

Thriving in retirement



Planning for retirement is much more than just planning your finances. It also means taking care of your health, finding balance and setting up a lifestyle that aligns with your aspirations. This document provides a list of practical resources to help you approach this new stage of life with confidence and peace of mind.

Mastering financial strategies
for a worry-free retirement

Active aging: wellbeing
and physical health

Nurturing your mental
and emotional health

Navigating and embracing
a fulfilling retirement lifestyle



Mastering financial strategies for a worry-free retirement

Proper financial planning can help you prepare for retirement with peace of mind. By knowing how public, personal and private retirement plans work, you'll be able to make informed decisions that will help ensure your long-term financial security.

iA Financial Group resources

[Retirement rendezvous guide](#): your retirement income options guide.

[Creating and following a budget](#): budgeting isn't about restriction; it's about making informed choices.

[My Financial Insight](#): program offered under our personalized advice service.

Government plans

Canada

[Canada Pension Plan](#) (CPP)

[How to set up Services Canada Account](#): view your personal CPP retirement income estimate.

[When to start your CPP retirement pension?](#)

[Old Age Security \(OAS\) pension](#)

Quebec

[Quebec Pension Plan](#) (QPP)

[My account](#): allows you to view your QPP Statements of Participation.

[When to start your QPP?](#)

Information from the government of Canada

[Prepare for retirement](#): explore your retirement options, decide when to start collecting your pensions and what works for you.

[Retirement planning](#): information about types of retirement income, saving for retirement, how much money you will need and managing your finances.

POINTS TO CONSIDER

Are you maximizing your group retirement savings plan contributions? Could you be making additional voluntary contributions?

Have you used the retirement simulator available in My Client Space to check whether you are on track to reach your retirement goal?

Have you created an account with Service Canada to check your estimated CPP retirement income?

Have you made a budget for your retirement?

(Residents of Quebec) Have you consulted your QPP Statement of Participation?



Active aging: wellbeing and physical health

Taking care of your physical health is an essential part of an active and fulfilling retirement. Better understanding the changes associated with aging also allows you to take proactive steps to look after your health on a daily basis.

[Canada Dental Care Plan](#): helping make the cost of dental care more affordable for eligible Canadian residents.

[Physical activity tips for older adults \(65 years and older\)](#): physical activity plays an important role in health, wellbeing and quality of life.

[Participating in activities you enjoy as you age](#)

[Healthy eating for seniors](#): why healthy eating is important when getting older.

[Sleep and aging](#): tips for older adults.

[How to look after our mental health in later life](#)

[United Way 211](#): access to community resources.

POINTS TO CONSIDER

Have you made a bucket list of projects, activities or experiences you're looking forward to in retirement? What's on it?

Are there any hobbies or sports you'd like to start doing or do more often once you retire?

Are you planning to incorporate physical activities into your daily routine?

Do you have any group insurance coverage that will end when you retire? Can you convert this coverage into individual insurance?



Nurturing your mental and emotional health

The transition to retirement opens up new possibilities, but it also requires certain adjustments. Prioritizing your cognitive health and emotional wellbeing can contribute to a more satisfying and fulfilling retirement.

[Taking care of yourself, one day at a time](#): mental health information and resources.

[United Way 211](#): access to community resources.

[Canadian Coalition for Seniors' Mental Health](#): supporting the mental health of older adults.

[EI Caregiving Benefit](#): information about taking time away from work to provide care or support for an eligible family member.

[Canada caregiver credit](#): information for people supporting a spouse or common-law partner, or a dependant, with a mental or physical infirmity.

[Disability tax credit \(DTC\)](#): non-refundable tax credit that helps people with disabilities, or their supporting family member, reduce the amount of tax they may have to pay.

[Survivor's pension \(CPP\)](#): monthly benefit paid to the legal spouse or common-law partner of the deceased contributor.

[Survivors' benefit \(QPP\)](#): basic financial protection to the family members of a deceased person if he or she contributed sufficiently to the Québec Pension Plan.

[Social Connection](#): social connections are important to our mental and physical health.

[Cognitive Health and Older Adults](#): Cognitive health is the ability to think, learn and remember clearly.

[How to look after your mental health in later life](#): booklet for people in their 60s who are approaching retirement or who have recently retired from work.



POINTS TO CONSIDER

Have you thought about how you'll spend your time once you stop working?

What would you like to do? Make a list: travel, spend time with your family and loved ones, cook, exercise, volunteer, take classes or other hobbies.

Do you participate in activities that help you maintain social connections?

Do you have any activities or habits planned that will help you maintain and improve your cognitive health? For example, learning a new skill or hobby, doing puzzles and crosswords, playing chess, bridge or mahjong, taking courses and using your memory instead of making lists.

POINTS TO CONSIDER

Have you made a will? What about your spouse or partner? Does the person designated to settle your estate understand their role and know where the original copy of your will is kept?

If you have a will, when was the last time it was updated?

Have you prepared a power of attorney and a health care directive to manage your assets or health in the event that you are no longer able to do so yourself?

(Residents of Quebec) Have you signed a protection mandate in case you are unable to take care of yourself or your property?



Navigating and embracing a fulfilling retirement lifestyle

Retirement is an opportunity to design a lifestyle in line with your aspirations. By planning the various aspects of your future, you'll be better equipped to navigate it and enjoy the things that matter most to you.

Provincial resources

Ontario

[Estate planning and wills](#): estate planning and preparing a will to transfer your property and money to specific people or charities after death.

[Powers of attorney](#): appointing someone you trust to make important financial and health care decisions on your behalf.

Quebec

[Will and estate](#): steps for drawing up and executing a will and the tasks to be carried out following the death of a person.

[Protection mandate](#): document in which a person expresses their wishes and names one or more trusted people to look after their person and their property in case of incapacity.

[Advance medical directives](#): allow a person to state in advance the medical care the person would accept or refuse if he or she lost the ability to give consent.

Other

[Housing options for seniors](#): information from the Government of Canada.

Get ahead

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With over 130 years of experience in insurance, savings and wealth management, iA Financial Group is synonymous with trust. Founded in 1892, the Group has consistently adapted its practices and its product and service offerings to evolving market conditions, championing its clients' ambitions.

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