



WOMEN IN RETIREMENT ASSESSMENT

Prepared For

Jane Sample



THE
RETIREMENT[®]
INSTITUTE
Education You Can Trust™





Important Disclosures

Purpose of This Assessment

This assessment is designed to provide educational information. It is intended to serve as a framework for discussion with a qualified professional and is not a substitute for professional advice.

Not Legal, Financial, or Tax Advice

The information contained in this assessment does not constitute financial, investment, tax, or legal advice. Scores, calculations, and findings are educational approximations based on the information you provided. Your actual situation may differ materially from any estimates shown. You should consult with a licensed professional before making any decisions.

Accuracy of Information

Any projections, estimates, formulas, statistics, or calculations shown are hypothetical in nature and are based on the information you provided, along with standardized assumptions. Actual results will vary. Past performance of investments is not indicative of future results. This assessment is based on national averages and may not reflect your particular situation, therefore it does not recommend any specific insurance product, financial institution or product, plan, or provider.

Use of Artificial Intelligence

Content in this assessment may have been generated in whole or in part by artificial intelligence (AI) systems. While AI can provide valuable educational insights, these systems can make mistakes or produce inaccurate information. The information presented should be used as a

starting point for your planning discussions, not as definitive advice. Before taking any actions, consult with qualified professionals who can evaluate your specific situation.

The Retirement Institute has not acted as your legal, financial, or fiduciary advisor in the preparation of this report.

Table of Contents



Welcome & Introduction 5

1. Investment & Asset Positioning 7

2. Income Strategy & Distribution Planning 9

3. Social Security & Tax Defense 11

4. Caregiving Impact & Longevity Defense 13

5. Survivor Protection & Widowhood Readiness 15

6. Advisory Relationship Quality 17

Your Retirement Readiness Summary 19

Your Next Steps Checklist 21

Addendum — Survey Responses 25

Your Women in Retirement Assessment

A personalized evaluation of the six pillars of women's retirement readiness.



Dear Jane Sample,

Thank you for completing The Retirement Institute's Women in Retirement Assessment. This report provides a personalized evaluation of your retirement preparedness across six pillars that reflect the unique financial challenges and opportunities facing women in retirement.

Each area of this assessment has been carefully analyzed based on your responses. We have identified your strengths, highlighted potential gaps, and included actionable recommendations designed to help you build a more confident and secure retirement plan.

Women face distinct retirement risks — including longer lifespans, caregiving gaps in savings, and a greater likelihood of navigating retirement alone. This report is designed to address those realities directly and help you move forward with clarity.

We encourage you to review each section carefully and take note of the recommended next steps at the end of this report.

How to Use This Report

01 Your Pillar Scores

Each of the six pillars includes a readiness score to help you quickly identify areas of strength and areas that need attention.

02 Key Findings

We highlight the most important observations based on your responses and life stage.

03 Recommendations

Actionable next steps are provided to help you strengthen each area of your retirement plan.



Introduction

Taking active control of your assets is a powerful step, especially as you plan to transition into retirement after age 70. At age 64, you have a valuable multi-year window where your investment positioning can be optimized to balance your need for safety with the growth required to outpace inflation. Aligning your portfolio with your personal goals of traveling and focusing on self-care will help ensure your hard-earned savings support the life you are planning.

Summary of Findings

- You have accumulated retirement savings between \$250,000 and \$500,000 across your accounts, representing a substantial foundation to build upon as you plan to work after age 70.
- You have positioned your retirement assets across a combination of cash, certificates of deposit (CDs), high-yield savings accounts, and mutual funds or exchange-traded funds (ETFs).
- You have expressed that your primary investment focus is to prioritize income and safety to protect your principal and generate reliable cash flow, which is a natural focus as you near retirement.
- You have noted that significant stock market declines make you feel nervous, and while you usually wait these cycles out, managing this underlying volatility may be helpful to avoid defensive shifts that could impact your portfolio's long-term growth.

KEY INSIGHT

As the primary financial decision-maker, managing the tension between asset safety and the long-term growth required to sustain a retirement that begins after age 70 is a critical challenge. Discussing how to mitigate sequence-of-returns risk with a professional can help you navigate short-term market volatility without making untimely shifts to cash, keeping your retirement goals on track.

Recommended Actions

- 1 Discuss how to balance your goal of safety and income with the asset allocation needed to maintain your purchasing power throughout a long retirement with a licensed financial advisor.
- 2 Explore strategies to mitigate sequence-of-returns risk with your financial team, helping to protect your portfolio from market downturns around your transition years.
- 3 Review the roles that your cash, certificates of deposit (CDs), and fund investments play in your overall portfolio to ensure they are structured to meet your future income needs.
- 4 Consider establishing a clear, comprehensive picture of your consolidated net worth with a financial professional to address any foundational planning blind spots.



