



Retirement Readiness Mid-Career

Objectives



01 Your Pension

02 Review the Life Event Resource Toolkit

03 Understanding your Member Statement

04 Social Security

05 MyTRS Planning Tools & Account Management

06 Monthly Retirement Expenses & Income

07 What if it's not enough?

Your Pension



TRS is a Defined Benefit Plan

- ✓ Pension specifically created for you
- ✓ Among the largest pension funds in the United States
- ✓ Experienced team to manage the fund
- ✓ Funded by member, employer and state contributions as well as investment earnings

Scan here for
more information



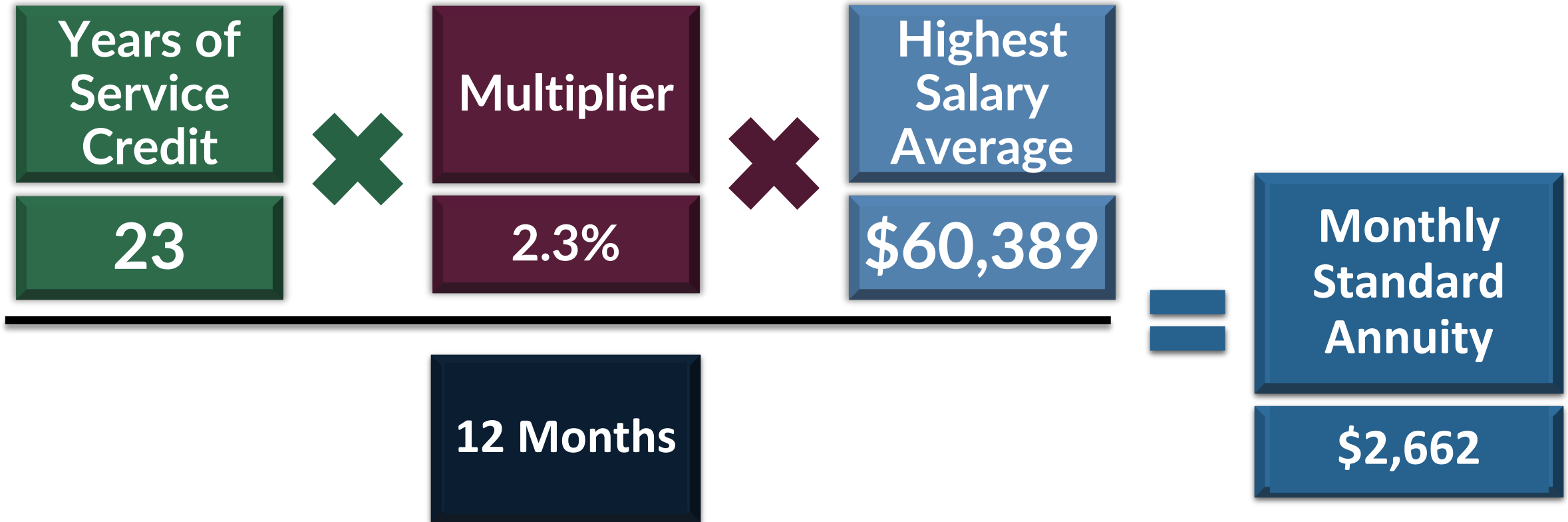
**Retirement benefits
are based on a formula
and funded by:**

**Member
Contributions**

**Employer and
State
Contributions**

**Investment
Earnings**

Retirement Formula



NOTE: Years of service credit and highest average salary based on the average of all retirees in fiscal year 2024

Life Event Toolkit




Life Changes



- Marriage
- Starting a Family
- Purchasing a Home
- Divorce
- Death
- Disability
- Change of Address/Phone
- Turning 65

The screenshot shows the TRS website interface. At the top, there is a green banner with a checkmark icon and the text "New Headquarters". To the right of this banner, a message states: "Please note TRS Headquarters in Austin moved to a new address at 4655 Mueller Blvd., Austin, TX 78723 (get directions)." Below the banner is a dark blue navigation bar containing the TRS logo (an apple with a leaf) and the text "TRSD TEACHER RETIREMENT SYSTEM OF TEXAS". To the right of the logo are links for "EMPLOYERS", "PROCUREMENT", and "CAREERS", followed by a "MyTRS Login" button. Below these are dropdown menus for "Pension", "Health", "Learning" (which is underlined), "Investments", "About", and "Contact", along with a globe icon and a search icon. Below the navigation bar is a breadcrumb trail: "Home / Learning Resources / Life and Job Changes / Life Changes". On the left side, there is a "Learning Resources" sidebar with links for "Event Calendar", "Video Library", "Publications", "Life and Job Changes" (highlighted), "FAQs", and "Glossary". The main content area features the heading "Life Changes" in blue. Below the heading is a paragraph: "Life changes can happen at any time, and TRS offers resources to help you navigate these transitions with confidence. No matter what change you face or milestone you reach, TRS is here to support you every step of the way, ensuring you make the most of your benefits." There are two featured articles. The first is titled "Marriage" and includes an image of a bouquet of white flowers in a blue vase. The text reads: "Congratulations, newlywed! As you embark on this exciting new chapter, here are some important things to consider and actions you might want to take." The second article is titled "Starting a Family" and includes an image of a woman in a blue shirt talking to a man. The text reads: "As your family grows, you might have questions about how this affects your benefits. This section can help with updating your retirement and health plan information."

Job Changes

✓ New Headquarters Please note [TRS Headquarters in Austin moved](#) to a new address at 4655 Mueller Blvd., Austin, TX 78723 ([get directions](#)).

 EMPLOYERS PROCUREMENT CAREERS [MyTRS Login](#)

Pension ▾ Health ▾ Learning ▾ Investments ▾ About ▾ Contact ▾  


[Home](#) / [Learning Resources](#) / [Life and Job Changes](#) / [Job Changes](#)

Learning Resources

- Event Calendar
- Video Library
- Publications
- Life and Job Changes**
- FAQs
- Glossary


Job Changes

Job changes can happen at any time, and TRS offers resources to help you navigate these transitions with confidence. No matter what change you face or milestone you reach, TRS is here to support you every step of the way, ensuring you make the most of your benefits.



New Hire

Start your journey as a new TRS member on the right foot. Here are answers to questions you may ask early in your career.



Nearing Retirement

Start preparing today as you look toward the future. Determine when you're ready to retire and know what steps you need to take first.

- New Hire
- Nearing Retirement
- Ready to Retire
- Terminating Employment
- Returning to Employment After Separation
- Turning 65
- Retired
- Employment After Retirement

Life Event Resource Kit

The screenshot shows the TRS (Teacher Retirement System of Texas) website. At the top left is the TRS logo. The navigation bar includes links for EMPLOYERS, PROCUREMENT, CAREERS, MyTRS Login, Pension, Health, Learning, Investments, About, and Contact. Below the navigation bar, there are two status messages: 'Pension Checks Mailed May 29, 2025' and 'Direct Deposit May 30, 2025'. The main banner features the text 'Account Access. Wherever. Whenever.' and a photo of three smiling women. At the bottom, there is a 'Get Started' section with five buttons: 'Set up direct deposit', 'Update my beneficiaries', 'Life and job changes', 'Apply for retirement', and 'Account refund considerations'. An orange arrow points to the 'Life and job changes' button.

