

Retirement spending planner for singles

How much does a comfortable lifestyle cost?

This retirement spending planner can help you determine how much you 'need' (your essential spending) and how much you 'want' (your discretionary spending) in order to maintain your desired lifestyle in retirement.

Guideline for those aged around 65:

Expenses	ASFA Comfortable ¹ (per week)	Your expenses (per week)
Essential spending		Essential (needs)
Housing – e.g. insurance, rates, repairs	\$112.59	
Electricity and gas	\$45.66	
Food – groceries and other fresh food	\$94.52	
Everyday clothing and footwear	\$20.51	
Household cleaning and other supplies	\$20.80	
Personal care items and hairdressing/barber	\$20.00	
Health services	\$102.88	
Car and transport costs	\$135.44	
Home phone, mobile, broadband internet	\$22.47	
Mortgage/rent	\$0.00	
Other – e.g. pets, family commitments	\$0.00	
Discretionary spending		Discretionary (wants)
Additional household goods and services	\$42.80	
Discretionary foods and groceries	\$27.68	
Dining out, alcohol, entertainment activities	\$85.50	
Clothing – non-essential items	\$6.89	
Vacations – domestic and overseas	\$63.22	
Memberships, sundry items, TV/DVD, streaming	\$35.96	
Gifts	\$0.00	
Other	\$0.00	
Total per week	\$836.92	
Annual ASFA Comfortable¹		Annual spending planner
Essential (needs)	\$30,008	
Discretionary (wants)	\$13,679	
Total	\$43,687	

¹ According to the ASFA Retirement Standard June 2020 quarter, this is the annual spending budget needed by Australians aged 65-85 to fund a comfortable standard of living in post-work years for a single person who owns their home. Refer to the ASFA website superannuation.asn.au

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