



2025

Fidelity Retirement Report

HELPING CANADIANS THINK ABOUT RETIREMENT





2005

2025



Letter from the authors

Fidelity has been providing insights into retirement for Canadians for 20 years. As we move into 2025, retirement planning remains a multi-faceted challenge influenced by ongoing market dynamics, inflationary pressures and global political uncertainties. This updated retirement report aims to equip you with current insights to refine your retirement planning process, offer new perspectives and support the creation and fulfillment of your retirement vision.

Over the past two decades, retirement has undergone significant changes. Our respondents agree that retirement planning has become more complex, with factors such as volatility from tariff and macro threats, market fluctuations and global events affecting financial stability. The decline of employer-sponsored retirement plans means that more responsibility is left to individual investors and their advisors to navigate these complexities.

We should note that the survey was in field from March 13 to 28, which is before markets dropped significantly as a result of tariff announcements.

In 2025, the journey to retirement is anticipated to include even more twists and turns. Respondents appear to be aware of this: they indicate that the amount expected to be needed in retirement has risen faster than inflation, potentially reflecting increased expectations of living standards and longer life expectancy.

The timing of retirement continues to evolve. The average age at which Canadians retire has increased dramatically over the last 15 years. This trend may continue; with persistent inflation and market volatility, a significant number of pre-retirees are considering postponing their retirement dates. The prevalence of hybrid working arrangements has facilitated this trend, enabling many to extend their careers or transition into retirement more flexibly. Moreover, hybrid working has provided an opportunity for some to remain engaged in the workforce even after they retire from their primary careers.

Inflation remains a prominent concern, but it is only one of five key risks to financial security in retirement. The other risks include withdrawal rate, longevity, asset allocation and health care. Collaborating with a financial advisor can help you navigate these risks and develop strategies to mitigate them, ensuring financial stability throughout your retirement.

Greater expectations of supporting family members have also emerged, both among those born in Canada and those from outside of it, where familial support can sometimes be the norm. This trend underscores the need for comprehensive financial planning that takes into account the well-being of extended family members. The high cost of living is affecting not just retirees but their adult children as well. Retirees and pre-retirees alike may need to incorporate these kinds of expenses into their financial planning.

Canada is experiencing demographic shifts, with more seniors than ever before. As noted above, the average age of retirement is increasing, and there is more interest in retirement planning across various age segments. This increased focus highlights the importance of being well prepared for retirement.

Consistently, year after year, our survey reveals that having a written retirement plan significantly enhances preparedness – not just financially, but also emotionally, socially and physically. These four pillars of well-being are strengthened by the presence of a written financial plan, a finding that remains true through our continued research.

Retirement planning is a continually evolving process. We hope that the insights from our 2025 retirement survey will inspire you to reflect on your retirement plans, update your retirement strategy and ultimately foster a sense of preparedness, optimism, hope and confidence for your retirement years.

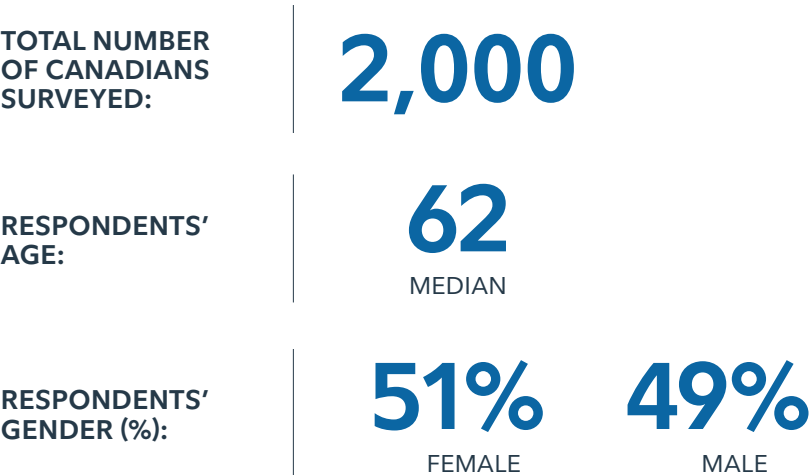
Sincerely,

The Fidelity Tax and Retirement Research Team

About the Fidelity Retirement Report

For two decades now, the *Fidelity Retirement Report* has been examining how Canadians in and approaching retirement have evolved their thinking on matters related to retirement.

This study was commissioned by Fidelity Canada and fielded between March 13 and March 28, 2025.



This is the 20th year the survey has been conducted.

- We surveyed a disproportionate sample of pre-retirees and retirees to allow for analysis by segments like gender and region.
- The results were then weighted to reflect the national proportionate distribution of those 45 years of age and older.

Total sample results are accurate to +/- 2.31 percentage points, 19 times out of 20. Discrepancies in or between totals are due to rounding.

Reading guide



Additional report insights from Fidelity retirement expert Peter Bowen.



Additional report insights from Fidelity retirement expert Michelle Munro.

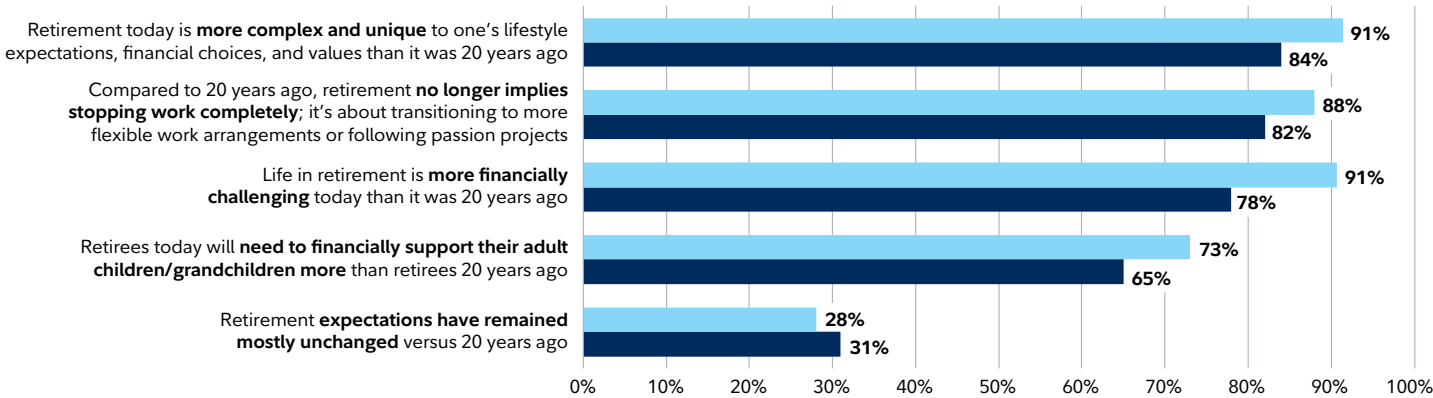


Additional report insights from Fidelity retirement expert Jacqueline Power.

Retirement then and now.

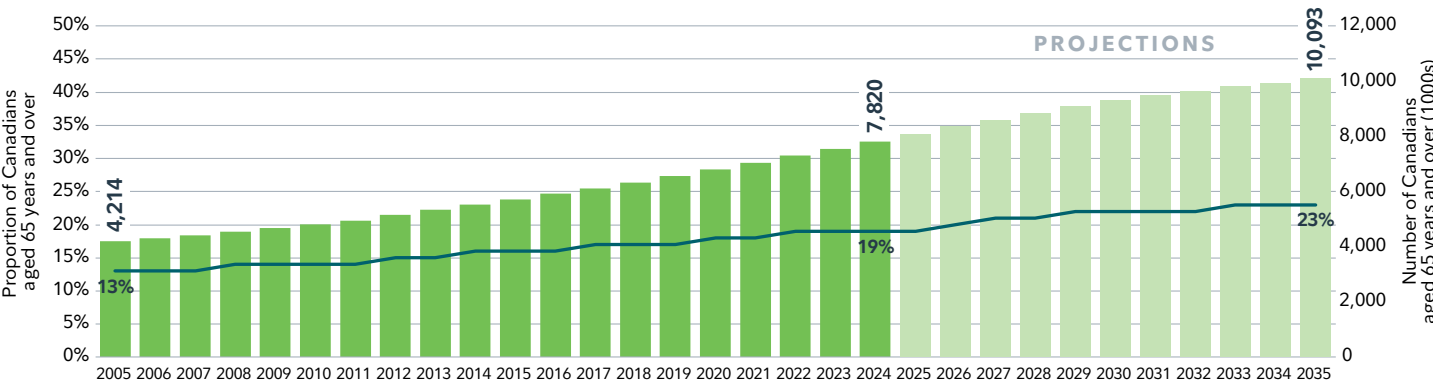
Compared with two decades ago, the idea of retirement in 2025 is more complex, financially and otherwise. Whether it's greater support for the next generation, exploring flexible work arrangements or just saving more to cover higher living costs, most Canadians agree that retiring today is different.

All: Thinking about your perceptions of retirement now versus 20 years ago, to what extent do you agree or disagree with each of the following statements?



We generally find that those born outside Canada are more likely to support future generations in retirement. However, we've noticed that this is becoming increasingly common among all respondents over the years.

A larger share of Canadians today are 65 years and over compared to 20 years ago:



Statistics Canada, Census of Population, 1851 to 2024, Census of Population 2021. Data for 2025 to 2035 are population projections from the M1 medium-growth scenario of national projections. The projection data have as a base population the population estimates based on the 2021 Census, adjusted for net under coverage.

