

# Retirement Income: 2022

## Survey of Income and Program Participation Snapshots

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**48%** of adults aged 65 and over received some form of retirement income (excluding Social Security income and income from other government programs).

About 53 percent of men aged 65 and over received retirement income, compared with about 44 percent of women. The majority of this income came from IRAs, 401(k)s, and pensions.

**26%** of adults aged 65 and over received income from a pension.

Meanwhile, about 16 percent received income from an IRA or Keogh account, and 10 percent received income from a 401(k), 403(b), 503(b), or Thrift Savings Plan account.

**\$17,160** was the median annual amount of retirement income received among those aged 65 and over who received retirement income.

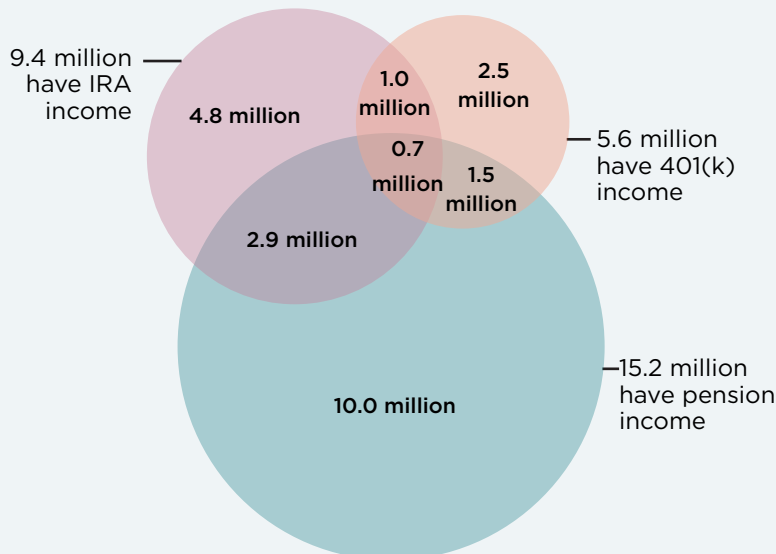
Among those who received retirement income, median annual retirement income was higher for non-Hispanic White adults aged 65 and over (\$17,560) than for non-Hispanic Black adults (\$14,400).

### What is retirement income?

Retirement income may take a variety of forms, including regular payments from defined contribution plans (such as IRAs or 401(k)s) and/or defined benefit plans such as pensions. Individuals may also receive retirement income from other sources, including lump sum payments from retirement plans, income from a paid-up life insurance policy, and/or various other forms of retirement income. As defined here, retirement income does not include income from Social Security or other government programs.

**More information** on retirement income and other social safety net programs is available in [fact sheets](#), [detailed program participation tables](#), [interactive data visualizations](#), and [reports](#).

### Overlapping Receipt of the Three Most Common Retirement Income Sources Among Those Aged 65 and Over: 2022



Of the 58 million adults aged 65 and over, 41 percent (23.4 million) received retirement income from an IRA, a 401(k), and/or a pension.

However, there is overlap between these types. For example, 2.9 million older adults received pension and IRA income but not 401(k) income.

### Characteristics of Retirement Income Recipients Aged 65 and Over: 2022 (In percent)

