

8,000 Days





- Multidisciplinary research program that works with business, government, and non-government organizations
- Seeks to understand longevity challenges and opportunities
- Invents solutions enabling people to do more throughout their lives
- Aims to improve quality of life for older people and those who care for them



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*We have a longevity paradox.
Now that we have achieved what
humankind has tried to achieve since
it has walked—living longer—we
really don't have a good idea of what
to do with all that additional time.*

— Dr. Joe Coughlin,
Director of the MIT AgeLab



Agenda

- 8,000 Days
- Four Phases of Retirement
- Preparing for Your 8,000 Day Retirement

8,000
Days



Life in 8,000 Day Segments



LEARNING

8,000 Days



GROWING

8,000 Days



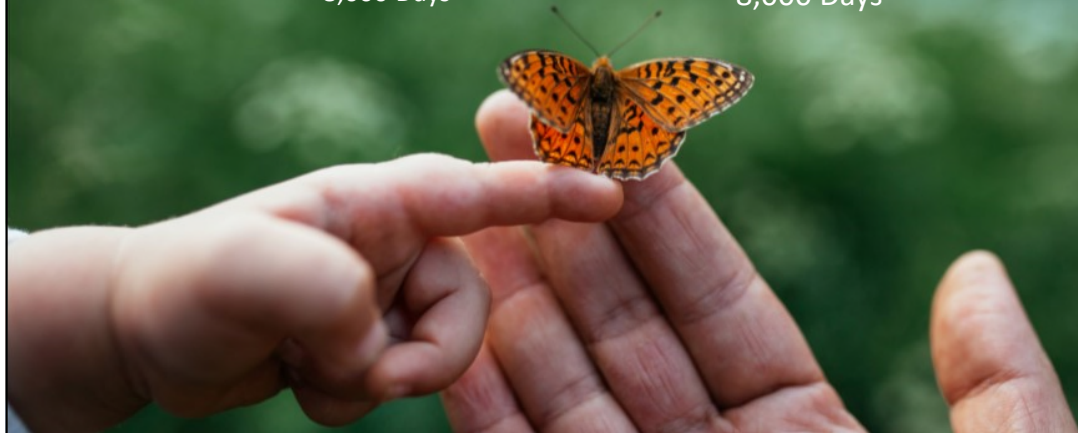
MATURING

8,000 Days



EXPLORING

8,000 Days





Jeanne Calment 122



Oldest person in the world



Kathrine Switzer 75



Wang Deshun, 88

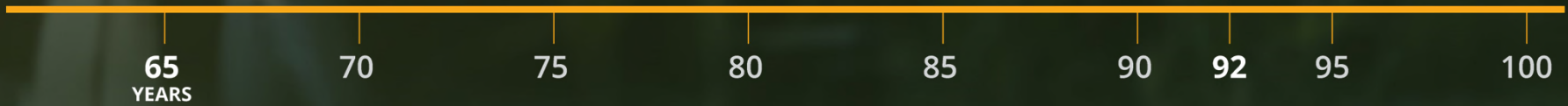
8,000 DAYS



Longevity



Likelihood that one or both partners
age 65 will survive to at least age 92



Source: How Much Do You Need for Retirement if You Live to Be 100?, newretirement.com, 6/20

The Traditional Retirement Story



The New Retirement Story





Four
Phases of
Retirement

Four Phases of Retirement

1

The Honeymoon
Phase



2

The Big
Decision Phase



3

Navigating
Longevity Phase



4

The Solo
Journey Phase



FOUR PHASES OF RETIREMENT

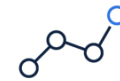


1

The Honeymoon Phase



The role of work



Income



Family dynamics

Remote Work May Actually Favor Older Workers

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With companies embracing remote work and flexible hours...it's easier for many older people to remain employed.

