

When Will You Need the Most Income?

Research shows that many retirees spend the most money in the early years of retirement. Consider how your spending patterns may change as you move through the different phases of retirement.

THE EARLY YEARS: "Go-Go Years"	THE MIDDLE YEARS: "Slow-Go Years"	THE LATER YEARS: "No-Go Years"
Income need: HIGH	Income need: MODERATE	Income need: LOW
Typically the most active: <ul style="list-style-type: none"> • Travel • Vacation home or home improvements • Grandchildren 	Typically slowing down: <ul style="list-style-type: none"> • Less travel • Downsizing 	Typically the least active: <ul style="list-style-type: none"> • Stay close to home • Not as much entertainment

Total annual expenditures by age

Annual Spending	Age 65-74	Age 75+	% Change 65-75+
	\$56,268	\$43,181	
Apparel & Services	\$1,460	\$842	-42%
Entertainment	3,801	1,763	-54%
Food & Alcohol	7,884	5,855	-26%
Healthcare	6,711	6,930	+3%
Housing	18,007	15,427	-14%
Transportation	8,810	5,098	-42%
Miscellaneous & Other	5,498	4,472	-19%
Personal Insurance & Other	4,097	2,794	-32%
Total Expenditures	\$56,268	\$43,181	-23%

Source: U.S. Department of Labor, Bureau of Labor Statistics, Consumer Expenditure Survey, September 2019.