How to plan for your Retirement

Start saving now to build up your retirement funds to fully enjoy your golden years.

6 months worth of income emergency fund for retirement to anticipate possible expenses

Save up for years so you can make **70-90%** of your old salary annually

Pay any debt there is and avoid acquiring more

28.6% Increase in total debt held by Americans between age 50-80 since 2003

The bigger the interest rate is, the more you should pay your debt first.

28/36 RULE
- 28% of pre-tax household income should go to servicing home debt
- 36% should go to all your debts
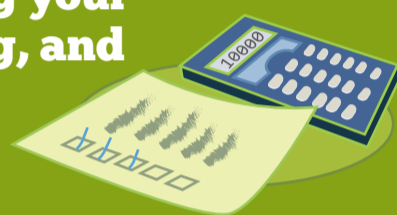
Spend less than what you earn

Plan to **save around 8x your final income** by retirement

Starting in your 20s, try to set aside **10-15% of your income for retirement savings**

Start managing your assets, nest egg, and investments

401(k) retirement savings plan sponsored by an employer in which you can save and invest from your paycheck before taxes are taken out

Individual Retirement Account (IRA) a savings account that allows substantial tax breaks, making it an ideal option to save money for retirement.

10% of your income every year should go to your 401(k) or IRA account

Start planning for long term care

Median Annual Rates as of 2016:

7 in 10 Americans will need long term care once they reach 65 years old and above. It's important to have a plan for the costs of your future needs.

Homemaker services:
$45,760

Home Health Aide:
$46,332

Adult Day Health Care:
$17,680

Assisted Living Facility
$43,539

Semi-Private Nursing Home:
$82,125

Private Nursing Home:
$92,378

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