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RETIRE

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WELCOME

Welcome to Prudential's second annual Retirement Guide. The chances are you're about to embark on one of the most exciting phases of your life – retirement. Out with the early morning commutes, long days of hard graft and meagre holiday rations and in with endless days of freedom to 'spend' as you will.

Some have it all planned out and know exactly what to do with their new found leisure time. If this is you, then great, go for it. But if you're still unsure what retirement will bring and how you should best organise yourself to make the most out of it, or if you're perhaps apprehensive at the prospect of such a momentous change, then we hope our guide will both help and inspire you.



We've pulled together lots of information on all aspects of retirement, not just the financial side. You'll find ideas and help on what to do with your leisure time, information on continuing some sort of work and tips on staying fit, healthy and happy for years to come.

To start with, though, this year's Retirement Guide focuses on the fast-growing trend of retiring abroad. Once strictly an option for the super rich, factors such as the UK's rising property prices, the strong pound and the relaxing of some international borders have meant that it is now a realistic option for many. So if you're harbouring a desire to migrate to sunnier climes, then read on.



RETIRING ABROAD

INTRODUCTION

Every year more and more of us stop dreaming about leaving the UK behind and make it a reality. There are now about one million retired British people living overseas and this is forecast to rocket to five million by 2020.

SO WHAT'S MAKING US TAKE THE PLUNGE?

Well, to start with, quite a lot of it is down to that old saying, 'the world's getting smaller'. The advent of mass tourism means we're much better travelled than we were even 10 years ago and this has the knock-on effect of making us more comfortable with and better able to adapt to different cultures and lifestyles. Put simply, we've seen folk relaxing in the sun and thought, could I exchange my life for this?

For the last few years the pound has worked in our favour and, the UK's house price rises mean many homeowners have a lot more capital behind them. Selling up and moving to a country where property prices are only a fraction of those in the UK may enable us to put the extra in the bank. You've then got an instant pot to use or maybe save.

HOLD ON A MINUTE . . .

Before you go putting your house on the market sit tight for a while and have a really good think about what retiring abroad would mean for you and your family. Experts tend to suggest you spend two years preparing for an overseas move.

WHERE TO START

The obvious first question to ask is, do I want to retire abroad? Make sure you aren't just suffering from Grass is Greener syndrome. Put together a list of all the things you want from your new life and think about what you'll miss when you leave the UK. Also, have a think about whether you want to leave for good, for a few years or even if you want to go in for what's known as 'seasonal retirement' where you spend the UK's long winter months abroad but come back for the summer.

According to government statistics, there are currently 50,000 British people receiving their State pension in Spain, 28,000 in Italy, 21,000 in France and 4,700 in Portugal.

But please keep in mind that there could be significant financial and tax implications moving abroad. You'll find more details on this later.

HOW MUCH WILL YOU HAVE TO RETIRE ON?

The next thing to do is try to work out how much money you've got to finance your dream.

Spend some time calculating what your projected income in retirement might be. Find out the current value of your contract/s. As this area can be quite complicated you should consider seeking advice from an Independent Financial Adviser.

In terms of your UK state pension, you can request a forecast telling you in today's money the amount you have earned and what you can expect to receive on retiring. You can do this by filling in form BR19 from your local social security office or contacting the Retirement Pension Forecasting and Advice Unit (RPFA). You should also check the section on claiming your pension for details on how to receive both state and personal pensions abroad.

Two important points to consider:

1. With the income from your pension paid in sterling and your day-to-day living expenses adding up in a different currency, you'll find yourself at the mercy of currency fluctuations. At the moment where the pound is strong against most other currencies, you'll get more for your money when you exchange it. But currencies are volatile and, during the course of your retirement, the situation could well move the other way. You need to try to factor this in when working out how much you've got to live on.
2. In the UK we've been living in a low inflation environment for such a long time that a lot of us have forgotten what problems high inflation can cause. While no one can predict the future, it's wise to spend some time looking at the economic situation in the country you plan to move to.

CHOOSING THE RIGHT DESTINATION

The next question to ask yourself is where you want to go.

Of course you've got to take into consideration practicalities such as whether you can afford the place or if, in fact, you're allowed to retire there. But, with the enlargement of the European Union, the UK's currently strong currency and such like, much of the world is your oyster. As an EU national, you have the right to live in any EU country.