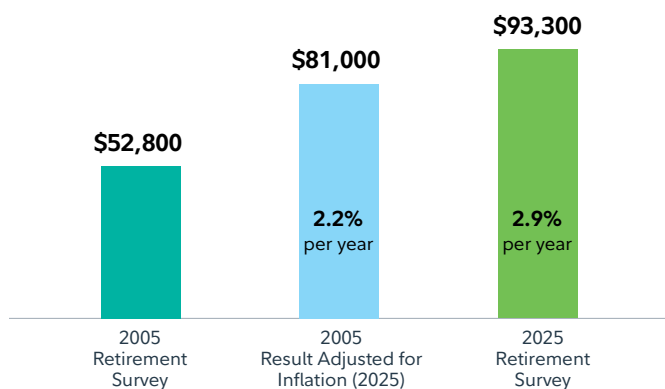
From 2005 to 2024, the population of Canadians aged 65+ has increased by 86%. This compares with 27% for the population as a whole.

Perceptions of a comfortable retirement income have outpaced inflation.

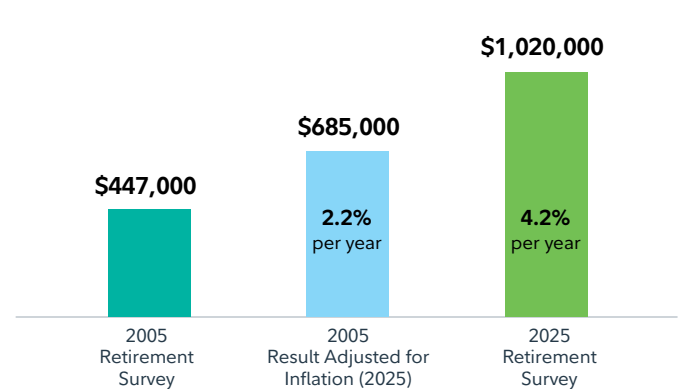
The cost of living has obviously increased since 2005, but the amount that pre-retirees believe they would need for a comfortable retirement has outpaced inflation. This may be due to the changing nature of what it means to have a comfortable retirement, whether that's travelling more in the aftermath of the pandemic or providing more support to future generations.



Pre-retirees: Before taxes, what will be the **amount of annual household income** you believe you [both you and your spouse] will need to be comfortable during retirement, in today's dollars?



Pre-retirees: And about how much do you feel you will need in order to generate that annual household income amount?



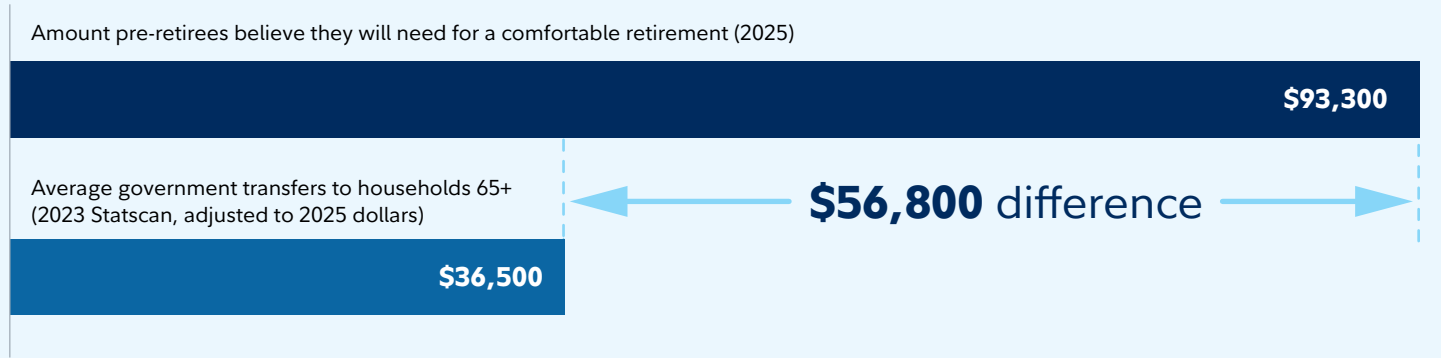
Since 2005, the amount of wealth that pre-retirees believe they will need to generate a comfortable retirement income has increased by more than the income they feel they would need. This may be because Canadians have lower expectations of bond yields today than in 2005, meaning they would need more assets to generate the same level of income.



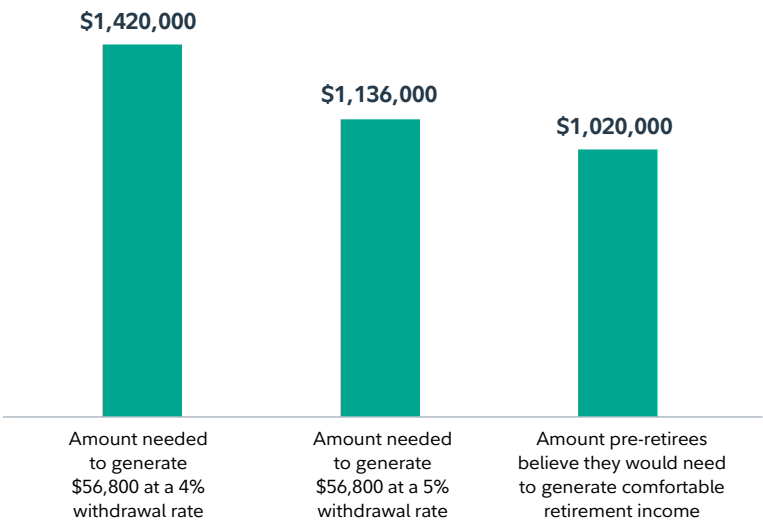
It's also possible that Canadians today better recognize longevity risk – the risk of outliving one's savings – and believe they will need more in retirement savings to avoid this.

How much do Canadians need to save for a comfortable retirement?

This depends on the kinds of income sources that people have. Do you have an employer pension plan? Rental income from real estate? Perhaps a part-time job? It is unlikely that government programs alone will be enough.



” Government transfers for this group will mostly consist of income from the Canada Pension Plan/ Quebec Pension Plan (CPP/QPP) and/or Old Age Security (OAS)



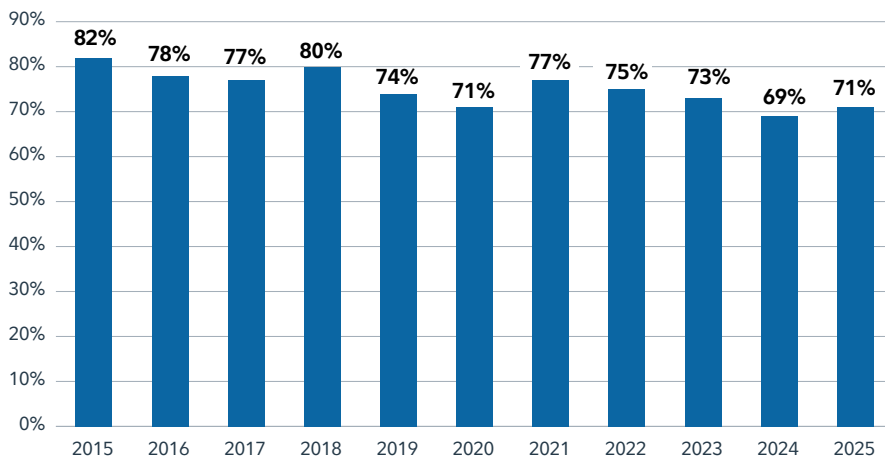
” Even at a 5% withdrawal rate, pre-retirees underestimate the amount they’ll need to generate comfortable retirement income.

We continue to see a divergence between how retirees and pre-retirees feel.

The outlook on retirement remains stable year-on-year amid volatility in the headlines. That being said, the gap between the share of retirees and pre-retirees with a positive outlook on retirement widened by 8 percentage points since 2018.

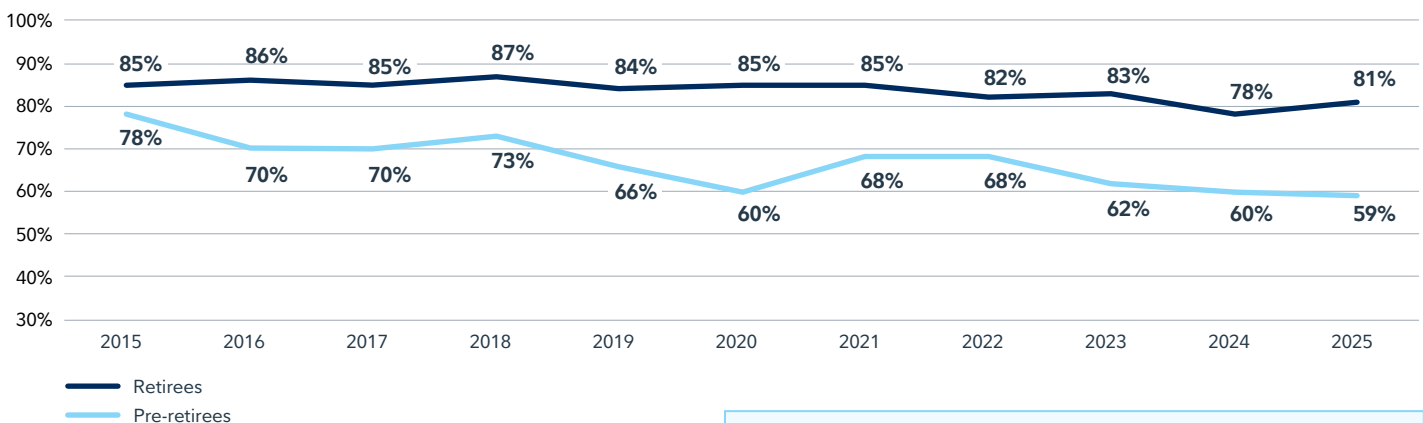
All: Thinking about retirement, which of the following reflects your outlook?