Introduction

Building a reliable paycheck-replacement strategy is one of the most empowering steps you can take to replace retirement anxiety with lasting confidence. Since you plan to retire after age 70 and do not have a guaranteed pension, your retirement portfolio will carry the primary responsibility of replacing your salary. Developing a documented distribution plan with a professional can help you visualize how your assets will fund your dreams of travel and self-care.

Summary of Findings

- You have taken on the vital role of primary financial decision-maker for your household and have set a target retirement age of after age 70, which gives you several years to strategically optimize your savings and maximize your benefits.
- You have a general idea of how you will distribute income from your assets, but you do not yet have a specific, formally documented distribution plan to guide your ongoing living expenses.
- You have not yet determined what percentage of your pre-retirement income you will need to maintain your lifestyle, which is an important piece of information since underestimating expenses in active retirement years is a frequent challenge.
- You have no pension or other sources of guaranteed lifetime income beyond Social Security, meaning your investment portfolio will carry the primary burden of funding your monthly retirement income.
- You have expressed that you are not confident at all about your ability to avoid running out of money in your lifetime, highlighting how longevity risk is an active

concern that requires structured attention.

KEY INSIGHT

Without a documented income distribution plan, relying on ad hoc withdrawals from your savings can lead to unnecessary financial anxiety and increase the risk of depleting your assets prematurely. By turning your general ideas into a structured, professional paycheck strategy, you can build the confidence needed to make informed spending decisions and help protect your retirement years.

Recommended Actions

- 1 Consider discussing the creation of a formally documented retirement income distribution plan with a licensed financial advisor to map out a sustainable monthly cash flow.
- 2 Review your current household expenses and work with a professional to estimate your income replacement percentage, accounting for your active retirement goals.
- 3 Explore potential strategies to build a reliable income floor, such as evaluating how different account withdrawal sequences can act as a form of reliable cash flow.
- 4 Discuss your feelings of overwhelm with a trusted advisor who can explain withdrawal strategies in plain, simple language, helping you build financial confidence.



Introduction

Coordinating your Social Security claiming timeline with a proactive tax strategy is a powerful way to maximize your lifetime retirement income. At age 64, with plans to work after age 70, you have a valuable multi-year window to position your tax defense before Required Minimum Distributions (RMDs) begin. Taking control of this area is a step-by-step process that can significantly reduce the tax drag on your hard-earned assets.

Summary of Findings

- You have established a plan to claim your Social Security benefits at your Full Retirement Age.
- You have not yet had the opportunity to identify your current federal income tax bracket, which serves as the starting point for creating a customized tax plan.
- There is an important distinction between tax filing and tax planning. A CPA who only files the return is providing a compliance service — not a planning service. Proactive strategies like Roth conversions, tax-bracket management, and qualified charitable distributions can reduce lifetime taxes significantly. For most retirees, the best window for this planning is the years before Required Minimum Distributions begin. Discuss proactive tax reduction strategies with a licensed CPA or tax advisor.
- You have not yet established a specific strategy to address the potential impact of Required Minimum Distributions or future tax rate changes on your retirement income.

- You have reported having low confidence that you are paying the minimum amount of taxes legally required, rating your confidence at a two on a five-point scale.

KEY INSIGHT

Because you plan to work after age 70, coordinating your retirement timeline, Social Security claiming strategy, and tax defense can yield substantial long-term benefits. Developing a clear view of your tax situation now can help transition from feeling uncertain about taxes to having a clear, structured plan that keeps more of your hard-earned money in your hands.

Recommended Actions

- 1 Explore the relationship between your target retirement age of after age 70 and your Social Security claiming strategy, as delaying benefits past your Full Retirement Age can significantly increase your monthly lifetime income.
- 2 Research retirement tax-reduction concepts, such as tax-bracket management and Roth conversions, to learn how they can protect your future distributions from unnecessary tax drag.
- 3 Consider discussing your tax concerns and Required Minimum Distribution questions with a licensed tax professional or financial planner to gain clarity and establish a clear plan of action.



Introduction

With a personal planning horizon that extends to age 94, your retirement strategy must be built to go the distance. For women, longevity is a primary factor, bringing a higher probability of needing healthcare support and potential caregiving roles for family members. Proactively addressing these areas is about maintaining your independence and making sure your hard-earned savings remain protected.

