

Edward Jones®

The Four Pillars of the New Retirement

An Edward Jones and Age Wave thought leadership study



Edward Jones®

Welcome!

Presented by:



Kimble Sagrera ChFC®, CLU®
Financial Advisor

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A new definition of retirement

Reinvention, discovering new purpose and the beginning of a whole new chapter in life

22%

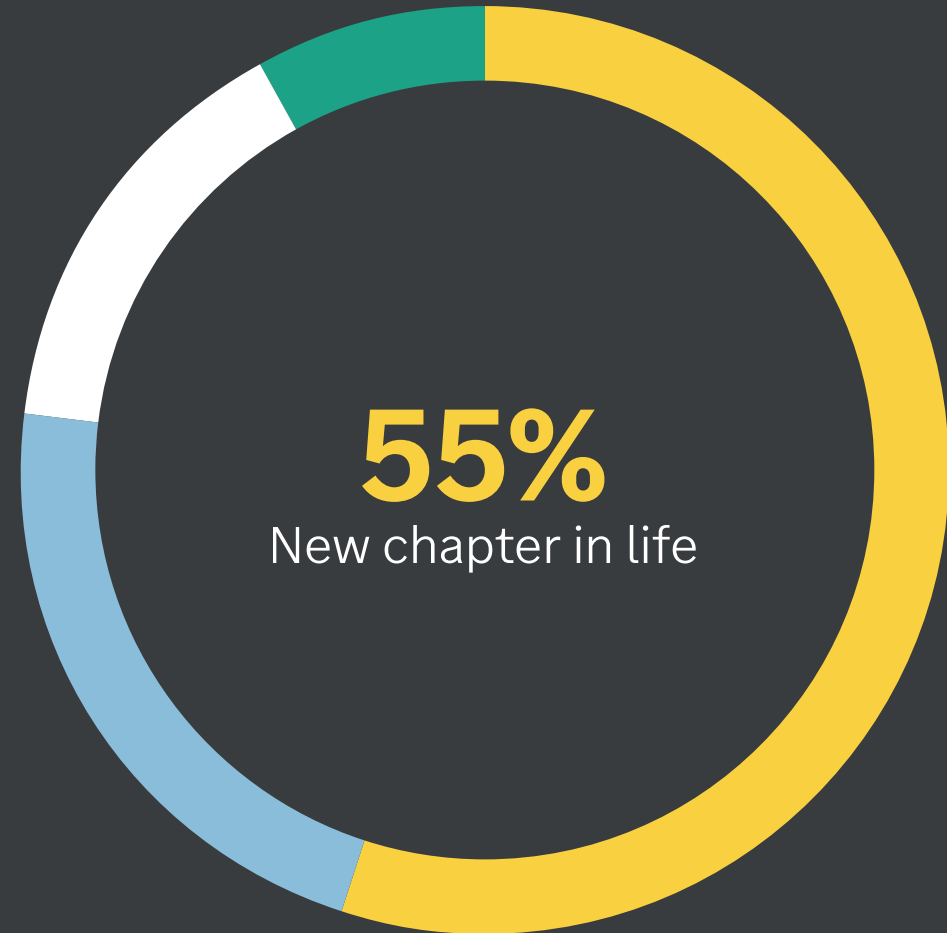
Time for rest and relaxation

15%

Continuation of what life was

8%

Beginning of the end



Source: Edward Jones/Age Wave, *The Four Pillars of the New Retirement*, 2020 (Base: U.S. retirees).

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The **Four Pillars** of the New Retirement