Jack Rowe, professor of public health at Columbia University



61%
of the 35-and-younger group felt remote work made their jobs more challenging

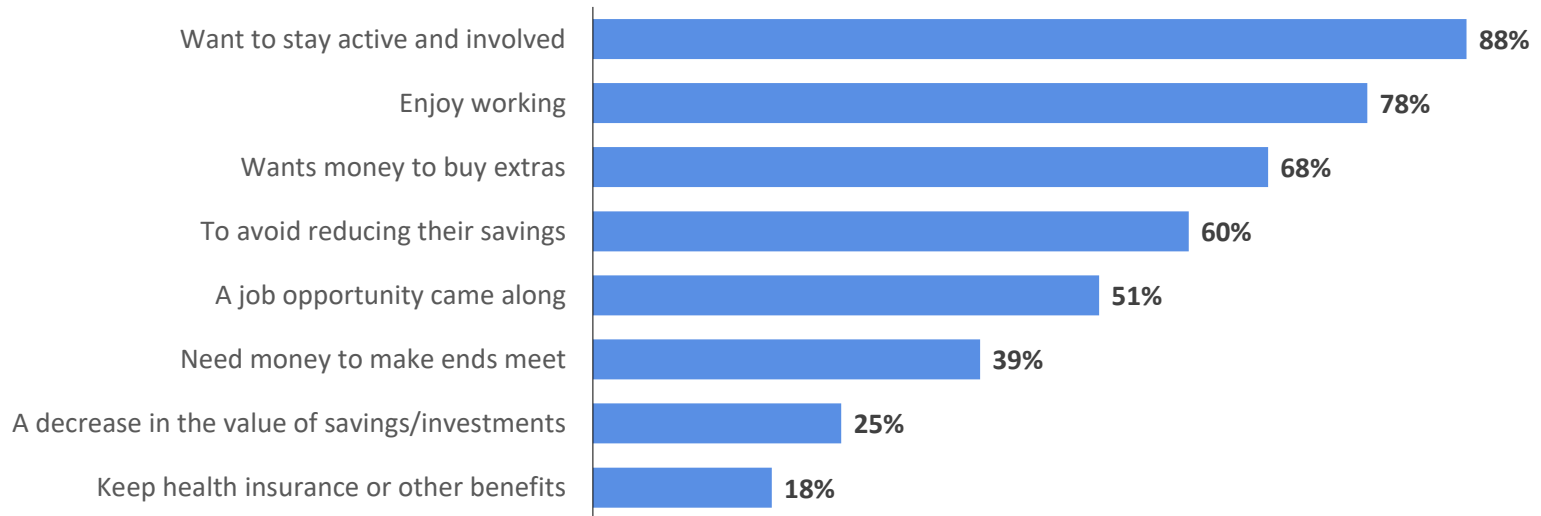


While just **36%** of the 55-plus workers felt the same way

Source: Remote Work Generation Gap May Actually Favor Older Workers, BISNOW, 2/15/21