Summary of Findings

- You have no current caregiving or financial support obligations for aging parents or adult children, though you expect you may need to provide this care in the future.
- You have not experienced career interruptions or a negative impact on your retirement savings or Social Security credits due to past primary caregiving roles.
- You have established a proactive retirement planning horizon of age 90–94, which aligns well with women's extended life expectancies.
- You have not yet established a specific plan to cover the potentially high costs of long-term care, which is a critical gap given that Medicare does not generally cover custodial care.
- You have not yet legally designated a financial proxy or power of attorney to manage your affairs in the event of a sudden cognitive decline or health crisis.

KEY INSIGHT

One of the most common — and most costly — misconceptions in retirement planning is that Medicare will cover long-term care. It generally does not. Medicare covers short-term skilled nursing care after a qualifying hospital stay, but it does not cover the custodial care (assisted living, memory care, or in-home support) that most people eventually need. Women face a 70% lifetime probability of needing this type of care, with average costs exceeding \$100,000 per year. Without a specific plan — whether through insurance, a hybrid policy, or a self-funded reserve — a single long-term care event can erase decades of retirement savings. Talk to a licensed insurance professional who specializes in long-term care planning about the options available to you.

Recommended Actions

- 1 Discuss the different ways to fund potential long-term care costs—such as hybrid policies, asset-based solutions, or dedicated savings—with a licensed financial advisor to protect your retirement assets.
- 2 Review the legal process for establishing a Durable Power of Attorney with an estate planning attorney to ensure your financial decisions remain protected in the event of a sudden health change.
- 3 Explore how future caregiving responsibilities might impact your retirement timeline and cash flow, particularly as you plan to retire after age 70.
- 4 Learn about the limitations of Medicare regarding custodial and long-term nursing care so you can design a realistic self-funding or insurance strategy.



Introduction

Retiring as a solo decision-maker brings complete financial freedom, but it also means you carry the sole responsibility of protecting your lifestyle. Since you are unmarried and navigating your transition to retirement independently, establishing a robust legal and advisory support structure is your most powerful safeguard. It ensures that your personal autonomy is protected, and that you have a plan in place for whatever the future holds.

Summary of Findings

- You are unmarried, which means your retirement income is not subject to a sudden reduction from a spouse's passing, yet it places the full responsibility of long-term planning solely on your shoulders.
- You have not yet established a trusted circle of professional advisors, such as a financial planner, CPA, or estate attorney, to support your decision-making.
- You currently serve as the primary financial decision-maker for your household, giving you full control over your finances but also concentrating all responsibility.
- Although you are the sole manager of your household finances and feel prepared for day-to-day management, you feel overwhelmed by the complexity of long-term retirement planning.
- Newly widowed women are among the most targeted by financial predators — and the period immediately following a spouse's death is exactly when major financial decisions are most likely to be made under pressure. Having a pre-established, trusted team of professionals you chose yourself — a CPA, an estate attorney, and

a licensed financial advisor — before you need them is one of the most protective things you can do for your financial future.

KEY INSIGHT

For a solo retiree, a structured financial plan acts as a critical safety net, providing the security that a spouse or family member might otherwise offer. Without a trusted circle of fiduciary advisors, managing all retirement risks alone while feeling overwhelmed can increase your exposure to unsolicited financial advice or complex planning errors.

Recommended Actions

- 1 Consider seeking recommendations for a licensed, fiduciary financial advisor and a CPA who specialize in solo retirement planning to begin building your trusted advisory circle.
- 2 Discuss the creation of a durable power of attorney and healthcare proxy with an estate planning attorney to ensure your wishes are legally protected.
- 3 Review your total net worth and projected cash flow with a professional to establish a clear financial foundation and build your confidence in managing your long-term plan.
- 4 Discuss establishing protective guardrails for your retirement assets with a fiduciary professional to guard against financial solicitation and complex planning errors.



Introduction

Transitioning into retirement is about more than just numbers; it is about building the confidence to enjoy your hard-earned freedom. If you have been managing your household finances and feel overwhelmed by how many pieces there are to figure out, you do not have to walk this path alone. Partnering with a licensed financial professional who listens to your goals and explains concepts in plain language can turn retirement planning into an empowering, stress-free experience.

Summary of Findings

- You have taken on the role of primary financial decision-maker for your household, which is a significant responsibility as you prepare for your future retirement.
- You have not yet partnered with a licensed financial advisor or assembled a trusted circle of professionals to support your long-term planning.
- You have indicated that you are not confident at all that your current financial plan was built specifically for your unique needs, lifestyle, and goals.
- A retirement plan built for two often fails when one spouse is gone — income drops, tax filing status changes, and expenses don't adjust as quickly as expected. A documented 'Solo Plan' walks through exactly what your income, taxes, and expenses would look like if you were suddenly on your own. Discuss this scenario analysis with a licensed financial advisor — it is not morbid planning; it is essential protection.
- You have shared that you feel overwhelmed when thinking about your retirement security, emphasizing the importance of finding a professional who acts as a true

educational partner.