Health



Family



Purpose



Finances

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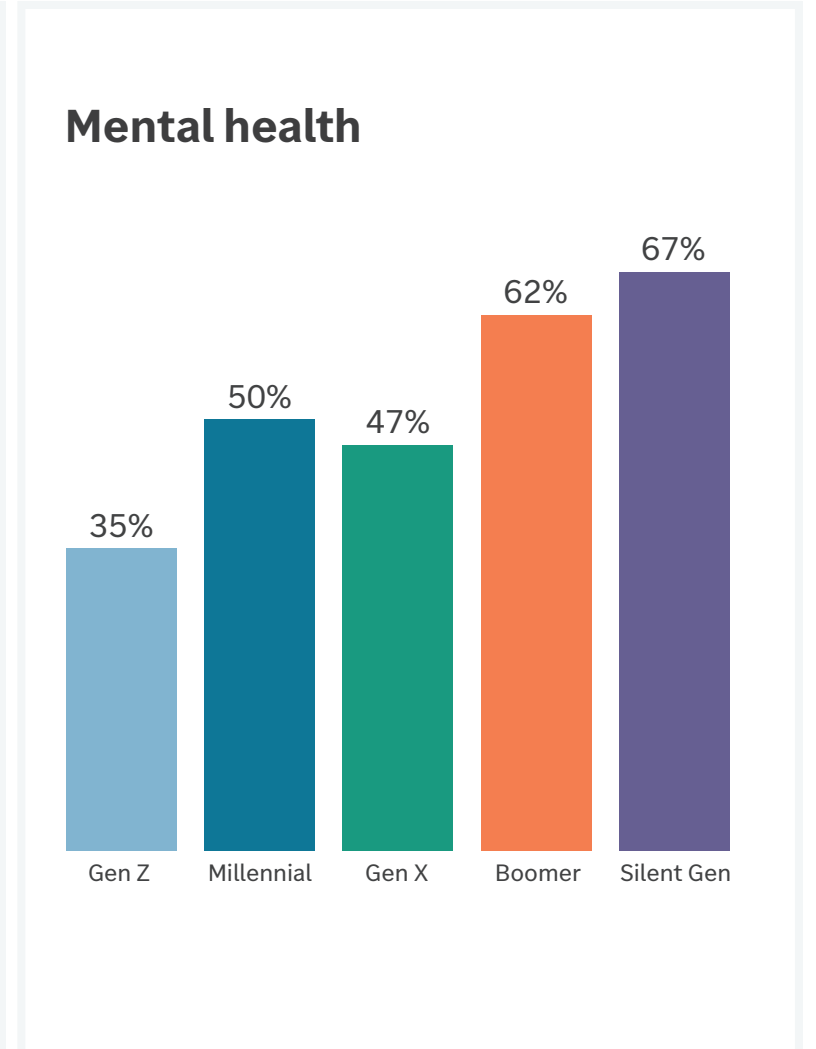
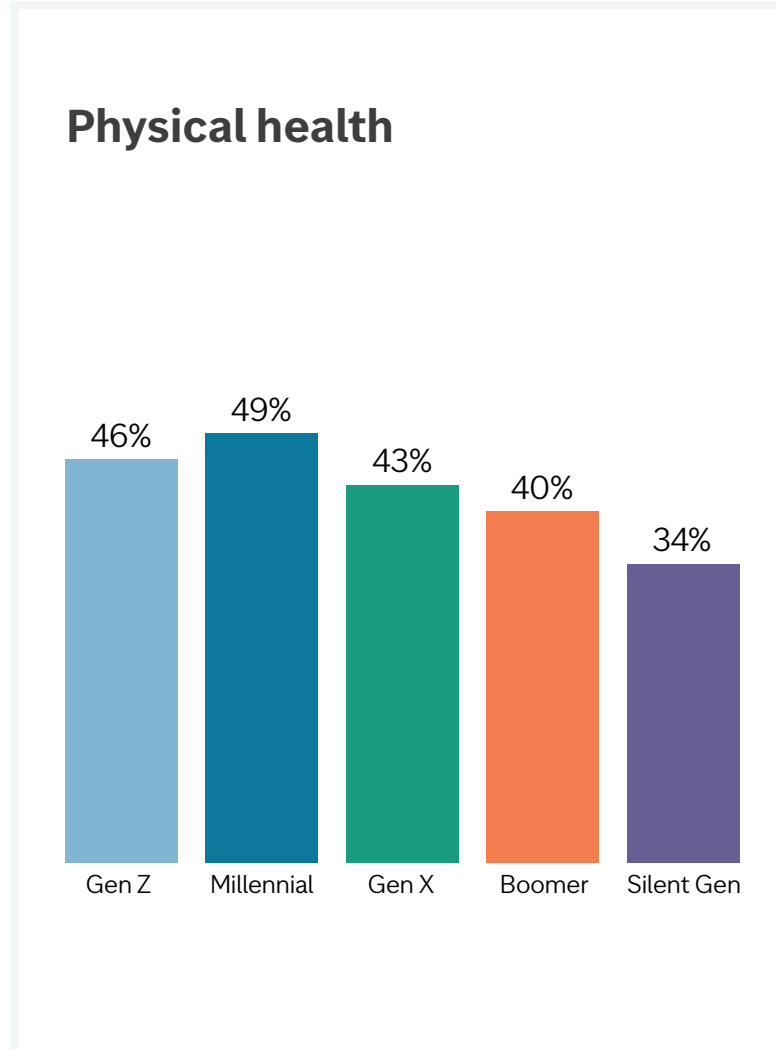
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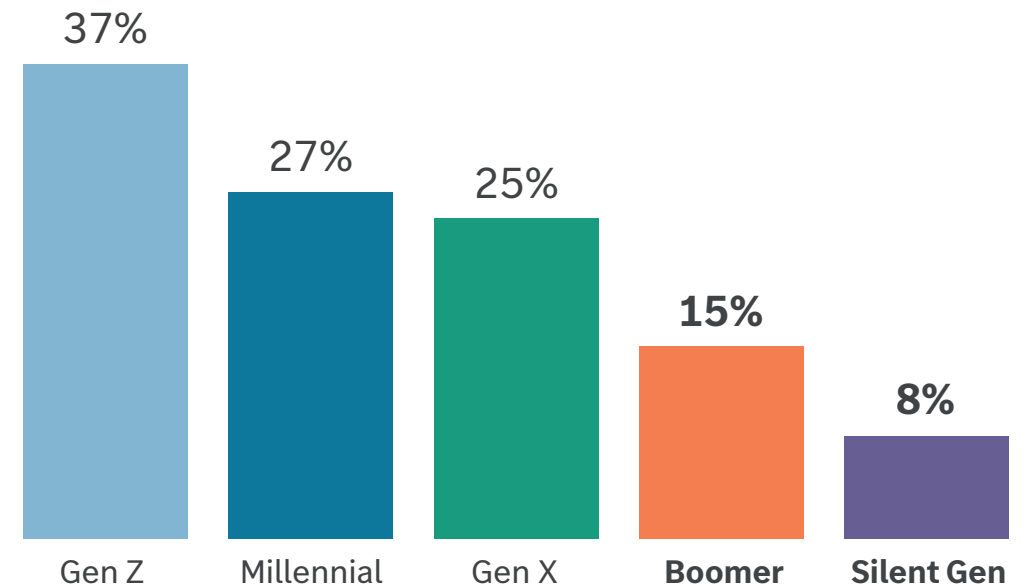
Physical health usually declines with age, but for many, **mental health** rises



