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Retirement Stats That Will Shock You

As soon as you get that first job, you start hearing "save for retirement." But it seems so far away, and there are so many other needs pulling at your paycheck.

1/3 of you may have retirement regrets

Would you think twice about socking a little away each paycheck if you knew that one-third of workers can't maintain their standard of living after retirement? Almost half — 44 percent — expect to have to earn extra income to get by in retirement. More than a third (37 percent) of retirees say they should have planned more. Even a third of those who said they "planned a lot" for retirement say they should have planned even more.

"Use your employer's retirement savings plan, such as a 401K, to put a percentage of your salary away every paycheck. The pain will be minimal and the gain will be substantial when those savings grow over time," said Stephanie White, Schaumburg Member Experience Manager at Consumers Credit Union. "Put away as much as you can, and at least as much as your employer matches. If you don't have access to an employer retirement account, then you can save using an Individual Retirement Account. Work with a financial planner to find the best IRA option for you."

Every little bit helps

No matter how much you are saving, chances are you could save more. Seven in 10 workers said they could save \$25 more per week than they currently save. What do they say they could cut? Eating out tops the list at 46 percent, followed by soft drinks and vending snacks (13 percent), movies (including DVDs and streaming) (12 percent), specialty coffee (11 percent) and lottery tickets (8 percent).

Expenses put pinch on golden years

More than half of retirees (37 percent) say their expenses in retirement are higher than they expected. Those who are dealing with debt are even more likely to report their expenses are higher than they expected.

Savings can take unexpected hits

More than a third of retirees say their savings and investments are lower in retirement than they expected them to be. And, they're drawing out of their savings to pay for day-to-day expenses (24 percent), major purchases (23 percent) and health expenses (16 percent), while just 13 percent are using that money for travel.

Just how much retirement income will you need?

More than half (56 percent) of workers in 2015 expected to be able to manage retirement with no more than 70 percent of their working income, which lines up with what today's retirees are reporting — 57 percent say they earn no more than 70 percent of their pre-retirement income.

Playing the guessing game

Behind all this retirement planning is the question of just how long you think you might live. Most workers today (75 percent) believe they'll live until at least age 85, but that number drops to just 30 percent who believe they are very or somewhat likely to hit age 95. A third of workers today are "somewhat interested" in buying an insurance plan at retirement that will guarantee an income at a specific age in the future, say age 80 or 85.

* Information for this article came from the Cornell Retirement and Well-Being Study, 2000; as well as the 2015 Retirement Confidence Survey: Having a Retirement Savings Plan a Key Factor in Americans' Retirement Confidence," EBRI Issue Brief, no. 413 (Employee Benefit Research Institute, April 2015).

This article is sponsored by Consumers Credit Union.

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