Answer: Positive



Québécois respondents were the most likely to have a positive outlook on retirement, at 76%.

All: Thinking about retirement, which of the following reflects your outlook? **Answer:** Positive

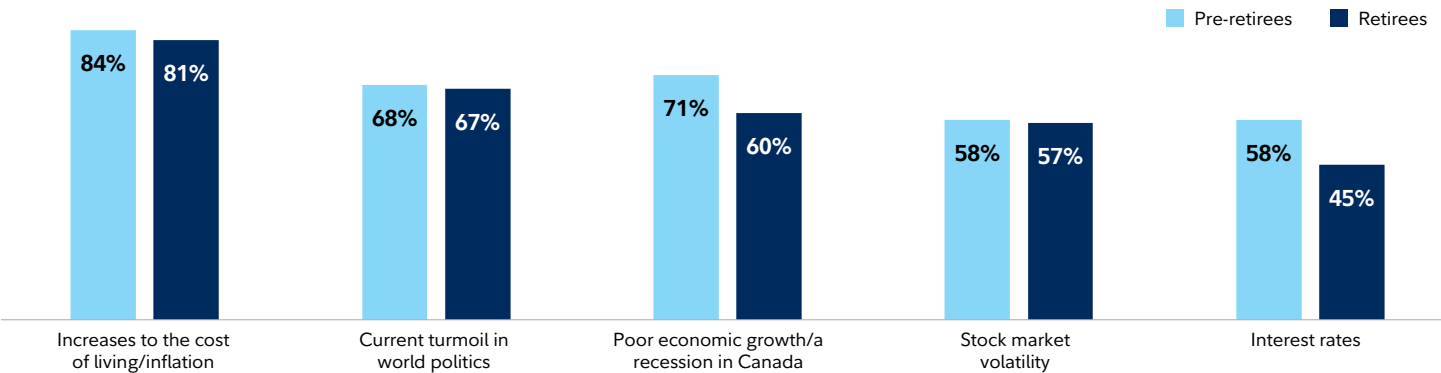


Among pre-retirees, women were less likely to have a positive outlook, at 54%, compared with 66% for men.

Macroeconomic issues and global turmoil are top of mind for retirees and pre-retirees alike.

Given the changing landscape, we’ve introduced a question about how the current political turmoil may affect Canadians in and approaching retirement. Unsurprisingly, many are concerned.

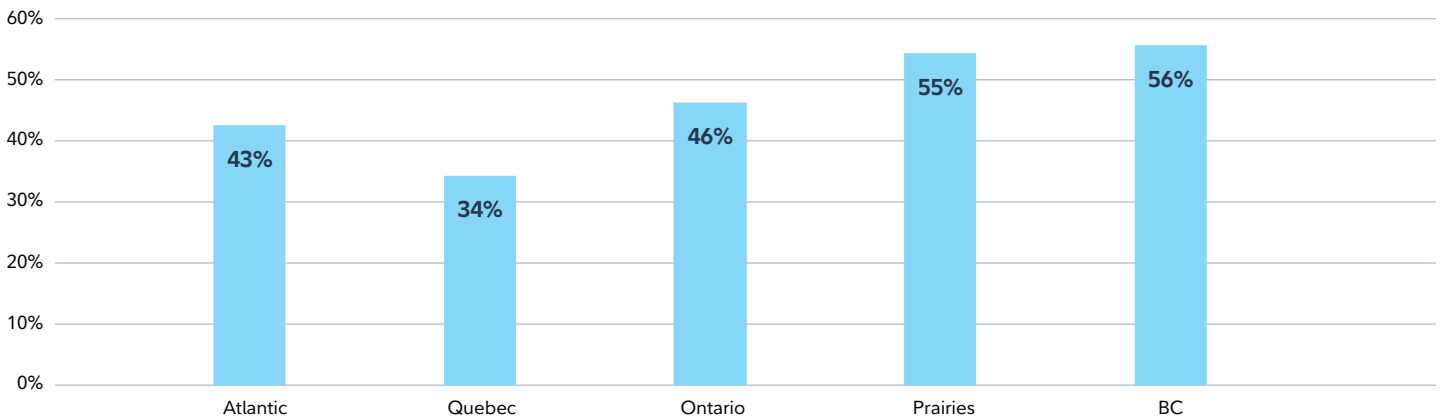
Retirees: For you personally, how do you believe each of the following factors are impacting you in retirement?
Pre-retirees: For you personally, how do you believe each of the following factors will impact you financially in retirement?
Answer: Impacted me financially in a somewhat / very negative way



Our 2025 survey was fielded from 13 to 28 March. It is likely that the share of Canadians concerned about issues such as turmoil in world politics, stock market volatility and a recession in Canada would almost certainly be higher if it were fielded in April.

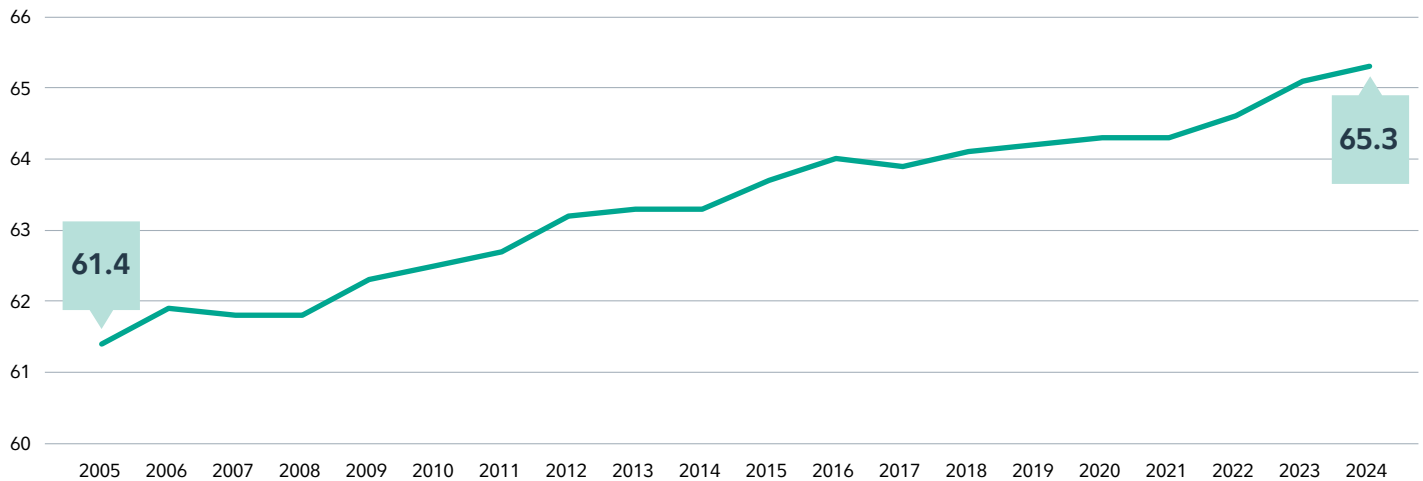
Although inflation is below the 2022 peak, the higher cost of living continues to influence when pre-retirees think they will retire, with 46% indicating it has done so. That said, there is significant variance by region:

Pre-retirees: Has the rising cost of living influenced when you think you will retire?
Answer: Yes, I’m planning to retire later than I originally planned or expected



According to Statistics Canada, the average age of retirement increased from 61.4 to 65.3 between 2005 and 2024. Today, the share of pre-retirees indicating that they will retire at age 65 or above is significantly higher than it was in 2005. This suggests that the average age of retirement will continue to increase.

Average age of retirement in Canada (Statistics Canada)



Statistics Canada. Table 14-10-0060-01 Retirement age by class of worker, annual

Age at which pre-retirees intend to retire

	2005	2025
UNDER 60	28%	9%
60 – 64	30%	17%
65+	42%	59%
I do not intend to retire	–	16%

The 2005 survey did not include the option – “I do not intend to retire”, as it was (presumably) anticipated that only a negligible number of respondents would answer as such. The current proportion of 16% respondents opting to select this option reflects a dramatic trend differential.










Supporting the future, today.

The rising cost of housing, education, vehicles and other goods and services has made it more common for Canadians to support younger generations. Many younger Canadians in particular look to older family for help in entering the housing market.