Source: Edward Jones/Age Wave, *The Four Pillars of the New Retirement*, 2020
[Base: U.S. adults by generation: Gen Z (18-23), Millennial (24-39), Gen X (40-55), Boomer (56-74), Silent Gen (75+)].

Older generations
have suffered far fewer
mental health declines
since COVID-19

Percent who have suffered mental health declines since COVID-19 pandemic



Source: Edward Jones/Age Wave, *The Four Pillars of the New Retirement*, 2020
[Base: U.S. adults by generation: Gen Z (18-23), Millennial (24-39), Gen X (40-55), Boomer (56-74), Silent Gen (75+)].

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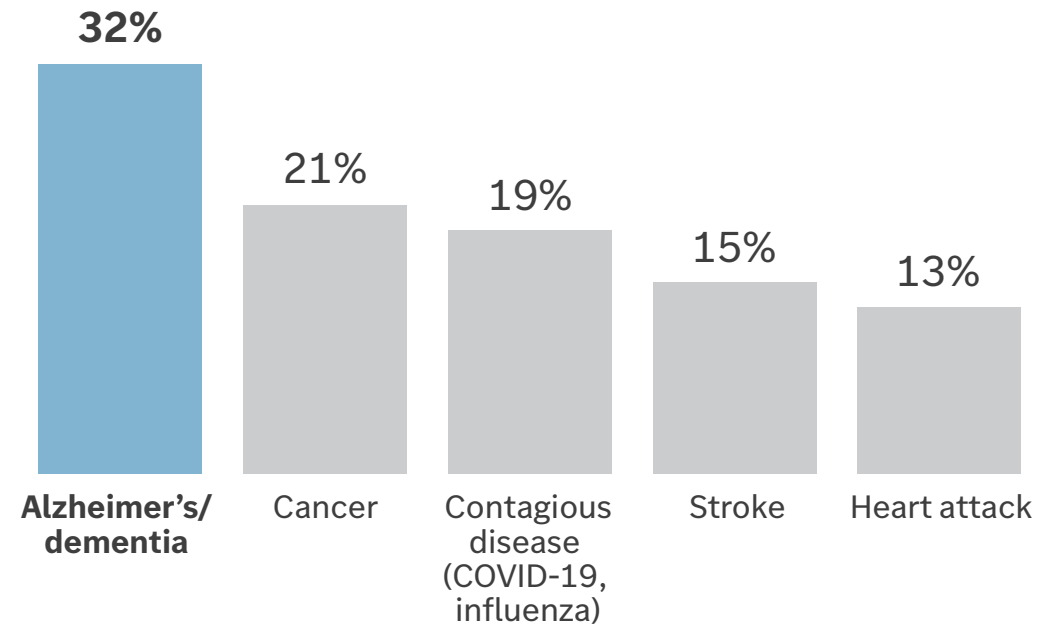
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Even during the pandemic,
Alzheimer's was more feared
than COVID-19 and other
life-threatening diseases

Retirees' most feared condition of later life



Source: Edward Jones/Age Wave, *The Four Pillars of the New Retirement*, 2020 (Base: U.S. retirees).

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Our health spans do not match our life spans

10 years: the average number of years most Americans live in poor health



Source: US Burden of Disease Collaborators, "The State of US Health, 1990-2016: Burden of Diseases, Injuries, and Risk Factors Among US States." *JAMA*, 2018.

