

Should I increase my regular pension contributions?

Increasing your regular pension contributions, even by small incremental amounts, could make a big difference to your pension savings at retirement.

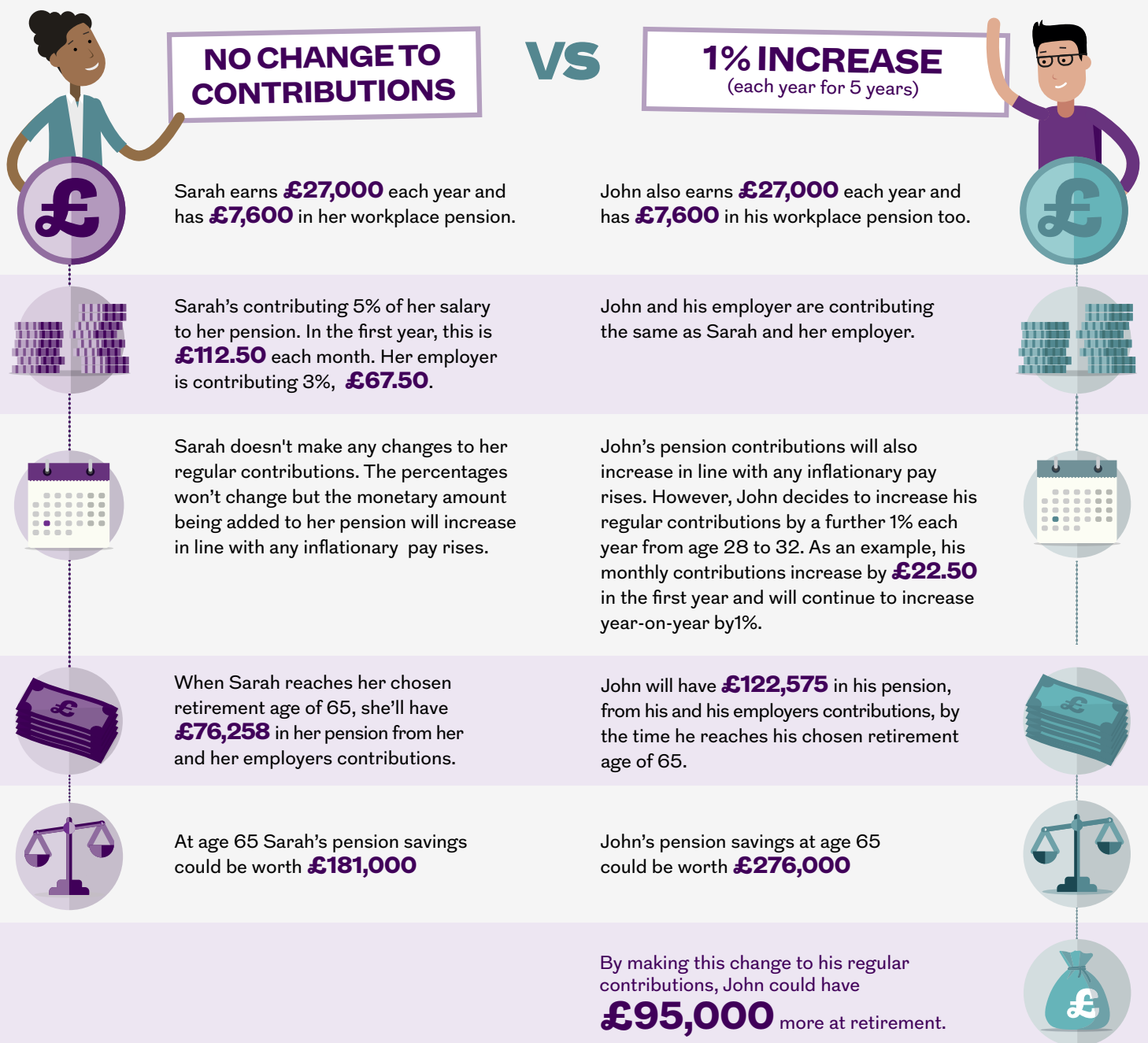
Reviewing how much you have saved, when you hope to retire, and how much your investments are expected to grow can help you decide if your pension savings are likely to be enough for the lifestyle you want in retirement, or if increasing your contributions could help you achieve this.

The case study below can help you understand the potential benefits of increasing pension contributions.

Meet Sarah and John

Sarah and John are both 28 years old. They earn the same salary and contribute the same amount to their workplace pension each month.

John decides to increase his regular contributions by 1% each year, over a 5-year period only, while Sarah chooses not to. If they both retired at age 65, here's what their pension savings could look like:



These are illustrative figures based on an assumed growth rate of 2.94% which has been reduced to include inflation. Inflation reduces the buying power of their retirement savings and we've allowed for this by reducing the assumed growth rate by 2%, giving a more realistic view of what that would look like if payable today. We've assumed an annual management charge of 0.45% and a pay increase of 3.5% each year to their salary.

What you could get back at retirement depends on how much you pay in, the charges on your plan and how well the fund you're invested in performs. Contributions are invested so the value of pension savings can go down as well and up and you could get back less than you invest.

Are you saving enough for retirement?

Our [pension planning calculator](#) can help you work out if you're on track for retirement and what your pension savings might be worth at your chosen retirement age. It's based on the **Retirement Living Standards** from the Pension and Lifetime Savings Association, which have been developed to help you understand how much you might need in retirement for the type of lifestyle you want to live.

How to increase your regular contributions

If you'd like to make changes to the regular contributions into your workplace pension, you should speak to your employer. They'll tell you what changes you can make and how to make them.