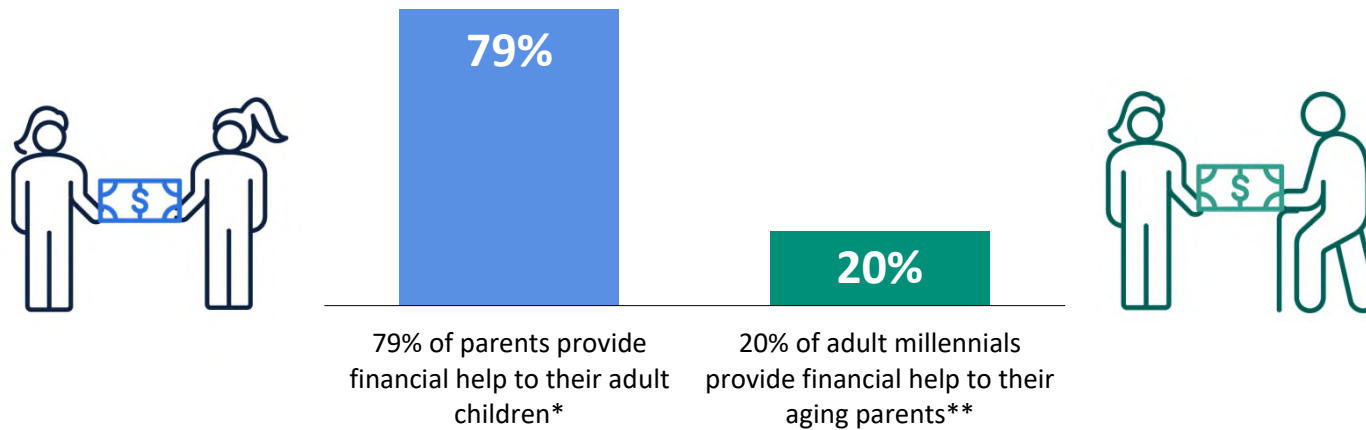
1. The Honeymoon Phase

Reasons for Working in Retirement, Among Retirees Who Worked in Retirement



Source: 2022 RCS Fact Sheet #2: Expectations About Retirement, EBRI/Greenwald Retirement Confidence Survey, 2022

More Financial Help from Parents to Adult Children than from Children to Aging Parents



*Source: How to stop financially supporting your adult kids — and feel OK about it, NBC News, 2/26/19

**Source: Why So Many Millennials Are Financially Supporting Their Parents, HuffPost, 12/6/17. Most recent data available.

FOUR PHASES OF RETIREMENT

75%

of workers think
that they will work
for pay in retirement

29%

Of retirees say they
actually have
worked for pay since
retiring

Source: 2025 EBRI/Greenwald Retirement Confidence Survey, Employee Benefit Research Institute and Greenwald Research, 2025



2

The Big Decision Phase



Where will you live?



Finding your purpose



Maintaining access to the things you enjoy

FOUR PHASES OF RETIREMENT

2. The Big Decision Phase



Do we start thinking about a retirement community or assisted living?

Proximity to family

How will we get around?

If I'm not working, what will I do with my time?

Move to a warmer climate?

City or Suburbs?

Should we make our home more aging-friendly?

If we move, we'll be leaving our social network

FOUR PHASES OF RETIREMENT

2. The Big Decision Phase



Stay in my home



**Move in with
family member**



Upsize or downsize



50+ community



Assisted living



**Continuing Care
Retirement Community
(CCRC)**

FOUR PHASES OF RETIREMENT

2. The Big Decision Phase



**Who will
change my
light bulbs?**



**How will I
get an ice
cream cone?**



**Who will
I have
lunch with?**



3

Navigating Longevity Phase



Managing health



Administrivia

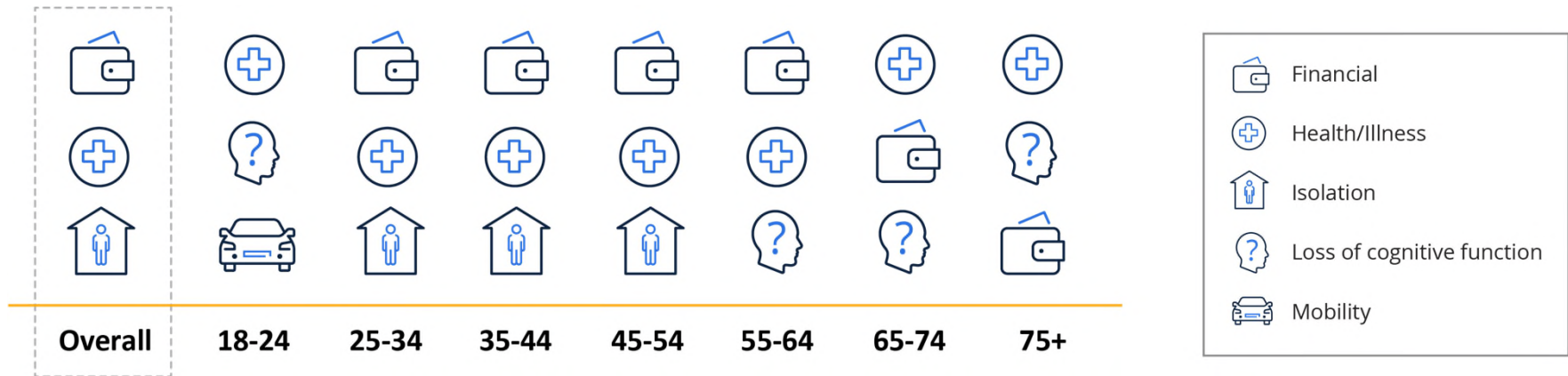


Caregiving

FOUR PHASES OF RETIREMENT

3. Navigating Longevity Phase

What Concerns People Most About Retirement? (by age)