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| OVERVIEW | HEALTH | FAMILY | PURPOSE | FINANCES | SUMMARY |
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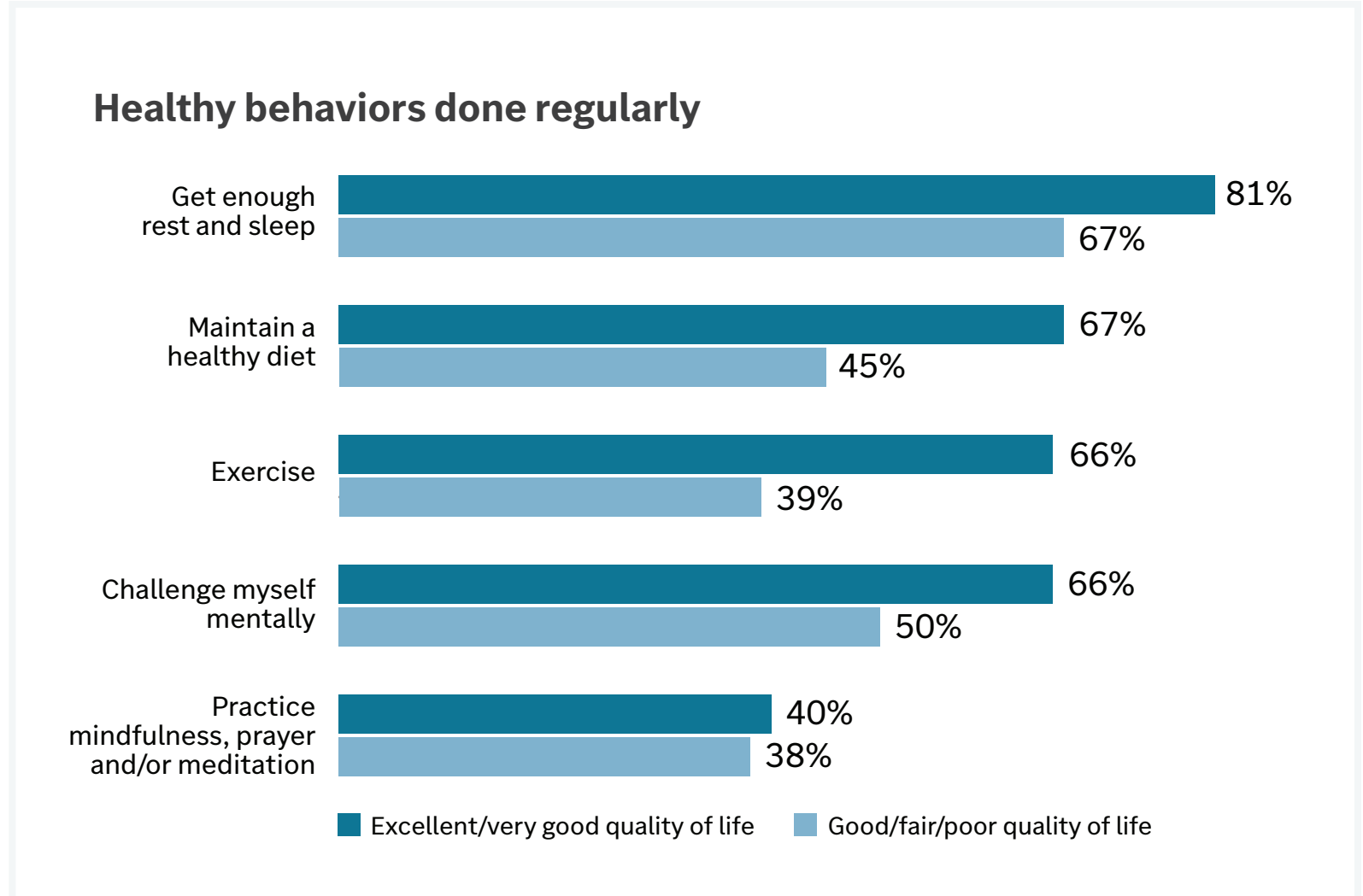
93% of retirees say
it's **never too late to**
improve your health



Source: Edward Jones/Age Wave, *The Four Pillars of the New Retirement*, 2020 (Base: U.S. retirees).

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Retirees with **high quality of life** more actively maintain their health



Source: Edward Jones/Age Wave, *The Four Pillars of the New Retirement*, 2020
(Base: U.S. retirees by self-graded quality of life).

