



Part 4 of a 4 part series.

In previous articles, we discussed the importance of planning for retirement from an early age and several ways in which to invest for retirement. Managing your funds is just as important after you retire. Careful planning and budgeting must continue! In this issue, we consider some ways to manage your money after you retire.

Planning and Budgeting

Budgeting continues to be important after retirement. In fact, it may be more necessary at this stage of your life as the income received at this time is often not as much as it was during your working life. Planning and budgeting will require having a clear understanding of the sources and amount of your income and determining how best it may be utilized to meet your expenses. In addition to budgeting for regular expenses, you should also put aside some money for unexpected expenses, such as sudden illness.

Lifestyle Changes

Making some lifestyle changes can be rewarding as you now have the opportunity to do some of the things which you could not find the time to do before. For example, you can plan your travels at off-peak times to get the most affordable rates. You can also try new things – join a class, swim, tour your country, join a community group to meet and talk with others who share your interests, etc.

Depending on your circumstances, you may want to consider moving to a less expensive home or one that is easier to maintain. This is sometimes a good solution when your children are no longer living with you.

Retirement Benefits

As a retiree aged 60 years or older, you are entitled to a number of services provided by the Government.

It would be wise to take advantage of these facilities since they would help in reducing your expenses.

- **National Insurance Board (NIB) Retirement Benefit.**

Every employee who has paid National Insurance contributions is entitled to a Retirement Benefit. You qualify for the Retirement Benefit at any time between the ages of 60 and 65 if you are retired, or at age 65 whether you are retired or not. The amount you receive depends on the number of contributions you have made.

- **Old Age Pension or Senior Citizens Grant**

The Old Age Pension or Senior Citizens Grant is available to Senior Citizens 65 years of age and older whose monthly incomes do not exceed \$2,500.

- **Free Bus Pass**

Senior Citizens can apply for a free bus pass, allowing them to travel freely on buses run by the Public Transport Service Corporation (PTSC).

- **Free Medical Care & Drugs**

Citizens can access the Chronic Disease Assistance Programme (CDAP). This programme allows persons to receive free prescription drugs and other pharmaceutical items from designated CDAP pharmacies throughout Trinidad and Tobago. The programme makes provisions for most illnesses that plague many senior citizens.

- **Waiver of Departure Tax**

Citizens 60 years of age or over are exempt from paying departure tax at the airport when traveling abroad.

Not enough income?

More and more persons are choosing to postpone retirement even though they have reached retirement age. Sometimes this is because they are not prepared financially for retirement or sometimes it is simply because they feel fit and able to continue working. If you choose to continue working for a few more years on a full-time or part-time basis, you should try to save as much as you can for the time when you do retire.

Remember, retirement is not the end of your life. It is really the beginning of a new stage of living!

Look out for more on Retirement Benefits in our next edition.



Your MONEY... Know It To GROW It!

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