If you want to retire to a non-EU country, the best way to find out about the restrictions and criteria you'll face is to contact the country's embassy or consulate in the UK.

DO YOUR RESEARCH

Perhaps you already know somewhere well; you understand the culture, speak some of the language and feel happy about transporting yourself lock, stock and barrel to the region. If you do, you're lucky because that's a considerable chunk of the legwork done. For everybody else, this is the big one. And because it may be the rest of your life we're talking about, it's wise not to be rash.



Holiday howlers

- Even if you've holidayed in the same spot for the last 20 years, **don't** rush into buying a home without doing some extensive research first. Living in a place is very different to being on holiday. The local laid back attitude to life may seem quaint from your palm fringed beach but once you're grappling with paying bills, visiting doctors or even trying to do something as simple as getting together the ingredients for your favourite recipe, the novelty could well wear thin.
- Many thriving holiday spots are ghost towns out of season so visiting at different times of year could reveal a lot.
- If you think you've found heaven on earth, see if you can uncover what the planners are up to. Could a monstrous tower block soon be upstaging your sea view or are there plans afoot to transform the idyllic backwater you've set your heart on into the next must-do destination for packs of British men on stag weekends?

FINDING SOMEWHERE TO LIVE

Once you've settled on an area, you need to find out about accommodation costs as well as the cost of living. You can do a lot of the legwork over the internet while you're still in the UK but there's no substitute for visiting the place.

And if you've just discovered a hidden treasure with a rock-bottom price tag, refrain from whooping with joy for a moment. You still need to unearth the hidden extras. We may all grumble about the cost of moving house in the UK but in other parts of the world the route to home ownership can be equally, if not more, treacherous. Some of the things to watch out for include the following if you're thinking of buying abroad:

- VAT – we don't have it on property in the UK but it crops up elsewhere in Europe.
- Capital gains tax – in lots of countries you'll get clobbered, even if your new property is your only home.
- Next add estate agents fees, land tax and the cost of the notary.
- Remember to hire a bilingual lawyer.
- Think exchange rates – in the months that it takes to buy the average property, fluctuating exchange rates could add thousands to the price of your home.

What about the home you're leaving behind in the UK?

Have you considered what you're going to do with the home you currently live in? Sell up, rent out, or leave empty for visits? Each option has its pros and cons.

Selling means burning bridges – with the UK property market still jet-propelled, you may be priced out of the market if you decide to return home at a later stage.

Renting out means dealing with tenants, estate agents and tax on income – plus, you'll need a pot of cash to cover times when your home is between tenants or if it needs repairs. You will also need to consider any potential UK Capital Gains Tax implications of having a second home.

If you decide to hang onto your home and **leave it empty** then check out your insurance cover. Buildings insurance should go on as usual but most contents insurance is void if you leave your home empty for a prolonged length of time, but check with your insurer for specific details. You'll also have to work out how to pay for utilities and find someone to keep an eye on it for you.

PRACTICALITIES

Because we're talking retirement, it's essential to dwell for a while on the practicalities of your dream home. Try to think ahead and to anticipate how your life could change further into retirement.

- A third floor apartment with knockout views may be great now but further down the line are you really going to be able to cope with all the stairs? Same goes for that to-die-for cottage perched on an outcrop overlooking a winding Spanish hilltop village.
- What's local transport like if you decide to give up your car one day? And how about amenities and medical care?
- Another point to consider is whether your family will be able to afford to visit you or if you could find the cash to return to the UK if you needed to. Europe, with its low cost airlines, is one thing but if you're harbouring an antipodean retirement dream, this is in a different league altogether.

CLAIMING YOUR PENSION

State pensions

The good news is that there's nothing to stop you claiming your State pension while living abroad. In fact, around one million UK pensioners are already doing this. You can opt to have it paid into a UK bank account or if it's more convenient, directly into a local bank account in your new country.

Watch out though because not everybody automatically gets the extra cash when the State pension rises. To qualify you have to live in the European Economic Area or in one of the countries that the UK has a reciprocal social security agreement with.

The Department for Work and Pensions has leaflets detailing the ins and outs of the reciprocal social security agreements (see contact details).

Visit www.thepensionservice.gov.uk for more information on receiving your pension overseas.

