for a longer retirement also allows you to prioritize your quality of life and maintain financial independence. You may aspire to travel, pursue hobbies, or engage in activities that bring you joy and fulfilment. Adequate financial planning considering your longer life expectancy enables you to have the freedom and resources to enjoy these experiences without constantly worrying about financial constraints. At PenShare we want our clients to live their best life before and after retirement. Why can't that apply to you too?
5. **Legacy and Beneficiary Planning:** Longer life expectancies may provide an opportunity to plan for a lasting legacy. You may want to consider how your assets and wealth will be distributed to loved ones or charitable causes. Estate planning and beneficiary designations are crucial aspects of retirement planning to ensure that your wishes are carried out and your loved ones are taken care of.

The longer life expectancy of women underscores the importance of careful retirement planning. By considering the extended time horizon, accounting for rising healthcare costs and inflation, and ensuring financial independence, you can create a retirement plan that supports your desired lifestyle and provides peace of mind throughout your golden years.



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