Retirees: During your retirement, in what ways have you financially supported your non-student adult child/children?
Subsample: Retirees with children who are not students

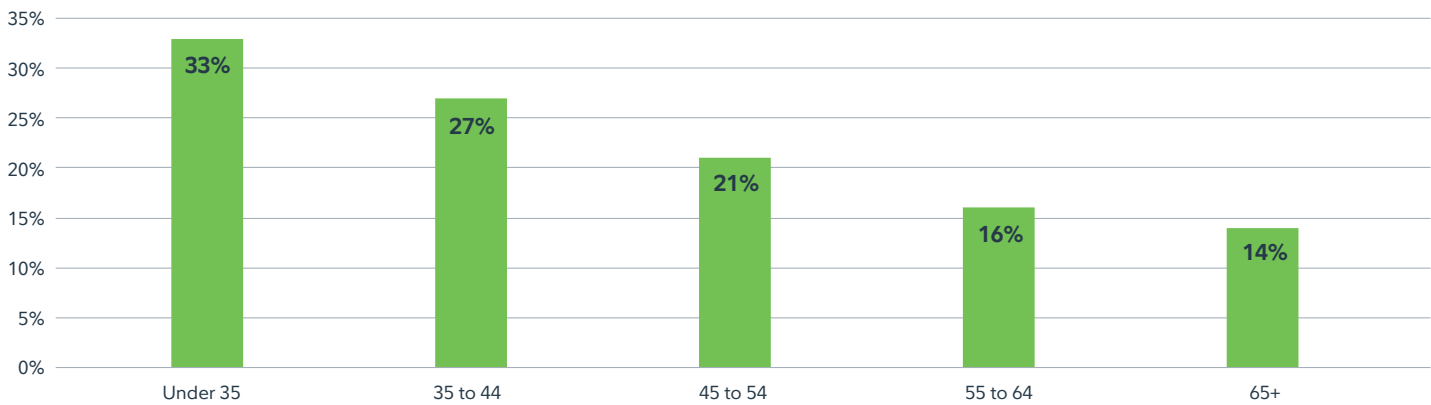


	Helped with other day to day living expenses	30%
	Helped them to pay for other major purchases (e.g. a car or a wedding)	21%
	Letting them live at home rent free or for a reduced/nominal amount of rent	17%
	Assisted them with saving for/purchasing a home	16%
	Contributed to saving for/paying for my grandchildren's education	12%
	Assisted them with rent payments	8%
	I have not helped them financially	37%

63% of retirees report helping non-student adult children financially in some form



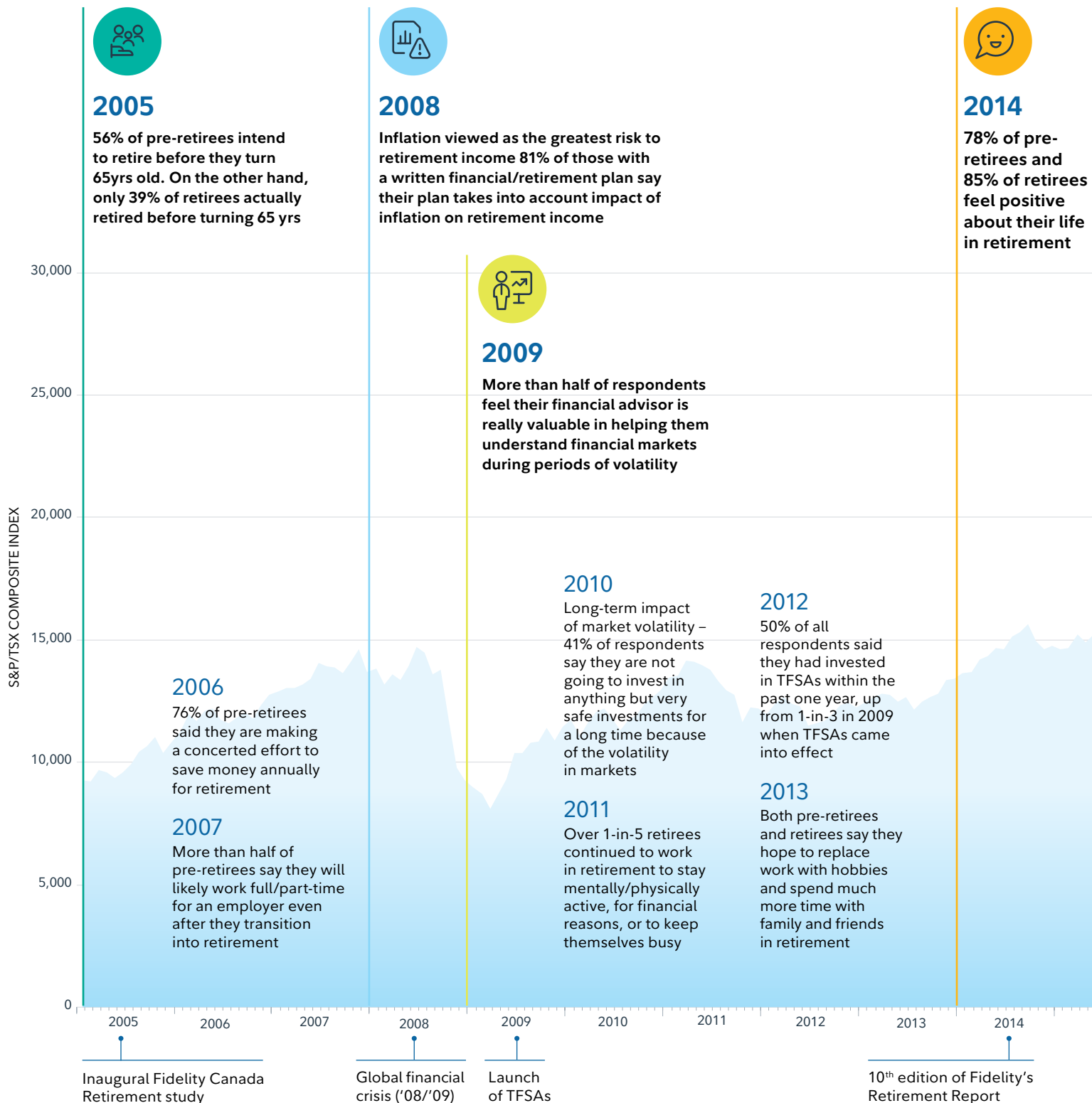
21% of homeowners received family support for the purpose of purchasing a home, however there is significant variation by age (Statistics Canada, 2023).

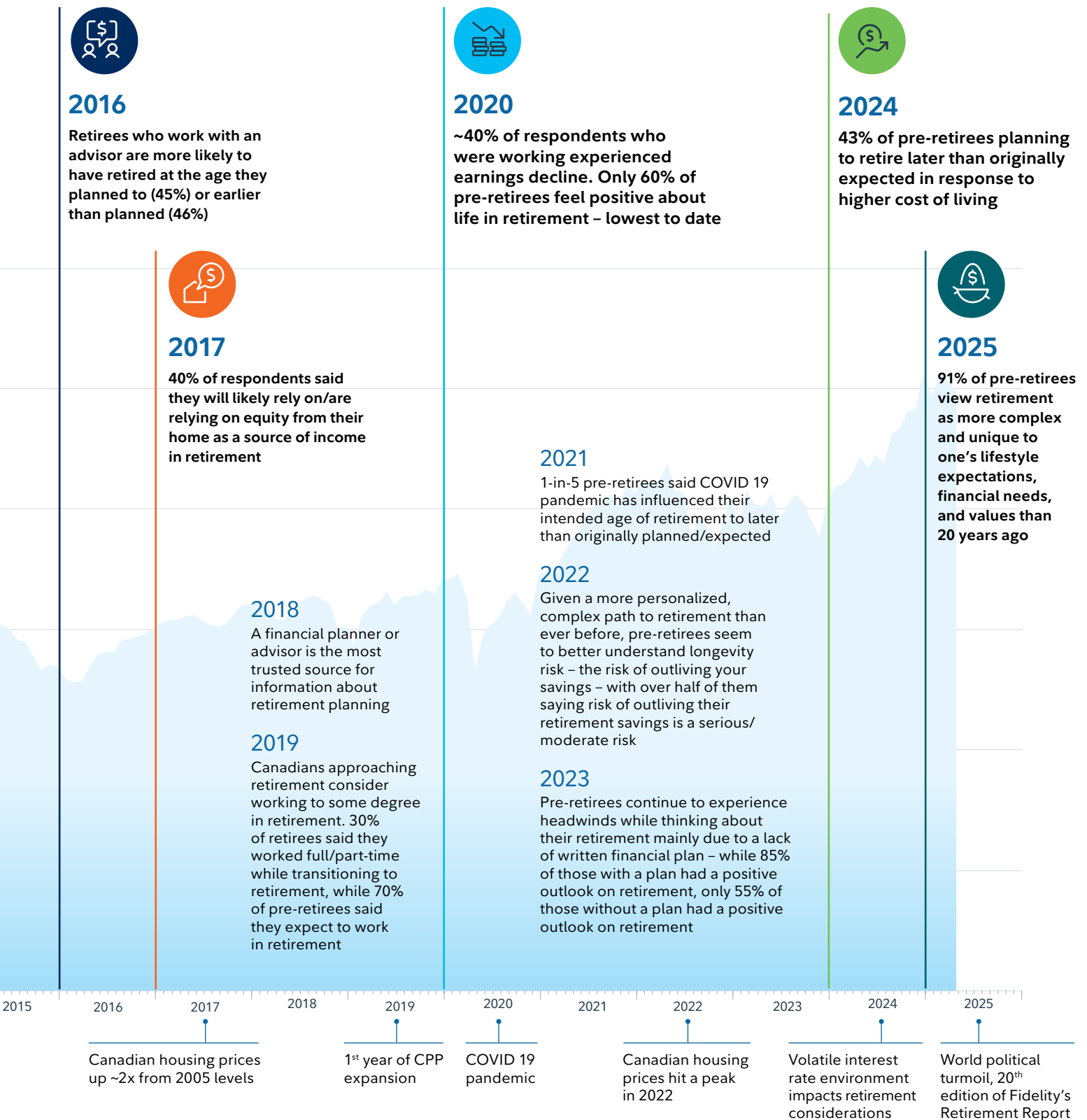


Statistics Canada: Familial Support in Entering the Housing Market (2025)

” According to the latest *Survey on Financial Security* by Statistics Canada, a third of homeowners under the age of 35 received familial help when purchasing a home. This may be a trend worth thinking about in financial planning.