TRRS
TEACHER RETIREMENT SYSTEM OF TEXAS

EMPLOYERS PROCUREMENT CAREERS MyTRS Login

Pension ▾ Health ▾ Learning ▾ Investments ▾ About ▾ Contact ▾ 🌐 🔍

✉ Pension Checks Mailed May 29, 2025 🏛 Direct Deposit May 30, 2025

**Account Access.
Wherever. Whenever.**

Get Started

- Set up direct deposit
- Update my beneficiaries
- Life and job changes
- Apply for retirement
- Account refund considerations

Life Event Resource Kit

[Home](#) / [Learning Resources](#) / [Life and Job Changes](#)

Learning Resources

[Event Calendar](#)

[Video Library](#)

[Publications](#)

[Life Changes](#) ▼

[Job Changes](#) ▼

[FAQs](#)

[Glossary](#)

Life and Job Changes

Changes in your career and personal life can impact your pension benefits. Find out how to keep your account up to date and what steps to take when you make big changes in life.



Life Changes

Changes in your personal life can impact your TRS benefits. Find helpful information here.

[Find resources](#)



Job Changes

Find out what you should know when you change jobs or leave your employer.

[Get informed](#)

Topic Driven Tiles

- Common Questions & Answers
- Actions
- Forms
- Planning
- Member Education Videos
- Financial Awareness Videos

- [Website Link](#)


[Home](#) / [Learning Resources](#) / [Life and Job Changes](#) / [Life Changes](#)

Learning Resources

- Event Calendar
- Video Library
- Publications
- Life Changes ▼
- Job Changes ▼
- FAQs
- Glossary


Life Changes

Life changes can happen at any time, and TRS offers resources to help you navigate these transitions with confidence. No matter what change you face or milestone you reach, TRS is here to support you every step of the way, ensuring you make the most of your benefits.



Marriage

Congratulations on your new chapter! As you embark on this exciting new chapter, here are some important things to consider and actions you might want to take.



Starting a Family

As your family grows, you might have questions about how this affects your benefits. This section can help with updating your retirement and health plan information.

Life Event Resource Kit

[Home](#) / [Learning Resources](#) / [Life and Job Changes](#) / [Life Changes](#) / [Change of Address](#)

Learning Resources

Event Calendar

Video Library

Publications

Life Changes ^

Death

Divorce

Purchasing a Home

Change of Address

Marriage

Disability

Turning 65

Starting a Family

Job Changes v

FAQs

Glossary

Change of Address

When you move to a new address or change your phone numbers, here are helpful links to update your TRS account. This will help you avoid missing any important communications.

Has your address or phone number changed? —

Please ensure TRS always has the most current information to reach you by completing a Change of Address Notification whenever your contact information changes.

- [Change of Address Notification \(Form TRS 358\)](#)

Have recent changes caused you to need to update your beneficiary? +

Annual Statement



Annual Statement



When are statements delivered?



What information is in statement?



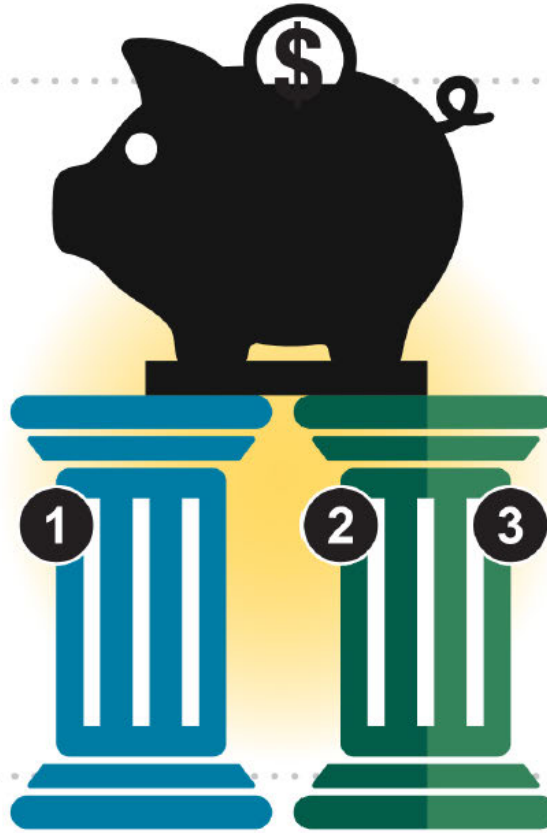
Why is it important?

- Mailed during October & November
- Covers membership through previous school year, September – August
- Current and previous statements available in MyTRS
- Includes account balance, service credit earned, and retirement estimates
- Review for accuracy and discuss possible corrections with employer

Annual Statement

1. Pension: TRS Retirement

Your monthly TRS contributions, as well as contributions from the state and your employer, help fund your future TRS retirement. Upon retirement, you would receive a monthly annuity for life. There are no automatic increases to your annuity once you have retired.



2. Personal Savings & Other Assets

Your personal savings and other assets may supplement your TRS pension at retirement. Contact your financial planner to discuss personal savings options that may be available to you.

3. Social Security (If Applicable)

If you are currently contributing or have contributed in the past, you may receive a social security benefit. To determine if you are eligible for social security and estimate potential benefits, contact the Social Security Administration. Two federal social security provisions could impact your social security benefits – the Government Pension Offset and the Windfall Elimination Provision.

To learn more about the pillars of your retirement, watch these three short videos on the TRS Financial Awareness Video Series page on the TRS website – *Will My TRS Pension Be Enough?*, *Saving in a Tax-Deferred Plan*, and *Social Security*.

Social Security



Social Security



Create an account

Check eligibility for benefits

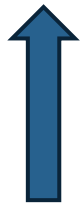
Get a benefits estimate

Plan for retirement

MyTRS



How to Establish Your MyTRS Account



Scan here for
MyTRS resources



Step 1

TRS Terms and Use



Step 2

Verify TRS Member



Step 3

3rd Party Terms and Use



Step 4

Verify Identification



Step 5

Verify Email



Step 6

Create a Profile

Self-Service Options



Planning Tools



Benefits



Payments



Account Management



Account Summary Information

MyTRS Account Summary

Membership Tier


Service Credit

Account Balance

Demographic Information

High Salaries

Scheduled Appointments



MYTRS
MEMBER PORTAL

Mon, Dec 19, 2022 [TRS Home](#) | [FAQs](#) | [Contact Us](#) | [Documents](#) | [Messages](#) | [Log Off](#)

WELCOME **IMA TEACHER** | Participant ID: 00537718

Accounts
Planning Tools
Benefits
Beneficiary
Payments
Account Management

Account Summary

Membership Tier	Service Credit	Account Balance
2	20 years	\$82,406.66

Demographic Information

Name:	IMA R TEACHER	Phone:	(123) 456-7890
Gender:	Female	Date of Birth:	08/28/1981
Address:	4050 ALMOST THERE WAY ANYWHERE, TX 72036-8860 UNITED STATES	Age:	41 years
		Communication Preference:	Mail
		Email:	nmlobo@me.com

Account Balance as of 12/19/2022

Non-Tax Sheltered:	\$0.00
Tax Sheltered:	\$65,270.33
Interest:	\$17,136.33
Total Balance:	\$82,406.66

Scheduled Appointments

You do not have any scheduled appointments.