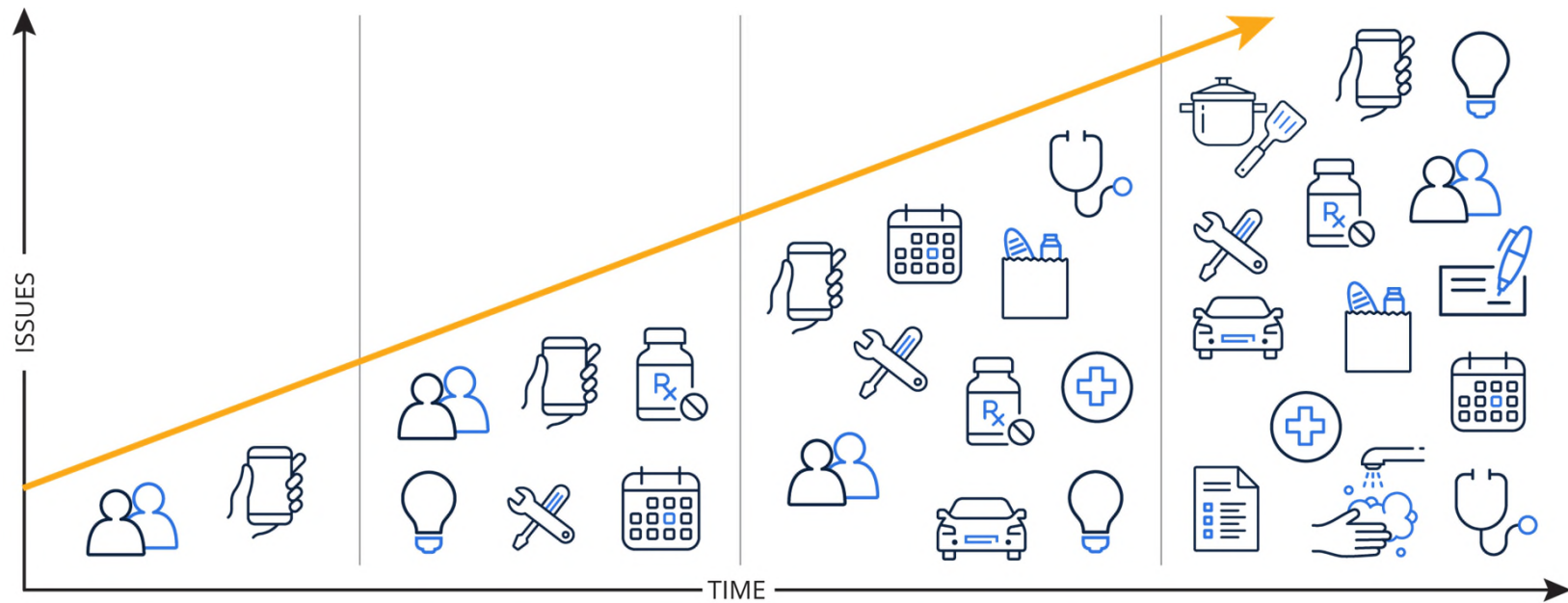


Source: Joseph Coughlin, "A Cross-Generational Look at Worries in Old Age," MIT AgeLab Working Paper, March 2014
Most recent data available.

FOUR PHASES OF RETIREMENT

3. Navigating Longevity Phase

Administrivia



3. Navigating Longevity Phase

Caregiver Responsibilities



Help to shop and buy groceries



Prepare meals, clean house or do laundry



Aid with transferring the recipient in and out of bed



Help with activities of daily living such as dressing, bathing, administering medications



Assist with physical therapy, injections, feeding tubes or other medical processes



Arrange the medical appointments and transportation to the doctor or clinic



Order and pick up medications at the drugstore



Discuss the care plan and needs with the doctors and care managers



Handle a crisis or medical emergency



Fill the designated “on-call” position for the family member

Source: *Caregiving Roles and Responsibilities*, Science Care, 3/15.