Two decades of retirement insights.

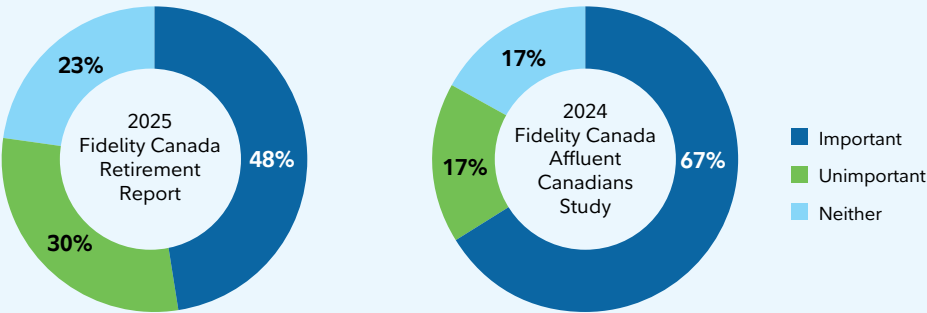




Legacy planning is an emerging topic as the share of seniors in Canada increases.

This is especially important because many assets, such as real estate and equities, have appreciated over the last two decades.

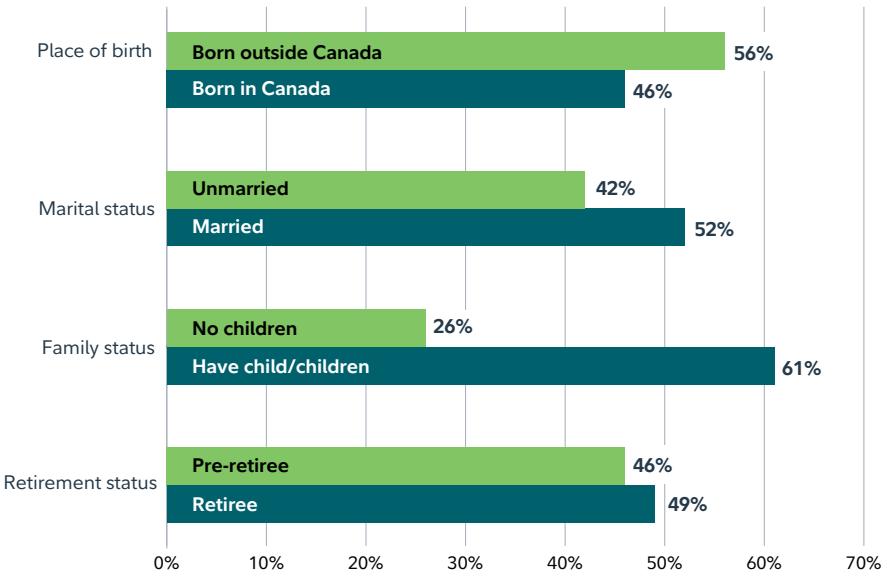
All: How important is it for you personally to leave a financial legacy?



” The importance of legacy planning increases among wealthier Canadians. In a recent study of affluent Canadians conducted by Fidelity Canada, 67% of high net-worth respondents said leaving behind a financial legacy is somewhat/very important to them.

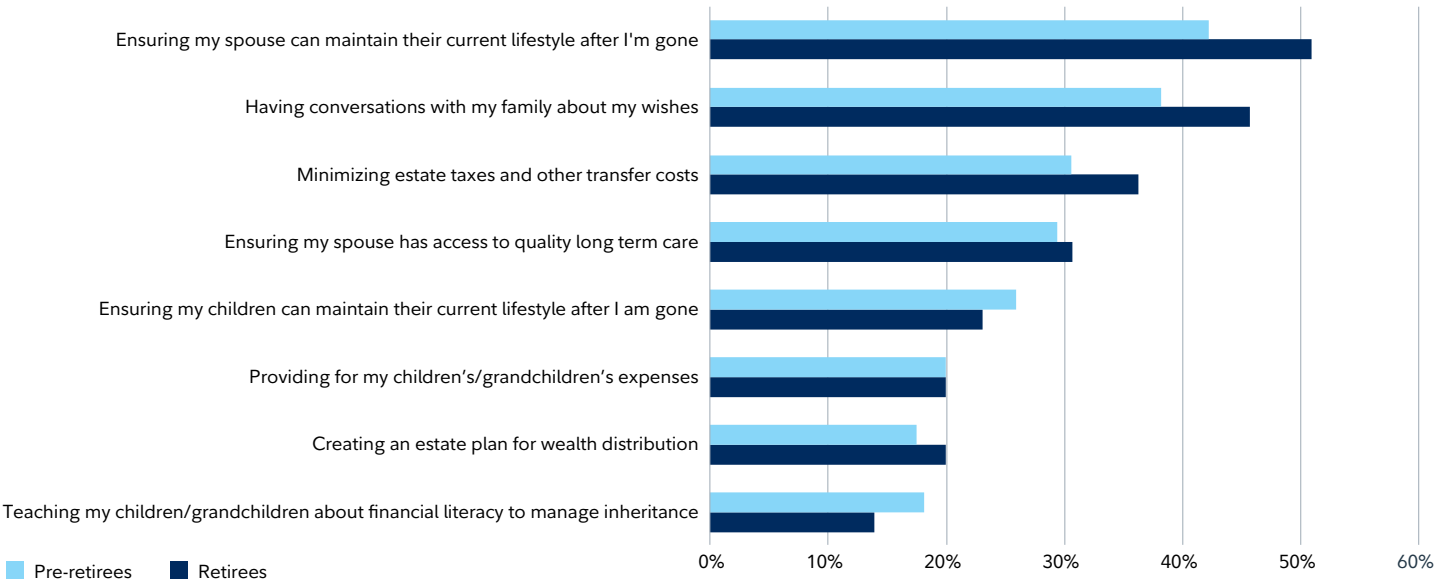


All: How important is it for you personally to leave a financial legacy?
Answer: Important





All: Which of the following do you consider important aspects of leaving a financial legacy for your family?



Retirees: Roughly how much wealth do you expect to leave to the next generation when you pass away?

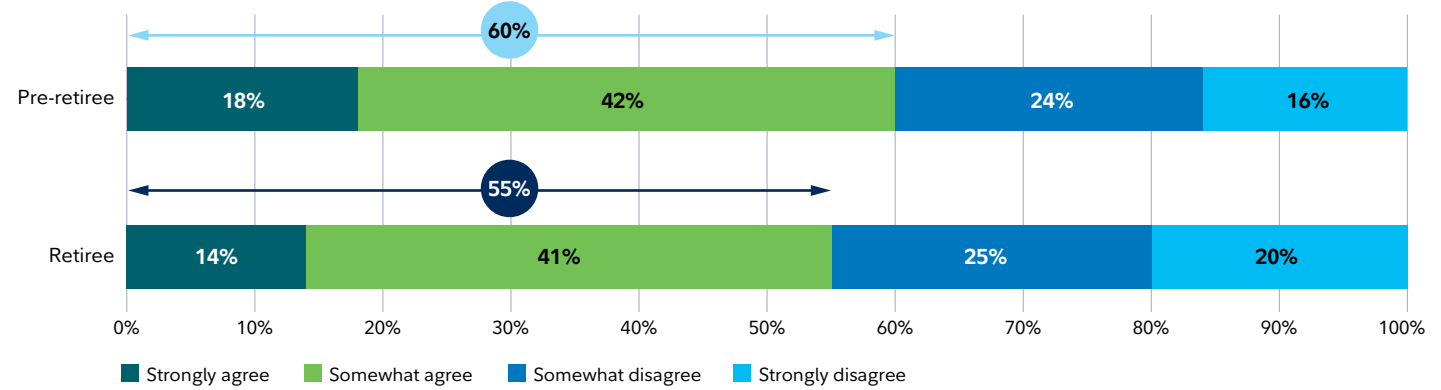
BRITISH COLUMBIA	PRAIRIES	ONTARIO	QUEBEC	ATLANTIC
\$1,350,000	\$460,000	\$1,180,000	\$330,000	\$250,000

” The amount that Canadians expect to pass on in each region tends to be higher in regions with higher housing prices, suggesting that a lot of inheritance wealth may be tied to real estate.

Many Canadians would like to pass on much of their wealth during their lifetimes.

In what may be an emerging trend, many Canadians would like to see their heirs enjoy their inheritance during their lifetime. However, few are having conversations about this with their advisors.