If you would like to schedule an appointment with a TRS counselor, click here: [Schedule Appointment](#)

High Years*

High	Year	Salary
1	2022	\$68,715.00
2	2021	\$64,397.00
3	2020	\$63,463.00
4	2019	\$59,397.00
5	2018	\$58,197.00
Average		\$62,833.80

Disclaimers

* **High Salaries** - The salaries displayed on this page are those reported by your employer and may not have been audited or adjusted by TRS to meet the requirements for annual compensation as defined by the TRS plan terms. TRS has a duty and reserves the right to review the salaries prior to a distribution of benefits to ensure that:

- the compensation reported to TRS is creditable under the plan's terms;
- the compensation is not excluded from the annual compensation amount by any law or rule;
- the compensation is credited in the correct amount to the school year in which it was paid;
- the compensation is within the limit on increases allowed by the plan terms in the final years prior to retirement; and
- the compensation is not excluded because it was converted from non-creditable compensation to creditable compensation in the final years prior to retirement.

MyTRS Account Management

DOCUMENTS

MESSAGES

UPDATE ADDRESS

UPDATE EMAIL

UPDATE PHONE

UPDATE
PREFERRED
METHOD OF
COMMUNICATION

UPDATE
PASSWORD

UPDATE SECURITY
QUESTION

UPDATE MULTI-
FACTOR
AUTHENTICATION

Add/Modify

Accept E-Signature
Terms

Accept Data Privacy
Terms

Update Beneficiary

Electronically Sign
Form

MyTRS Update Beneficiary



Mon, Jun

Accounts

Planning Tools

Benefits

Beneficiary

Paym

Update Beneficiary

Account Summary

Membership Tier

Service Credit

Account

MyTRS Benefits



Accounts	Planning Tools	Benefits	Beneficiary
Account Summary		Apply for a Refund Apply for Retirement	
Membership Tier	Service Credit		

Apply for Refund

Apply for Retirement

MyTRS Planning Tools



Benefit Calculator



Request an Estimate



Schedule Appointments

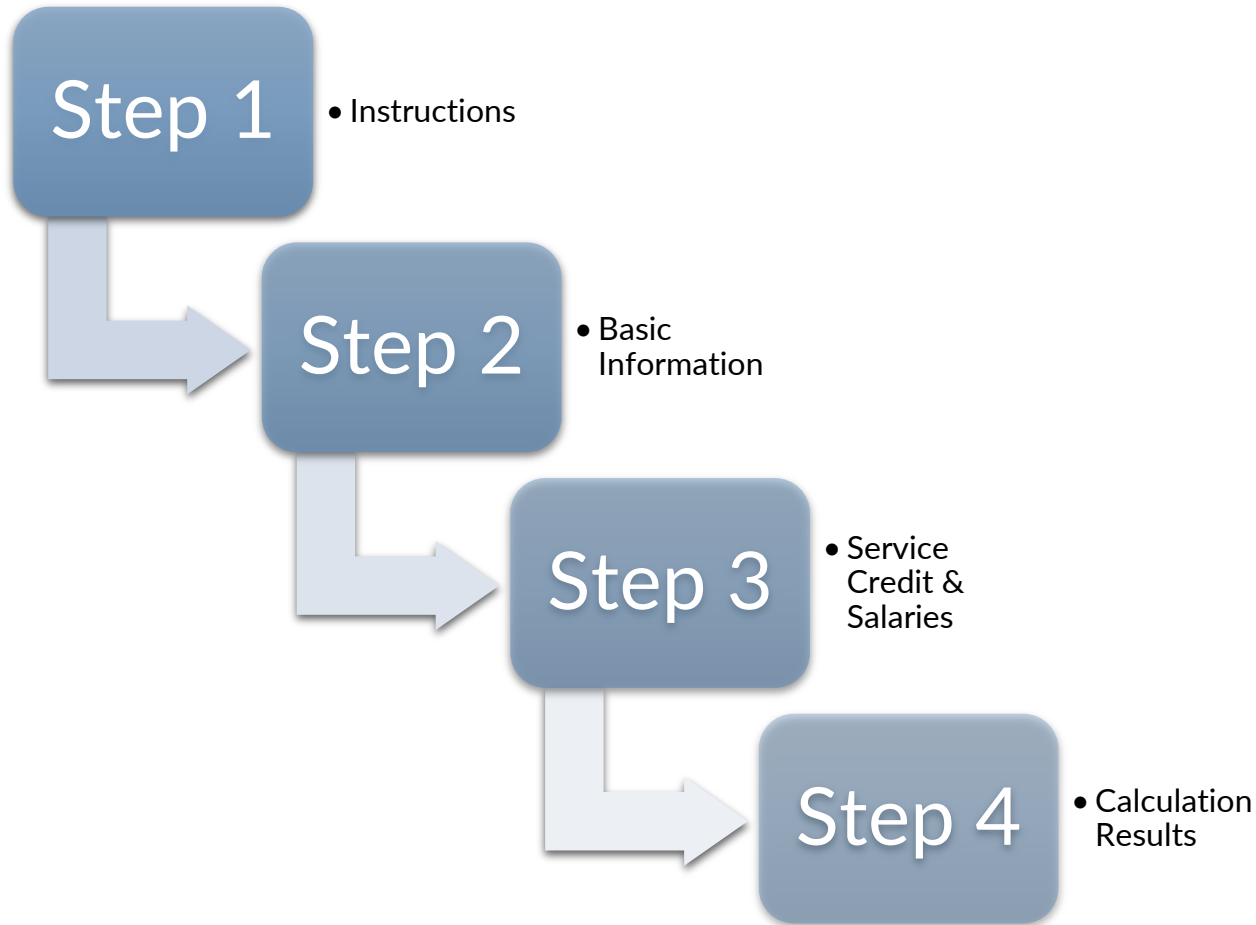


Generate Account Balance Form

The screenshot shows the MyTRS Member Portal navigation menu. The 'Planning Tools' menu item is highlighted, and its dropdown options are visible. A blue arrow points to the 'Benefit Calculator' option in the dropdown.