4

The Solo Journey



Living alone



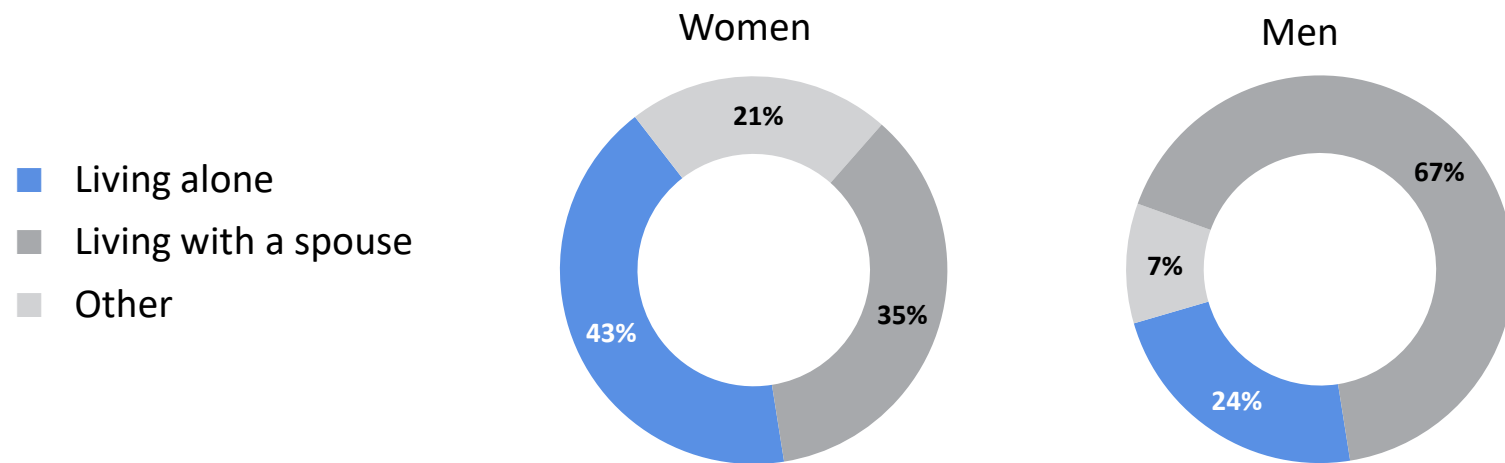
Revisiting the first three phases



Maintain social network

FOUR PHASES OF RETIREMENT

Over 75 and Living Alone¹



The average age of widowhood is 59 years old²

Since 1990s, divorce rate of 50+ has doubled³

¹Source: *How Many Young and Older Adults Lived Alone?*, US Census Bureau, 05/24

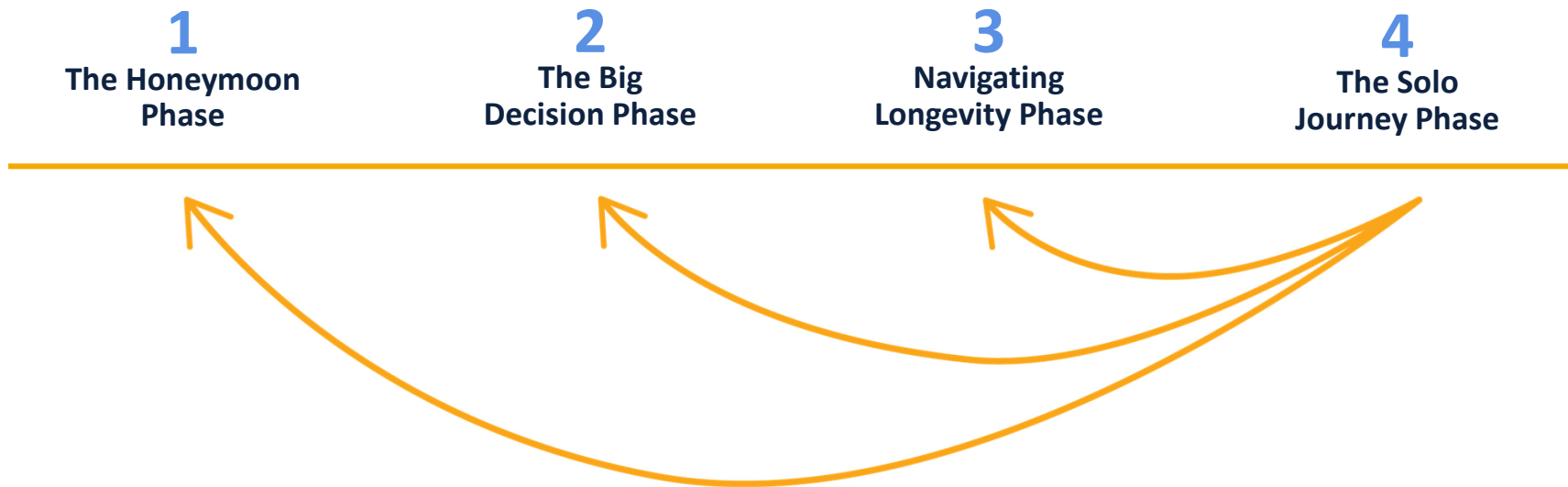
²Source: *You just got married. It's time to prepare for divorce and death (sorry)*, USA Today, 3/19/19.

³Source: *'Gray Divorce' Rates Are Exploding Due to This Perfect Storm*, Kiplinger, 4/12/21