Family

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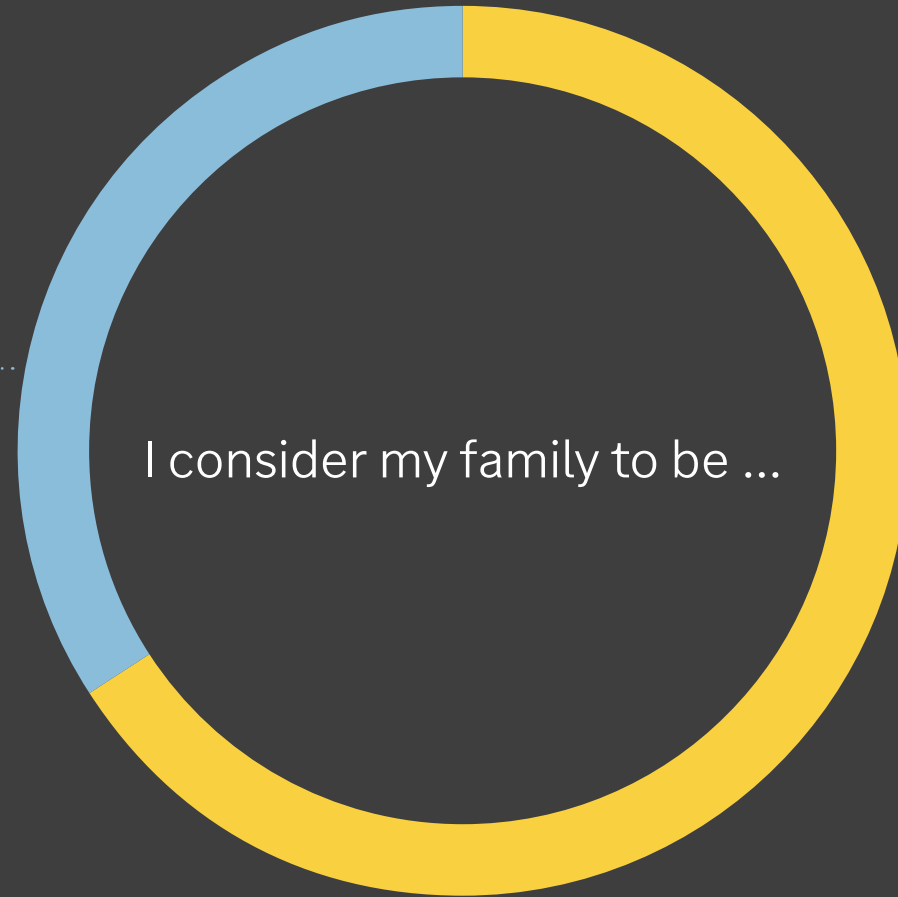
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Who is **family**?

34%

Only the people who are related to me by blood, marriage or legal adoption



66%

Anyone I love and care for whether or not I am related to them by blood, marriage or legal adoption

Source: Edward Jones/Age Wave, *The Four Pillars of the New Retirement*, 2020 (Base: U.S. adults).

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“Positive, meaningful and supportive relationships with family and friends are critical to quality of life and health in retirement.”

Linda Fried, M.D., MPH, Dean
Mailman School of Public Health, Columbia University

*Approved for use by the office of Dr. Linda Fried on July 24, 2024.



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Retirees may put **family first** at the expense of their future security

No **29%**



Yes **71%**

Source: Edward Jones/Age Wave, *The Four Pillars of the New Retirement*, 2020 (Base: U.S. retirees aged 50+).

72% of retirees say that one of their biggest fears is **becoming a financial burden on their families**



Source: Edward Jones/Age Wave, *The Four Pillars of the New Retirement*, 2020 (Base: U.S. retirees).

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67% of Americans
say the pandemic
**brought their families
closer together**



Source: Edward Jones/Age Wave, *The Four Pillars of the New Retirement*, 2020 (Base: U.S. adults).

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COVID-19 prompted almost 30 million Americans to have **end-of-life discussions** for the first time



Source: Edward Jones/Age Wave, *The Four Pillars of the New Retirement*, 2020.

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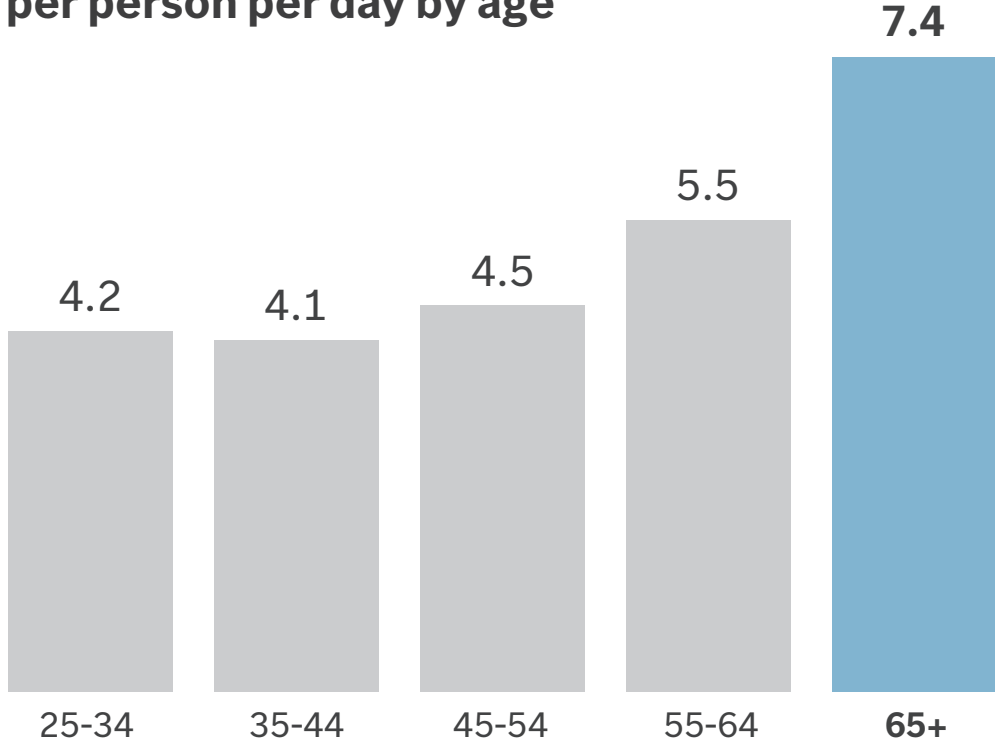
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Retirees are faced with a new challenge/opportunity: **time affluence**