Accounts	Planning Tools	Benefits	Beneficiary
Account Summa	<ul style="list-style-type: none">Benefit CalculatorRequest An EstimateSchedule AppointmentsGenerate Account Balance Form		
Membersh		Service Credit	

MyTRS Benefit Calculator



- Simple steps
- Create and save unlimited number of estimates
- Project service credit
- Project future salaries
- Plan for your retirement
- Understand what you'll earn from TRS in retirement

MyTRS Benefit Calculator

myTRS
MEMBER PORTAL

Tue, Jun 25, 2024 [TRS Home](#) | [Membership Ca](#)

Accounts Planning Tools **Benefits** Beneficiary Payments Account Management

Benefit Calculator

1 Instructions → 2 Basic Information → 3 Service Credit & Salaries → 4 Calculation Results

Work with Calculator

View a Previous Calculation
No Estimates Found

Create a New Calculation
This activity will allow you to navigate through a few screens where you can enter a date and other basic information and be presented with a calculation re based on the information provided. Be aware that no information is saved until you click the Save button. To begin, choose the Benefit Type and click Start,

Benefit Type *

Start Cancel

Active Death
Disability Retirement
Service Retirement

All estimates are not binding audit, adjustment, and correction. If you wish to receive a written estimate of your projected retirement

MyTRS Benefit Calculator

myTRS MEMBER PORTAL Tue, Jun 25, 2024 [TRS Home](#) | [Membership Ca](#)

[Accounts](#) [Planning Tools](#) [Benefits](#) [Beneficiary](#) [Payments](#) [Account Management](#)

Benefit Calculator

1 [Instructions](#) → 2 Basic Information → 3 Service Credit & Salaries → 4 Calculation Results

Basic Information

Benefit Type: Service Retirement

Retirement Date *

Beneficiary Information

Whom do you plan to name as beneficiary?

Multiple Beneficiaries *

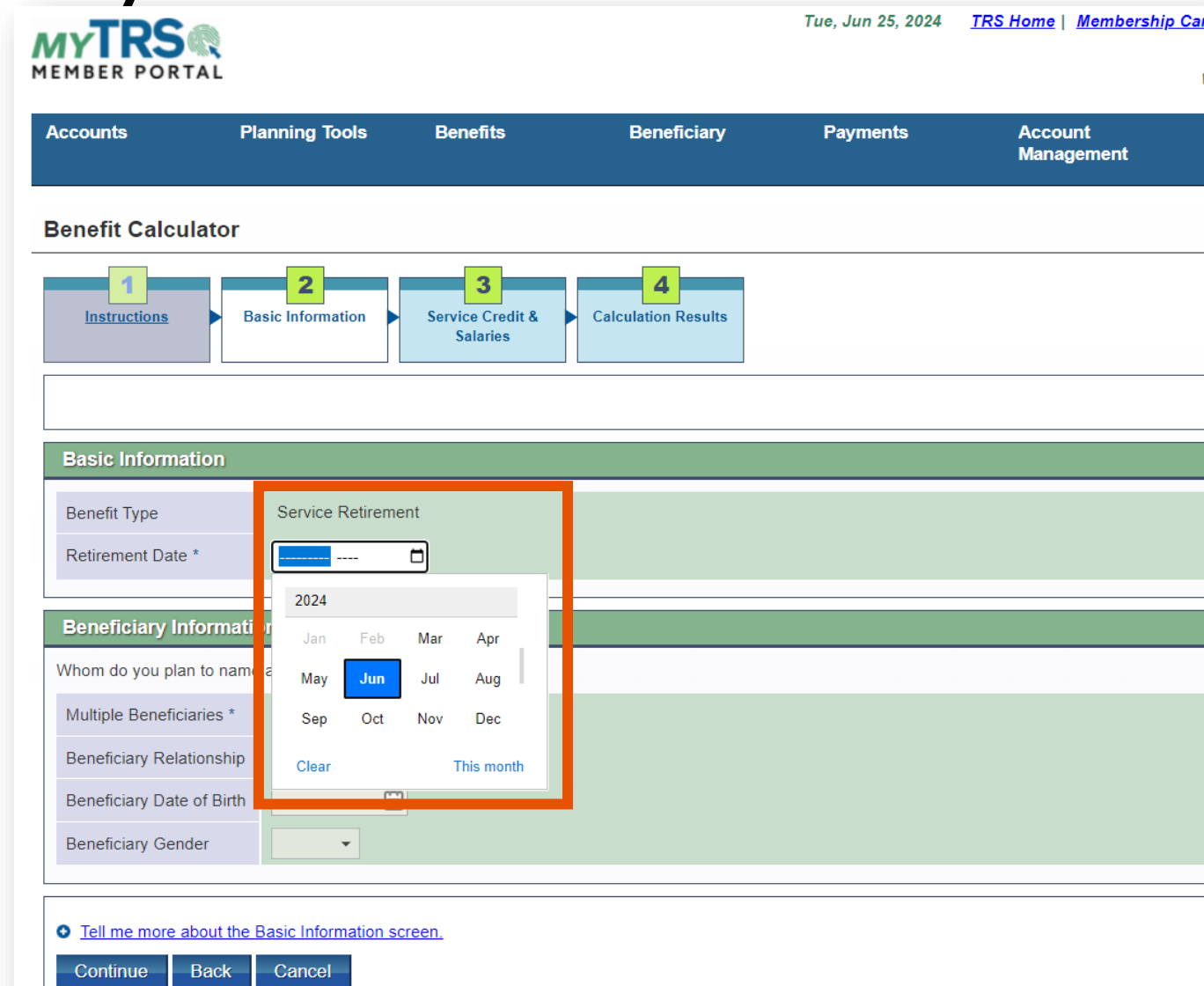
Beneficiary Relationship

Beneficiary Date of Birth

Beneficiary Gender

[Tell me more about the Basic Information screen.](#)

[Continue](#) [Back](#) [Cancel](#)



MyTRS Benefit Calculator



Tue, Jun 25, 2024 [TRS Home](#) | [Members](#)

- Accounts
- Planning Tools
- Benefits
- Beneficiary
- Payments
- Account Management

Benefit Calculator



Basic Information

Benefit Type	Service Retirement
Retirement Date *	October 2052

Beneficiary Information

Whom do you plan to name as beneficiary at retirement?

Multiple Beneficiaries *	<input type="radio"/> Yes <input checked="" type="radio"/> No
Beneficiary Relationship	<div style="border: 2px solid orange; padding: 2px;"><ul style="list-style-type: none">ChildEstateFormer SpouseNon-SpouseOrganizationOtherParentSpouseTrustUnknown</div>
Beneficiary Date of Birth	
Beneficiary Gender	

[Tell me more about the B...](#)

[Continue](#) [Back](#)

MyTRS Benefit Calculator



Tue, Jun 25, 2024 [TRS Home](#) | [Membership Card](#) | [FAQs](#)

WELCOME

- Accounts
- Planning Tools
- Benefits
- Beneficiary
- Payments
- Account Management

Benefit Calculator



Basic Information

Benefit Type	Service Retirement
Retirement Date *	October 2052

Beneficiary Information

Whom do you plan to name as beneficiary at retirement?

Multiple Beneficiaries *	<input type="radio"/> Yes <input checked="" type="radio"/> No
Beneficiary Relationship	Spouse
Beneficiary Date of Birth	<input type="text" value=""/>
Beneficiary Gender	Jun 2024

[Tell me more about the B...](#)

[Continue](#) [Back](#)

Su	Mo	Tu	We	Th	Fr	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

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MyTRS Benefit Calculator



Tue, Jun 25, 2024 [TRS Home](#) | [Membership](#)

- Accounts
- Planning Tools
- Benefits
- Beneficiary
- Payments
- Account Management

Benefit Calculator



Basic Information

Benefit Type	Service Retirement
Retirement Date *	October 2052

Beneficiary Information

Whom do you plan to name as beneficiary at retirement?

