

## Retirees Face Increasing Living Costs

The importance of having a growing income stream in retirement was reflected in national figures detailing increasing living costs.

During March and June, health costs increased 2.4% and petrol increased 8.7%. Over the 12 month period, food costs were up 3.9% and petrol had increased about 30%.

This reiterates the importance of having a growing income stream to enable retirees to cope with increased prices. Notwithstanding shares and property can be volatile. The underlying income streams from rent and dividends are reliable and grow over time.