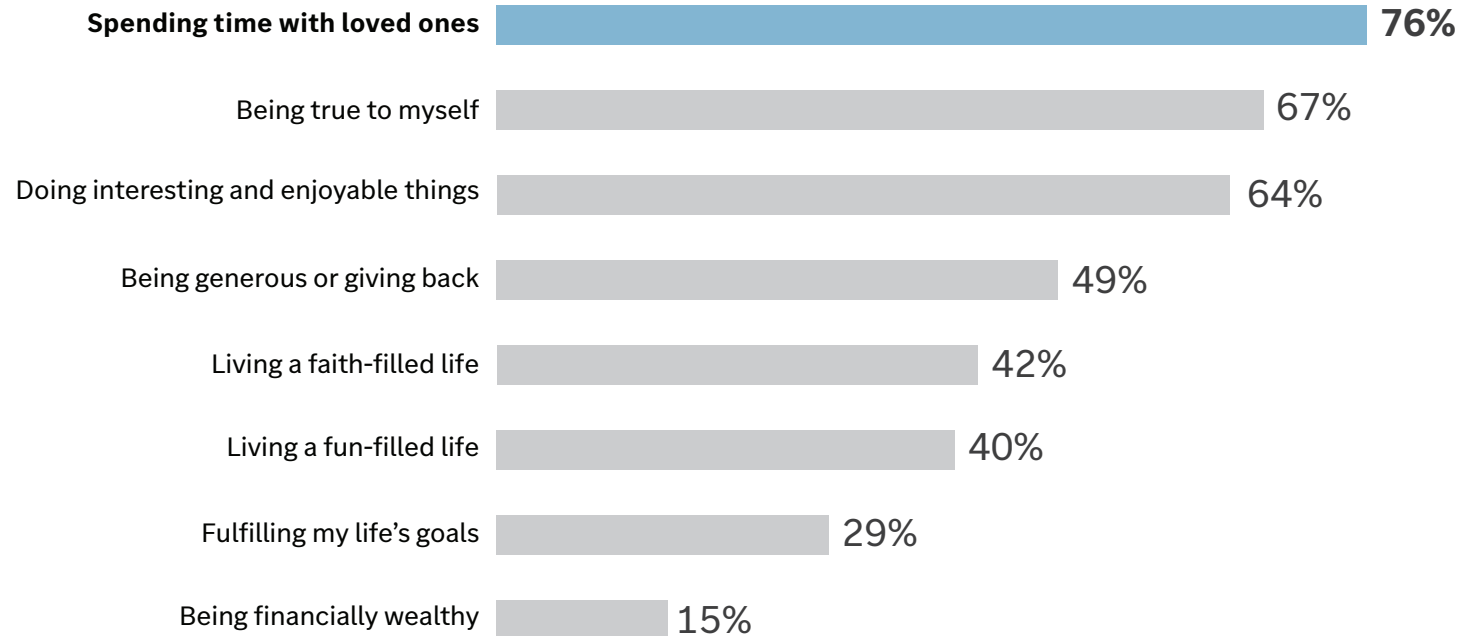
Average hours of free time per person per day by age



Source: Edward Jones/Age Wave, *The Four Pillars of the New Retirement*, 2020
[Base: U.S. adults by generation: Gen Z (18-23), Millennial (24-39), Gen X (40-55), Boomer (56-74), Silent Gen (75+)].