Personal and company pensions

As for other pensions, it would be wise to find yourself a good Independent Financial Adviser who can explain all about paying your pension in your new home country. You'll need to find out:

- If your company pension scheme has to be paid into a UK bank account; or
- If your annuity company charges hefty fees for transferring money overseas.

As your pension is likely to be in sterling, you should also spend some time talking to your financial adviser about how to minimise the impact of exchange rate fluctuations.



UNDERSTANDING TAXES

Your relationship with the UK taxman won't cease the moment you leave British airspace. If you don't want to end up paying tax all round, this is an area of planning that you'd be wise to pay particular attention to.

To make matters worse, there's no easy formula to work out what you'll have to pay. Expatriate tax is notoriously complicated and definitely an area where a financial adviser could save you big bucks in the long run. It's also an area so extensive that we could easily fill up a whole guide going into the details. But, to give you a brief introduction, here are a few points:

- The amount of tax you pay depends on your **tax status**. On the whole, you'll continue to pay UK taxes as normal if the Inland Revenue considers you to be a UK resident.
- If you gain non-resident tax status you'll be exempt from certain UK taxes but others will still apply so check with your financial adviser.
- The UK's tax year runs from 6 April to 5 April so the time of year you move may influence your tax status.
- Tax laws vary from country to country so you'll need to get to grips with the intricacies of the laws governing your new home.

- If you have an income in one country but are resident in another, you may be liable to pay tax in both countries. To prevent this from happening, the UK has negotiated **double taxation agreements** with many countries. The list is extensive, covering countries from Azerbaijan to Zimbabwe but if you want to double check, the Inland Revenue's leaflet, IR20 – *Residents and Non-residents* has the complete list.
- Offshore doesn't mean tax free. It's just a way that can help minimise the amount of tax you have to pay.
- The Inland Revenue's leaflet IR138 – *Living or Retiring Abroad* will help you get to grips with the basics of tax liability.

Know your tax status:

- You are regarded as **resident** in the UK if you spend 183 days or more in the UK during a tax year.
- If you're planning to spend a year in Provence but the rest of your retirement in the UK then you'll be considered **ordinarily resident but not resident** for a tax year.
- You can be resident in two countries at the same time.

Confused? We said you'd need professional advice on this one.

UNDERSTANDING TAXES CONTINUED

A WORD OR TWO ON INHERITANCE AND CAPITAL GAINS TAXES

Your liability for **inheritance tax** is another area that it would be wise to get some professional advice on. Again, you may have left the UK but this doesn't necessarily mean you've removed the need for your estate to pay up. There are a number of factors to consider:

- You only pay UK Inheritance Tax if your estate is valued above the £263,000 threshold, the level for the 2004/2005 tax year.
- You'll need to pay UK Inheritance Tax on all of your assets above this threshold, wherever they are in the world, if the Inland Revenue considers you to be **domiciled** in the UK at the time of your death.
- If you're domiciled overseas, you'll only pay UK Inheritance Tax on your assets in the UK but you need to look into local inheritance tax laws in your new country.

Capital gains tax also varies from country to country so this is another area to sound your financial adviser out about.

What does domicile mean?

Well, it's different to both your nationality and your country of birth. The Inland Revenue tends to consider you domiciled in the country of your permanent home but if you've moved abroad your domicile doesn't automatically change. You need to acquire a 'domicile of choice' and to do this, you have to break all ties with the country you're moving from. Just living in another country isn't enough. It's also worth noting that if you die within three years of leaving the UK, the Inland Revenue will automatically consider you domiciled in the UK.

WHAT TO DO WITH THE REST OF YOUR ASSETS

SAVINGS AND INVESTMENTS

If you've managed to build up a portfolio of savings and investments then moving overseas could well mean rearranging it to so that it works best for your new lifestyle.

It's not just tycoons who move money offshore

Once you're no longer resident in the UK different taxation rules apply. These vary depending on the country you have moved to but it's likely an offshore bank account or investment could help you keep your tax bill down.

- Most of the UK's high street banks have offshore arms so if you opt for an account with one of these you'll have the comfort of dealing with English-speaking professionals who understand the needs of expats. But be aware. Even though you've moved your money offshore you'll still have to pay some sort of tax and the charges on offshore accounts can be astronomical.
- Offshore investments may be a tax efficient option whether saving to move abroad or already resident outside the UK.

