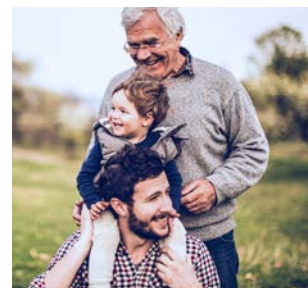
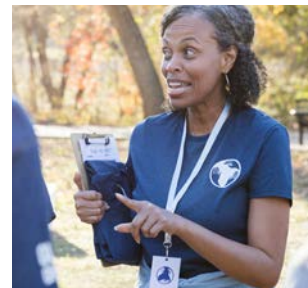




# The Four Pillars of the New Retirement

An Edward Jones and Age Wave thought leadership study



# A new definition of retirement

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

22%

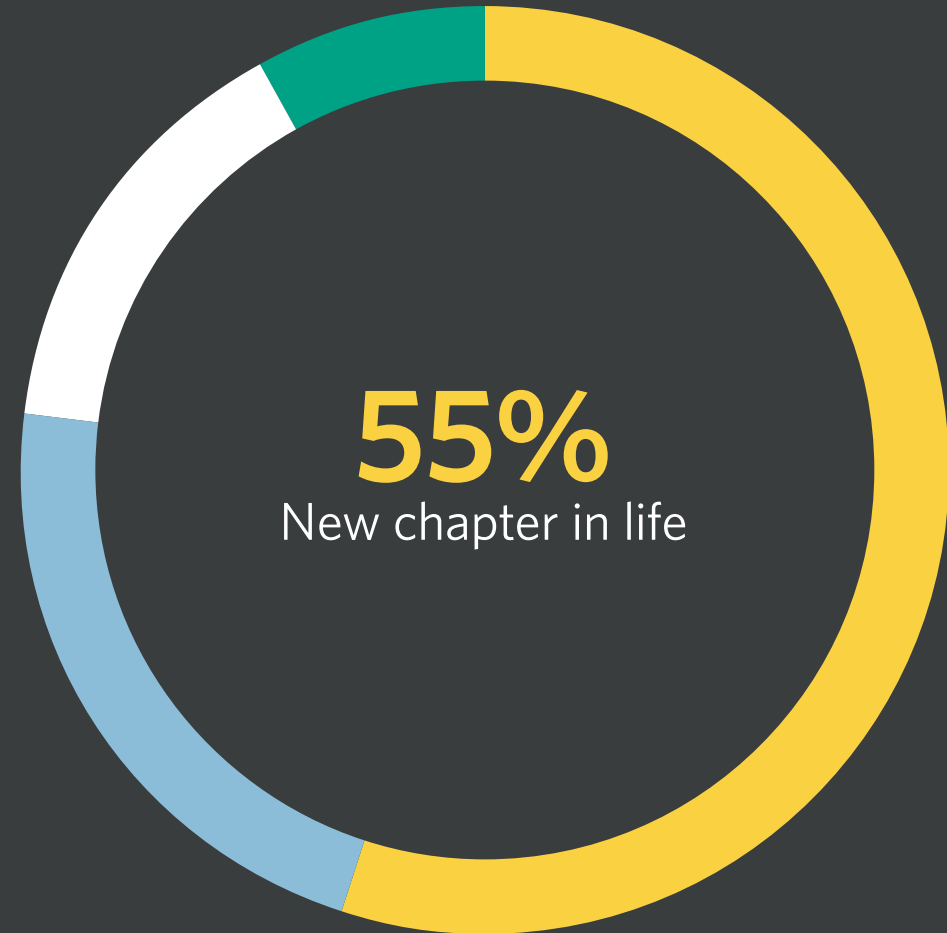
Time for rest and relaxation

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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# Health

