



MODEST AGE PENSION RISE AS SOME SCRIMP TO SURVIVE

10 March 2025

National Seniors Australia (NSA) says the Age Pension increase from March 20 of \$4.60 a fortnight for singles and \$7 a fortnight for couples is not enough for pensioners in poverty who continue to scrimp to survive.

NSA Chief Executive Officer Mr Chris Grice said while the new fortnightly rate, which takes the Age Pension to \$1149 for singles and \$1732.20 for couples combined, reflects lower inflation of 2.5%, it simply isn't enough for those in poverty.

"Cost-of-living pressures continue to force major living changes for some pensioners from buying powdered milk to living on credit and having to return to work or work more," Mr Grice said.

"While the government has done good work to make healthcare more affordable with PBS medicines capped for five years, today's news will be disheartening for pensioners choosing between putting petrol in the car or groceries in the trolley, delaying dental visits or visits to the doctor. These are the everyday decisions and realities of pensioners with limited savings. The Age Pension is clearly not enough.

"Pensioners who rent struggle particularly hard. Research shows, after accounting for essentials such as food, health, and transport, a single pensioner has less than \$300 per week to spend on rent. NSA's own research suggests even pensioners who own their home feel as though the Age Pension is inadequate."

To help ease cost-of-living pressures for Age Pensioners, NSA recommends:

- [Exempting employment income from the Age Pension Income Test](#) to Let Pensioners Work
- [Introducing a Pensioner Concession Card+](#) to provide additional concessions and supports for pensioners with limited means
- [Providing a one-off increase to the Age Pension](#) of \$10 per day for a single pensioner and \$15 per day for couples.

"More must be done to support seniors doing it tough," Mr Grice said.

"It's time government stops punishing pensioners who need and want to work and exempt employment income from the Age Pension income test. This will not only enable pensioners to better support themselves but also go a long way to help attract and retain desperately needed workers.

"Government could also introduce a new targeted Pensioner Concession Card to provide much-needed help with essentials such as energy, council rates, and medicines for low-income pensioners – some of the most vulnerable members of our community.

Media enquiries Media & Corporate Communications Manager Anna Townend 0488 047 380



“Adopting NSA’s policies will help to give pensioners a little extra cash, and a little less worry, to put fuel in the car *and* groceries in the trolley – without having to choose between one or the other.

“No one, especially older Australians who have worked hard, paid taxes, and made sacrifices should struggle and scrimp to merely survive.”

Media enquiries Media & Corporate Communications Manager Anna Townend 0488 047 380