No matter how well we plan, no one can predict all the expenses that could occur during a retirement lasting 30 years or more.

In a study conducted in 2015, the Society of Actuaries identified common expenses, which they labeled “shocks” because of their sudden, disruptive nature.

According to the research, 7 out of 10 retirees have experienced at least one “shock” during retirement. 2 of those 7 have experienced three or more shocks.

Many of these expenses aren’t so unexpected after all. Here are three most common “shocks” and what you can do to plan for them:

- **28%** of retirees reported unexpected expenses for major home repairs/upgrades.
  - **Tip:** Consider having a home inspection prior to your retirement date, and periodically after that, to identify and budget for major repairs and accommodations.

- **24%** reported unexpected large dental expenses.
  - **Tip:** Visit your dentist to determine what work needs to be done now and what you might expect in the future.

- **20%** reported unexpected out-of-pocket medical and prescription drug expenses.
  - **Tip:** Talk to your doctor about alternative treatments and look into retailers’, manufacturers’, and other group discount programs.

For further material and related studies to help you make informed decisions, go to: www.soa.org/managing-retire-risk

© 2016 Society of Actuaries