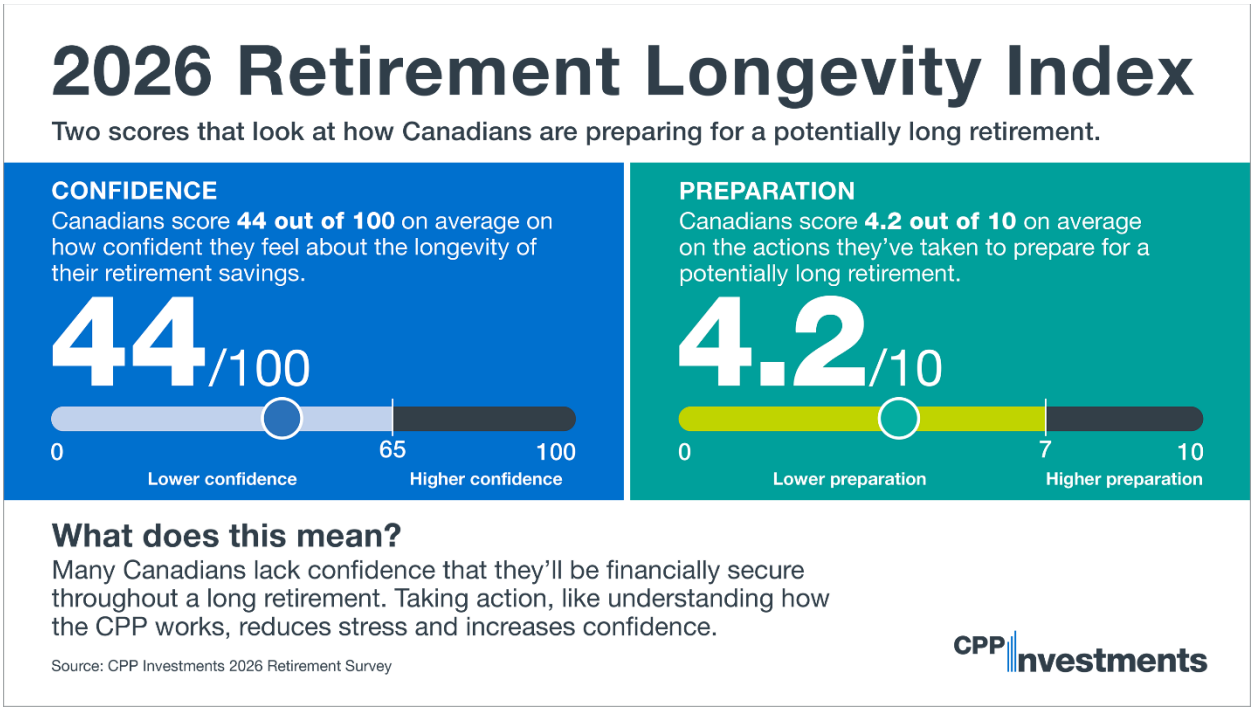
Canadians Who Plan for a Longer Retirement Report Greater Confidence

76% of Canadians recognize people are living longer, but only 34% have a retirement plan that considers how many years they may need to prepare for, according to 2026 Retirement Survey

Toronto, ON (October 28, 2026) – Canadians are preparing for retirement, but many are not yet planning for how long it could last. The 2026 CPP Investments Retirement Survey finds that while 76% recognize people are living longer, only 34% have a retirement plan that considers how many years they may need to prepare for. The findings also show a clear link between preparation, knowledge of retirement income sources such as the Canada Pension Plan (CPP), and confidence about making money last.

CPP Investments has conducted an annual survey since 2023 to better understand how Canadians are thinking about and preparing for retirement. This year's survey introduces the Retirement Longevity Index.



The two scores move closely together: Canadians who have taken more steps to prepare for a long retirement have an average Confidence Score of 58 out of 100, compared with 35 among those who have taken few or no steps. The Confidence Score reflects how confident and secure Canadians feel about financially supporting themselves throughout a potentially long retirement. The Preparation Score reflects the actions Canadians have taken to prepare for a potentially long retirement, including saving, having a financial plan and considering how long retirement could last.

Saving is common. Planning is less so.
Three-quarters of Canadians (75%) have set aside money for retirement, but only 42% have a financial plan for their retirement. Another 34% are saving without a financial plan, underscoring the gap between putting money aside and planning for a retirement that could last decades.

“Living longer changes the way we need to think about retirement,” said Michel Leduc, Senior Managing Director & Chief Public Affairs Officer, CPP Investments. “Putting money aside is an important start. But planning also means thinking about how long retirement could last, the sources of income you may have, like the CPP, and how those pieces fit together. Doing this boosts confidence in planning for a potentially long retirement.”

The survey also found that Canadians are planning for retirement amid significant financial pressures. More than one-third of Canadians (34%) report high day-to-day money stress, up from 31% in 2025 and rising to 47% among households earning less than $50,000.

Canadians who understand the CPP report greater confidence
The CPP is one of the foundational pieces of retirement planning, providing inflation-adjusted retirement income for life. Knowledge of the CPP and the role of CPP Investments is also associated with greater confidence and less financial stress. Among Canadians who know CPP payments are linked to inflation, 63% are confident their money will last through retirement, while only 21% report high stress about retirement planning – well below average.

Among Canadians very familiar with the CPP, 77% are confident their savings will last, compared with 22% among those unfamiliar with it or unsure. Yet only 30% knew CPP payments are linked to inflation and 53% knew payments reflect years of contributions and average earnings.

“The CPP is an important foundation of retirement income for Canadians,” Leduc continued. “Understanding what the CPP provides, alongside workplace pensions, personal savings and investments and other income, can help Canadians plan with greater confidence for a retirement that could last decades.”

The CPP is projected to remain financially sustainable for at least the next 75 years, according to the latest review by the Office of the Chief Actuary of Canada. CPP Investments plays an important role in supporting the CPP’s financial sustainability by managing and investing the CPP Fund. At June 30, 2026, the Fund totalled $863.6 billion, including $609.3 billion in cumulative net income generated from investment activity since CPP Investments began investing the Fund in 1999.

About the 2026 CPP Investments Retirement Survey
November is Financial Literacy Month in Canada. CPP Investments conducted the research to contribute to conversations about financial security and encourage Canadians to seek the information, resources and advice they need to make informed decisions about their future.

The online survey was conducted by Innovative Research Group from August 27–September 8, 2026, with an unweighted sample of 5,141 Canadians (outside of Quebec), 18 years or older, drawn from high-quality online panels. The sample is weighted to a final sample size of 4,000 to reflect the Canadian

population based on Census data. While this is a representative sample, margins of error do not apply to most online surveys.

More information about the survey and CPP Investments' role in the CPP is available on our website.

About CPP Investments
Canada Pension Plan Investment Board (CPP Investments™) is a professional investment management organization that manages the Canada Pension Plan Fund in the best interest of the more than 22 million contributors and beneficiaries. In order to build diversified portfolios of assets, we make investments around the world in public equities, private equities, real estate, infrastructure, fixed income and alternative strategies including in partnership with funds. Headquartered in Toronto, with offices in Hong Kong, London, Mumbai, New York City, São Paulo and Sydney, CPP Investments is governed and managed independently of the Canada Pension Plan and at arm's length from governments. At June 30, 2026, the Fund totalled C$863.6 billion. For more information, please visit www.cppinvestments.com or follow us on LinkedIn, Instagram or on X @CPPInvestments.

For more information:
Frank Switzer
Public Affairs & Communications
fswitzer@cppib.com
T: +1 416 523 8039