

## HEATHER SCHREIBER'S

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## SOCIAL SECURITY ADVISOR

Social Security Planning for Retirement

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### Proper Planning and Preparation Prevent Poor Performance for Generation X

For years, Social Security and Medicare preparation has focused on the post-World War II Baby Boom generation. However, that war has been over for 78 years, so most Boomers probably have made their plans by now. Even the youngest Boomers — born in 1964 — will be eligible for Social Security retirement benefits in 2026 and generally ready for Medicare before this decade ends.

Who is next? Individuals in so-called Generation X (people born between 1965 and 1980) are now ages 43-58, so the eldest Gen Xers may be entering their final working years. However, retirement readiness is on shaky ground for Gen X, because that cohort faces a unique set of financial challenges that is redefining how to adequately plan for retirement.

Among those challenges is the decline of defined benefit pension plans in the private sector and the resulting reliance on do-it-yourself defined contribution plans such as 401(k)s. This shift has come in a time of economic uncertainty, which can rattle investment markets. There already have been three recessions in this century (2001, 2007-2009, 2020), lasting a total of 28 months.

Periodic recessions reduce the workforce paying into Social Security while encouraging more Boomers

to claim their benefits, straining the program's finances. Altogether, the outlook for long-term Social Security benefits has dimmed. Gen Xers are looking at a potential cutback of Social Security benefits within the next 10 years, according to the most recent OASDI Board of Trustees Summary.

Stress on Social Security coincides with inflation rates at 40-year highs. Moreover, U.S. life expectancy appears to be on the rebound after back-to-back years of decline in 2020 and 2021, likely caused by the COVID-19 pandemic, creating the prospect of longer-lasting, more expensive retirements with less support from Social Security.

Consequently, Gen Xers must adopt new retirement strategies to protect their assets and grow their savings. It has become imperative that this generation plan for extended retirements sooner rather than later, with less reliance on Social Security and more emphasis on securing their own retirement income strategy with focused resolve.

#### **Proper Planning**

Within such an overall retirement income strategy, it remains critical to optimize Social Security claiming plans. Social Security benefits are

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