

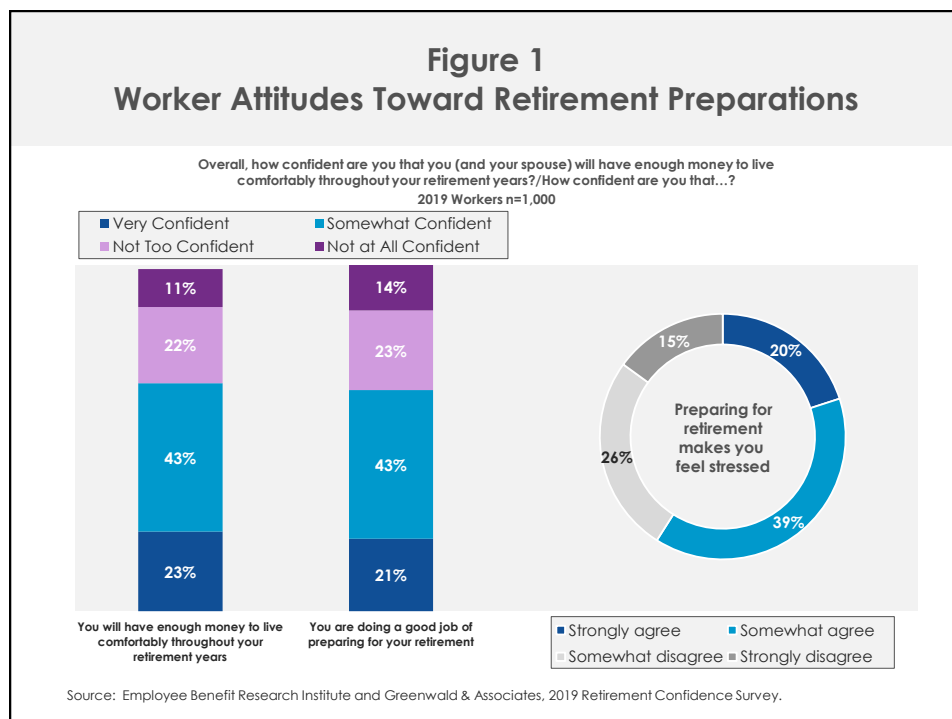
## 2019 RCS FACT SHEET #3

# Preparing for Retirement in America

Few American workers feel confident about their ability to afford a comfortable retirement. For some, preparing for retirement causes stress. Should Americans be stressed about retirement? What are they doing to prepare for retirement?

### Stress About Retirement Preparations

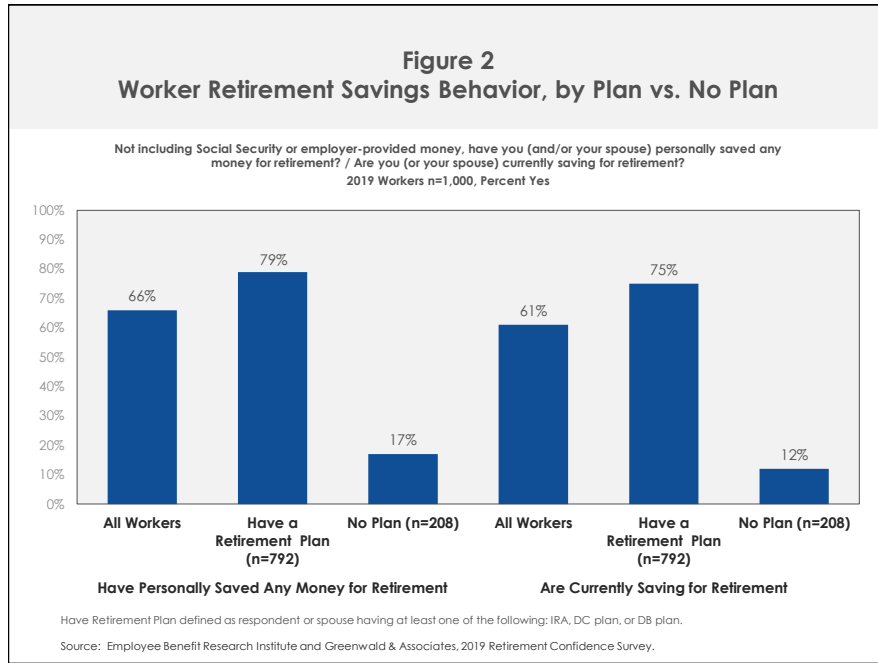
Two-thirds of American workers feel confident in their ability to live comfortably in retirement, with 23 percent who feel very confident. Similarly, 21 percent of workers feel very confident that they are doing a good job preparing for retirement, though another 43 percent feel somewhat confident. At the same time, 6 in 10 workers (59 percent) report that they either strongly or somewhat agree with the statement that preparing for retirement makes them feel stressed (Figure 1).



