

asfa  
**RETIREMENT  
STANDARD**  
EST. 2004

ASFA Research and Resource Centre

# ASFA Retirement Standard

Detailed budget breakdowns

March quarter 2022

asfa  
**RETIREMENT  
STANDARD**  
EST. 2004

The Association of Superannuation Funds of Australia

Expenditure items	COUPLE		SINGLE	
	Comfortable lifestyle	Modest lifestyle	Comfortable lifestyle	Modest lifestyle
Building and contents insurance	\$35.01	\$34.94	\$33.02	\$27.49
Council rates	\$41.18	\$37.61	\$41.18	\$35.43
Water charges	\$24.71	\$24.71	\$21.27	\$21.27
Home improvements	\$7.25	\$0.00	\$7.25	\$0.00
Repairs and maintenance	\$21.75	\$21.75	\$21.75	\$21.75
<b>Total housing</b>	<b>\$129.91</b>	<b>\$119.01</b>	<b>\$124.48</b>	<b>\$105.95</b>
<b>Electricity and gas</b>	<b>\$53.35</b>	<b>\$45.61</b>	<b>\$43.02</b>	<b>\$33.96</b>
<b>Food – groceries and other fresh food</b>	<b>\$221.97</b>	<b>\$183.13</b>	<b>\$127.71</b>	<b>\$98.78</b>
<b>Bundle of home phone, broadband, mobile</b>	<b>\$28.83</b>	<b>\$19.95</b>	<b>\$22.15</b>	<b>\$17.71</b>
Household cleaning and other supplies	\$27.20	\$16.25	\$20.84	\$16.25
Cosmetic and personal care items	\$6.93	\$6.63	\$4.95	\$4.74
Barber or hairdressing	\$24.32	\$10.76	\$15.84	\$6.45
Media, including digital	\$8.77	\$2.56	\$8.56	\$2.56
Computer, printer and software	\$4.99	\$2.81	\$4.99	\$2.81
Household appliances, air conditioners, smart phone	\$18.01	\$2.95	\$16.62	\$2.95
Miscellaneous	\$7.46	\$0.00	\$7.46	\$0.00
<b>Total household goods and services</b>	<b>\$97.68</b>	<b>\$41.97</b>	<b>\$79.28</b>	<b>\$35.77</b>
<b>Clothing and footwear</b>	<b>\$50.22</b>	<b>\$38.36</b>	<b>\$26.97</b>	<b>\$20.19</b>
Car transport and running costs	\$175.36	\$103.48	\$164.09	\$99.42
Public transport	\$5.16	\$5.16	\$2.58	\$2.58
<b>Total transport</b>	<b>\$180.52</b>	<b>\$108.64</b>	<b>\$166.67</b>	<b>\$102.00</b>

Numbers are weekly, except where otherwise specified.

March quarter 2022

Expenditure items	COUPLE		SINGLE	
	Comfortable lifestyle	Modest lifestyle	Comfortable lifestyle	Modest lifestyle
Health insurance	\$88.46	\$33.81	\$44.22	\$16.90
Chemist	\$48.24	\$24.12	\$27.77	\$13.88
Co-payment and out of pocket	\$59.95	\$44.34	\$33.26	\$22.18
Vitamins and other over the counter medicines	\$6.00	\$0.00	\$2.99	\$0.00
<b>Total health services</b>	<b>\$202.65</b>	<b>\$102.27</b>	<b>\$108.25</b>	<b>\$52.96</b>
Membership clubs	\$6.16	\$4.10	\$4.12	\$3.07
TV, DVD	\$1.19	\$0.45	\$1.19	\$0.45
Streaming services (Stan/Netflix or like)	\$11.27	\$3.02	\$11.27	\$3.02
Alcohol consumed or equivalent spent with charity or church	\$42.64	\$24.10	\$20.42	\$15.99
Lunches and dinners out	\$87.08	\$45.62	\$62.19	\$26.95
Cinema, plays, sport and day trips	\$10.26	\$12.30	\$6.16	\$6.16
Domestic vacations	\$75.94	\$53.07	\$49.90	\$33.63
Overseas vacations	\$25.54	\$0.00	\$16.12	\$0.00
Take away food, snacks	\$28.53	\$14.89	\$20.78	\$11.07
<b>Total leisure</b>	<b>\$288.60</b>	<b>\$157.55</b>	<b>\$192.15</b>	<b>\$100.35</b>
<b>Total weekly expenditure</b>	<b>\$1,253.73</b>	<b>\$816.49</b>	<b>\$890.68</b>	<b>\$567.66</b>
<b>Total annual expenditure</b>	<b>\$65,445</b>	<b>\$42,621</b>	<b>\$46,494</b>	<b>\$29,632</b>

Numbers are weekly, except where otherwise specified.