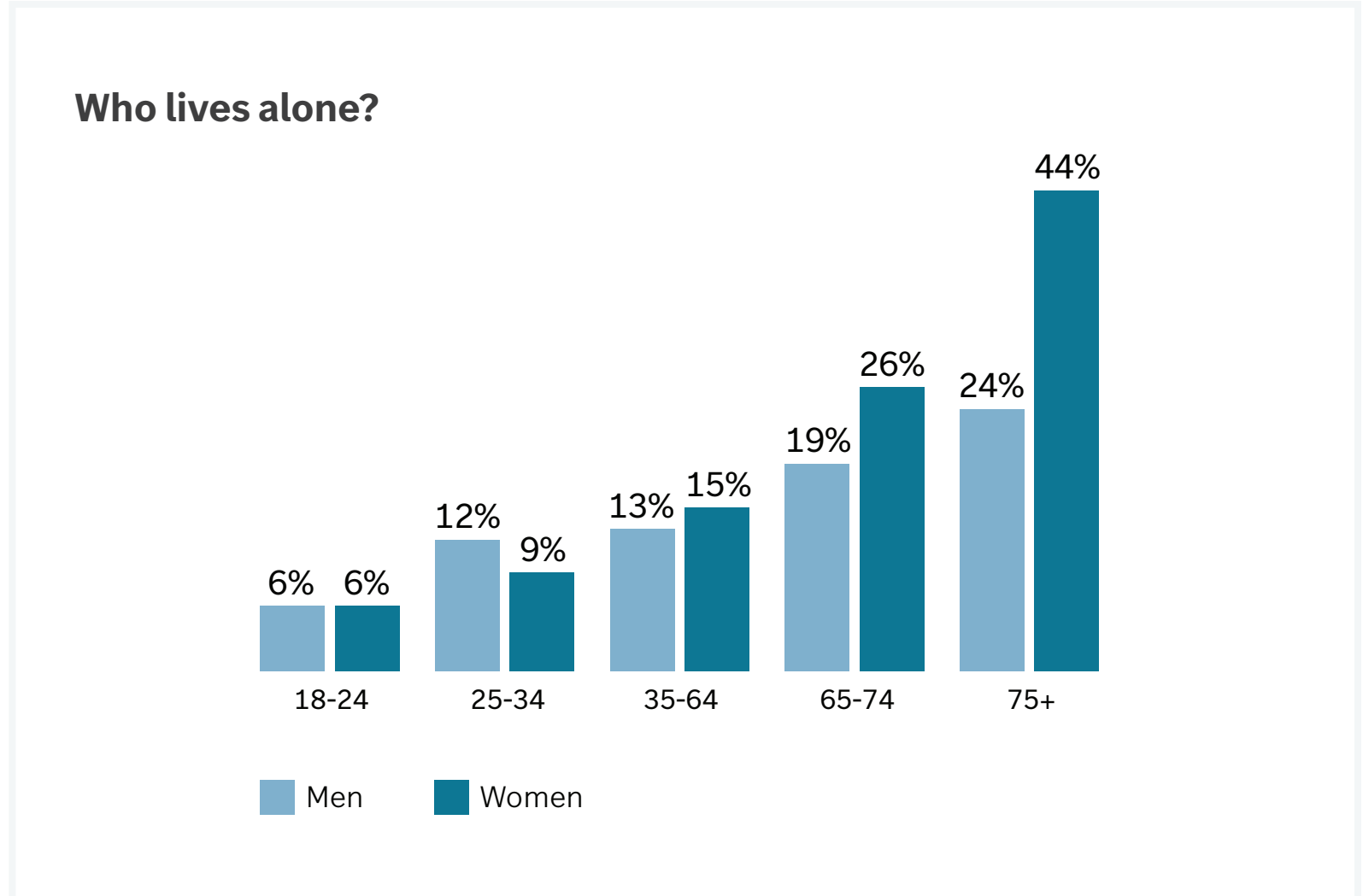
Retirees derive the greatest sense of purpose from time with loved ones

Personal sources of purpose, meaning and fulfillment



Source: Edward Jones/Age Wave, *The Four Pillars of the New Retirement*, 2020 (Base: U.S. retirees).

As we age, the health threat of **isolation** becomes a greater risk, particularly for women



Source: Edward Jones/Age Wave, *The Four Pillars of the New Retirement*, 2020
(Base: U.S. retirees by self-graded quality of life).

Many retirees say they are struggling to **find a sense of purpose** postwork



Source: Edward Jones/Age Wave, *The Four Pillars of the New Retirement*, 2020 (Base: U.S. retirees retired less than 5 years).

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89% of Americans feel there should be more ways for retirees to use their **talents and knowledge** for the benefit of their communities and society



Source: Edward Jones/Age Wave, *The Four Pillars of the New Retirement*, 2020 (Base: U.S. adults).

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In retirement, money means **freedom and security**

46%

Provide security
for the unexpected



45%

Give me the freedom
to live how I want

6%

Allow me to buy or
experience nice things

3%

Other

Source: Edward Jones/Age Wave, *The Four Pillars of the New Retirement*, 2020 (Base: U.S. retirees).

