NATIONAL RELEASE

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Irish workers aged 25+ feel they will have to work five years longer than they would like, new AIB research finds

- Almost half cannot estimate their retirement income, while six in ten have never reviewed their pension with a financial adviser
- Workers are much more likely to think about their holidays than their retirement over the course of a year
- Less than a third of workers expect to have enough money for a comfortable retirement

Irish workers, on average, would like to retire at the age of 61, but they expect to keep working until 66, highlighting a five-year gap between their retirement ambitions and expectations, according to new research from AIB. Among workers aged 25–34, the gap is wider: they would ideally retire at 58 but expect to work until 64.

The research, conducted by Amárach Research among Irish workers aged 25 and over, suggests that retirement planning is struggling to compete with more immediate priorities.

A holiday is on the agenda, but retirement planning can wait

Almost half of Irish workers surveyed (47%) say they have thought more about planning a holiday in the past 12 months, compared with just 22% who have thought more about retirement, according to the AIB research.

The findings point to a potential gap between the financial future people want and the attention they give to planning for it. While retirement may feel distant or difficult to navigate, understanding existing pension arrangements and the income they could provide is an important step towards assessing whether retirement plans are on track.

Almost half unsure what they will live on in retirement

The findings also reveal considerable uncertainty about life after work. Of all workers over 25, almost half (46%) cannot estimate what proportion of their current income they will receive in retirement, while just 32% expect to have enough money for a comfortable retirement.

Women less confident about retirement finances

The research highlights a gender gap in retirement confidence and understanding. Just 27% of women expect to have enough money for a comfortable retirement, compared with 38% of men.

Women are also more likely to worry about not having enough income in retirement, at 67%, compared with 53% of men. More than half of women (53%) cannot estimate what proportion of their current income they will receive in retirement, compared with 37% of men.

Pension reviews could help workers understand their options

Despite the uncertainty, 62% of respondents said they have never reviewed their pension with a financial adviser. This rises to 69% among women, while just 23% of adults aged 25 and over have reviewed their pension with an adviser in the past three years.

Ciara Ryan, Head of Wealth and General Insurance at AIB said: "Reviewing your pension does not always mean paying more into your pension pot. It can start with understanding what you already have and making sure it is working as hard for you as possible. By simply reviewing your existing arrangements, you can identify possible gaps and make more informed decisions. The earlier people take this step, the more time they will have to plan for the retirement they want."

AIB is encouraging workers to take time to review their existing pension arrangements, understand their potential retirement income and consider whether their current plans align with the retirement they're after.

A review with a pension specialist is available in branch or video call. To find out more call 01 771 5867 Monday – Friday (9am – 5pm) or visit aib.ie/make-a-plan or contact your local AIB branch.

ENDS

Notes to editor

- Research was conducted on behalf of AIB among a nationally representative sample of 2,000 adults aged 25+ in the Republic of Ireland between 2nd and 22nd July 2026.
- All figures are based on respondents to the AIB research unless otherwise stated.

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