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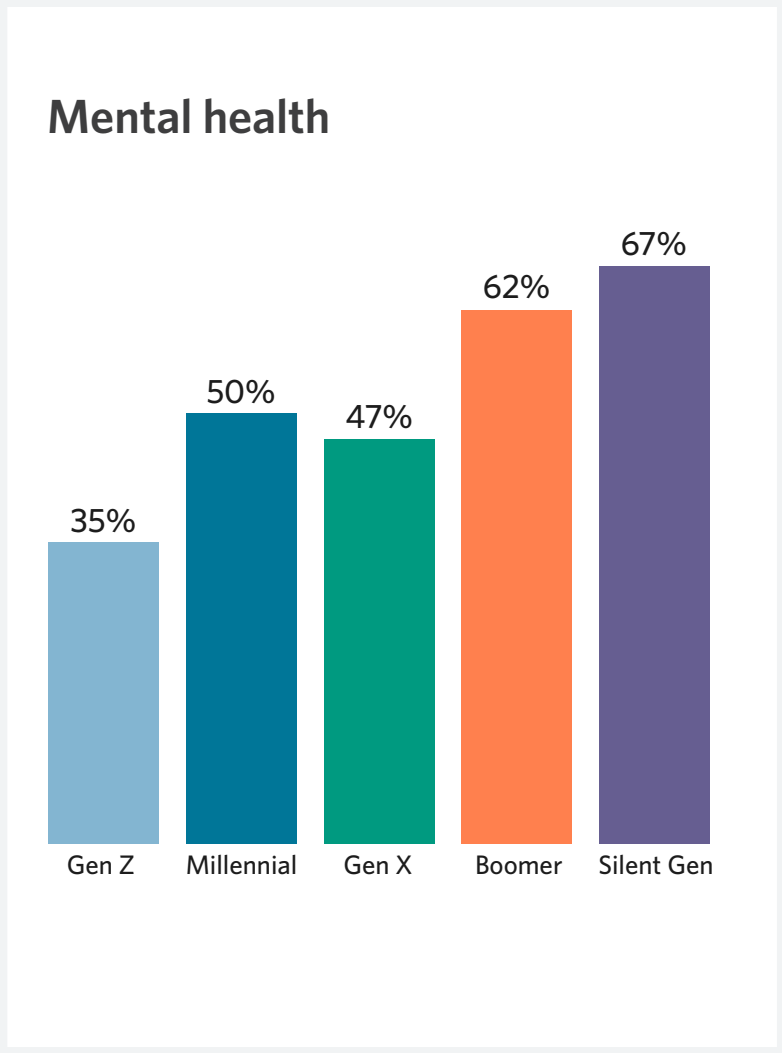
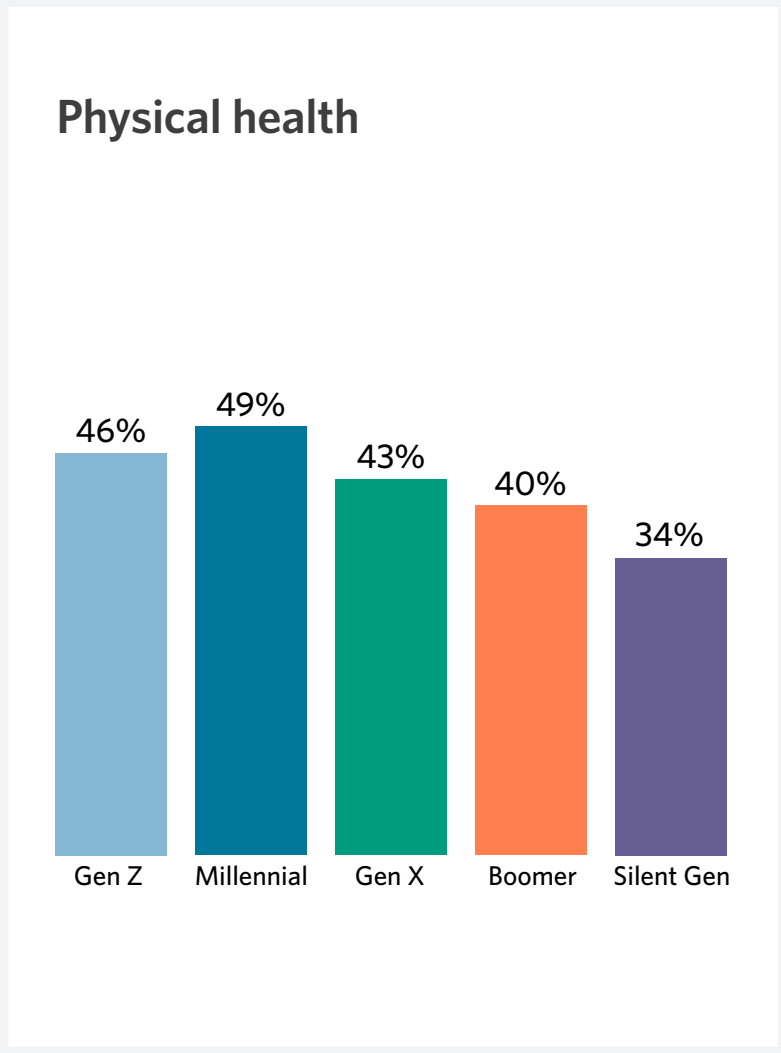
