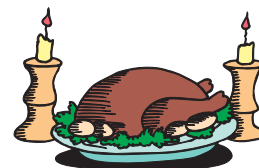


QuickFACTS

From the MetLife Mature Market Institute®
www.MatureMarketInstitute.com



"Thanksgiving dinners take eighteen hours to prepare. They are consumed in twelve minutes. Half-times take twelve minutes. This is not coincidence."

Erma Bombeck

INFORMATION ABOUT RETIREMENT, LONG-TERM CARE, AND THE MATURE MARKET

Welcome to *QuickFACTS*, a monthly fact sheet produced by MetLife's Mature Market Institute. Our focus is the emerging market of people 50+. We compile recent news and developments on retirement, aging, and long-term care issues that impact our business and our customers. Ideas and comments for the editor are welcome at kobrien@metlife.com or by phone, 203-454-5386.

Retirement Expectations: Realistic?

According to EBRI, many workers are counting on retiree benefits provided through employers — benefits that are becoming increasingly less available. While only 41% of workers responding to the Retirement Confidence Survey report that either they or their spouse have a defined benefit pension plan, 62% are expecting to receive income from such a plan at retirement. Additionally, even though the number of employers who offer retiree health insurance is declining, workers are almost as likely to expect this benefit (41%) as current retirees are to be receiving it (43%). ■

Ruth Helman, Jack VanDerhei, and Craig Copeland
The Retirement System in Transition: The 2007 Retirement Confidence Survey
EBRI Issue Brief No. 30
April 2007
www.ebri.org/pdf/briefspdf/EBRI_IB_04a-20079.pdf



Celebrating Family Caregivers

November is designated each year as National Family Caregivers month by declaration from the President of the United States. It is a time to recognize the contributions of more than 50 million family caregivers across the country who provide an estimated \$306 billion dollars in donated care to loved ones. This year's focus is on family caregivers speaking up for their rights and will encourage activities to advocate for public policies to address family caregiving issues and raise awareness about community programs that support family caregivers. ■

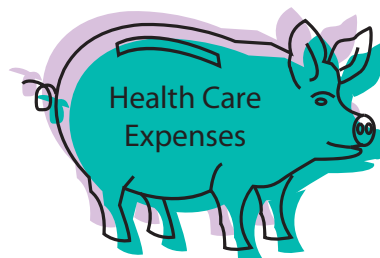
National Family Caregivers Month 2007
National Family Caregiver Alliance
www.thefamilycaregiver.org/national_family_caregiver_month/



Health Care Expenses: Impact on Retirement Savings

Using an average life expectancy of 82 for men and 85 for women, it is estimated that a couple at age 65 today will need \$154,000 in savings to cover Medigap (based on Plan F), Medicare Part B, and Medicare Part D premiums and median out-of-pocket prescription drug costs. Assuming the same coverage and average life expectancy, a couple retiring at age 65 in 2016 would need up to \$285,000 to cover these expenses. These expenses do not include potential long-term care costs. ■

Paul Fronstin
*Savings Needed to Fund Health Insurance and
Health Care Expenses in Retirement*
Employee Benefits Research Institute (EBRI)
Issue Brief No. 295
July 2006
http://www.ebri.org/pdf/briefspdf/EBRI_IB_07-20061.pdf



New Tools Available to Assist with Medicare Enrollment Decisions

In preparation for the November 15 – December 31, 2007 Medicare open enrollment period for 2008 coverage, the Centers for Medicare and Medicaid Services have added features to assist individuals with enrollment choices. These include 2008 prescription drug plan and health plan updates and search tools to help personalize information based on where an individual lives, as well as individual needs and preferences. The site can be accessed at www.medicare.gov. ■



Pension Benefits and Retirement Choices

A GAO analysis found that pension plans are strongly associated with the age at which people decide to retire. According to their findings, men with defined benefit pension plans were about 28% more likely to retire before age 62 than those without these plans. This same link was not found for women. Both men and women with defined contribution plans were less likely to retire before age 62 than those without these plans. ■

*Retirement Decisions: Federal Policies Offer Mixed Signals about
When to Retire*
United States Government Accountability Office (GAO)
Report to Congressional Committees
July 2007
www.gao.gov/new.items/d07753.pdf



Smoke Gets in Your Eyes

Added to the list of reasons not to smoke is the risk of developing late age-related macular degeneration. Researchers at the University of Sydney and Westmead Hospital studied 2,454 people 49 and older and found that current smokers were four times more likely to develop the disease and past smokers were three times as likely to have geographic atrophy, an advanced form of the disease, than non-smokers. ■

More Proof that Smoking Increases Risk of Age Related Macular Degeneration, Blindness for Senior Citizens

www.seniorgournal.com

August 13, 2007



Web Watch

The AARP Foundation, in partnership with the Children's Defense Fund, Casey Family Programs' National Center for Resource Family Support, The Brookdale Foundation, the Child Welfare League of America, and Generations United, has compiled state-specific fact sheets to assist grandparents who are responsible for the needs of their grandchildren. The fact sheets, which can be accessed at: www.giclocalsupport.org/pages/state_fact_sheets.cfm, include census data related to grandparent caregivers and the children they are raising, a list of local and national programs, resources and services, and information about key public benefit programs and state laws. ■



U.S. Retirement Assets Growing

Total U.S. retirement accumulations grew from \$5.9 trillion in 1994 to \$16.4 trillion in 2006. The 2006 figure represents an 11% increase from 2005. While twenty years ago retirement assets accounted for 24% of all U.S. household assets, today they represent 40%. Assets in defined contribution plans and IRAs together account for 51% of retirement assets in 2006, compared to 39% in 1990. ■

The U.S. Retirement Market, 2006

Research Fundamentals

Investment Company Institute

July 2007, Vol. 16, No. 3

<http://www.ici.org/pdf/fm-v16n3.pdf>



Caregiving Challenges in Rural America

Limited options and greater distance from needed services often pose significant challenges for family caregivers in rural America. An analysis of data in the 2004 *Caregiving in America* study from AARP and the National Alliance for Caregiving shows that rural caregivers are less likely to report using paid services, with 22% using an aide or nurse from an agency, compared with 25% of urban and 24% of suburban caregivers. Only 29% used transportation services, while 38% of urban and 34% of suburban caregivers did so. ■

Caregiving in Rural America 2006
Easter Seals and the National Alliance for Caregiving
http://www.easterseals.com/site/DocServer/Caregiving_in_Rural-saveas-compress.pdf?docID=49463



Dog House

Dog “parents” everywhere worry about caring for aging pets, but perhaps nowhere more so than in Japan, where the world’s first canine nursing home has opened in the city of Tochigi. The Soladi Care Home for Pets costs \$800 a month, for which old and infirmed dogs receive 24-hour veterinary care. One might wonder if the recreation period includes teaching these old dogs new tricks! ■

Blair S. Walker
Doggie Rest Homes
AARP Bulletin
September 2007



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