



Provided by a panel of local experts in your community 1st & 3rd Tuesdays of the month

## Advice on ESTATE PLANNING

## Retirement Planning Across Generations

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lanning for retirement can feel like aiming at a moving target. It's often unclear how much to save, which investment tools to use, and what future expenses to anticipate. Rising healthcare and long-term care costs only add to the uncertainty. Each generation—whether already retired or just entering the workforcefaces its own unique set of challenges when preparing for retirement.

Fidelity's 2025 study on retirement preparedness offers a window into how Americans across three generations—Baby Boomers, Generation X, and Millennials—view their financial future. Overall, 67 percent of those surveyed feel confident in their retirement plans, though that figure is down from last year.

Many Baby Boomers, now in or near retirement, report that things are going mostly as expected. More than 70 percent say retirement is unfolding according to plan, though unexpected dips in the stock market and increased living expenses particularly healthcare—have caused some concern. Long-term care costs are an especially pressing issue for this generation, as many are living longer and facing greater levels of need. Some are choosing to delay Social Security or seek part-time work to preserve savings. Others are beginning to explore long-term care insurance or Medicaid planning to safeguard assets while ensuring access to necessary care.

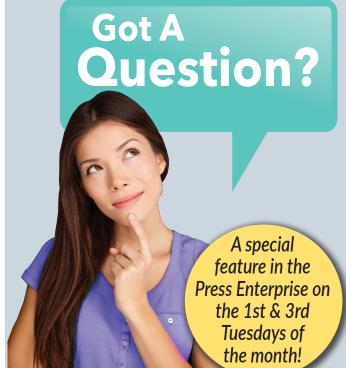
For Generation X, often called the "sandwich



generation," retirement planning is more stressful. With the competing demands of mortgage payments, college tuition for their children, and elder care for their parents, Gen Xers report the lowest confidence of any age group. Just over half feel prepared for retirement, and many are still trying to catch up on savings. Economic downturns, student loan debt, and high living costs have made it difficult for many to contribute consistently to retirement accounts.

Millennials, meanwhile, are more optimistic—despite challenges like student loan debt and high housing costs. Having come of age during the Great Recession and now influenced by shifting workplace values postpandemic, many millennials are taking a more flexible approach to retirement, often focusing on personal fulfillment over traditional goals.

No matter your age, the fundamentals remain the same: start saving early, understand your options, and stay flexible as circumstances change. If you are approaching retirement and would like to discuss long-term care planning options, we welcome you to contact our office at 888-776-3788 to schedule a consultation.



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