MAKE A WILL

If you die without a Will in the UK you can leave your loved ones with all sorts of problems but bow out while overseas and life could be a nightmare for those left to unravel your estate. And don't think that just because you've got a will in the UK you're sorted. Unfortunately every country has a host of weird and wonderful laws governing what you can do with your assets. So you'll need to check this out and perhaps make another will to cover anything you've accumulated in your new country.

Some European countries don't allow you to leave your home to your spouse alone. Instead you have to share it out with your kids too. Writing a will doesn't change this so it's definitely one to bear in mind if you've got a collection of offspring from previous relationships. You may be able to use your will to give your spouse the right to live in the property until they die.

HEALTH AND WELFARE

The quality and cost of medical treatment is definitely one to get sorted before you set foot in your new country. Is the local system capable of meeting your needs as you grow older and are you, in fact, eligible to use the services it provides?

- If you move to an EEA country, once you're receiving your state pension, you're entitled to use the health service on the same basis as local pensioners – but this doesn't necessarily mean free because in many countries you have to pay some or all of the cost yourself. Outside these countries you won't be entitled to anything for free so private healthcare is a must to consider.
- A comprehensive private health insurance policy can cost £3,000 a year for a couple living in Europe. In the US and Canada you're looking at up to £10,000 a year. So shop around for the best deal for you.

BENEFITS

If you're moving to an EEA country, make sure you don't miss out on local benefits that you could be entitled to as a pensioner. Leaflet SA29 from your local benefits agency here in the UK can help point you in the right direction.

It's also worth bearing in mind that some non EEA countries also have agreements with the UK so there is a chance that you'll still be able to claim benefits while in your new home. Leaflet GL29 – *Going Abroad and Social Security Benefits* will advise you on this.



THE LOOSE ENDS

- Go for a check up with your doctor before you leave and arrange to get copies of your medical records so they can be passed on to your new doctor.
- Have any vaccinations that you might need to stay healthy in your new country and make sure you're up to date with boosters such as tetanus and polio.



- Decide what to do with your car. If you take it with you, you're likely to need to register it and take out local insurance and taxation. Also, look into the costs involved in exporting it because if you've got to pay hefty duties it could well be more cost effective to get rid of it and buy a new one overseas. And remember that if you do take your car with you, it's likely to be at odds with your country's road systems because in most other parts of the world, people drive on the right.
- And last but not least, remember to incorporate Tiddles into your emigration plan because exporting pets isn't always straightforward. Regulations vary from country to country but you may require an import permit, proof that vaccinations are up to date or an Export Health Certificate. If you're flying you'll also have to book a space for your pet. And be aware that cheap airlines don't carry animals so your pet's ticket could well end up more expensive than yours.

WHAT TO DO WITH YOURSELF WHEN YOU ARRIVE

Some things to consider . . .

- Register with the local authorities. If you've moved to an EEA country, you have to apply for a residence permit within three months of arrival.
- Register with the British consulate.
- Open a local bank account so you can pay bills and receive your pension or any income from investments.
- Check local driving regulations. You may need to apply for a local driving licence or, horror of all horrors, retake your test.
- Enrol on a language course.

. . . and now for the bubbly

Whoever said the British were a race of procrastinators? You've done it! Planned your great escape, negotiated the red tape, organised every last detail of your life. So sit back, crack open the bubbly and with the sun beating down on your head, feel the drizzly old British days slipping away.





RETIRING IN THE UK

INTRODUCTION

You might not be in the throws of planning an escape to a southern European idyll. But with retirement looming you're still about to go through some momentous changes. And as with most things in life, you're bound to get more from retirement if you think about it in advance.

If you don't know where to start, then don't worry. That's exactly what this Retirement Guide is here for. We know how difficult planning something from scratch is so over the following pages we've gathered together information that we hope will get you thinking. There are of course core issues, such as where the money's coming from and who's going to make sure you're well cared for in your twilight years. But, apart from that, the great thing with retirement is that the time is yours to do with as you will.

And if you're at all apprehensive about what retirement is going to bring, bear in mind that you're not alone. With more than 10 million retired people in the UK these days – and this figure rising all the time – the retirement industry is becoming big business and you'll find plenty on offer to fill the days ahead.