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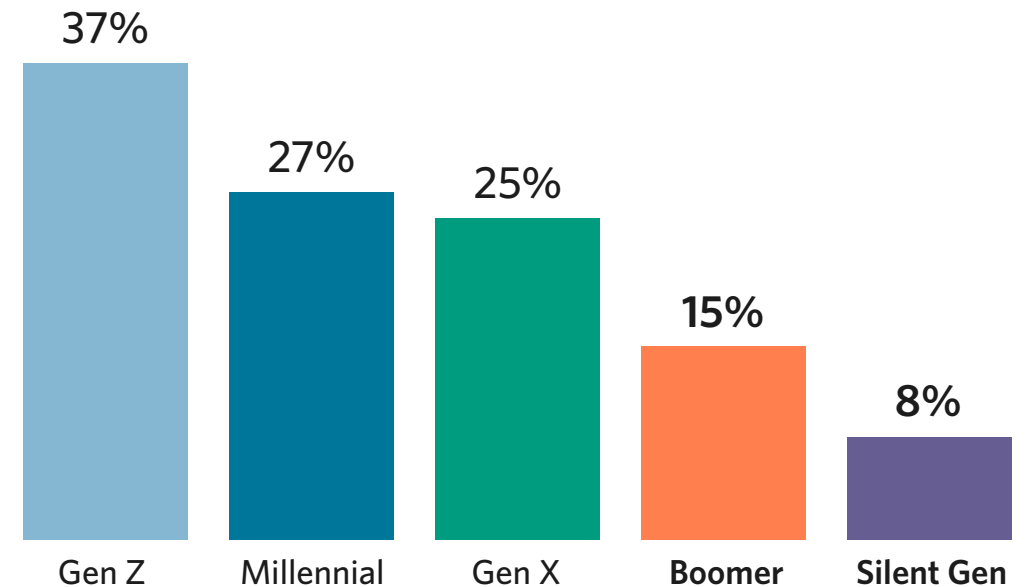
Physical health usually declines with age, but for many, **mental health** rises