### Saving for Retirement

Over 6 in 10 workers (66 percent) in the 2019 Retirement Confidence Survey (RCS) report that they or their spouse have saved any money for retirement. Nearly as many (61 percent) report that they are currently saving for retirement.

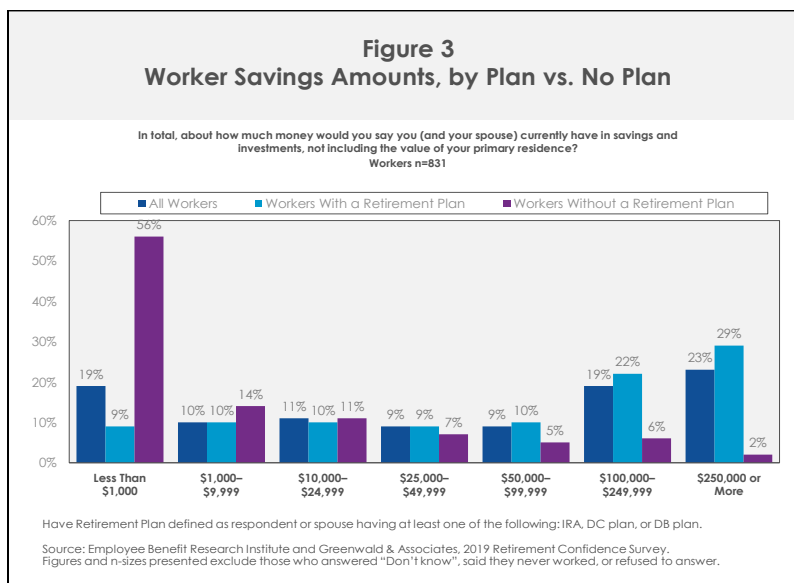
Workers who have any retirement plan are dramatically more likely than those who do not have such a plan to report they or their spouse have saved any money for retirement (79 percent vs. 17 percent), and to say they or their spouse are currently saving for retirement (75 percent vs. 12 percent among those without a plan) (Figure 2).



## How Large Is Their Nest Egg?

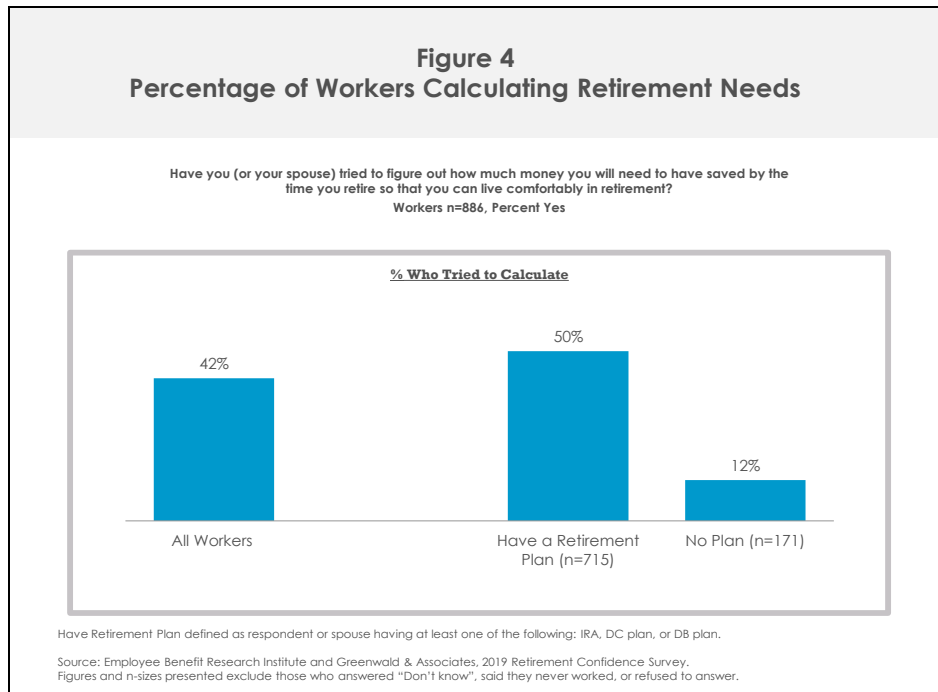
A sizable percentage of workers say they have no or very little money in savings and investments. Among RCS workers providing this type of information, 40 percent report that the total value of their household's savings and investments, excluding the value of their primary home and any DB plans, is less than \$25,000. This includes 19 percent who say they have less than \$1,000 in savings. Approximately 1 in 10 each report totals of \$25,000–\$49,999 (9 percent) and \$50,000–\$99,999 (9 percent) and 2 in 10 report having \$100,000–\$249,999 (19 percent) and \$250,000 or more (23 percent).