WORKING OUT WHAT YOU NEED TO LIVE ON

Hopefully, by the time you reach retirement, most of life's major wallet-draining expenses will be behind you. So you're not going to need as much money to survive on. Most financial advisers suggest that to live comfortably, you'll need two-thirds of the income that you bring in while working. If this figure is too vague to get your head round, then how about working through the following budget planner. The results may well scare the living daylight out of you but at least your reality check has come early enough to do something about it.

Budget planner	
Mortgage or rent	
Council tax	
Utilities	
Television licence and satellite/cable subscriptions	
Home maintenance	
Food	
Clothing	
Car expenses (petrol, servicing and MOT, tax disc)	
Insurance (home, car, life)	
Healthcare	
Entertainment	
Travel	
Loans and credit card debt	
Other	

PENSIONS

Now you've got a better picture of what you need to live on, have a stab at working out where it's going to come from.

STATE PENSION

If you've paid National Insurance for most of your working life then you'll probably have what's called the Basic State Pension coming your way. This can add up to £127.25 a week for a married couple and up to a maximum of £79.60 for a single person for the 2004/2005 tax year. Look back over the outgoings you filled in above and it doesn't take a genius to work out that, unless you fancy a really simple way of life in retirement, getting by on this is going to be a struggle.

OTHER PENSIONS

You may also qualify for the State Second Pension (previously known as SERPS) even if you don't qualify for the full basic State pension. Pension Credit (previously known as Minimum Income Guarantee) could also be paid as Income Support to top up your income to a minimum level set by the Government. Pensioners on Pension Credit may also get help towards housing and disability costs.

Hopefully, at this point you're thinking that you won't have to struggle on a State pension – because you've got either a company or personal pension coming your way too, or have other means of providing income in retirement. Let's hope so. But even if this is the case, working out how to take your pension isn't a simple matter, and the choice you make could have quite dramatic implications for your income.

If you're lucky enough to have a final salary pension from your company (also called a 'Defined Benefit' pension) then you'll know what's coming your way. But if you're a member of a money purchase scheme (also called a 'Defined Contribution' pension) or you've been paying into a personal pension, stakeholder pension or AVCs, then the amount of money you'll receive is not guaranteed in advance. It depends on various factors such as the investment returns made by your pension provider and the annuity rates at the time you retire.

HOW YOU CAN TAKE THE CASH

In many cases you can take up to 25% of your pension fund as a tax-free sum on the day you retire, and with the remainder you buy an annuity, which is your pension income for the rest of your life. Once you've decided whether to take a lump sum, then you need to think about where to buy your annuity, what type of annuity you want and when you should buy it.

If your head's reeling, then why not get your hands on a copy of The Plan from the Pru, which goes into detail about things like annuities and has lots of useful information on making the most of your pension. Call 0800 000 000 or download the bits you need from www.pru.co.uk/plan.

If you've lost track of an earlier company pension, call the Pension Schemes registry on **0191 225 6316**.

SAVINGS AND INVESTMENTS

Most people reassess their savings and investments in the run up to retirement. So if you've managed to build up a pool of funds, now could be the time to take stock.

Unless you have a sizeable pot of money behind you, this probably isn't the right time to get addicted to the high-risk thrills of the stock markets. Instead, people of retirement age tend to adopt a more cautious stance and switch their life-savings into safer territory, whether that be bonds, which still carry some risks, or building society accounts which don't. You can also start to draw an income from investments that have built up over the years, if you feel this would be appropriate.

INHERITANCE TAX

Are you up to speed with the effect Inheritance Tax could have on any money or assets you want to pass on to others? Considering the amount of time many of us spend berating the taxman for gobbling up our hard earned cash, it's surprising how disinterested we can be when it comes to managing the potential effects of Inheritance Tax – which is a pity because this is one area where a bit of forward planning can go a long way.

What is Inheritance Tax?

- Inheritance Tax is payable on estates worth £263,000 or more during the tax year 2004/2005).
- The assets of this estate could be a home, investments, savings, a car, furniture, personal effects or life assurance.
- Everything above the £263,000 level is taxed at a rate of 40% – unless you leave it to your spouse or a charity.

SO WHAT CAN I DO ABOUT IT?

