Chapter 1
FINANCIAL WELLNESS
Make it count

W hen was the last time you had a financial checkup? Like your personal health, your financial health needs your attention too. After age 50, there are many milestones that begin to occur (empty nest, retirement, caregiving) that can impact your financial goals.

Become more confident about your financial health. Take the information and tools below to help you better manage daily finances, withstand unexpected emergencies and reach your long-term financial goals.

BY THE NUMBERS
Your financial needs change as you age. Learn what to expect in your 50s, 60s and beyond.

Did You Know?
44% of Americans define financial health as “peace of mind” when it comes to earning, spending, and saving.

This is a busy time in your life—between working, getting children through college and new caregiving responsibilities, your days are full and your finances may be stretched thin. It’s no surprise that your financial health may need another look to support these important life changes.

You’ve got a lot of expenses, but you’re likely still working. So create an emergency savings account. Start with $20 a week if you can, and at the end of the year you’ll have $1,040. This can help you cover an unexpected financial expense without getting you off track with your budget.
3 WAYS

ONLINE BANKING CAN HELP MEET YOUR FINANCIAL GOALS

1. Online and mobile banking provide incredible convenience. You can stay on top of your finances in real time. With one click or a tap of your finger, you can easily review your accounts, transfer funds to your savings account, and pay bills. If you’re new to online banking, your bank can help you get started or look for an online course that can help.

2. Who doesn’t need a reminder from time to time? Signing up for banking alerts helps you keep an eye on payment schedules so nothing falls through the cracks. Alerts can even help you avoid paying late fees, so you can hold onto money that can definitely be better spent. You get to choose which alerts will be most helpful — low balance alerts, payment reminders and account activity notices. Plus you decide how you’ll receive alerts — through text messages on your cell phone, a mobile app, email, or all three. You’re completely in control of your alerts and can make changes to them anytime.

3. You’ve got places to go and people to see, so why spend time standing in line at your local bank? From the convenience of your home or while you’re on the go, you can access your bank accounts and related credit card information anytime. In fact, many mobile-banking apps allow you to deposit checks using your mobile device, access your credit score or set up an automatic savings deposit. You should know that protecting your identity and account information is a high priority for all forms of banking, whether mobile, online or in person.
What's Your Financial Health?

Question 1
Do you have enough money saved to cover a $500 emergency expense?

A. Yes, my current savings can pay a $500 emergency expense
B. No, I have no savings and would need a loan to pay for a $500 emergency expense

It's never too late to begin making changes that will help you have peace of mind and feel more in control over your financial health. As you take one step at a time toward planning, budgeting, saving and investing, these steps will add up to a bright financial future. Talking to a family member, a financial advisor or using easily available online tools can also assist you on the road to financial resiliency.

Chase and AARP Foundation are working together to help adults 50+
create pathways for financial resilience.

Stay informed and make it count!

GET MORE RESOURCES
Chapter 2

FAMILY & COMMUNITY

Make it count

What makes us happy? The answer is in knowing what makes us feel connected to others. So for many of us, it’s spending quality time with family and friends doing the things we enjoy. It can also be how we engage in our communities. The good news is that for us adults 50+, we have more time to spend doing the very things that make us happy.

It’s intentional about how you spend your time; your happiness depends on it. Use the information and tools below to see how you can align your priorities and be more connected to your community.

GET CONNECTED & FIND YOUR HAPPINESS

Family

Many families are spread out across the country, making it difficult to stay connected. It doesn’t have to be that way. Nothing can replace the in-person connection, but, when you can’t do that, make technology your friend. Video calling is the closest thing to being there. Did you know that when you see the face of the person you love the immediate feeling of happiness can be attributed to a cocktail of chemicals that gets released in the brain? For example, the “huddle” hormone oxytocin creates intimacy and trust. So make sure you get face time with the people you love. Meeting up with friends regularly is another way to enjoy health benefits. Chances are a casual get-together will bring a smile to your face, and the more you smile, the happier you are. Plus, in-person social interaction keeps your body active and your brain engaged.
Community

There is mounting evidence that volunteering and community engagement can have a very real impact on your health. Recent research findings indicate that those 60 and older who volunteered for 10 hours a year, which represents only two hours a week, scored 8% higher on cognitive tests than non-volunteers. Evidence from a Carnegie Mellon University study also suggests that adults over age 50 who volunteer on a regular basis were less likely to develop high blood pressure, which can contribute to heart disease, stroke and premature death.

Make it Count
Volunteer to Help in These Important Areas

Click & Flip the Cards to Learn More

Hunger
Poverty
Isolation

Find Your Happiness
Volunteer if you want to contribute with meaningful efforts

3 Common Challenges Faced by Adults Over 50 & How You Can Help

While every population from infants to centenarians provides volunteer opportunities, there are particular needs for those over 50. Maybe this is your volunteer sweet spot.

Click Here to Explore Each Challenge

Isolation/Hunger

Nearly 1 in every 5 seniors in America faces the threat of hunger and poor nourishment. 17 million adults 50 and over are at risk of hunger every day. These astounding numbers are indicative of both those who don’t know where they will get their next meal and those considered “food insecure” because they are facing food shortages from poor diets. At the same time, 40% of those over 50 regularly report feeling lonely. You can improve both conditions when you visit a senior who lives alone and share a nutritious meal with them, regularly, assist with meal planning and food shopping or take him or her out for a well-balanced meal. Work with your local senior center or church to identify organizations that are seeking volunteers.

Personal Diaries

Click on the Arrows to Explore Each Story

Rob
Age 70
Sharing the Team Money Matters Club

For years of working as a financial advisor, I looked forward to retirement. However, I was bone in a couple of months. I have been working with numbers and balancing budgets. So I went to our local high school to see if I could help kids figure out how to manage money before they're on their own. I connected with a business teacher and we formed the Your Money Matters Club. The first day, the room was overflowing with kids who wanted to learn how to manage their money, including funding for college. After 10 years, I couldn’t be happier. Since it will be time to help my grandchildren manage their money, I want to let our local high school to help kids figure out how to create a budget that includes savings.
Make and keep social connections alive. It’s the key to your happiness and better health. Focus on family and friends and work to keep those relationships strong. Use the time you have wisely. There’s a whole world of volunteer opportunities that awaits — from animal care to elder care and form work to physical activity.

Take a little time to consider volunteering that will be the right fit for you. Who will you serve? Determine your level of commitment. How many hours can you give and how often? Then start giving of your time and talents. You’ll find deep satisfaction in giving back, while at the same time you’ll be improving your own physical and mental health. And with every hour you volunteer, you’ll be making a difference in your life and theirs.

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set more resources