FOUR PHASES OF RETIREMENT

4. The Solo Journey

Revisiting the First Three Phases

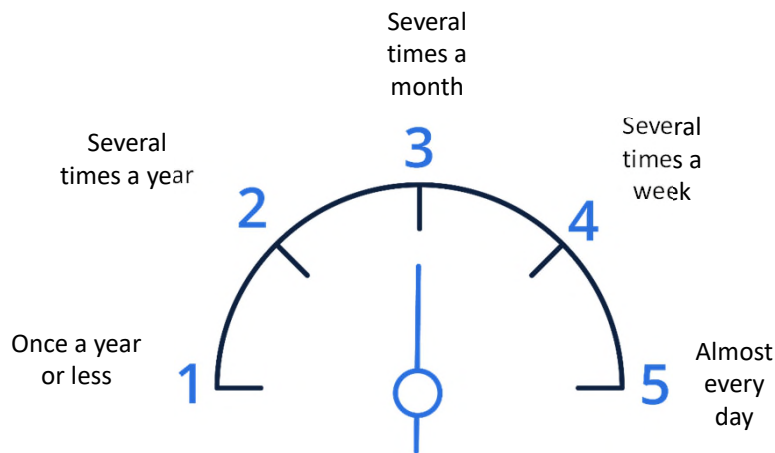


Source: *8,000 Days*, MIT AgeLab, 2017

Social Activity Can Protect Against Age Related Decline

Rush University Medical Center study of 906 seniors, average age 80

Those surveyed were asked how often they participated in social activities



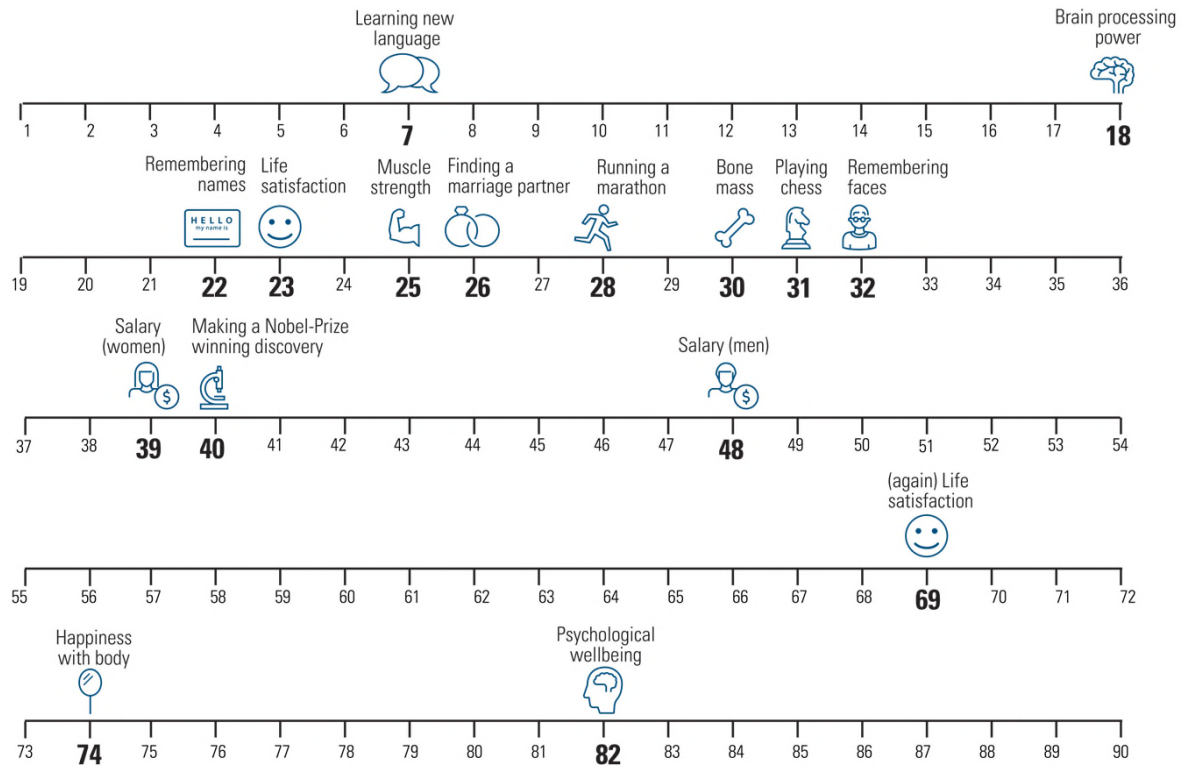
A one-point difference in social activity corresponded to a five-year difference in motor function

(including walking in a straight line, standing one-legged and on tiptoes, turning full circle without falling, and placing pegs on a board)

Source: *In Old Age, Friends Can Keep You Young. Really.* Time, 6/24/09. Most recent data available.

FOUR PHASES OF RETIREMENT

The Age You Peak at Everything



Source: *Here are the ages you peak at everything throughout life*, Business Insider, 3/16/17. Most recent data available.



**Preparing
for Your
8,000 Day
Retirement**

How Much Will Retirement Cost?



Vs.

What Will I Do in Retirement?





