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State Pension – Your clients' questions answered

Learning objectives

By the end of this session, you should be able to:

- Identify frequently asked questions about State Pensions
- Explain the importance of the State Pension to your clients
- Describe how you can improve your clients' State Pension outcomes.

Frequently asked questions

How much will I get?

Basics – What and how much

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- 35 qualifying years of National Insurance (NI) payments or credits
- 10 qualifying years of NI payments or credits to get any benefits
- £241.30 a week
- £12,547.60 a year, or is it?

Source: Your State Pension Explained, gov.uk, April 2026

How much is the full new State Pension?

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£12,547.60

52 x weekly amount :
52 x £241.30 = £12,547.60

£12,590.69

Work out daily rate and multiply by 365.25:
£241.30/7x365.25 = £12,590.69

£12,536.55

One-week 2025/26 plus 51 weeks 2026/27:
£230.25 + (51 x £241.30) = £12,536.55

Frequently asked questions

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How much is the full new State Pension?

Monday to Friday:
8:00am to 6:00pm

You can get your State Pension on 3 May 2041

Your forecast is £241.30 a week, £1,049.22 a month, £12,590.69 a year

Your forecast

- is not a guarantee and is based on the current law
- does not include any increase due to inflation

You need to continue to contribute National Insurance to reach your forecast

Estimate based on your National Insurance record up to 5 April 2026

£225.41 a week

Forecast if you contribute another 3 years before 5 April 2041

£241.30 a week

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Frequently asked questions

When will I get the new State Pension?

When will I get the new State Pension?

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Increase in State Pension age from 66 to 67, men and women	
Date of birth	**Date State Pension age reached**
6 April 1960 – 5 May 1960	66 years and 1 month
6 May 1960 – 5 June 1960	66 years and 2 months
6 June 1960 – 5 July 1960	66 years and 3 months
6 July 1960 – 5 August 1960	66 years and 4 months
6 August 1960 – 5 September 1960	66 years and 5 months
6 September 1960 – 5 October 1960	66 years and 6 months
6 October 1960 – 5 November 1960	66 years and 7 months
6 November 1960 – 5 December 1960	66 years and 8 months
6 December 1960 – 5 January 1961	66 years and 9 months
6 January 1961 – 5 February 1961	66 years and 10 months
6 February 1961 – 5 March 1961	66 years and 11 months
6 March 1961 – 5 April 1977*	67

*For people born after 5 April 1969 but before 6 April 1977, under the Pensions Act 2007, State Pension age was already 67.
Source: State Pension age timetables, gov.uk (accessed July 2026)