Multiple Beneficiaries *	<input type="radio"/> Yes <input checked="" type="radio"/> No
Beneficiary Relationship	Spouse
Beneficiary Date of Birth	06/27/1963
Beneficiary Gender	

[Tell me more about the Basic Information screen.](#)

MyTRS Benefit Calculator



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WELCOME

| Participant ID:

- Accounts
- Planning Tools
- Benefits
- Beneficiary
- Payments
- Account Management

Benefit Calculator



Required Fields *

Service Credit

Years of Service Credit *

Highest Annual Salaries

High	Annual Salary
1	<input type="text" value="\$ 50,276.00"/>
2	<input type="text" value="\$ 46,559.00"/>
3	<input type="text" value="\$ 53,317.00"/>
4	<input type="text" value="\$ 50,038.00"/>
5	<input type="text" value="\$ 47,456.00"/>

[Tell me more about the Service Credit & Salaries screen.](#)

The salary & service displayed are the current information we have on file. However they are subject to change due to additional submissions by your employer, and/or audit by TRS.

Benefit Calculator



Calculation Results

Retirement Date	10/31/2052
Beneficiary Relationship	Spouse
Beneficiary Age	89
Highest Average Salary	\$49,529.00
Years of Total Service	40
Total Service	$40 \times 2.300 = 92.00\%$ $\$49,529.00 \times 92.00\% = \$45,566.68$ Standard Annuity per Year (gross) $\$45,566.68 \div 12 = \$3,797.22$ Standard Annuity per Month (gross) Your annuity has been reduced to \$3,749.76 due to early age retirement. Your annuity would be \$3,797.22 if not reduced for early age.

Option Results

	Payment Option	12 Months-PLSO	24 Months-PLSO	36 Months-PLSO
Partial Lump Sum Option (PLSO)	N/A	\$44,997.12	\$89,994.24	\$134,991.36
Standard Annuity	\$3,749.76	\$3,433.28	\$3,117.18	\$2,800.70
Option 1	\$3,686.76	\$3,375.60	\$3,064.81	\$2,753.64
Option 2	\$3,717.89	\$3,404.10	\$3,090.68	\$2,776.89
Option 3	\$3,734.76	\$3,419.55	\$3,104.71	\$2,789.49
Option 4	\$3,697.26	\$3,385.21	\$3,073.54	\$2,761.49
Option 5	\$3,702.14	\$3,389.68	\$3,077.59	\$2,765.13

[Tell me more about the Calculation Results screen.](#)

Save Back Cancel

MyTRS Benefit Calculator



Tue, Jun 25, 2024 [TRS Home](#) | [Membership Card](#) | [FAQs](#) | [Contact Us](#) | [Documents](#) | [Messages](#)

WELCOME

| Participant ID:

- Accounts
- Planning Tools
- Benefits
- Beneficiary
- Payments
- Account Management

Benefit Calculator



Information Saved.



Required Fields *

Work with Calculator

View a Previous Calculation

<input type="checkbox"/>	Calculation ID	Benefit Type	Retirement Date	Beneficiary Relationship	Service Credit	Final Average Salary
<input type="checkbox"/>	891421	Service Retirement	10/31/2052	Spouse	40	\$49,529.00

Delete

Create a New Calculation

This activity will allow you to navigate through a few screens where you can enter a date and other basic information and be presented with a calculation results screen that will show what your benefit options could be based on the information provided. Be aware that no information is saved until you click the Save button. To begin, choose the Benefit Type and click Start, otherwise click Cancel.

Benefit Type *

Start

Cancel

All estimates are not binding on TRS and are subject to audit, adjustment, and correction. If you wish to receive a written estimate of your projected retirement benefits from TRS, please click [Request an Estimate](#).

Estimating Retirement Expenses & Income



Retirement Income and Expense Estimates

Active Member



Retirement Planning

The screenshot displays the TRS (Teacher Retirement System of Texas) website interface. At the top, a teal banner contains a checkmark icon and the text "New Headquarters" followed by a notice: "Please note TRS Headquarters in Austin moved to a new address at 4655 Mueller Blvd., Austin, TX 78723 (get directions)." Below this is the TRS logo and navigation tabs for "EMPLOYERS" and "PROCUREMENT". A main navigation bar includes "Pension", "Health", "Learning", and "Investments". A dropdown menu is open under "Pension", listing "Pension Benefits", "Know Your Benefits", "Active Member Resources", "Retiree Resources", "Beneficiary Resources", "Forms", "Calculators", and "Retirement Sessions & Counseling". A yellow arrow points from the "Active Member Resources" menu item to a corresponding section on the right. This section, titled "Active Member Resources", includes a sub-menu with "New Member Quick Start Guide", "Service Credit", "Retirement Planning", "Annual Statement", "Disability Retirement", and "Retiree Resources". Below the menu is a text block: "We're here to help Texas public educators, just like you, reach their retirement milestone. From day one, TRS provides many resources to help you connect with your retirement system, understand your benefits, and plan for your big day. TRS not only provides you a lifetime monthly service retirement benefit once you're eligible to retire, but also provides you the following from day one:" followed by a bulleted list: "• TRS-ActiveCare health plan benefits, if eligible", "• Disability retirement benefits", and "• Death benefits". Below the text are two resource cards: "New Member Quick Start Guide" and "Retirement Planning", each with a "Learn More" button. A white mouse cursor is positioned over the "Retirement Planning" card. In the bottom left corner, a dark blue banner reads "Account Access. Wherever. Whenever." with a "Learn More >" button. The background of the website features a smiling woman in a teal shirt and cap.

Retirement Income and Expense Estimates



[Home](#) / [Pension Benefits](#) / [Active Member Resources](#) / Retirement Planning

Pension Benefits


- Know Your Benefits ▼
- Active Member Resources** ▲
 - New Member Quick Start Guide
 - Service Credit
 - Retirement Planning**
 - Annual Statement
 - Disability Retirement
- Retiree Resources ▼
- Beneficiary Resources
- Forms
- Calculators
- Retirement Sessions & Counseling

Retirement Planning

At TRS, we're here to provide you with the information you need to successfully reach your retirement milestone.


Retiring can be a simple process if you plan ahead, and this section of the website helps you do just that. It provides information and resources to help you decide when it's the right time for you to begin the retirement process, note important dates, as well as familiarize yourself with the retirement options available to you.

Start Planning For Your Retirement



Planning Resources

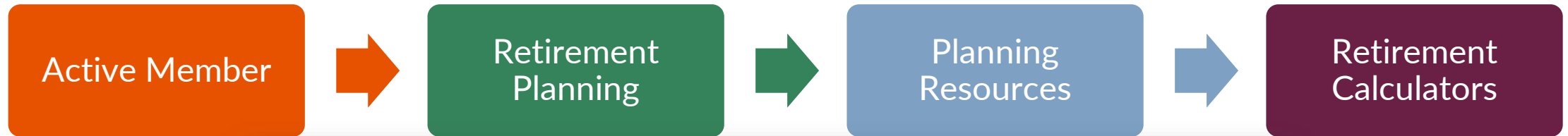
Find helpful tools and information on financial awareness to prepare for your retirement.



