

How much do you need to retire?

The Association of Superannuation Funds of Australia (ASFA) publishes new 'Retirement Standard' figures each quarter to help retirees estimate the income they'll need to match their desired lifestyle expectations.

ASFA Retirement Standard

¹The 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 basic activities.

A comfortable retirement lifestyle enables an older, healthy retiree to enjoy a broad range of leisure and recreational activities whilst maintaining a good standard of living through spending on household goods, private health insurance, reliable vehicle, clothing, electronic equipment, and domestic and occasional international travel.

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

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

	Comfortable lifestyle	Modest lifestyle	Modest lifestyle (renters)
Single	\$55,923 a year	\$36,434 a year	\$51,164 a year
Couple	\$78,566 a year	\$52,473 a year	\$69,002 a year

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

	Comfortable lifestyle (homeowners)	Modest lifestyle (homeowners)
Single	\$53,656 a year	\$34,374 a year
Couple	\$73,970 a year	\$49,255 a year

The figures in each case assume that the retiree(s) own their own home and represent estimated annual household expenditure. 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>