Basics – How to claim

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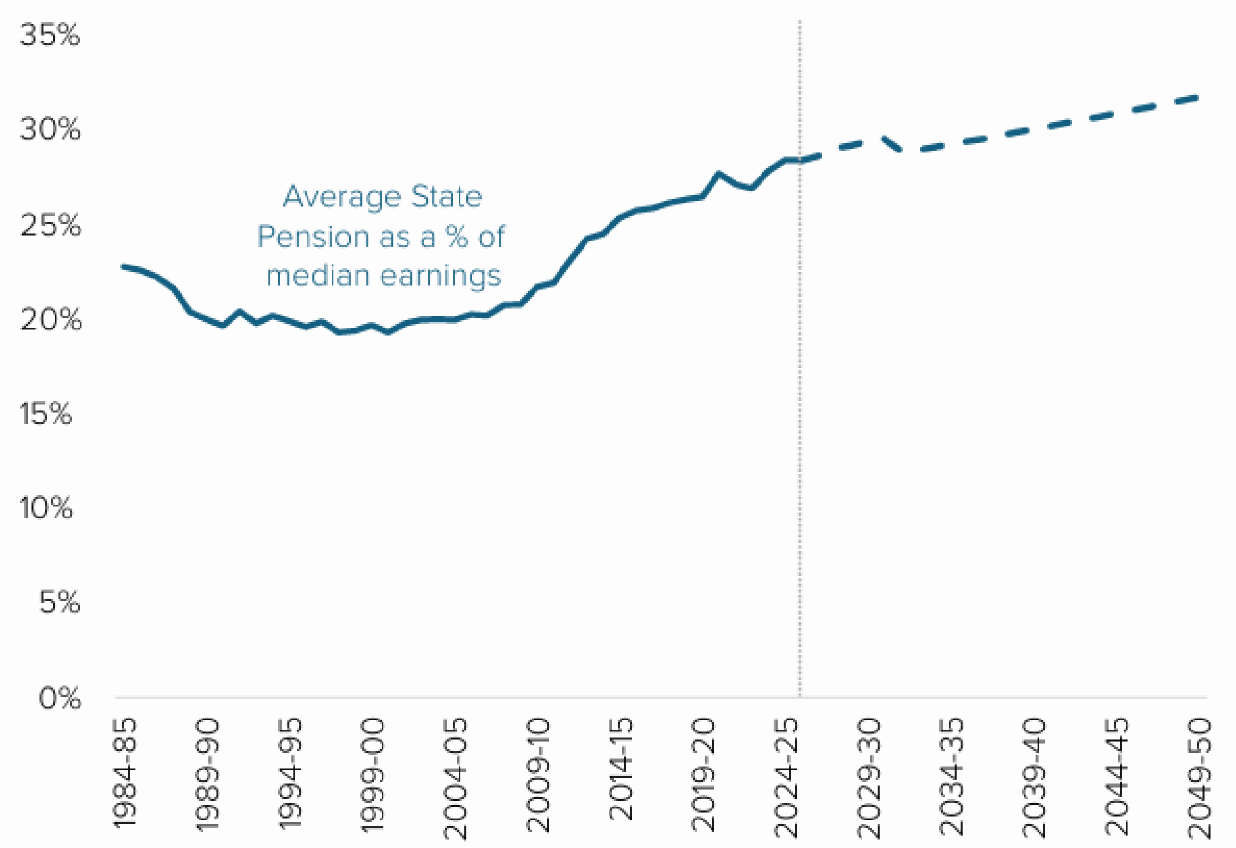
- The date of their most recent marriage, civil partnership or divorce
- The dates of any time spent living or working abroad
- Their bank or building society details
- Any social security numbers they have for foreign state pension schemes

Source: The new State Pension: How to claim, gov.uk (accessed July 2026)

The importance of the State Pension

Figure 1.4: Average State Pension as a percentage of full time average (median) earnings, 1975-76 to 2049-50 (this excludes 'contracting out' of the Additional State Pension pre-2016)[69]



Source: Second Pensions Commission 'Pensions 2050: Evidence and Future Priorities ' Interim Report, gov.uk, May 2026

Frequently asked questions

How does the triple lock work?

How does the triple lock work?