Steps to Retirement Timeline

Understand the steps toward retirement and what documents you will need to complete.

Retirement Income and Expense Estimates



Pension Benefits

- Know Your Benefits
- Active Member Resources**
- New Member Quick Start Guide
- Service Credit
- Retirement Planning**
- Annual Statement
- Disability Retirement
- Retiree Resources
- Beneficiary Resources
- Forms
- Calculators
- Retirement Sessions & Counseling

Planning Resources

Here, you'll push the calculator buttons; watch – and rewatch – retirement videos; review your benefits, and much more! Explore the retirement resources at your fingertips any time as you plan for your future.

- Financial Awareness**
- Requirements, Options, and Deadlines**
- Retirement Calculators**

- [Benefit Calculator](#)

The Retirement Estimate calculator can be used to estimate your potential retirement benefits. Log in to [MyTRS](#) and find the Benefit Calculator under the Planning Tools tab. The calculator will automatically import current data from your TRS records such as your tier, years of service credit, and the highest annual salaries. You can change the data if you want to explore the differences.
- [Retirement Income and Expenses Estimator](#) (Excel document, will download to your computer)
[Retirement Income and Expenses Estimator \(pdf\)](#)

To help ensure your readiness to retire, it's important to estimate your future needs now so you have time to make adjustments, if needed. Download or print a copy of the Retirement Income and Expenses Worksheet above to help you estimate the monthly income and expenses you expect to have in retirement.
- [Tax Withholding Calculator](#)

If you are currently receiving a monthly payment from TRS, please log in to [MyTRS](#) and visit Tax Withholding Calculator under Payments. The calculator allows you to see the impact to your income tax withholding based on your proposed changes.

Retirement Income and Expense Estimates



- [Retirement Income and Expenses Estimator](#) (Excel document, will download to your computer)
[Retirement Income and Expenses Estimator \(pdf\)](#)

To help ensure your readiness to retire, it's important to estimate your future needs now so you have time to make adjustments, if needed. Download or print a copy of the Retirement Income and Expenses Worksheet above to help you estimate the monthly income and expenses you expect to have in retirement.

Retirement Income and Expenses Estimator Disclaimer

- TRS is not authorized to offer retirement, legal, or financial advice to members.
- This tool is provided by TRS for educational and information purposes only. It is not intended to provide retirement, legal or financial advice.
- TRS does not guarantee the accuracy of the tool and suggest that you consult with a retirement or financial advisor regarding your individual situation.

Instructions for Estimating Retirement Expenses

When preparing for retirement, it's important to estimate your expenses. This tool lists the most common expenses to consider in retirement.

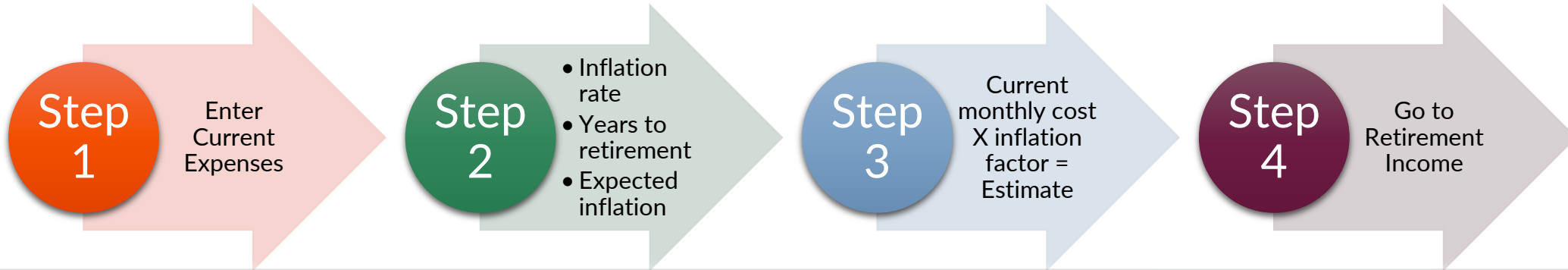
1. Enter your current expenses in the column labeled "Current Monthly Cost."
2. Enter the inflation factor from the table below. Select the number of years in the future you plan to retire and your expectation of inflation, use the number that appears as your inflation factor.
3. The calculator will multiply Current Monthly Cost by the Inflation Factor.
4. Go to Retirement Income tab and enter estimated income in retirement.

Inflation Factor

It's important to consider inflation when estimating your expenses in retirement. Inflation is a term used to describe rising prices in the economy, or the amount paid for goods and services. It is difficult to predict inflation. However, the following graph reflects US Labor Department published annual inflation rates to assist you in determining the inflation rate factor.



