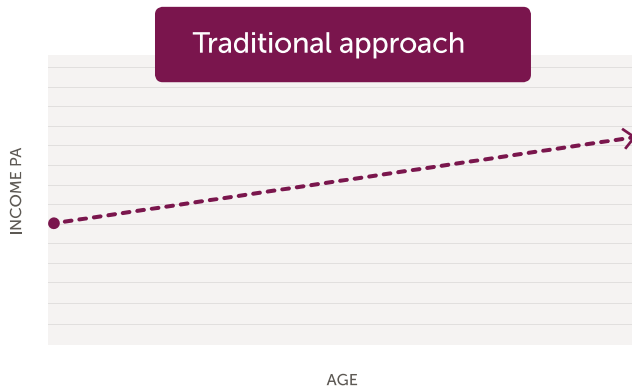
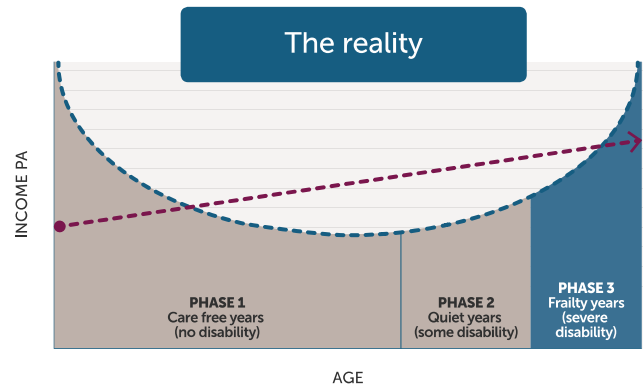


The three phases of retirement

Planning for your retirement can be exciting. To maximise your independence and minimise frailty risk, consider your needs across the three phases of retirement.



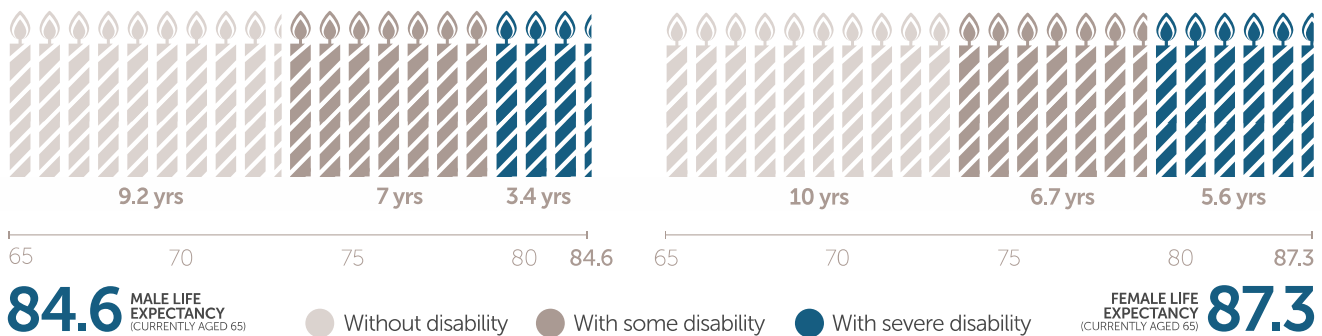
Retirement planning assumed a constant indexed income which did not allow for higher care needs in later life.



The spending pattern in retirement will vary based on your ability and it looks more like a smile than a straight line.

The three phases

We are living longer and are increasingly likely to reach the frailty years which can represent 20-25% of retirement years.



Source: Australian Institute of Health and Welfare – selected health expectations by age 65, by sex, 2015.

Frailty risk

Access to government subsidies helps make care affordable. But adequate savings to fund the increasing cost of care opens up choices and allows greater independence and control.



Things to consider

- How you expect to fund aged care costs?
- What role your home can play
- The impact of relying on family and friends for support
- Are you willing to ignore frailty risk?

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