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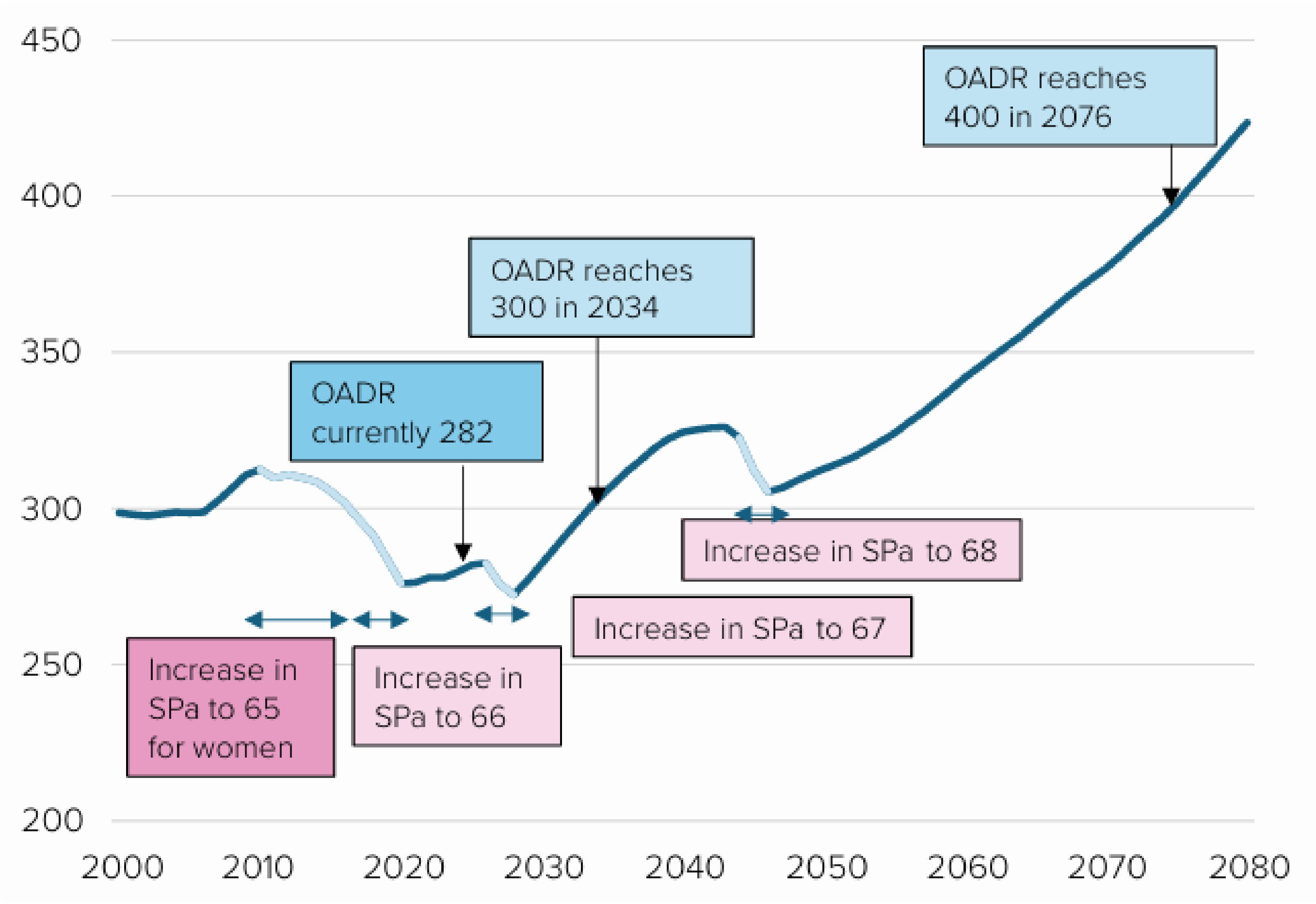
Effective from	Full new State Pension weekly rate	Annual equivalent	Weekly increase	Percentage increase	Triple lock basis
April 2016	£155.65	£8,093.80	—	—	Initial new State Pension rate
April 2017	£159.55	£8,296.60	£3.90	2.5%	2.5% minimum
April 2018	£164.35	£8,546.20	£4.80	3.0%	CPI inflation
April 2019	£168.60	£8,767.20	£4.25	2.6%	Earnings growth
April 2020	£175.20	£9,110.40	£6.60	3.9%	Earnings growth
April 2021	£179.60	£9,339.20	£4.40	2.5%	2.5% minimum
April 2022	£185.15	£9,627.80	£5.55	3.1%	CPI inflation
April 2023	£203.85	£10,600.20	£18.70	10.1%	CPI inflation
April 2024	£221.20	£11,502.40	£17.35	8.5%	Earnings growth
April 2025	£230.25	£11,973.00	£9.05	4.1%	Earnings growth
April 2026	£241.30	£12,547.60	£11.05	4.8%	CPI inflation

