

Divorce Delays: The later-life splits pushing more than 200,000 people to delay retirement

- To coincide with Divorce Day (5th January), L&G has revealed the impact of later-life divorce as one in seven people who divorce after age 50 are forced to delay their retirement (15%)
- Almost a quarter (24%) struggle to rebuild savings after a late-life split, with 180,000 divorcees (13%) saying they will never financially recover
- Nearly a third (31%) of people who divorce after 50 give up rights to their partner's pension but only 8% consult a financial adviser first
- L&G's [financial health check tool](#) can help people prepare for the financial impact of divorce

New research from L&G to coincide with Divorce Day¹ (Monday 5th January) – where family lawyers report a spike in inquiries following the festive season – has found that more than 200,000 people who divorce after the age of 50 (15%), are forced to delay their retirement as a result.

“I don’t think I’ll ever financially recover”

Later-life divorce is on the rise, accounting for 17% of all divorces. However, for over-50s the financial impact of divorce can often change their long-term plans, particularly as they approach retirement with fewer working years available to recover.

On average, those divorcing later in life found that their incomes fell by £7,753 in the year following their divorce, a significant financial dent for those beginning to consider their retirement prospects. One in four people who divorced after age 50 (24%) say it is harder to rebuild savings because they are past their peak earning years. 13% of later-life divorcees (180,883) estimate they will never financially recover.

Financial impacts ripple into retirement

For those divorcing in later life, the financial consequences have a knock-on effect on their retirement. A quarter (23%) of those who divorce over the age of 50 expect to live on a lower income in retirement than originally planned. A third (32%) will need to downsize their home as a result.

Despite the role pensions can play in supporting long-term financial wellbeing, only a quarter (25%) of over-50s who divorce include them in settlement discussions, and almost a third (31%) waive rights to their partner's pension entirely. Just 8% seek financial advice before making these decisions.

These choices can also influence family plans. One in five (20%) say they may no longer be able to leave an inheritance, while 17% feel they may find it harder to support adult children financially in the future.

Lorna Shah, Managing Director, Retail Retirement, L&G: “Retirement incomes are being stretched further than ever as people live longer and often enter retirement without sufficient savings. A divorce can make this challenge more complex.

¹Opinium Research conducted 2,750 online interviews of UK adults who are divorced, of which 471 divorced after age 49. The research was conducted between the 6th and 25th November 2025.



“Our research shows that separating later in life can influence both immediate finances and longer-term plans. With less time to rebuild savings, many people adjust their expectations: delaying retirement, downsizing their home, or accepting a smaller income than they’d planned for.

“However, there are positive steps people can take to protect their financial future. Pensions are often one of the most valuable assets a couple has and should be considered in the same way as the family home during a separation. Only 8% of people who divorced after 50 sought advice on this, yet expert guidance can help ensure decisions are balanced and that both partners understand the long-term implications. Taking advice early can make a significant difference to achieving a fair financial outcome.

“If you’re going through a divorce at any stage of your life, careful planning is essential to protect your future—we’ve produced a [financial health check](#) tool to help.

“As a starting point:

- Set a realistic budget that accounts for your new living costs but also any legal fees, shared debts or ongoing commitments
- Make sure you have a complete understanding of the costs you’ll incur as you divorce and make sure it covers everything, such as a Clean Break Order, to protect your finances in the future
- Review all your assets, including pensions, to ensure nothing is overlooked in the settlement
- Update important documents, such as your will and life insurance policies, ensuring your named beneficiary reflects your new circumstances.”

-ENDS-



Notes to editors

About L&G

Established in 1836, L&G is one of the UK's leading financial services groups and a major global investor, with £1.1 trillion in total assets under management (as at HY25) of which c. 43% (c. £0.5 trillion) is international. We have a highly synergistic business model, which continues to drive strong returns. We are a leading player in Institutional Retirement, in Retail Savings and Protection, and in Asset Management through both public and private markets. Across the Group, we are committed to responsible investing and dedicated to serving the long-term savings and investment needs of customers and society.

About our Retail business

L&G's Retail business is a leading provider of retirement and protection solutions. We aim to support our 12.4 million customers throughout their financial lifetimes.

We focus on helping the customers of today and tomorrow achieve better long-term outcomes. We use the latest technology to connect with them quickly, efficiently and wherever possible in highly personalised ways.

As at the first half of 2025, our workplace pension platform served 5.6 million members, with net flows of £4 billion. Retail annuity sales were £745 million and lifetime mortgage advances (including retirement interest only mortgages) were £104 million. Our retail protection gross premium income was £771 million.

About DC and Workplace Savings

DC & Workplace Savings bridges our Retail and Asset Management businesses. It exemplifies both our synergistic model and our commitment to our clients, savers and society, uniting our expertise in managing assets with our deep customer knowledge and ongoing member journey innovation.

It's currently looking after the retirement savings of 5.6 million members, with over £180 billion in DC AUM and the sector's largest commercial Mastertrust. By serving nearly one in 10 automatically enrolled UK adults in tech-driven, highly personalised ways, it plays a vital role in supporting better long-term financial outcomes nationwide. With a target of £40-50bn of cumulative net flows into it by 2028, it's also a very important part of our broader long-term strategy.

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