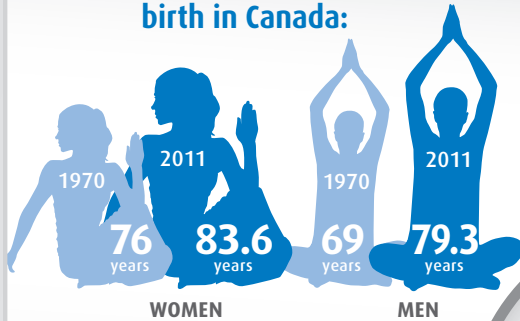


Living to 100:

The four keys to longevity

Average life expectancy at birth in Canada:



By **2061** it is estimated that there will be more than **78,000** centenarians living in Canada

Steps taken to prepare for retirement:

- 30%** made regular contributions to RRSP
- 19%** created a financial plan
- 19%** talked to a financial advisor
- 24%** nothing

SOCIAL

Important factors to enjoying an ideal lifestyle in old age:

- 27%** strong social support network
- 25%** financial security
- 22%** enjoyable activities

- Activities to enjoy during old age:
- Spend time with family and friends
 - Volunteer
 - Travel

MIND

Lifestyle changes that boost brain power

- Engage in cognitive training (puzzles, learn a new language)
- Take up aerobic exercise
- Don't smoke
- Maintain social networks

BODY

- 88%** have taken steps to help live a longer life
- 55%** eat a healthy diet
- 47%** exercise regularly
- 43%** see a doctor regularly

Chance of needing long-term care

- 10%** by age 55
- 30%** by age 65
- 50%** by age 75

Biggest concerns about living to 100

- Medical costs
- Losing mental abilities
- Relying on others financially
- Not being able to afford lifestyle

Expenses that will most impact your senior years:

- | | |
|----------------------------------|---------------------------|
| 74% medical and health | 56% housing |
| 57% day-to-day essentials | 38% long-term care |

FINANCIAL

Will you be financially secure in retirement?

- 16%** very confident
- 54%** somewhat confident
- 21%** not very confident
- 9%** not at all confident

Those NOT confident:

- 13%** have discussed situation with a financial advisor
- 5%** have a financial plan

Those confident:

- 25%** have a financial plan
- 22%** have discussed situation with a financial advisor

What if you live to 100?

- 10%** very confident
- 43%** somewhat confident
- 33%** not very confident
- 14%** not at all confident