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  
because of 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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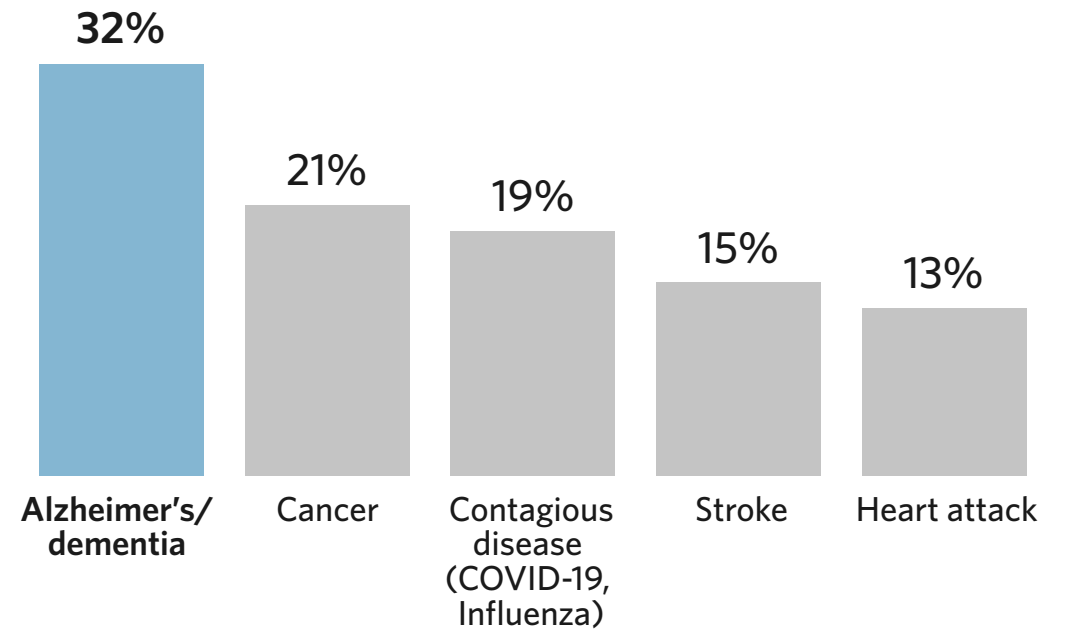
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Even during the pandemic,  
**Alzheimer's is more feared**  
**than COVID-19** and other  
life-threatening diseases

