

Age-Based Financial Milestones

Various US Statutes, Regulations, and Tax Codes dictate that some activities are prevented until one obtains a certain age. Below is a list of financial activities one can take based upon age, essentially forming milestones on one's financial journey. Of note, the number listed below are for 2023, and then do change over time.

18/21 Age of Majority (depending on state)

21 Can get Credit Card (without a co-signer)

23 A student is Determined Independent for Expected Family Contribution (EFC) for College Student Aid Purposes

50 Catch-up Retirement Provisions. Can Contribute \$1000 extra to IRAs and \$7,500 to Defined Contribution Plans (401k, 403b, TSP).

55 Catch-up Health Savings Account Provisions. Can Contribute \$1,000 extra for each person over 55.

55 Penalty Free Employer Qualified Plan Distributions (Assuming Employer Plan Allows it)

59.5 Penalty Free Retirement Plan Distributions

59.5 Penalty Free Life Insurance MEC Distributions

60 Social Security Retirement Wage Indexing Stops

60 Social Security Spousal Survivor Benefits Start

62 Eligible to Start Early Social Security Retirement Benefits.

62 Spousal Social Security Benefits Can Start, if Primary Worker has Filed for Retirement Benefits

62 Eligible for Reverse Mortgage

65 Eligible to Apply for Medicare

66/67 Full Retirement Age for Social Security Benefits (Dependent upon Birth Year)

70 Credit for Delaying Social Security Retirement Benefits Stop Increasing

73 Required Minimum Distributions for Tax-Deferred Retirement Accounts