Source: Benefits uprating 2025/26, House of Commons Library

Old age dependency ratio (OADR)

Figure 1.8: Old Age Dependency Ratio (OADR), UK 2000-2080[100]



Source: Second Pensions Commission 'Pensions 2050: Evidence and Future Priorities ' Interim Report, gov.uk, May 2026

Pensions UK – Retirement Living Standards

Pensions UK – Retirement Living Standards

Two-person household (outside London)

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	Minimum	Moderate	Comfortable
One person household	£22,500 a year	£45,400 a year	£62,700 a year
What standard of living could you have?	Covers all your needs, with some left over for fun.	More financial security and flexibility.	More financial freedom and some luxuries.
House	DIY £200 a year to maintain condition of your property.	£500 a year to maintain condition of your property, £300 contingency.	£600 a year to maintain condition of your property, £300 contingency.
Food	Around £111 a week on groceries, £60 a month on food out of the home, £12 a month per person on takeaways.	Around £107 a week on groceries, £66 a week on food out of the home, £22 a week on takeaways, £110 a month to take others out for a monthly meal.	Around £139 a week on food, £88 a week on food out of the home, £33 a week on takeaways, £110 a month to take others out for a monthly meal.
Transport	No car, free bus pass, £32 a month for two taxi trips, £193 a year per person to cover three rail fares.	Three-year-old small car, replaced every seven years, £23 a month on taxis, £112 a year on rail fares per person.	Three-year-old small car, replaced every five years, £23 a month on taxis, £223 a year on rail fares per person.
Holidays and leisure	A week-long UK holiday (£789). TV license and broadband plus a streaming service with ads. £21 a week per person for activities.	A fortnight 3* all-inclusive holiday in the Med (£1,206) and a long weekend off-peak break in the UK with £336 spending money. TV license and broadband plus two streaming services. £45 a week per person for activities.	A fortnight 3*/4* half board holiday in the Med (£1,789) with around £115 spending money and three long weekend breaks in the UK with £448 spending money per break. Extensive bundled broadband, streaming and TV entertainment subscription. £56 a week per person for activities.
Clothing and personal	Up to £441 for clothing and footwear per person each year.	Up to £1,269 for clothing and footwear per person each year.	Up to £1,269 for clothing and footwear per person each year.
Helping others	12 gifts of £24 for birthdays plus cards and £20 for 12 Christmas presents.	12 gifts of £30 for each birthday and Christmas present, £200 a year charity donation. £1,000 for supporting family members, for example paying for grandchildren activities.	12 gifts of £50 for each birthday and Christmas present, £300 a year charity donations. £1,000 for supporting family, for example treats, trips etc.

Source: Retirement Living Standards, Pensions UK (accessed June 2026)

Pensions UK – Retirement Living Standards

One-person household (outside London)