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

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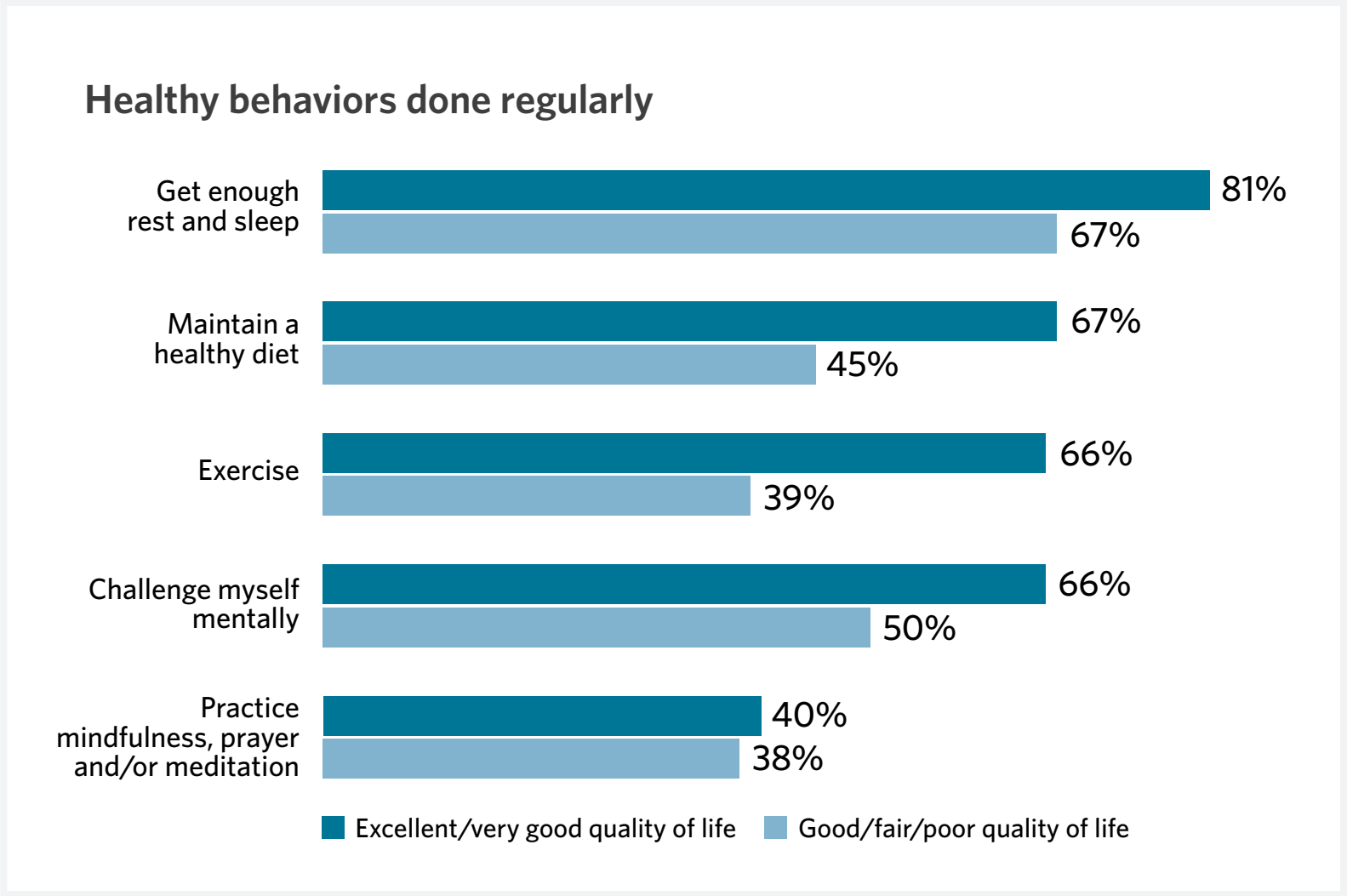
93% of retirees say  
it's **never too late to  
improve your health**



