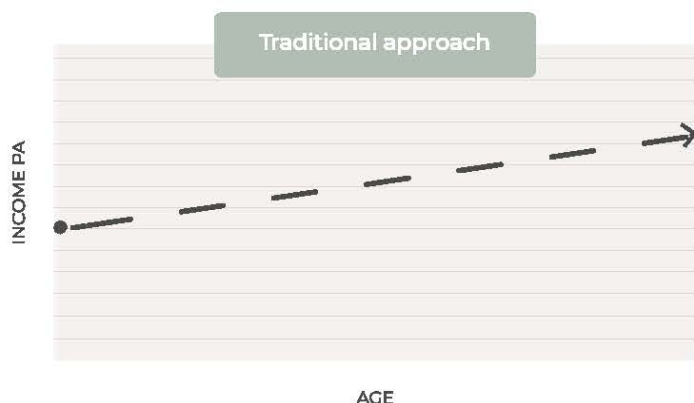
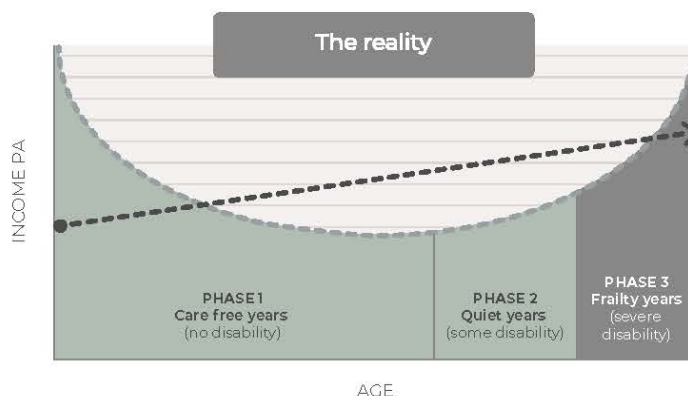


The three phases of retirement

Retirement isn't just one phase - it will unfold over time in three distinct phases. No matter the phase, maintaining quality of life, staying in control, and access to choices are what matter most. That's why planning ahead is so important.



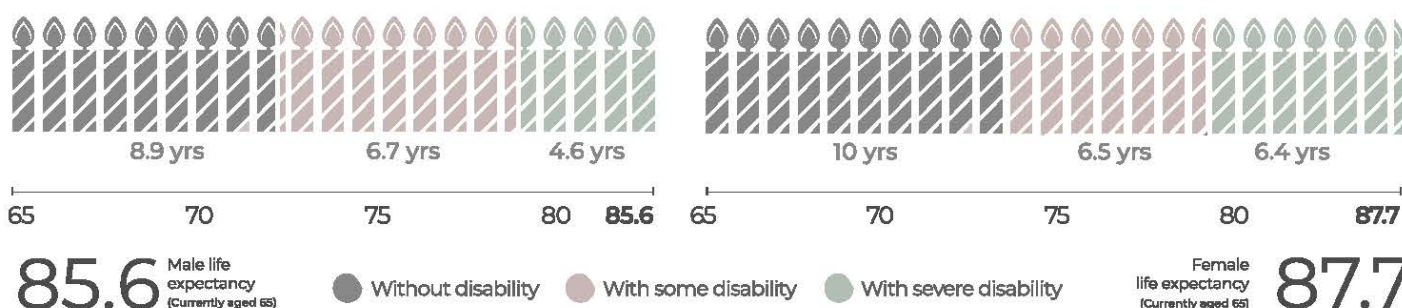
Plans for a constant indexed income do not allow for changing needs.



Retirement spending patterns will vary across phases and should look more like a smile.

The three phases

We are living longer and might expect to spend 25-30% of retirement years with increased frailty. Can you afford not to plan for this phase? By planning for frailty, you can ensure your care and support evolve with you so you can live well at every stage of retirement.



Source: Australian Institute of Health and Welfare – selected health expectations by age 65, by sex, 2022.

Managing frailty risk

Government funding can help with affordability of aged care. But ensuring adequate savings to meet your contributions or pay for additional needs can open up choices and allow greater independence and control.



Things to consider

- ✓ How you expect to fund aged care?
- ✓ What role your home might play?
- ✓ Your support network and the impact of relying on family and friends.
- ✓ Are you willing to ignore frailty risk and leave a major gap in your retirement planning?

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