

2024 PULSE OF THE AMERICAN RETIREE SURVEY

MIDLIFE RETIREMENT CRISIS: PRE-RETIREEES IN FOCUS

Critically underprepared for retirement, 55-year-old Americans enter a crucial 10-year countdown to plan and prepare

First modern generation confronting retirement without the guaranteed support of defined benefit pensions or full Social Security benefits



THE 10-YEAR COUNTDOWN

DEEP SAVINGS SHORTFALL

55-year-olds have less than \$50K saved for retirement – far less than the savings recommended for their age.

\$47,950

Median savings for 55-year-olds



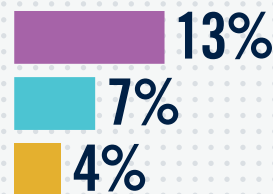
\$446,565

Prudential **recommended savings** by age 55 (based on 8 times the average U.S. salary)

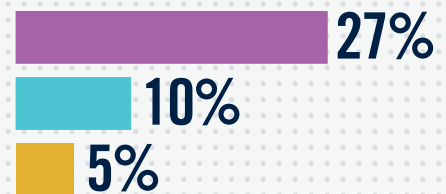
PRESSURE FROM BOTH SIDES

55-year-olds are nearly 2X as likely to be supporting parents and nearly 3X as likely to be supporting adult children.

Caregiving support to parents

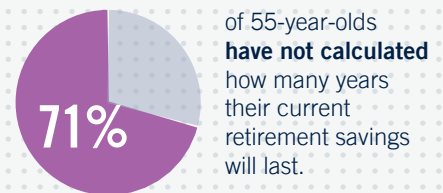
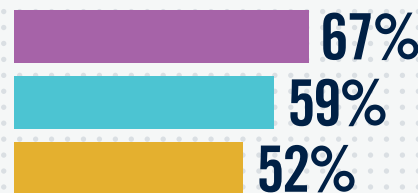


Financial support to adult children



OUTLIVING SAVINGS

A majority of all age groups, including **two-thirds** of 55-year-olds, expect to outlive their savings.



Based on a survey of 905 Americans, including:

● 55-year-olds ● 65-year-olds ● 75-year-olds



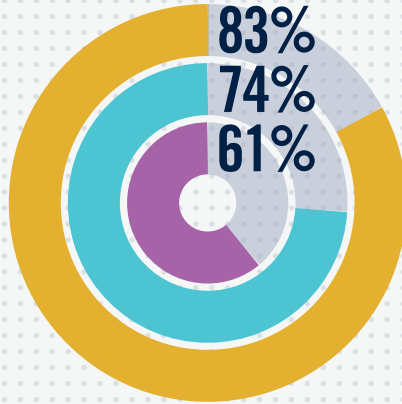
RETIREMENT FUNDING GAP

55-year-olds are

2X

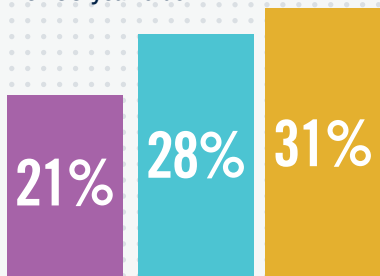
more likely to rely on employer-sponsored plans like 401(k)s as their primary funding source than 65- and 75-year-olds...

...and they are less likely to rely on Social Security.

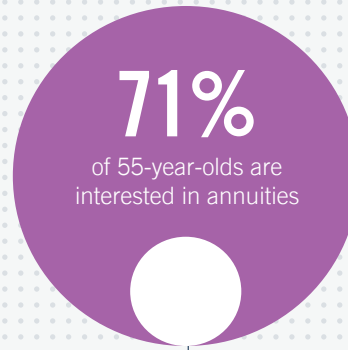


55-year-olds will reach retirement age as Social Security's trust funds risk depletion in 2035, potentially compromising full benefits support.

The use of pensions as a retirement funding source is on the decline with 55-year-olds.



UNTAPPED ANNUITIES OPPORTUNITY



but just **6%**

plan to use them in retirement

65-year-olds (11%) are

2X

and

75-year-olds (20%) are

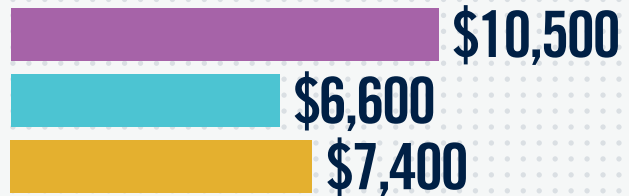
3X

more likely than 55-year-olds to use annuities.

UNSECURED DEBT BURDEN

55-year-olds face higher debt than generations before them.

Average debt by age

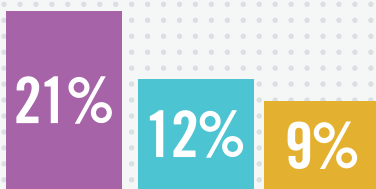


A GENERATION OF SILVER SQUATTERS

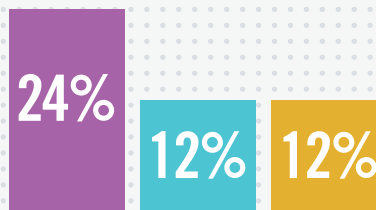
MILLENNIALS AND GEN Z WILL SOON PAY THEIR DUES ... BUT DON'T KNOW IT YET.

55-year-olds are much more likely to look to their families for support through retirement.