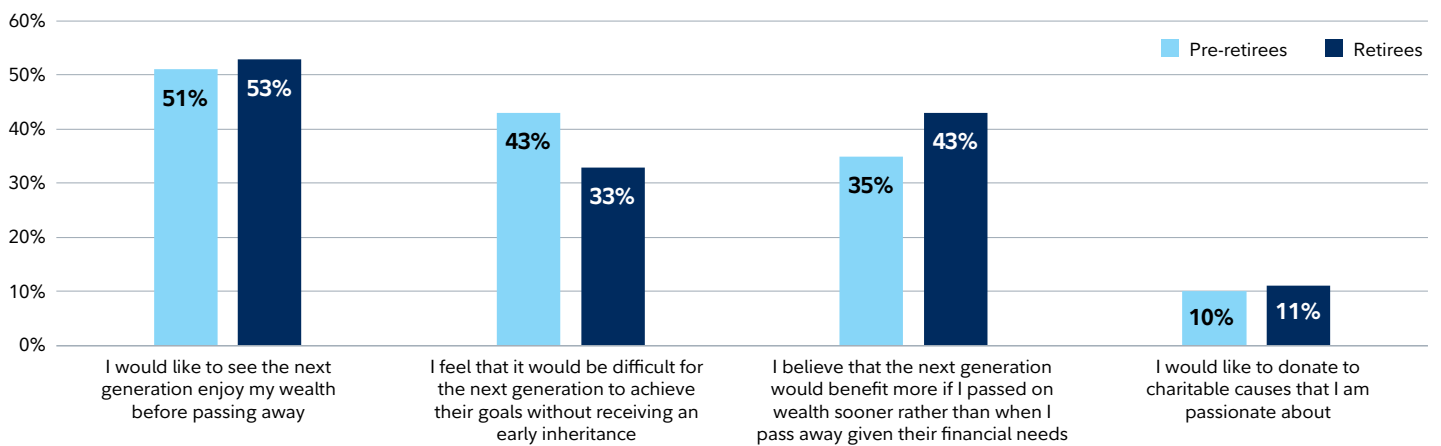
All: "I would like to pass on a significant portion of my wealth to the next generation before I pass away"



” The most common reason among retirees for disagreeing with this statement is that retirees rely on their assets to generate income for retirement (61%). In other words, it’s possible that many would want to pass a significant portion of their wealth away during their lifetimes, but feel that it may affect their financial security.

Reasons for wanting to pass on a significant portion of wealth to the next generation

Subsample: Those who would like to pass on a significant portion of their wealth to the next generation before they pass away

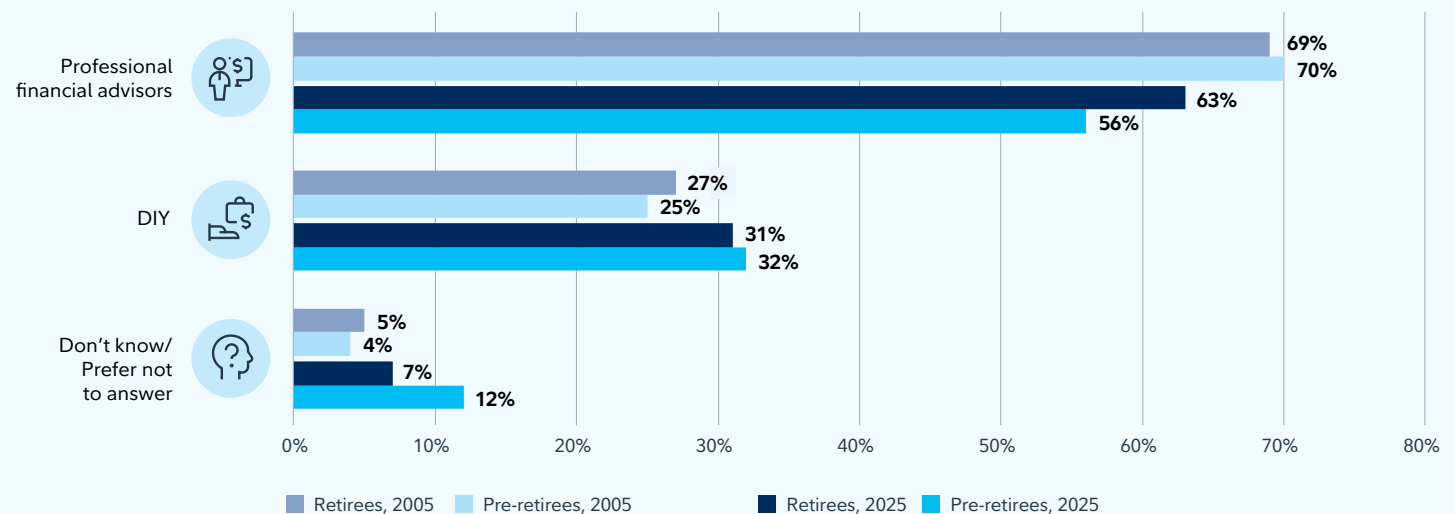


” Although many Canadians would like to pass wealth away during their lifetime, 51% say that they have not started having these conversations yet in any form, whether that’s with their children, spouse or financial advisor.

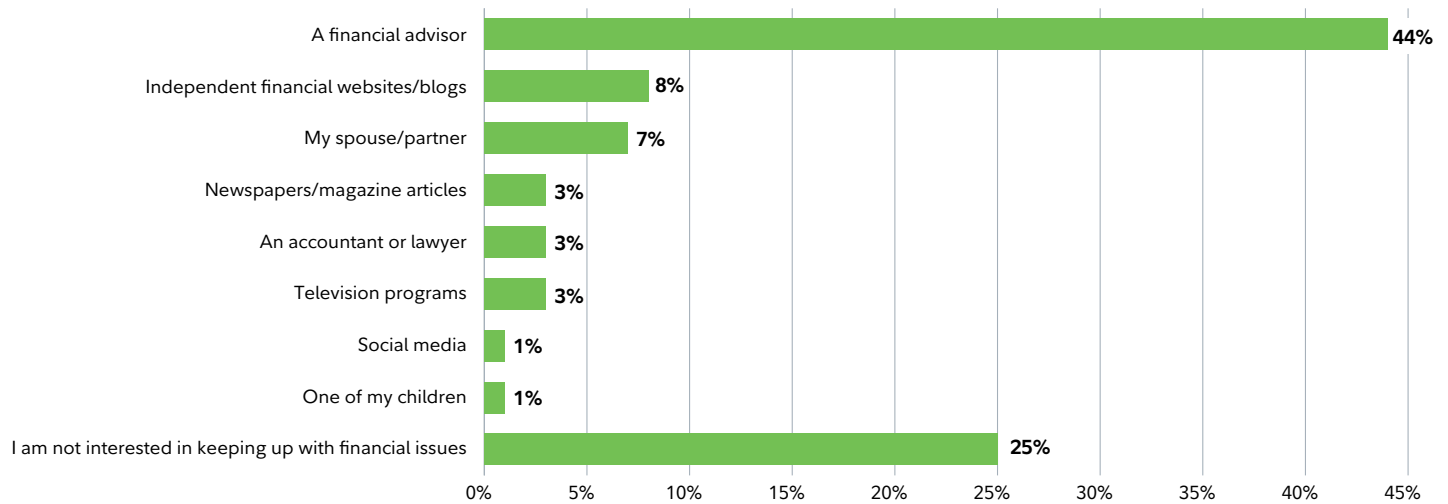
Twenty years on, financial advisors are still the top source of advice on investments.

Investing today can look a lot different from 2005. Whether it's access to technology like investing apps or the rise of new products like exchange traded funds and alternative investments, investors have a lot of choice. Twenty years on, though, investors continue to choose financial advisors as their top choice for investments.

All: Who is the primary person you go to for advice about your investments?



All: Of the sources you use for information and advice on financial planning, which do you trust the most?



Financial advisors remain the most trusted source of advice. Not only are they instrumental in helping prepare a plan but help provide support to stick to the plan during difficult times.

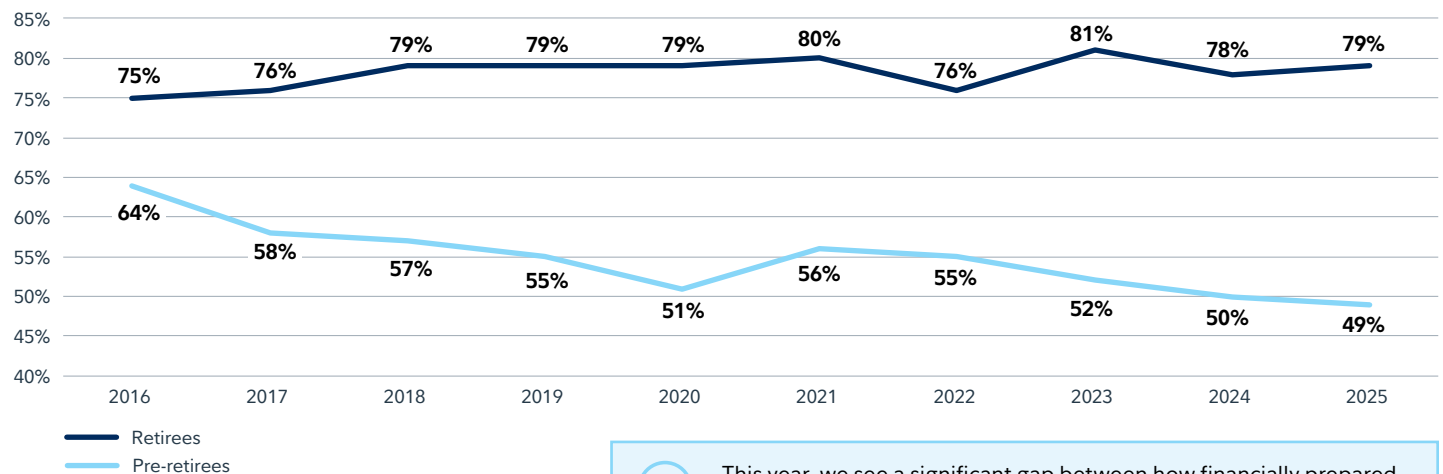
Pre-retirees continue to face a challenging retirement, but benefit from financial planning.

