How much do you need to retire?

The Association of Super Funds of Australia (ASFA) publishes new 'Retirement Standard' figures every quarter to help retirees get an idea for the income they'll need to match their lifestyle expectations.

ASFA Retirement Standard

[1]The ASFA Retirement Standard benchmarks the annual budget needed by Australians to fund either a comfortable or modest standard of living in the post-work years. It is updated quarterly to reflect inflation and provides detailed budgets of what singles and couples would need to spend to support their chosen lifestyle.

What is considered a modest and comfortable retirement lifestyle for retirees?

A modest retirement lifestyle is considered better than the Age Pension, but still only able to afford fairly basic activities.

A comfortable retirement lifestyle enables an older, healthy retiree to be involved in a broad range of leisure and recreational activities and to have a good standard of living through the purchase of such things as; household goods, private health insurance, a reasonable car, good clothes, a range of electronic equipment, and domestic and occasionally international holiday travel.

Both budgets assume that the retirees own their own home outright and are relatively healthy.

Budgets for various households and living standards for those aged around 65-84 (June quarter 2026, national)

	Comfortable lifestyle	Modest lifestyle	Modest lifestyle (renters)
Single	$56,166 a year	$36,548 a year	$51,418 a year
Couple	$78,998 a year	$52,690 a year	$69,376 a year

Budgets for various households and living standards for those aged over 85 (June quarter 2026, national)

	Comfortable lifestyle (homeowners)	Modest lifestyle (homeowners)
Single	$53,964 a year	$34,619 a year
Couple	$74,484 a year	$49,611 a year

The figures in each case assume that the retiree(s) own their own home and relate to expenditure by the household. This can be greater than household income after income tax where there is a drawdown on capital over the period of retirement.

[1]https://www.superannuation.asn.au/resources/retirement-standard