Workers who have a retirement plan have significantly more in savings and investments than do those without a plan. Nearly 6 in 10 workers without a retirement plan (56 percent) report having less than \$1,000 in savings and investments, compared with just 9 percent among workers with a retirement plan (Figure 3).



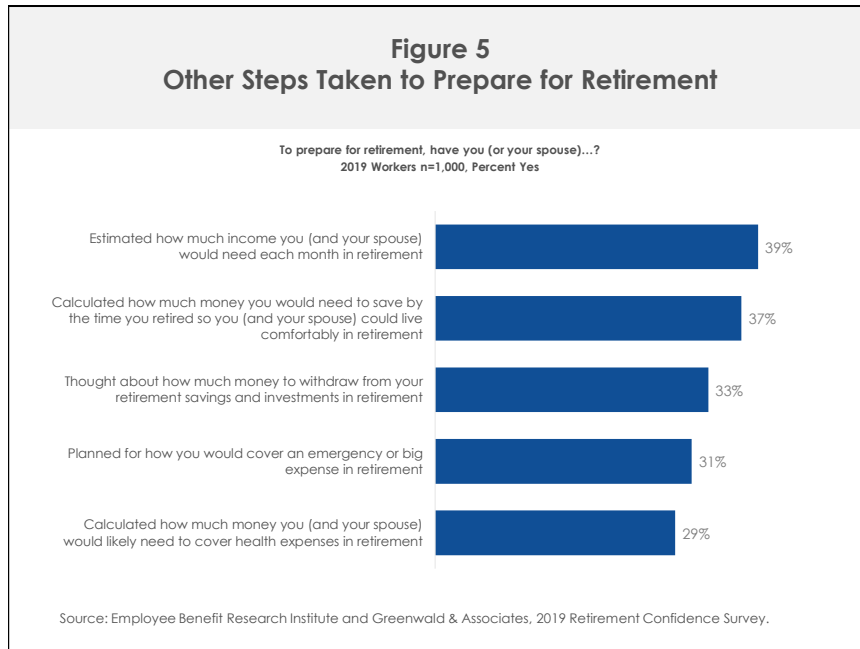
## Have They Tried to Figure Out How Much They Need?

Just 4 in 10 workers (42 percent) report they and/or their spouse have ever tried to calculate how much money they will need to have saved so that they can live comfortably in retirement. Workers reporting that they or their spouse participate in a retirement plan are significantly more likely than those who do not participate in such a plan to have tried a calculation (50 percent vs. 12 percent) (Figure 4).



## What Other Steps Have They Taken?

Some workers, but not majorities, report they have taken other steps to prepare for retirement. These include estimating how much income they would need each month in retirement (39 percent) and calculating how much money they would need to save by the time they retired so they (and their spouse) could live comfortably in retirement (37 percent). Three in ten workers have thought about how much money to withdraw from their retirement savings and investments in retirement (33 percent), planned for an emergency expense in retirement (31 percent), and have calculated how much they would likely need for retirement health expenses (29 percent) (Figure 5).



## Financial Advice

Nearly 3 in 10 workers (28 percent) report that they (and their spouse) are currently working with a professional financial advisor. In addition, a slightly greater share (33 percent) expects to work with a professional financial advisor if they are not currently working with one.

While professional advisors are one of the most used sources of information for retirement planning, workers use many different sources of information including their employer or information from their work (24 percent), family and friends (22 percent), and online calculators and planning tools (21 percent). However, 29 percent of workers say they use none of the sources offered (Figure 6).

**Figure 6**  
**Workers' Sources of Information for Retirement Planning**

Which of the following do you use as a source of information for retirement planning? *Select all that apply.*  
Workers n=1,000



Source: Employee Benefit Research Institute and Greenwald & Associates, 2019 Retirement Confidence Survey.

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