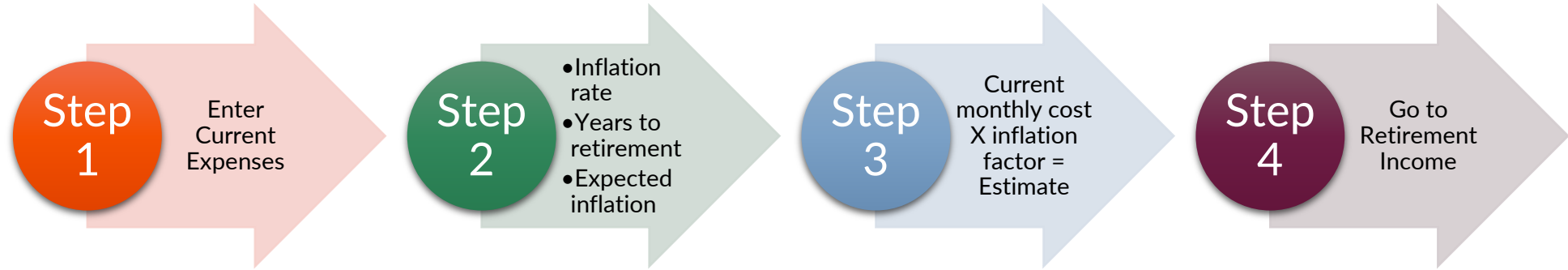
Retirement Expense Estimate



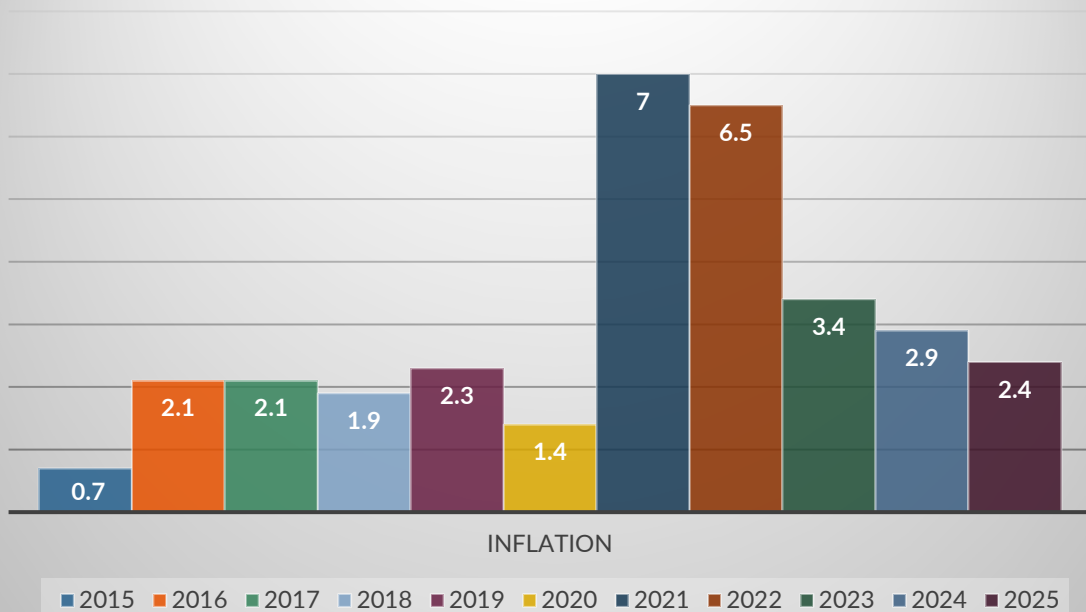
Enter Inflation Factor From Table:

Expense	Current Monthly Cost	Inflation Factor	Monthly Cost at Retirement (current cost times inflation factor)
Mortgage (excluding property taxes and insurance)		N/A	\$0.00
Rent (if you do not own)		0.00	\$0.00
Property taxes		0.00	\$0.00
Homeowners Insurance		0.00	\$0.00
Health Care/Medicare		0.00	\$0.00

Retirement Income & Inflation



United States Annual Inflation Rates



Years to Retire	Annual Inflation Rate							
	3%	4%	5%	6%	7%	8%	9%	10%
1	1.03	1.04	1.05	1.06	1.07	1.08	1.09	1.10
5	1.16	1.22	1.28	1.34	1.40	1.47	1.54	1.61
10	1.34	1.48	1.63	1.79	1.97	2.16	2.37	2.59
15	1.56	1.8	2.08	2.4	2.76	3.17	3.64	4.18
20	1.81	2.19	2.65	3.21	3.87	4.66	5.60	6.73
25	2.09	2.67	3.39	4.29	5.43	6.85	8.62	10.83
30	2.43	3.24	4.32	5.74	7.61	10.06	13.27	17.45

Retirement Expense Estimate & Inflation Factor

- Years to retire: 15
- Expected inflation rate: 5%
- Inflation factor: 2.08

Years to Retire	Annual Inflation Rate							
	3%	4%	5%	6%	7%	8%	9%	10%
1	1.03	1.04	1.05	1.06	1.07	1.08	1.09	1.10
5	1.16	1.22	1.28	1.34	1.40	1.47	1.54	1.61
10	1.34	1.48	1.63	1.79	1.97	2.16	2.37	2.59
15	1.56	1.8	2.08	2.4	2.76	3.17	3.64	4.18
20	1.81	2.19	2.65	3.21	3.87	4.66	5.60	6.73
25	2.09	2.67	3.39	4.29	5.43	6.85	8.62	10.83
30	2.43	3.24	4.32	5.74	7.61	10.06	13.27	17.45

Estimated Monthly Retirement Expenses

Enter Inflation Factor From Table:		2.08	
Expense	Current Monthly Cost	Inflation Factor	Monthly Cost at Retirement (current cost times inflation factor)
Mortgage (excluding property taxes and insurance)		N/A	\$0.00
Rent (if you do not own)		2.08	\$0.00
Property taxes	\$500.00	2.08	\$1,040.00
Homeowners Insurance	\$166.67	2.08	\$346.67
Health Care/Medicare	\$347.71	2.08	\$723.24
Utilities (gas, electric, water, waste water, trash)	\$200.00	2.08	\$416.00
TV, Internet & Phone	\$150.00	2.08	\$312.00
Home Maintenance	\$100.00	2.08	\$208.00
Automobile/Transportation (gas, maintenance, insurance)	\$100.00	2.08	\$208.00
Groceries	\$500.00	2.08	\$1,040.00
Clothing	\$50.00	2.08	\$104.00
Personal care	\$50.00	2.08	\$104.00
Dependent care		2.08	\$0.00
Homeowners Association Dues	\$50.00	2.08	\$104.00
Loan payments (car, home equity, credit line)	\$500.00	N/A	\$500.00
Credit Cards Debt (minimum payment)		N/A	\$0.00
Entertainment	\$50.00	2.08	\$104.00
Eating Out	\$50.00	2.08	\$104.00
Travel	\$100.00	2.08	\$208.00
Charitable Donations/Gifts	\$25.00	2.08	\$52.00
Other (variable interest)		2.08	\$0.00
Other (fixed interest)		N/A	\$0.00
Monthly Total:	\$2,939.38		\$5,573.91

Retirement Expense Estimate & Inflation Factor

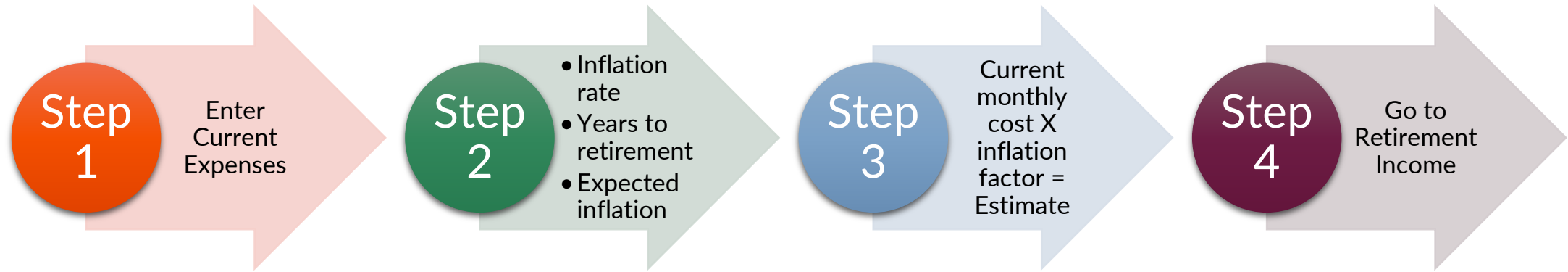
- Years to retire: 15
- Expected inflation rate: 4%
- Inflation factor: 1.8

Years to Retire	Annual Inflation Rate							
	3%	4%	5%	6%	7%	8%	9%	10%
1	1.03	1.04	1.05	1.06	1.07	1.08	1.09	1.10
5	1.16	1.22	1.28	1.34	1.40	1.47	1.54	1.61
10	1.34	1.48	1.63	1.79	1.97	2.16	2.37	2.59
15	1.56	1.8	2.08	2.4	2.76	3.17	3.64	4.18
20	1.81	2.19	2.65	3.21	3.87	4.66	5.60	6.73
25	2.09	2.67	3.39	4.29	5.43	6.85	8.62	10.83
30	2.43	3.24	4.32	5.74	7.61	10.06	13.27	17.45

