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The Canadian Retirement Guide

A Comprehensive Handbook on Aging, Retirement, Caregiving & Health

By Jill O'Donnell, Graham McWaters and John A. Page

When they retire millions of Canadians will spend their declining years in poverty, misery and uncertainty because they did not plan for their retirement.

People over 65 years old constitute the fastest growing segment of the Canadian population. In 2001, nearly four million Canadians were 65 years of age or older. By 2011, as the first baby boomers turn 65, that will have increased to seven million. And by 2041 it is estimated nearly one in four Canadians will be 65 years of age or older. The aging population will radically change society as individuals face not only the challenges of growing older, but also caring for parents and often times for children still at home. As our life spans increase so do our options for how we will spend our later years.

However, this large group of elders is facing a crisis. Many have made few if any plans for retirement. Without clear goals, plans to support their dependents and means of paying for their financial commitments, in addition to increasing health risks.

The Canadian Retirement Guide solves that problem. It allows people to set retirement goals, personally, financially and emotionally. It discusses the monetary, physical and mental problems people face as they age. But most important, it sets up a process by which we can plan for retirement as a family, taking into consideration not only the retiree, but the spouse and those who depend on them. Most books on this subject take a narrow view by only looking at the financial aspects of retirement, but *The Canadian Retirement Guide* takes into consideration the whole person and role within the family.

The Canadian Retirement Guide provides:

- A process for planning retirement as a family
- A guide to estate planning, wills, and taxation
- The caregiver's guide to physical and mental health issues
- An outline of the different challenges in 'the golden years'

About the Authors:

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