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

OVERVIEW	HEALTH	FAMILY	PURPOSE	FINANCES	SUMMARY
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# Retirees with **high quality of life** more actively maintain their health



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

# Family

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# Who is **family**?

34%

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



I consider my family to be ...

66%

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

Source: The Edward Jones and Age Wave Thought Leadership Study, The Four Pillars of the New Retirement, 2020 (Base: U.S. adults)



**“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



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

No **29%**



Yes **71%**

Source: The Edward Jones and Age Wave Thought Leadership Study, *The Four Pillars of the New Retirement*, 2020 (Base: U.S. retirees ages 50+)

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

Source: The Edward Jones and Age Wave Thought Leadership Study,  
*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: The Edward Jones and Age Wave Thought Leadership Study, *The Four Pillars of the New Retirement*, 2020

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# Purpose

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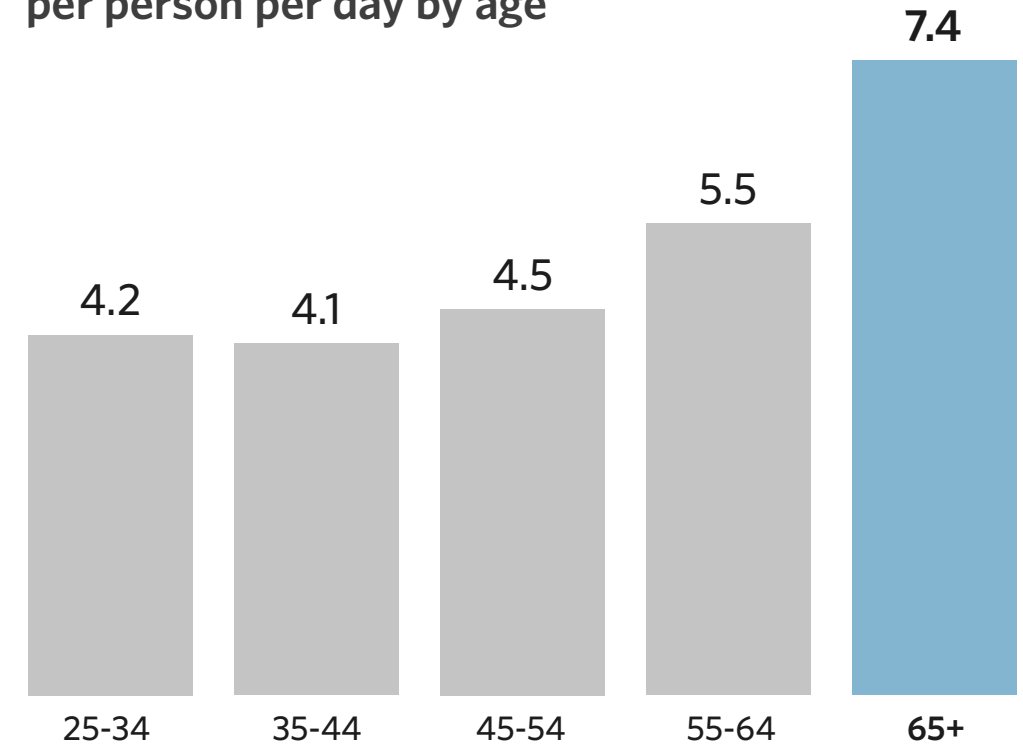
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Retirees are faced with a new challenge/opportunity:  
**time affluence**