Before COVID-19:

A quarter of working Americans were on track with retirement savings

During COVID-19:

20 million Americans stopped contributing to retirement savings



Source: Federal Reserve, *Report on the Economic Well-Being of U.S. Households in 2018*, May 2019.

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84% of those with a financial advisor say their financial advisor gave them a greater **sense of comfort** about their finances during the pandemic



Source: Edward Jones/Age Wave, *The Four Pillars of the New Retirement*, 2020 (Base: U.S. adults with a financial advisor).

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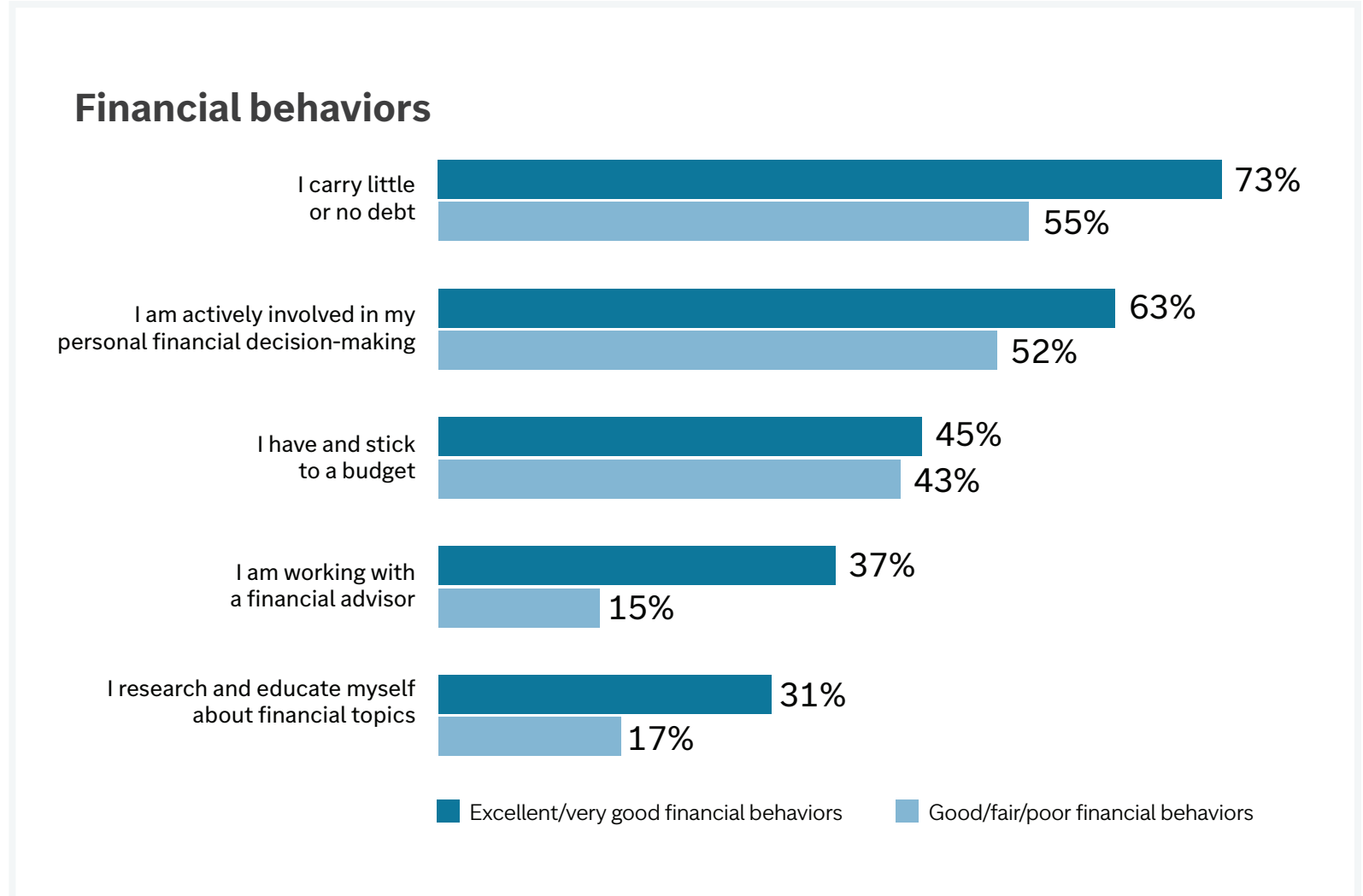
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Retirees with **high quality of life** are more actively involved with finances



Source: Edward Jones/Age Wave, *The Four Pillars of the New Retirement*, 2020
(Base: U.S. retirees by self-graded quality of life).

Sage guidance for living well in retirement



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How to live your **best years in retirement**

1st

Work to strengthen each of the Four Pillars in unison

2nd

Check your action/inaction gap

3rd

Ask for help and advice

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Thank you for attending!

Please contact me with any questions or
to make an appointment.



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Thank you!
Any questions?