ASFA Retirement Standard for retirees  
March quarter 2022

for retirees aged over 85

Expenditure items	COUPLE		SINGLE	
	Comfortable lifestyle	Modest lifestyle	Comfortable lifestyle	Modest lifestyle
Building and contents insurance	\$35.01	\$34.94	\$33.02	\$27.49
Council rates	\$41.18	\$37.61	\$41.18	\$35.43
Water charges	\$24.71	\$24.71	\$21.27	\$21.27
Home improvements	\$7.25	\$0.00	\$7.25	\$0.00
Repairs and maintenance	\$21.75	\$21.75	\$21.75	\$21.75
<b>Total housing</b>	<b>\$129.91</b>	<b>\$119.01</b>	<b>\$124.48</b>	<b>\$105.95</b>
<b>Electricity and gas</b>	<b>\$53.35</b>	<b>\$45.61</b>	<b>\$43.02</b>	<b>\$33.96</b>
<b>Food – groceries and other fresh food</b>	<b>\$221.97</b>	<b>\$183.13</b>	<b>\$127.71</b>	<b>\$98.78</b>
<b>Bundle of home phone, broadband, mobile</b>	<b>\$28.83</b>	<b>\$19.95</b>	<b>\$22.15</b>	<b>\$17.71</b>
Household cleaning and HACC contribution	\$119.39	\$51.25	\$100.02	\$34.16
Cosmetic and personal care items	\$6.93	\$6.63	\$4.95	\$4.74
Barber or hairdressing	\$24.32	\$10.76	\$15.84	\$6.45
Media, including digital	\$8.77	\$2.56	\$8.56	\$2.56
Computer, printer and software	\$4.99	\$2.81	\$4.99	\$2.81
Household appliances, air conditioners, smart phone	\$18.01	\$2.95	\$16.62	\$2.95
Miscellaneous	\$7.46	\$0.00	\$7.46	\$0.00
<b>Total household goods and services</b>	<b>\$189.88</b>	<b>\$76.96</b>	<b>\$158.46</b>	<b>\$53.68</b>
<b>Clothing and footwear</b>	<b>\$50.22</b>	<b>\$38.36</b>	<b>\$26.97</b>	<b>\$20.19</b>
Taxis	\$46.00	\$40.89	\$40.89	\$35.78
Public transport	\$10.22	\$10.22	\$5.11	\$5.11
<b>Total transport</b>	<b>\$56.21</b>	<b>\$51.10</b>	<b>\$46.00</b>	<b>\$40.89</b>

Numbers are weekly, except where otherwise specified.

March quarter 2022

Expenditure items	COUPLE		SINGLE	
	Comfortable lifestyle	Modest lifestyle	Comfortable lifestyle	Modest lifestyle
Health insurance	\$88.46	\$33.81	\$44.22	\$16.90
Chemist	\$48.24	\$24.12	\$27.77	\$13.88
Co-payment and out of pocket	\$97.06	\$70.60	\$77.20	\$61.32
Vitamins and other over the counter medicines	\$6.00	\$0.00	\$2.99	\$0.00
<b>Total health services</b>	<b>\$239.76</b>	<b>\$128.53</b>	<b>\$152.19</b>	<b>\$92.10</b>
Membership clubs	\$6.16	\$4.10	\$4.12	\$3.07
TV, DVD	\$1.19	\$0.45	\$1.19	\$0.45
Streaming services (Stan/Netflix or like)	\$11.27	\$3.02	\$11.27	\$3.02
Alcohol consumed or equivalent spent with charity or church	\$42.64	\$24.10	\$20.42	\$15.99
Lunches and dinners out	\$45.13	\$14.07	\$33.71	\$16.88
Cinema, plays, sport and day trips	\$7.46	\$10.38	\$3.75	\$3.21
Domestic vacations	\$45.30	\$21.52	\$38.50	\$10.76
Overseas vacations	\$0.00	\$0.00	\$0.00	\$0.00
Take away food, snacks	\$30.27	\$15.79	\$22.04	\$11.74
<b>Total leisure</b>	<b>\$189.42</b>	<b>\$93.44</b>	<b>\$135.01</b>	<b>\$65.13</b>
<b>Total weekly expenditure</b>	<b>\$1,159.55</b>	<b>\$756.10</b>	<b>\$835.98</b>	<b>\$528.39</b>
<b>Total annual expenditure</b>	<b>\$60,528</b>	<b>\$39,468</b>	<b>\$43,638</b>	<b>\$27,582</b>

Numbers are weekly, except where otherwise specified.

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