Well, potentially quite a lot. But since this is such a complicated area, get professional advice. Talk to your financial adviser about this, including:

- Using your gift allowance;
- Setting up a trust;
- Taking out life cover to pay for Inheritance Tax;

WILL WRITING

Is writing a will still lingering somewhere near the bottom of your 'to do' list? Well if you haven't quite got round to it, here is a bit of an incentive. Without a will you die 'intestate', which means the State gets to divide up your estate and dish it out. At the very least, your loved ones are going to have to wait longer to receive whatever you've left them. But what's far worse is that your belongings might end up going to the wrong people.

If you live with a partner but are not married, the State may not consider your partner to be a beneficiary and they could end up losing out altogether.

BOOSTING YOUR INCOME IN RETIREMENT

Congratulations if you've read this far and thought, I'm sorted. But if you've spotted a shortfall and feel that you're not on track for a comfortable retirement, don't panic just yet. There are a few ways to boost your disposable income, including:–

KEEP ON WORKING

It might sound a bit daft putting this next bit in a retirement guide but one way to boost your income is not to fully retire at all. These days more than one in five retired people go back to work in some form or another. By doing this, you buy yourself a bit more time to improve your retirement income.

CASH IN ON YOUR HOME

Most people reaching retirement age have either paid off their mortgages or are most of the way there. If this is you then you could consider the following:

- **Trading down** – by selling up and moving to a smaller home you'll save on running costs and have the profits from the old home to invest for retirement.
- **Equity release** – this allows you to convert some of the value of your home into an income without actually having to sell up and move. The proportion of your property's value that you can take out varies depending on your age; for example, you can typically release 20% at 60 years of age and 50% at 89. But equity release should only be considered after seeking independent financial advice. Please note this only applies to UK properties.

BENEFIT ENTITLEMENTS

If you think State benefits are something that 'other' people claim then take a moment to read the following: more than £1 billion of State benefit goes unclaimed by people over the age of 60. You could check with the Department for Work and Pensions (www.dwp.gov.uk) to see if any of it could be coming your way.



WHAT TO DO WITH YOUR NEW FOUND TIME

Now for the fun bit. Retirement brings with it one of the modern world's most sought after commodities – time. And if you've saved hard for this moment, planning how to spend it is surely one of the most exciting aspects of giving up work.

LEISURE

Our research reveals that 60% of retired people have a better social life than they did when working. So that popular image of older folk stuck in front of the telly is obviously a misconception.

If you're out and about, remember to take advantage of the many concessions for older people:

- Numerous museums, galleries, cinemas and sports centres have reduced rates for retired people.
- As well as the free or subsidised local travel that your local authority may provide, many train, coach and ferry services have discounted travel cards for people of pensionable age.

VOLUNTEERING

Why not have a go at volunteering? There are numerous organisations crying out for people with knowledge and experience, and with more than half a century of life under your belt, that's exactly what you've got. As a volunteer you could end up doing anything from working in a school to environmental work to helping a refugee family to settle in the UK.

STUDYING

Have you ever thought that you'd like to give studying another stab? Well, now you've got all this time on your hands, what's the excuse for putting it off? There are so many opportunities around to learn new things at whatever level you fancy. And it's also a great way to get out and meet new people.

HEALTH

Anyone who's looked after themselves along the way is likely to live for longer than their grandparents did.

The average lifespan in the Western world is increasing steadily and these days it's not considered unusual to live to 80.

To help maximise your chances of living your retirement to the full, here are a few pointers:

Please remember to check with your GP before changing your diet or starting regular exercise.

- Regular **exercise** is the bedrock of healthy life so if you've managed to avoid it until now, perhaps retirement is the time to turn over a new leaf. It doesn't have to be anything too stressful – walking and climbing the stairs are a good start. **Here's a fact to mull over though: the oldest person to run the 2004 London marathon was 93 years old. And he only took up running at the age of 89.**
- Without the demands of work, you might find you need to modify your diet so that it suits your new lifestyle. Other than that, the

same rules apply: at least five portions of fruit and veg a day, lots of calcium, oily fish to keep your heart healthy and lots of fibre and carbohydrates.

- It's rarely too late to quit smoking and as well as improving your health, it may make your pension go further.
- If you're over 75, you should be offered an annual check-up with your GP. And remember that anyone over 60 is entitled to free eye tests and prescriptions.