The gap between the financial preparedness of retirees and pre-retirees is at the highest level since we began asking this question in 2016. That being said, the gap between pre-retirees *with* and *without* a written financial plan also increased.

Pre-retirees: How well-prepared for retirement do you feel you are?

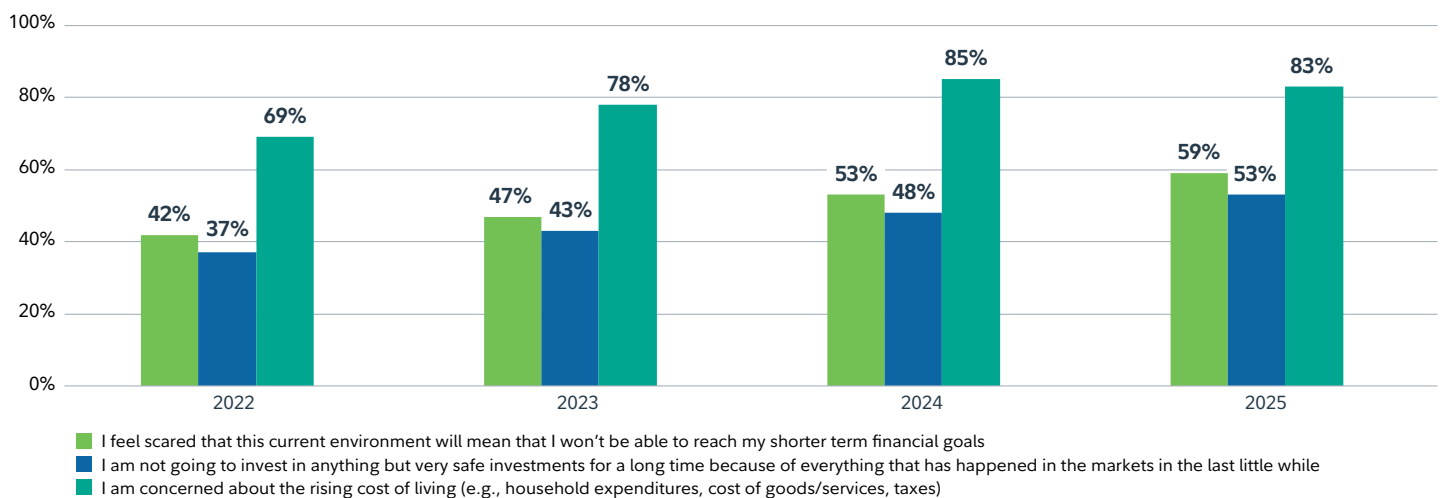
Retirees: How well-prepared were you for retirement?

Answer: I feel/felt financially prepared for retirement



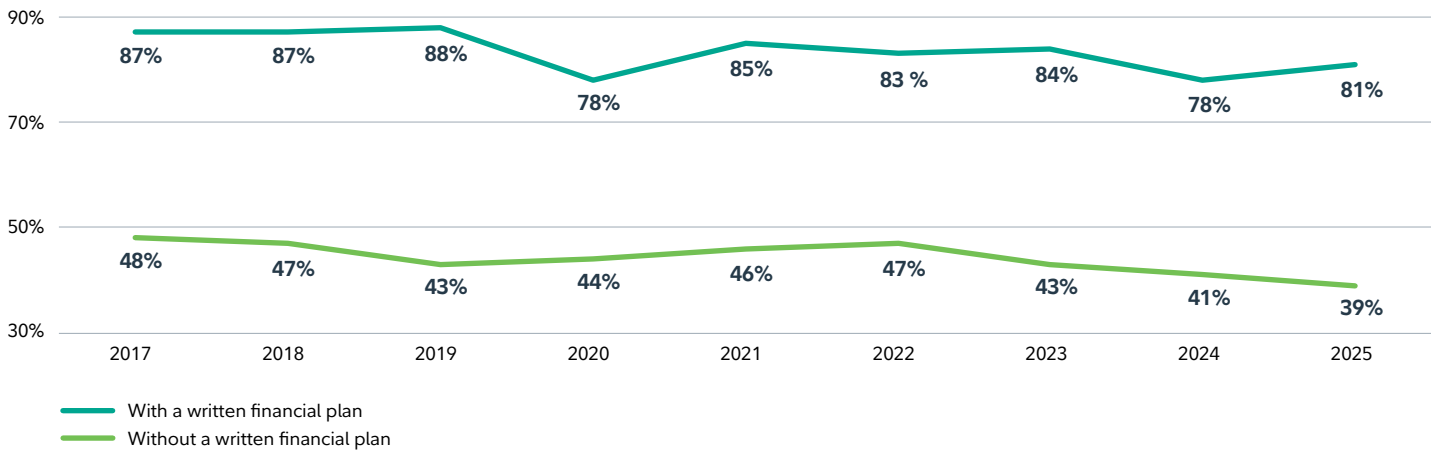
This year, we see a significant gap between how financially prepared male and female pre-retirees feel, at 56% and 43%, respectively.

Pre-retirees: Please indicate whether you agree with the following statements. **Answer:** Agree








Pre-retirees: How well-prepared for retirement do you feel you are? **Answer:** Financially Prepared



Pre-retirees: Steps taken to prepare for retirement

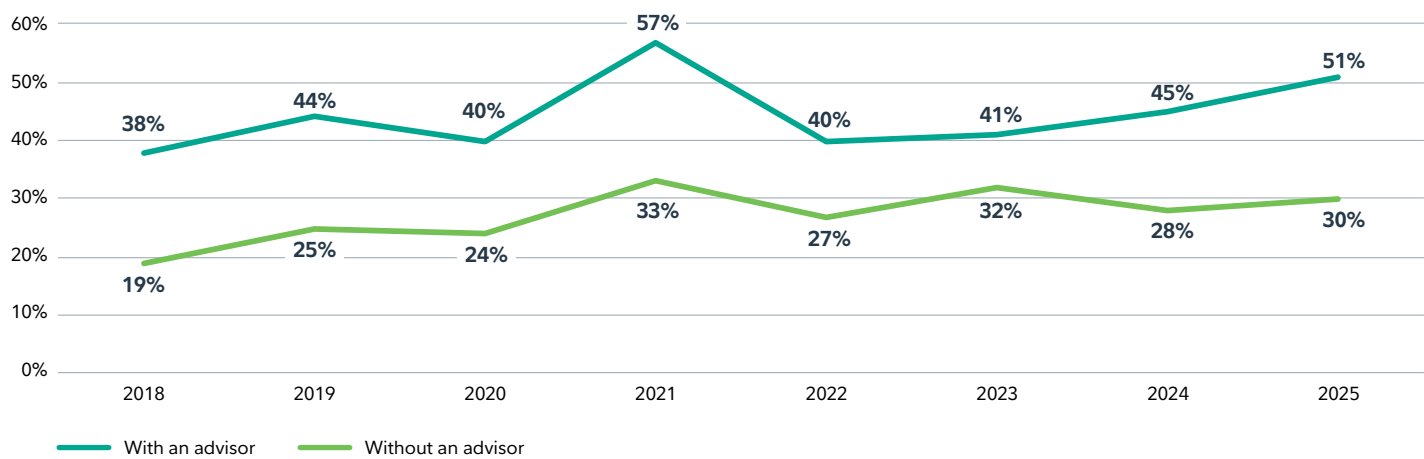
	Respondents WITH a financial advisor	Respondents WITHOUT a financial advisor
 I have started saving early	50%	36%
 I am investing towards specific lifestyle needs in my retirement (e.g. travelling the world, long term care costs, etc)	24%	11%
 I am not taking any steps to prepare for retirement	13%	47%

Advisors are helping retirees manage their savings across market environments.

Regardless of whether markets have been up or down, retirees with advisors have consistently been more likely to say that their savings are growing while meeting their income needs.