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+))

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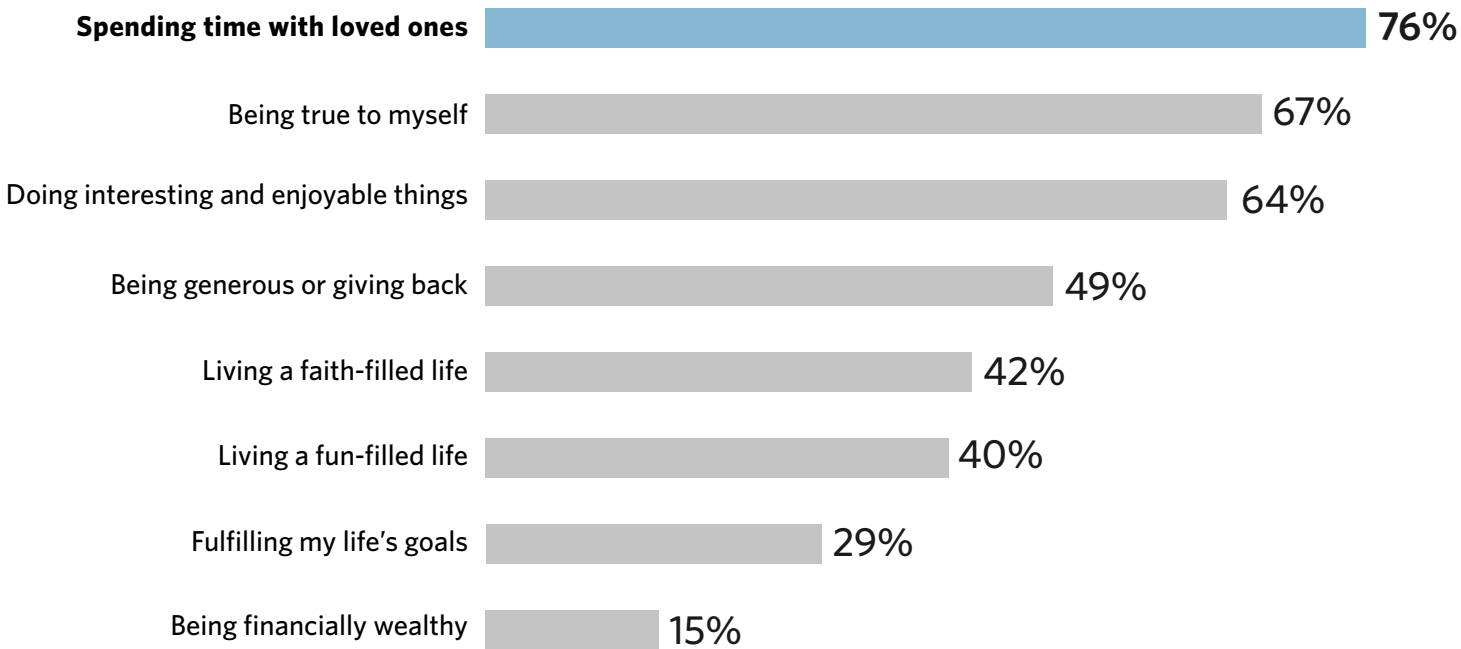
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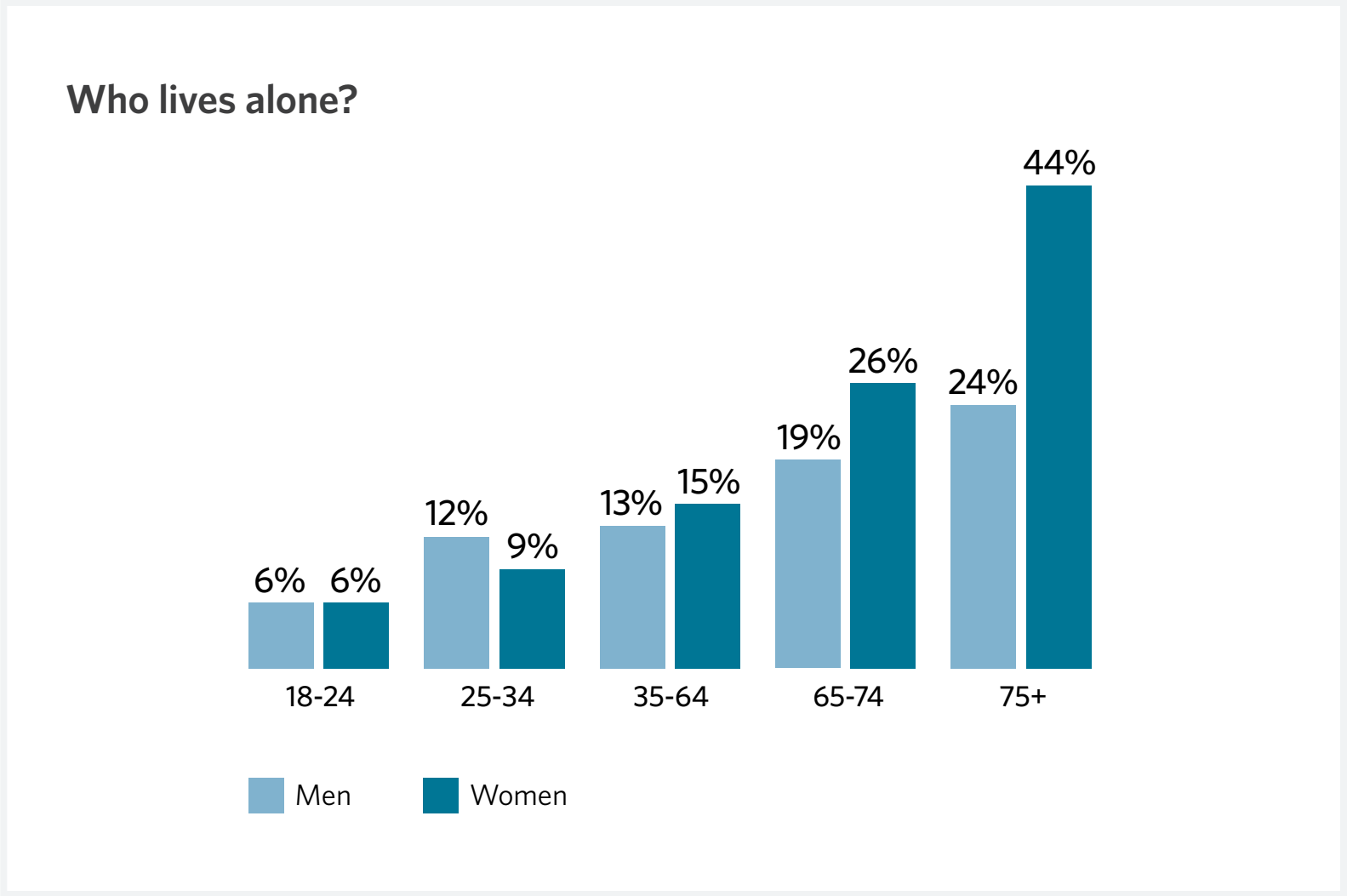
Retirees derive the greatest sense of purpose from **time with loved ones**

