



A shifting retirement landscape

Results are out from the 18-year study that began in 2000 among retired TIAA participants. From a rise in the retirement age to changes in the number of annuity-based distributions and more, there are key takeaways to glean.

Research spotlight

Trends in Retirement and Retirement Income Choices by TIAA Participants: 2000-2018

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Trends in Retirement, results from 2000-2018 study

Delaying retirement, changes in first income

The research revealed a rise in average retirement age.



In turn, this affected the age when retirees tapped their retirement savings for the first time, also known as first income.



Insights for your workforce

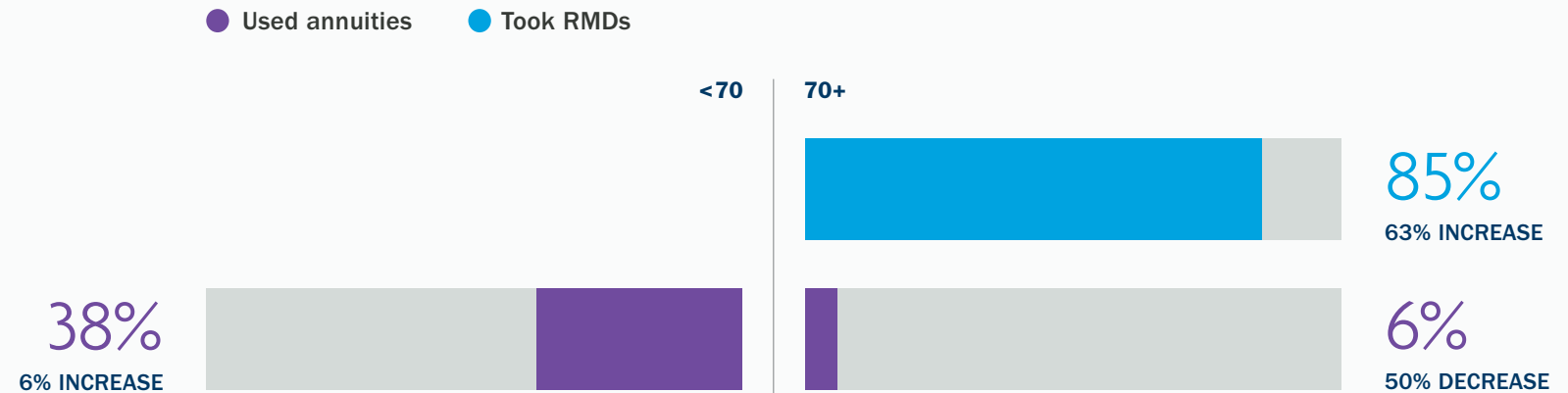
Tap into the full study so you can help employees consider their income decisions.

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Source of income connected to age

Because participants were taking first income later, how it was taken significantly changed—as more retirees were reaching RMD age without having taken any income, making RMD the de facto first income choice. As a reminder, the RMD age was 70.5 during the study.

Consider how first income source differed based on age from 2006-2018, as well as the related percent increases and decreases.



Pairing lifetime income with another income source

Annuitizing even a portion of savings, along with taking RMDs, is a common strategy for creating dependable lifetime income from multiple sources. Here's a snapshot of the two from the study.

