

Planning For Your Future

How To Thrive After Retirement

(NAPS)—Retirement planning is a phrase that's rapidly developing a new meaning. According to the U.S. Census Bureau, men and women who reach the age of 65 can expect to live another 16 years and 19.2 years, respectively.

That's both good and bad news.

It's good that advances in science and medicine have increased our longevity, but this also increases the chance that we will develop a chronic condition that leads to frailty as we age. It also means that we will have to plan more carefully for paying for care and assistance should we become ill and frail.

Aging In Place

Most people prefer to remain in their own home as they age. With proper home care support, it is quite possible to avoid admission to a nursing home. However, there are situations in which residence in a quality nursing home is the best alternative.

The question many people have to ask themselves is how they plan to pay for their care, which runs an average of \$16 an hour for home care services, and \$55,000 a year for nursing home care.

To help in this planning, the first in a series of booklets, called *Retirement Planning Reimagined*, has been written for the MetLife Mature Market Institute by E. Craig MacBean, a retirement planning specialist. This booklet, based on the book *Thriving After 55: Your Guide to Fully Living the Rest of Your Life*, by MacBean and Henry C. Simmons, Ph.D, introduces and discusses the concept of retirement and planning for old age from a new and interesting perspective.

Retirement Planning

Reimagined



What Are We
Really Planning For?

Mature Market Institute 

A PLAN TO THRIVE no matter what path life may take is discussed in a free new booklet.

The three key questions that are posed are: *Where will you live? How will you pay for it? and How will you live?*

Retirement Planning Reimagined points out that in old age we can still cultivate new friendships and interests, as well as maintain the familiar. This can be done if we have not only a financial plan, but also a plan for thriving no matter what path life may take.

Free Booklet

The booklet, *Retirement Planning Reimagined* is available by writing to MetLife Mature Market Institute, 57 Greens Farm Rd., Westport, CT 06880 or MatureMarketInstitute@Metlife.com.