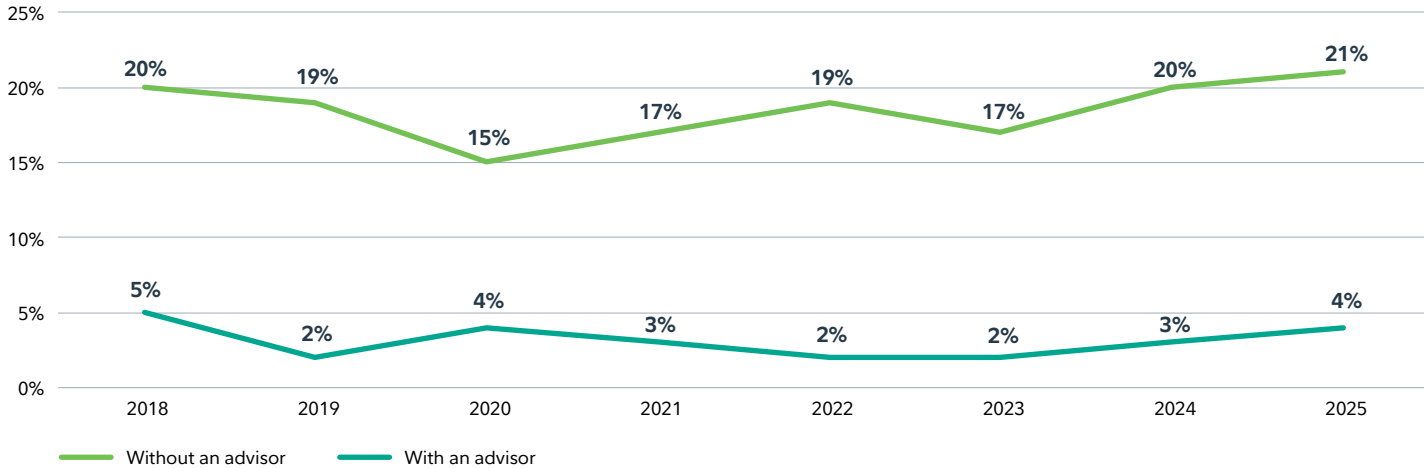
Retirees: Which of the following best describes your situation when it comes to your retirement savings?

Answer: My savings for retirement are still growing while my retirement income needs are being met



Retirees: Which of the following best describes your situation when it comes to your retirement savings?

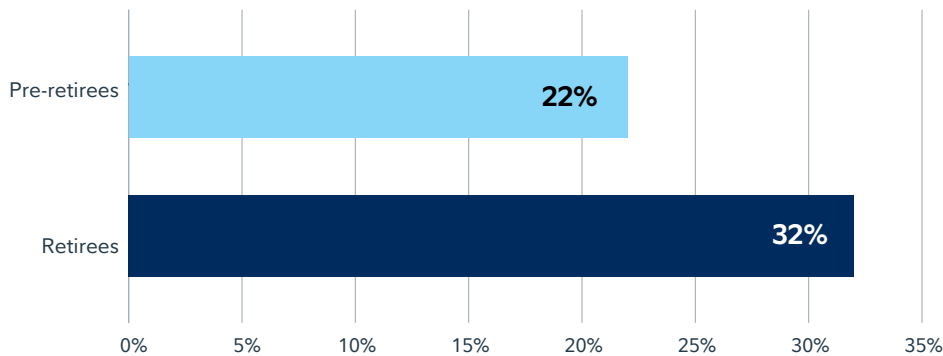
Answer: My retirement savings have almost run out



Components of a written financial plan.

All: Do you have a written financial plan that deals with retirement?

Answer: Yes



Pre-retirees today face a number of challenges as they approach retirement. However, part of the difference in their outlook, compared with retirees, is probably because retirees are more likely to have a written financial plan.



All respondents: Frequent components of a written financial plan that deals with retirement

Details about the sources of income that you will rely on for your retirement and the total income that this will provide	93%
An estimate of the total savings you will need to retire comfortably/maintain a comfortable lifestyle	92%
A budget estimate for spending in retirement	69%

All respondents: Less frequent components of a written financial plan that deals with retirement

A budget for healthcare costs and requirements	52%
A plan about how to transfer your savings/wealth to your children in a tax efficient way	51%
A budget for home modifications or renovations that may allow you to remain in your home throughout retirement	43%

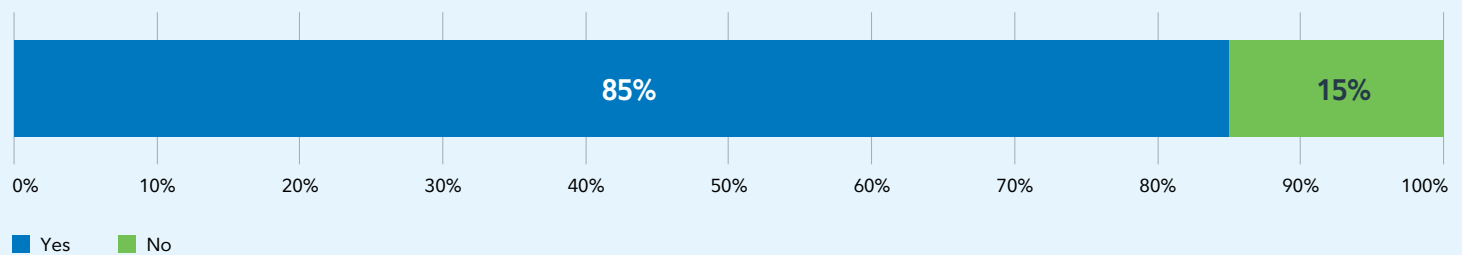


Need help building a written financial plan? Consider working with an advisor.

Our survey shows that retirement planning can be much more complex today compared with 20 years ago, but financial planning has also evolved to meet these challenges.

All: Did you work with a financial advisor to build your financial plan?

Subsample: Those with a written financial plan





	PRE-RETIREEES		RETIREEES	
	WITHOUT a plan	WITH a plan	WITHOUT a plan	WITH a plan
Financially prepared	39%	81%	71%	96%
Emotionally prepared	54%	76%	79%	90%
Socially prepared	57%	77%	76%	88%
Physically prepared	60%	88%	80%	92%



These results have been consistent over time. Those who have a written financial plan feel better prepared, not only financially, but also emotionally, socially, and physically - four pillars of well-being.

	PRE-RETIREEES		RETIREEES	
	WITHOUT an advisor	WITH an advisor	WITHOUT an advisor	WITH an advisor
I feel optimistic that there will be lots of opportunities for future investment growth	28%	49%	27%	47%
I feel I'm getting closer to achieving my financial goals	28%	45%	28%	50%
I feel financially prepared for retirement/was financially prepared for retirement	38%	58%	64%	87%

We're here to help.

Looking for more retirement planning materials? We've got what you're looking for. Whether you enjoy watching, reading or listening to content, we have industry-leading insights that can further assist you in your retirement planning journey.

LIVE INTERACTIVE WEBCASTS

Our live, interactive webcast series: *FidelityConnects* and *The Upside* give you frequent and direct access to insights from Fidelity's subject-matter experts on trending issues that affect Canadians.



RETIREMENT TOOLS AND CALCULATOR

Fidelity's retirement calculator gives you a snapshot of your retirement savings so far and where there may be gaps in your plan.

<https://www.fidelity.ca/en/retirementcalculator/>

PODCASTS

Fidelity's podcasts provide industry-leading insights when and where you want them. Download our retirement-focused episodes wherever you get your podcasts.



INVESTOR NEWSLETTER

The Upside – Your monthly resource designed to help keep you ahead of the ever-changing financial world with insights, tips and tools.



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Visit [fidelity.ca/retirement](https://www.fidelity.ca/retirement) to learn more on current retirement trends and the value of advice in Canada.

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About the authors



JOINED FIDELITY – 1994

INDUSTRY EXPERIENCE

36 years

EDUCATION

BA, University of Waterloo

DESIGNATION

CPA, CA

Peter Bowen

Vice President, Tax and Retirement Research (2012–current)

Peter leads the Tax and Retirement Research team at Fidelity Canada, travelling across the country to inform investors and advisors on the changing retirement and tax landscapes in Canada.

CAREER EXPERIENCE

- Fund Treasurer, Fidelity Investments (1994–2012)
- Principal in the tax department of PricewaterhouseCoopers (1988–1994)

OF NOTE

- Architect of Fidelity Tax-Smart CashFlow Solutions™, an award-winning innovation launched by Fidelity in 2002.
- Peter is a recipient of the Queen's Golden Jubilee Medal for volunteer services provided to Athletics Canada, where he acted as honorary treasurer for several years.



JOINED FIDELITY – 2008

INDUSTRY EXPERIENCE

26 years

EDUCATION

BMath, University of Waterloo

DESIGNATION

CPA, CA

Michelle Munro

Director, Tax and Retirement Research (2018–current)

Michelle is a leading member of the Tax and Retirement Research team at Fidelity Canada, with a special interest in women and wealth, estate planning and emerging retirement trends.

CAREER EXPERIENCE

- Director of Corporate Tax, Fidelity Investments (2008–2018)
- Senior Manager, Tax, Ernst & Young (1999–2008)

OF NOTE

- Michelle is the past co-chair of Fidelity's Women's Leadership Group (WLG), an internal employee resource group aiming to develop and support women leaders.
- Michelle has an interest in planning for life's unexpected events, and how to plan for life pivots and manage these sometimes difficult and stressful situations.



JOINED FIDELITY – 2024

INDUSTRY EXPERIENCE

28 years

EDUCATION

BA, University of Western Ontario

Jacqueline Power

Director, Tax and Retirement Research (2024–current)

Jacqueline is a member of the Tax and Retirement Research team at Fidelity Canada. Jacqueline has a passion for estate and disability planning.

CAREER EXPERIENCE

- Previously Assistant Vice President, Tax and Estate Planning, at another investment management firm.

OF NOTE

- Jacqueline has written numerous articles for Advisor.ca and has been interviewed by Investment Executive and other publications.



Commissions, trailing commissions, management fees, brokerage fees and expenses may be associated with investments in mutual funds and ETFs. Please read the mutual funds or ETF's prospectus, which contains detailed investment information, before investing. Mutual funds and ETFs are not guaranteed. Their values change frequently, and investors may experience a gain or a loss. Past performance may not be repeated.