Estimated Monthly Retirement Expenses

Enter Inflation Factor From Table: <input type="text" value="1.80"/>			
Expense	Current Monthly Cost	Inflation Factor	Monthly Cost at Retirement (current cost times inflation factor)
Mortgage (excluding property taxes and insurance)		N/A	\$0.00
Rent (if you do not own)		1.80	\$0.00
Property taxes	\$500.00	1.80	\$900.00
Homeowners Insurance	\$166.67	1.80	\$300.01
Health Care/Medicare	\$347.71	1.80	\$625.88
Utilities (gas, electric, water, waste water, trash)	\$200.00	1.80	\$360.00
TV, Internet & Phone	\$150.00	1.80	\$270.00
Home Maintenance	\$100.00	1.80	\$180.00
Automobile/Transportation (gas, maintenance, insurance)	\$100.00	1.80	\$180.00
Groceries	\$500.00	1.80	\$900.00
Clothing	\$50.00	1.80	\$90.00
Personal care	\$50.00	1.80	\$90.00
Dependent care		1.80	\$0.00
Homeowners Association Dues	\$50.00	1.80	\$90.00
Loan payments (car, home equity, credit line)	\$500.00	N/A	\$500.00
Credit Cards Debt (minimum payment)		N/A	\$0.00
Entertainment	\$50.00	1.80	\$90.00
Eating Out	\$50.00	1.80	\$90.00
Travel	\$100.00	1.80	\$180.00
Charitable Donations/Gifts	\$25.00	1.80	\$45.00
Other (variable interest)		1.80	\$0.00
Other (fixed interest)		N/A	\$0.00
Monthly Total:	\$2,939.38		\$4,890.88

Retirement Expense Estimate & Inflation Factor



Guaranteed Income (pre-tax)	Monthly Pre-tax
TRS Pension	
Other Pension	
Military Retirement	
Lifetime Monthly Annuity	
Social Security (mine)	
Social Security (other)	
Other Guaranteed Monthly Income	

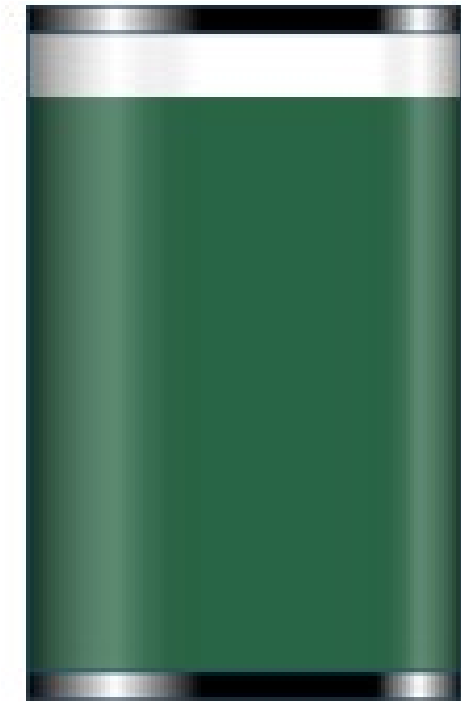
Retirement Income Estimate

Retirement Income Worksheet

Guaranteed Income (pre-tax)	Monthly Pre-tax
TRS Pension	\$4,576.41
Other Pension	
Military Retirement	
Lifetime Monthly Annuity	
Social Security (mine)	
Social Security (other)	
Other Guaranteed Monthly Income	
Total Guaranteed Monthly Income:	\$4,576.41
Non-Guaranteed Income	
403(b), 457(b), 401(k), IRA Monthly Distributions	\$400.00
Roth 403(b), Roth 457(b), Roth 401(k), Roth IRA Monthly Distributions	
Brokerage/Savings Accounts Monthly Distributions	
Work Income	
Income Not from Work (Real Estate Rental Income or Other)	
Total Non-Guaranteed Monthly Income:	\$400.00
Total Guaranteed and Non-Guaranteed Monthly Income:	\$4,976.41
What is your current monthly income?	\$5,500.00
Will estimated income cover estimated expenses?	\$85.53 Yes

Percentage of Pre-retirement Income

90%



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Retirement Income Estimate

Retirement Income Worksheet

Guaranteed Income (pre-tax)	Monthly Pre-tax
TRS Pension	\$4,576.41
Other Pension	\$2,000.00
Military Retirement	
Lifetime Monthly Annuity	
Social Security (mine)	
Social Security (other)	\$1,700.00
Other Guaranteed Monthly Income	
Total Guaranteed Monthly Income:	\$8,276.41
Non-Guaranteed Income	
403(b), 457(b), 401(k), IRA Monthly Distributions	\$400.00
Roth 403(b), Roth 457(b), Roth 401(k), Roth IRA Monthly Distributions	
Brokerage/Savings Accounts Monthly Distributions	
Work Income	
Income Not from Work (Real Estate Rental Income or Other)	
Total Non-Guaranteed Monthly Income:	\$400.00
Total Guaranteed and Non-Guaranteed Monthly Income:	\$8,676.41
What is your current monthly income?	\$9,500.00
Will estimated income cover estimated expenses?	\$3,785.53 Yes

Percentage of Pre-retirement Income

91%



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How can I increase my TRS pension?



Purchase Eligible Service Credit Purchase

Withdrawn Service	Developmental Leave*
Out of State Service*	USERRA Service
Military	Unreported Service and/or Compensation*
State Sick and/or Personal Leave*	Work Experience (Career or Tech Teacher)*
Substitute Service*	Membership Waiting Period*

* Actuarial cost

What if that's not enough?

Increase Personal Savings

403(b), 457(b), 401(k)

Roth 403(b), 457(b), 401(k)

Working in Retirement

Employment After Retirement with TRS-Covered Employer

Private School Employment

New Career

General Information



TRS Informational Resources



Contact us

- **1-800-223-8778 Monday–Friday, 7 a.m.– 6 p.m.** Automated information available day or night, seven days a week
- Send a Secure Message from your **MyTRS** account
- Upload Forms and Documents from the TRS website



Social Media

- Find TRS on **Facebook, X, YouTube, and LinkedIn!**

Beware of TRS Imposters

Have you been contacted by someone requesting to meet with you in your home to discuss TRS benefits?

- Teacher Retirement System (TRS) staff members do not make home visits.
- If someone contacts you and asks to meet in your home, that person does not represent TRS.
- These individuals often use organization names or initials that sound very much like TRS.

Thank You

Presentation Survey

TRS values your opinion and wants the Benefit Presentation to be as useful as possible to members. Please take a moment to complete this form to help us achieve our goal.



<https://www.trs.texas.gov>



Austin Headquarters
El Paso Regional Office



Phone: 1-800-223-8778
Fax: 512-542-6597