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	Minimum	Moderate	Comfortable
One person household	**£13,900 a year**	**£32,700 a year**	**£45,400 a year**
What standard of living could you have?	**Covers all your needs, with some left over for fun.**	**More financial security and flexibility.**	**More financial freedom and some luxuries.**
House	DIY £200 a year to maintain condition of your property.	£500 a year to maintain condition of your property, £300 contingency.	£600 a year to maintain condition of your property, £300 contingency.
Food	Around £57 a week on groceries, £30 a month on food out of the home, £12 a month on takeaways.	Around £59 a week on groceries, £33 a week on food out of the home, £11 a week on takeaways, £110 a month to take others out for a monthly meal.	Around £78 a week on food, £44 a week on food out of the home, £22 a week on takeaways, £110 a month to take others out for a monthly meal.
Transport	No car, free bus pass, £32 a month for two taxi trips, £193 a year to cover three rail fares.	Three-year-old small car, replaced every seven years, £23 a month on taxis, £112 a year on rail fares.	Three-year-old small car, replaced every five years, £23 a month on taxis, £223 a year on rail fares.
Holidays and leisure	A week-long UK holiday. TV license and broadband plus a streaming service with ads. £21 a week for activities.	A fortnight 3* all-inclusive holiday in the Med (£1,600) and a long weekend off-peak break in the UK with £336 spending money. TV license and broadband plus two streaming services. £45 a week for activities.	A fortnight 3*/4* half board holiday in the Med (£2,345) with around £115 a day spending money and three long weekend breaks in the UK with £448 spending money per break. Extensive bundled broadband, movie and TV entertainment subscription. £56 a week for activities.
Clothing and personal	Up to £460 for clothing and footwear each year.	Up to £1,500 for clothing and footwear each year.	Up to £1,500 for clothing and footwear each year.
Helping others	12 gifts of £20 for birthdays and the same amount for 12 Christmas presents.	12 gifts of £30 for each birthday and the same amount for 12 Christmas presents. £200 a year for charity donations, £1,000 for supporting family members, for example paying for grandchildren activities, treats, trips etc.	12 gifts of £50 for each birthday and the same amount for 12 Christmas presents. £300 a year for charity donations, £1,000 for supporting family members, for example paying for grandchildren activities, treats, trips etc.

Source: Retirement Living Standards, Pensions UK (accessed June 2026)

Pensions UK – Retirement Living Standards

One-person household

Level	Location	Amount (net)
Minimum	Outside London	£13,900
	London	£14,600
Moderate	Outside London	£32,700
	London	£34,000
Comfortable	Outside London	£45,400
	London	£47,200

Sources: Retirement Living Standards, Pensions UK (accessed June 2026)
Best annuity rates, Hargreaves Lansdown (accessed 12 May 2026)

Pensions UK – Retirement Living Standards

One-person household

Level	Location	Amount (net)
Minimum	Outside London	£13,900
	London	£14,600
Moderate	Outside London	£32,700
	London	£34,000
Comfortable	Outside London	£45,400
	London	£47,200

Sources: Retirement Living Standards, Pensions UK (accessed June 2026)
Best annuity rates, Hargreaves Lansdown (accessed 12 May 2026)

Improving your clients’ State Pension outcome

Frequently asked questions

Should your client use deferment?

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State Pension deferment

- 1% increase for every nine weeks’ delay
- Up to 12 months can be taken as lump sum
- Part lump sum, part income.

Source: Defer (delay) your State Pension, gov.uk (accessed July 2026)

State Pension delay

Age to break even

77	One year delay – Higher rate then basic rate
80	One year delay – Basic or higher rate
79	Two years' delay – Higher rate then basic rate
81	Two years' delay – Basic or higher rate
80	Three years' delay – Higher rate then basic rate
81	Three years' delay – Basic or higher rate

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Should your client use deferment?

- When deferral may be worth considering.
- When deferral may be less attractive.
- The interaction with other retirement assets.
- A practical framework for advice.

Frequently asked questions

How is the State Pension taxed?

Taxation of the State Pension - what clients need to know

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- The State Pension is not tax free
- How tax is collected
- The role of the personal allowance
- Implications of the State Pension starting mid-year

Taxation of the State Pension - A practical adviser approach

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- Identify when the State Pension will start
- Which income source will bear PAYE adjustment
- Whether personal allowance is used up
- Could sequencing changes improve outcome?

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Frequently asked questions

Should I top up my State Pension?

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Topping up the State Pension

- Class 3 voluntary NI contributions
- Pay for gaps in the previous six tax years
- Deadline 5 April each year
- For 2026/27, the rate is £18.40 a week
- Under State Pension age (SPA) contact Future Pension Centre
- Over SPA contact the Pension Service

Sources: Voluntary National Insurance, gov.uk (accessed July 2026)
Pay voluntary Class 3 National Insurance, gov.uk (accessed July 2026)

Boosting your client's State Pension NI credits

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Potential beneficiaries:

Career breaks	Worked part-time	Parents and guardians
Carers	Clients who have been unemployed	Clients with long periods of ill health

Boosting your client’s State Pension NI credits action plan

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Get a State Pension forecast

Review NI record each year

Identify gaps

Ask what the client was doing in gap years

Credit apply or voluntary contributions

For couples, check NI record separately

Adult Childcare credits

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GOV·UK Menu

Home > Money > Personal tax > National Insurance

Guidance

Apply for Specified Adult Childcare credits

English | Cymraeg

Use form CA9176 to apply for Class 3 National Insurance credits from 6 April 2011, if you've provided care for a child aged under 12.