Why Human Expertise Matters

Summary

- **8,000 Days**
A life stage waiting to be invented
- **Four Phases of Retirement**
A new framework
- **Preparing for Your 8,000 Day Retirement**
What will I do in retirement?



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The Bottom Line

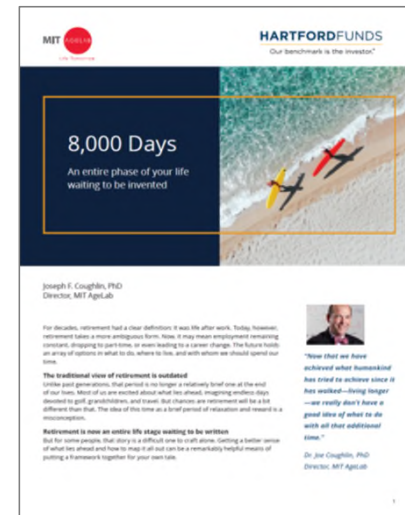
The four phases of retirement enable a clear vision to plan and to anticipate what is likely to come. Effective preparation can thereby reduce the stress of uncertainty and boost prolonged independence and control in the life so many wish to lead tomorrow.

—Dr. Joe Coughlin, Director of the MIT AgeLab



Next Steps

1. Get a copy of our client white paper
2. If you're retired, consider which of the four phases of retirement you're in. If you're helping a friend or family member as they age, decide what phase they're in.
3. Talk to your financial professional about how to plan for the four phases of retirement



Client white paper MAI083

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