KEY INSIGHT

Without a dedicated, personalized financial plan or a trusted advisory circle, you may face critical blind spots as you transition into retirement. Partnering with a professional who listens to your needs can transform financial planning from a source of anxiety into an empowering tool that actively protects your independence.

Recommended Actions

- 1 Explore the benefits of partnering with a licensed, fiduciary financial professional who specializes in helping women navigate the transition into retirement.
- 2 Research the core elements of a documented solo aging or retirement transition plan to ensure your wishes and assets are fully protected.
- 3 Consider compiling a list of questions to ask potential advisors to find one who prioritizes education and makes you feel heard and respected as a partner.
- 4 Discuss your target retirement timeline of after age 70 with a professional to understand how it impacts your income distribution and tax strategy.

Your Women in Retirement Readiness Summary

A personalized view of your retirement preparedness



ACTIVE ATTENTION REQUIRED

Investment Planning & Risk	60	Income Planning & Distribution Strategy	30
Social Security & Tax Planning	40	Caregiving, Longevity & Healthcare	60
Widowhood & Survivor Protection	60	Your Professional Advice Experience	10

Recommended Next Steps

- 01** Working with a professional to design a documented, lifetime income distribution strategy that can replace ad hoc withdrawals and help mitigate sequence-of-returns risk.
- 02** Assembling a trusted circle of fiduciary professionals—including a financial planner, CPA, and estate attorney—to help coordinate your tax defense, power of attorney documents, and solo aging plan.

- 03 Creating a dedicated long-term care funding strategy to protect your hard-earned assets from high custodial healthcare costs that Medicare does not cover.



Your Next Steps Checklist

Based on your assessment results, here are the recommended actions to advance your retirement strategy.

Work through this checklist with your advisor.

- ☐ Discuss how to balance your goal of safety and income with the asset allocation needed to maintain your purchasing power throughout a long retirement with a licensed financial advisor.

- ☐ Explore strategies to mitigate sequence-of-returns risk with your financial team, helping to protect your portfolio from market downturns around your transition years.

- ☐ Review the roles that your cash, certificates of deposit (CDs), and fund investments play in your overall portfolio to ensure they are structured to meet your future income needs.

- ☐ Consider establishing a clear, comprehensive picture of your consolidated net worth with a financial professional to address any foundational planning blind spots.

- ☐ Consider discussing the creation of a formally documented retirement income distribution plan with a licensed financial advisor to map out a sustainable monthly cash flow.

- ☐ Review your current household expenses and work with a professional to estimate your income replacement percentage, accounting for your active retirement goals.

- ☐ Explore potential strategies to build a reliable income floor, such as evaluating how different account withdrawal sequences can act as a form of reliable cash flow.

- ☐ Discuss your feelings of overwhelm with a trusted advisor who can explain withdrawal strategies in plain, simple language, helping you build financial confidence.

- ☐ Explore the relationship between your target retirement age of after age 70 and your Social Security claiming strategy, as delaying benefits past your Full Retirement Age can significantly increase your monthly lifetime income.

- ☐ Research retirement tax-reduction concepts, such as tax-bracket management and Roth conversions, to learn how they can protect your future distributions from unnecessary tax drag.

- ☐ Consider discussing your tax concerns and Required Minimum Distribution questions with a licensed tax professional or financial planner to gain clarity and establish a clear plan of action.

- ☐ Discuss the different ways to fund potential long-term care costs—such as hybrid policies, asset-based solutions, or dedicated savings—with a licensed financial advisor to protect your retirement assets.

- ☐ Review the legal process for establishing a Durable Power of Attorney with an estate planning attorney to ensure your financial decisions remain protected in the event of a sudden health change.

- ☐ Explore how future caregiving responsibilities might impact your retirement timeline and cash flow, particularly as you plan to retire after age 70.

- ☐ Learn about the limitations of Medicare regarding custodial and long-term nursing care so you can design a realistic self-funding or insurance strategy.

- ☐ Consider seeking recommendations for a licensed, fiduciary financial advisor and a CPA who specialize in solo retirement planning to begin building your trusted advisory circle.

- ☐ Discuss the creation of a durable power of attorney and healthcare proxy with an estate planning attorney to ensure your wishes are legally protected.

- ☐ Review your total net worth and projected cash flow with a professional to establish a clear financial foundation and build your confidence in managing your long-term plan.