From: HM Revenue & Customs
Published 27 July 2023
Last updated 20 August 2024 — See all updates

Source: Apply for Specified Adult Childcare credits, gov.uk (accessed July 2026)

Eligibility

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You can apply if:

- You’re an eligible family member, who provided care for a child aged under 12
- You were aged 16 years and over, but under State Pension age, when you provided care for the child
- You’re ordinarily resident in the UK, but not the Channel Islands or the Isle of Man
- The child’s parent or main carer has claimed Child Benefit, but does not need the credits themselves
- The child’s parent or main carer agrees to your application

Source: Apply for Specified Adult Childcare credits, gov.uk (accessed July 2026)

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Frequently asked questions

Will I get my State Pension if I move abroad?

State Pension – Living outside the UK

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- Annual increases depend on country of residence.
- Increases apply to all European Economic Area (EEA) countries and Switzerland.
- They also apply in countries with a UK social security agreement that includes cost-of-living increases.

These include

- Barbados
- Bermuda
- Bosnia-Herzegovina
- Gibraltar
- Guernsey
- Isle of Man
- Israel
- Jamaica
- Jersey
- Kosovo
- Mauritius
- Montenegro
- North Macedonia
- The Philippines
- Serbia
- Turkey
- USA

* Not Canada or New Zealand

Source: Countries where we pay an annual increase in the State Pension, gov.uk (accessed July 2026)
State Pension If You Live Abroad, StatePension.org, April 2026

Frequently asked questions

What happens to my State Pension when I die?

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What happens to my State Pension on death?

New State Pension doesn't transfer

Additional State Pension and protected payments may

Use question to trigger survivor income review

Source: The new State Pension: Inheriting or increasing State Pension from a spouse or civil partner, gov.uk (accessed July 2026)

Inheriting State Pension

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Reaching State Pension age pre-April 2016

- SERPS/ S2P Graduated → Spouse/civil partner 50% or more if deceased born before 1945
- Basic State Pension → Spouse/civil partner top up if insufficient own NI record

Reaching State Pension age post-April 2016

- Protected payment → Spouse/Civil partner 50%
- Full new State Pension → No share

Source: Inheriting pension rights, House of Commons Library, January 2026

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Marriage Allowance

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Marriage Allowance

Transfer of basic rate band

Up to £1,260

Below higher rate tax threshold

Source: Marriage Allowance: How it works, gov.uk (accessed July 2026)

Marriage Allowance

Example

David & Sophia are married and live in England. David is a BRTP & Sophia is a non-taxpayer

	Sophia	David
Personal allowance	£12,570	£12,570
Income	£10,000	£20,070
Amount taxable at basic rate	£0	£7,500
Total tax	£0	£1,500

£1,260

Marriage Allowance

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Example

David & Sophia are married and live in England. David is a BRTP & Sophia is a non-taxpayer

	Sophia	David
Personal allowance	£11,310	£13,830
Total tax	£0	£1,248

Saves £252 in tax

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Learning outcomes

You should now be able to:

- Identify frequently asked questions about State Pensions
- Explain the importance of the State Pension to your clients
- Describe how you can improve your clients' State Pension outcomes

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Please note that your CPD certificates will be sent to you by email after the webinar and may take up to 24 hours to arrive. During this time, there is no need to follow up by email.

Thank you for your patience.

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Important Information

July 2026

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