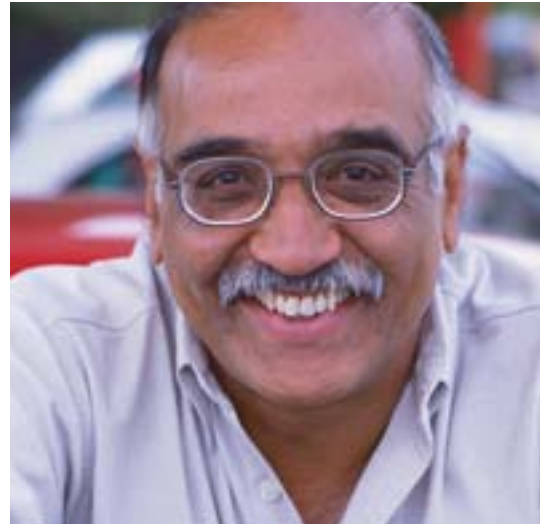
After the buzz of the workplace, many people find it difficult to adjust to spending long periods together with their partner. And likewise, those used to being at home can find the continual presence of their newly retired partners a little difficult to come to terms with. Because of this, relationship experts recommend maintaining a degree of independence – having your own hobbies and interests as well as those you do together.



CARE IN OLD AGE

The thought of living out our final years in a care home isn't something most of us want to dwell on. But the cost of care could add up to between £15,000 and £20,000 a year, so it isn't a subject we can afford to ignore. Local authorities use means tests to work out how much of a contribution an individual can afford but if you have any savings or are a homeowner, the chances are you'll foot at least some of the bill.

Once you've retired, don't stop planning. Think about what you'll need to help make your final years comfortable and work out where the money will come from.



USEFUL INFORMATION

We hope you've found this Retirement Guide both useful and thought provoking and that it will help you plan out this exciting new chapter in your life.

The Plan from the Pru has lots of good things to say on retirement as well as subjects such as day-to-day finances, savings and investments so remember access your free copy (www.pru.co.uk/plan), or call 0800 000 000.

And for further information and help why not check out some of the following:

Help The Aged Senior Line

Tel: 0808 800 6565
Email: info@helptheaged.org.uk
Web: www.helptheaged.org.uk

Age Concern Information Line

Tel: 0800 00 99 66
Web: www.ageconcern.org.uk

The Pension Service

Web: www.pensionguide.gov.uk

The following **Department for Work and Pensions** number is dedicated to dealing with incoming overseas calls about pensions, widow/bereavement benefits, incapacity benefits etc.

Tel: 00 44 (0) 191 218 7777
Web: www.thepensionservice.gov.uk

The **Retirement Pension Forecasting and Advice Unit (RPFA)** can help you work out how much you'll have to retire on.

Web: www.dwp.gov.uk

Tax

The Inland Revenue
www.inlandrevenue.gov.uk

Equity Release Schemes

Safe Home Income Plans (SHIP) is the voluntary organisation which sets sales and product standards for the industry. Companies subscribing to the SHIP Code of Practice undertake to provide fair, simple and complete presentations of any home income plan they may offer you.

Calls to any of these numbers may be recorded or monitored for training purposes.

Safe Home Income Plans (SHIP)

Tel: 0870 241 6060
Email: info@ship-ltd.org
Web: www.ship-ltd.org

Health and Care

NHS Direct
Tel: 0845 4647
Web: www.nhsdirect.nhs.uk

Continuing Education

The University of the Third Age
Web: www.u3a.org.uk

Volunteering

Volunteering England
Web: www.volunteering.org.uk

Citizens Advice Bureau

Web: www.nacab.org.uk

If you want to keep your vote whilst living overseas, the **Electoral Commission** can help.

Tel: 00 44 (0) 20 7271 0500
Email: info@electoralcommission.org.uk
Web: www.electoralcommission.org.uk

For general advice on moving abroad, try the **Foreign & Commonwealth Office**.

Web: www.fco.gov.uk

For help in finding a local Independent Financial Adviser, contact **IFA Promotions** on 0800 085 3250.

Web: www.unbiased.co.uk

PRUDENTIAL

The information contained in this guide is accurate to the best of our knowledge
but no reliance should be placed on it.

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