

Training for Retirement Module #6: Financial Fitness

Financial Planning (Government of Canada, 2013)

What is it? Making a financial plan is a way to take charge of your financial future. A financial plan looks at where you are now and where you want to be in the future, and lays out a plan to help you get there. As you get older and face changes such as retirement, it is important for you to have as much information as you can about your financial future.

Why do I need one? Have you asked yourself any of these questions? A financial plan will answer:

- How much income do I need?
- Do I have enough money to retire?
- Should I keep working?
- Do I need to sell property or other assets?
- How much insurance coverage do I need?
- How much money will I receive from government programs?
- How much will it cost me to live once I retire?
- How long will my savings last?

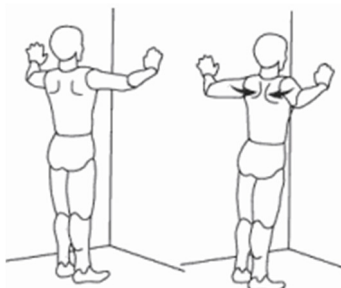


Income and Benefits from Government Programs

- **Old Age Security (OAS):** If you are age 65 or older and have lived in Canada for 10 or more years, you can apply for the Old Age Security benefit. You can make your application six months before you turn 65. To be eligible you must be up to date in filing your income tax returns—whether or not you earned income in the past year. Those with low incomes who already receive OAS may apply for Guaranteed Income Supplement (GIS).
- **Canada Pension Plan (CPP):** Most people who work in Canada pay money into the Canada Pension Plan (CPP). The CPP pays retirement, survivor, death, disability, and children's benefits to those who qualify. There are special provisions for people who reduced their earnings for a number of years to raise young children and there are sharing provisions for spouses and common-law partners.



Daily Dose: "Stick-Em Up" Pull Back



Complete these pull backs when in the bedroom getting dressed.

Pretend you are the victim of "stickup" or robbery. Raise your arms to shoulder height, elbows bent, hands open and palms facing out (as if you are surrendering to someone). Slowly pull your shoulders back and together, then return your shoulders to a forward position. Repeat 10x.

Resources:

Financial Planning Standards Council: hiring a financial planner www.fpsc.ca or call 1-800-305-9886.

Retirement Planning <http://www.servicecanada.gc.ca/eng/lifeevents/retirement.shtml>

Canadian Retirement Income Calculator

http://www.servicecanada.gc.ca/eng/services/pensions/cric.shtml?utm_source=campaign+URL&utm_medium=twitter&utm_content=000024,+20112013,+Eng&utm_campaign=Canadian+Retirement+Income+calculator

Information about federal and provincial/territorial programs.

<http://www.canadabenefits.gc.ca>



For information by telephone about OAS, GIS, the Allowance and CPP call 1-800-277-9914 (TTY-1-800-255-4786);

Source:

Government of Canada. (2013). What every older Canadian should know about: Financial Planning. Retrieved from <http://www.seniors.gc.ca/>