Personal sources of purpose, meaning and fulfillment



Source: The Edward Jones and Age Wave Thought Leadership Study, 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: The Edward Jones and Age Wave Thought Leadership Study, *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** post-work

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

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An elderly couple is shown in a kitchen setting. The man, with white hair and wearing a blue button-down shirt under a dark blue cardigan, stands behind the woman. The woman, also with white hair and wearing glasses, a light blue button-down shirt over a white top, and a dark necklace, is seated at a white table. She is smiling and looking at a laptop screen. The man is leaning over her shoulder, also smiling and looking at the screen. On the table, there is a white mug, a black calculator, and some papers. A large teal rectangle is overlaid on the left side of the image, containing the word 'Finances' in white text.

# Finances

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



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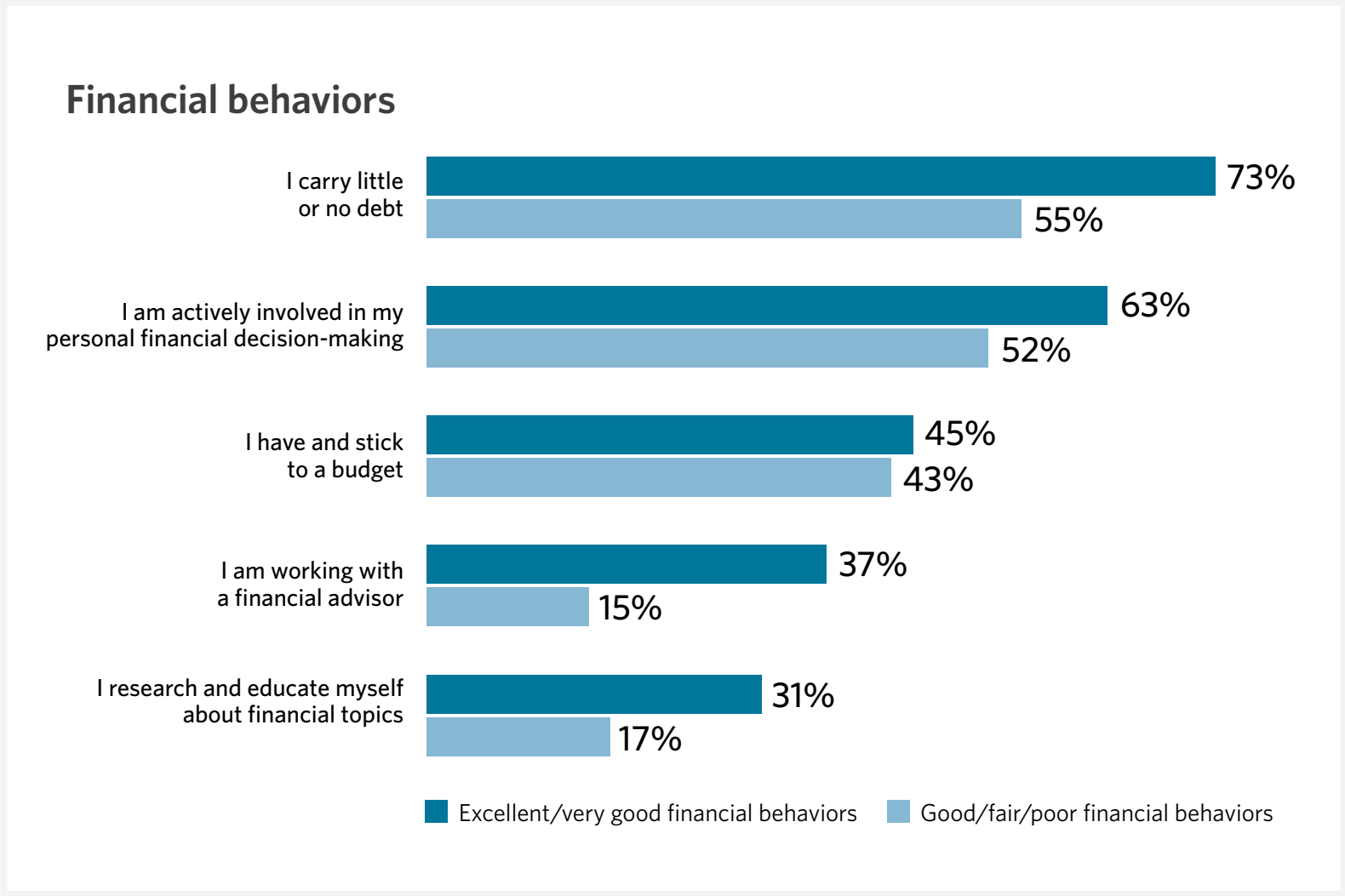
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Retirees with **high quality of life** are more actively involved with finances



Source: The Edward Jones and Age Wave Thought Leadership Study, *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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# The **Four Pillars** of the New Retirement



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Finances

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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!

## Any questions?