- ☐ Discuss establishing protective guardrails for your retirement assets with a fiduciary professional to guard against financial solicitation and complex planning errors.

☐ **Explore the benefits of partnering with a licensed, fiduciary financial professional who specializes in helping women navigate the transition into retirement.**

☐ **Research the core elements of a documented solo aging or retirement transition plan to ensure your wishes and assets are fully protected.**

☐ **Consider compiling a list of questions to ask potential advisors to find one who prioritizes education and makes you feel heard and respected as a partner.**

☐ **Discuss your target retirement timeline of after age 70 with a professional to understand how it impacts your income distribution and tax strategy.**

Ready to take the next step?

Contact The Retirement Institute to discuss your personalized retirement strategy.

www.TheRetirementInstitute.com



Survey Responses

The following are the survey questions and your responses as recorded at the time of assessment.

Your Relationship with Money

If you had to take over control of your household finances tomorrow, how prepared would you feel?

| Completely prepared - I already manage everything or we manage it equally.

When you think about your financial security in retirement, what feeling comes up first?

| Overwhelmed - There is so much to figure out and I don't know where to start.

Your Life Stage & Financial Foundation

Have you ever experienced a career break of 3 or more years to care for children or aging parents?

| No.

If Married: How are financial decisions currently made in your household?

| I am the primary financial decision-maker.

Checkpoint: How confident are you that you have a complete, accurate picture of your total net worth?

| 1 (Not confident at all)

Lifestyle & Retirement Dreams

Checkpoint: How excited are you about the life you are planning for your retirement years?

| 2

What age would you like to fully retire (or did you retire)?

| After age 70

When you picture your ideal retirement lifestyle, how do you see yourself spending your time?

| Focusing on health, wellness, and self-care.; Traveling extensively.; Volunteering or engaging in philanthropy.

Investment Planning & Risk

Roughly how much do you currently have saved for retirement across all investment accounts?

| \$250,000 - \$500,000

What is your primary goal for your investments right now?

| Income and safety - I want to protect what I have and generate reliable income.

Which of the following types of investments do you currently own?

| Mutual funds or ETFs (in a 401k, IRA, or brokerage); Cash / CDs / High-Yield Savings Accounts

When the stock market drops significantly, what is your natural reaction?

| I get nervous, but I usually wait it out.

Income Planning & Distribution Strategy

What percentage of your current (or pre-retirement) income do you believe you will need in retirement to maintain your desired lifestyle?

| I have no idea.

Checkpoint: How confident are you that you won't run out of money during your lifetime?

| 1 (Not confident at all)

Do you have other sources of guaranteed lifetime income beyond Social Security and pensions (e.g., an annuity)?

| No.

Do you have a specific, documented plan for how you will distribute income from your assets to cover your living expenses in retirement?

| I have a general idea, but nothing formally documented.

Social Security & Tax Planning

Which federal income tax bracket do you believe you are currently in?

I have no idea.

Have you or your advisor explored strategies to reduce your tax burden in retirement (e.g., Roth conversions, tax-bracket management, charitable giving strategies)?

I don't have an advisor or CPA.

Are you concerned about how Required Minimum Distributions (RMDs) and future tax rate increases might impact your retirement income?

Yes, but I don't have a specific strategy to address it.

Checkpoint: How confident are you that you are paying the minimum amount of taxes legally required?

2

When do you plan to claim (or when did you claim) your Social Security benefits?

At my Full Retirement Age (66 - 67, depending on birth year).

Caregiving, Longevity & Healthcare

Do you have a specific plan to cover the costs of long-term care should you need it?

No, I haven't figured this out yet.

When planning your retirement, what age are you assuming you will live to?

90-94

If you were to experience a sudden cognitive decline, who is legally designated to step in and manage your finances?

I have not legally designated anyone yet.

Has your caregiving role (past or present) negatively impacted your own retirement savings, career advancement, or Social Security credits?

N/A (I have not been a primary caregiver).

Are you currently providing financial support or significant caregiving to an aging parent or an adult child?

No, but I expect I might have to in the future.

Widowhood & Survivor Protection

If your spouse were to pass away tomorrow, what would happen to your household's guaranteed income?

N/A (Not married).

If you were suddenly widowed, do you have a trusted circle of advisors that you chose and trust?

No, I do not have a professional team.

Are you relying on your spouse's life insurance to provide for you should they pass away first?

N/A.

Your Professional Advice Experience

Checkpoint: How confident are you that your current financial plan was built specifically for your needs, your lifestyle, and your goals?

1 (Not confident at all)

Final Question