Housing Support



Financial Support



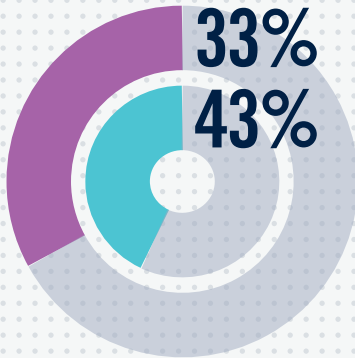
1/2

of 55-year-olds who expect support have **not** discussed it with their families yet.

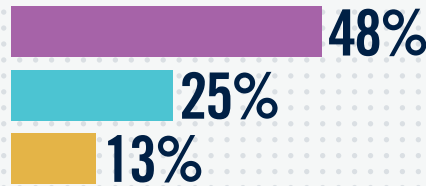


INFLATION UPENDING PLANS

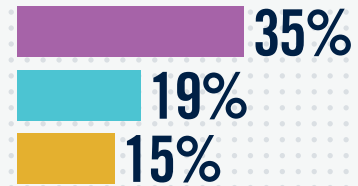
AMERICANS ARE POSTPONING RETIREMENT DUE TO INFLATION.



APPROXIMATELY HALF OF 55-YEAR-OLDS PLAN TO WORK PART-TIME IN RETIREMENT.



FACING HIGHER DAY-TO-DAY COSTS, MANY WOULD HAVE TROUBLE PUTTING TOGETHER \$400 IN A MONTH FOR AN EMERGENCY.



WOMEN ARE MOST VULNERABLE TO RETIREMENT INSECURITY

Women have

1/3

the amount saved for retirement as men.

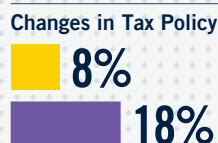
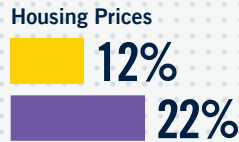
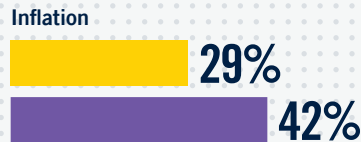
Median retirement savings

\$50K

\$157K

● Men ● Women

WOMEN ARE MORE LIKELY TO POSTPONE RETIREMENT DUE TO HURDLES, INCLUDING INFLATION.



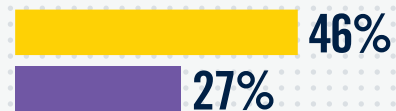
RETIRED WOMEN ARE MORE CONCERNED ABOUT UNEXPECTED EXPENSES DEPLETING THEIR FUNDS COMPARED TO RETIRED MEN.



WOMEN ARE MUCH MORE STRESSED ABOUT THE WELLBEING OF CHILDREN OR FAMILY.



MEN ARE MORE LIKELY TO SAY THEY ARE LOOKING FORWARD TO RETIREMENT AND HAVE MORE PLANS.





RETIREMENT STRESS JEOPARDIZING MENTAL HEALTH

55-YEAR-OLDS ARE THE LEAST SATISFIED WITH LIFE AND RELATIONSHIPS...

Overall, how satisfied are you with... (1-10 scale)

Life



Relationships



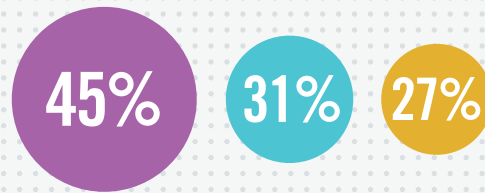
...AND ARE MORE LIKELY TO STRUGGLE EMOTIONALLY HEADING INTO THEIR RETIREMENT YEARS.

Percentage of people struggling to maintain...

Mental health



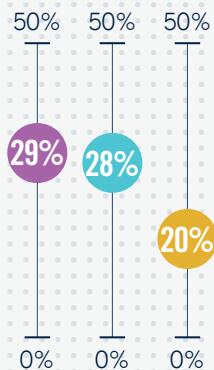
Relationships



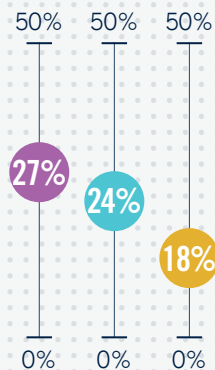
MEANWHILE, OLDER GENERATIONS DEFY PREVAILING SENTIMENT ABOUT OLD AGE AND REGRET, LONELINESS, AND LOSS OF PURPOSE.

What concerns you about life in retirement?

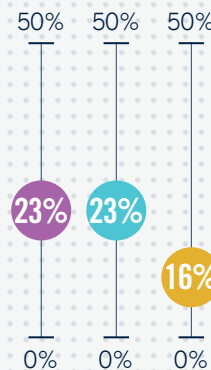
Regret for paths not taken



Loneliness

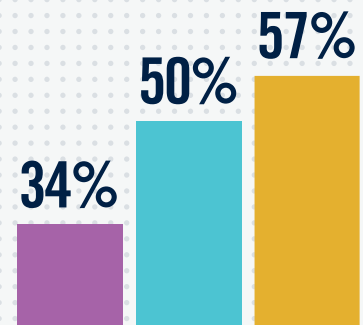


Loss of purpose



FINANCIAL SECURITY PLAYS A CENTRAL ROLE IN EMOTIONAL WELL-BEING.

Yet, 55-year-olds are least likely to prioritize keeping finances in order as a way to care for their mental health.



METHODOLOGY

The second installment of Prudential Financial, Inc.'s Pulse of the American Retiree Survey was conducted from April 26 – May 3, 2024 among a sample of 905 U.S. adults age 55 (n=300), age 65 (n=303) and age 75 (n=302).

The interviews were conducted online.

Percentages may not total to 100% due to rounding or multiple choices.