The first four Sustainable Development Goals of 17 United Nations Sustainable Development Goals (SDGs), are; (1) No poverty (2), Zero hunger (3), Good health and well-being (4), Quality Education. It is wished by the United Nations that no citizen under the global space be poor, hungry, of bad health and well-being and of poor-quality education. But retirement, which is the withdrawal from one’s position or occupation or from one’s active working life, is a threat to these SDGs if not well planned.

Many people choose to retire when they are old or incapable of doing their job due to one reason or the other. But most government compulsorily retires members of her work force at set bench marks. In Nigeria, the age ranges from 60years to 65years or after 35 years of service. By negotiation of labour union, university staff may retire at either 65 years or 70 years. People may also retire when they are eligible for private or public pension benefits and go to work for themselves. Others retire due to legislation.

Overall income after retirement can come from social security (non-existent in many countries in Africa including Nigeria), Pension, private savings, donations (from children and other family members), investment,

**Income from Pension:** The Pension Reform Act (PRA) 2004 established the national pension commission (PenCom) as the body to regulate, supervise and ensure the effective administration of pension matters. PRA (2004) introduced Contributory Pension Scheme (CPS) and made it mandatory for employers and employees in both the public and private sectors to contribute towards the retirement benefits of employees. Under PRA 2004, minimum contributions under the Act is 18% of monthly emolument with a minimum contribution of 10% from employer and 8% by the employee. In the civil service in Nigeria, Pension and Gratuity plan for public servants in Nigeria states ‘that public officer on completion of 30 years of unbroken service or 60/65 years of age for the public servants and Professors respectively, whichever comes first shall receive the maximum pension and gratuity for their respective grades and ranks.

In most affluent democracies, State provisions dominates pension policy. Today, pension spending is the largest item in government budget in most Organisation for Economic Co-Operation and Development (OECD) countries. In 2010, the 25 richest OECD countries spent an average of 93% of gross domestic products (GDP) on public pension. Affluent democracies thus spend considerable resources on pension policy and this amount will continue to grow as population age. The main source of income in old age for servants of government is, pension. The level of pension benefits a person receives after retirement is affected by their working history and by the features of the pension scheme.

Amongst the European Union, the welfare situation of people aged over 65 years is relatively favourable, but it is likely to worsen in the coming decades. Demographic dependency is expected almost to double by 2060, increasing longevity will bring fast-increasing numbers of elderly people. Higher demographic dependency will render distribution of resources more difficult. Without effective reforms, sustaining pension systems would require significantly higher contribution rates and or higher government transfers to the pension system and therefore higher taxes. Future generation may face double burden. They may have to pay higher contribution rates than today workers and on the other hand, they may also receive a lower pension after retirement. Aging affects all social security schemes. High expenditure on pension is leading increasingly to question about the adequacy of future pension and the generational contract. Social security system around the world- in developed countries and emerging markets alike are facing substantial challenges as a result of changing demographic fiscal constraints, economic instability and volatile financial market. Then there is a need to
not only address the long term problems associated with these challenges but also, take short term actions. In Nigeria, pension funds is near depletion. It is either it is borrowed by government who may never return such funds or out rightly stolen by government agents and their co-travelers. Abdurasheed Marina; former Chairman Pension Reform Task Force Team (PRTFT) in Nigeria stole 14 billion from pension accounts and while been tried by anti-graft agency, EFCC before Justice Okon Abang after jumping bail twice fainted in court. This story is in comatose state, we no more hear of Maina nor about the 14 billion naira contributed from the hard earned salary of the Nigerian worker. From the foregoing Pension may not secure family future for sustainability in retirement.

**Income from private savings:** The book, ‘the richest man in Babylon’ advised that you save 10% of every income for the ‘raining day’, This is good. Accumulated wealth contributes to the favourable relative situation of older people and after retirement. Consumers who aim to preserve their living standards accumulate assets during their working lives and use up the wealth they have accumulated during their retirement years. Some also accumulate wealth in order to pass it to their children, for others it is their mistress. This though helps in smoothening intergenerational inequalities within families. It can reduce social immobility and increase inequalities with generations.

A history of the US-market shows that one would need to live on about 4% of the initial portfolio per year to ensure that the portfolio is not depleted before the end of the retirement. In Nigeria, keeping physical naira cash in the name of savings is currently the dumbest thing a salary earner should do. Naira depreciated from 470 to 473 naira to a dollar within a week and I lost six thousand naira from the purchase of two thousand dollars all because I delayed for one week. With the current inflation pressure in Nigeria, this mode of securing the future for sustainability is a hoarse.

**Donation from Children:** Moral justice demands that children should look after their parents at old age. The Bible says, "honour thy father and thy mother that thy days may be long" With the boiling cauldron, with the hurly-burly and the state of anarchism in Africa, Nigeria being a microcosm of the macrocosm, it is evident that entropy is at a tipping height and these natural interventionist are far from being able to render this God bequeted responsibility. They are graduating from school at relatively old age. And when they graduate, there are no jobs that can pay them living wage. Living is compounded and the cost is bizarre. The family values and ties are waning also. Donation from friends, relatives and children as a source of income for the retiree may become a moon light story once told and with the emerging generation, this may not contribute to securing family future for sustainability.

**Income from Investment:** What appears to be the best source of income for a retiree and with the greatest chance of securing family future for sustainability in retirement is investment into various forms of businesses. The times we are in, demands us to call forth our entrepreneurial ability. We should develop the act of entrepreneurship, the activity of setting up a business or businesses, taking financial risks in the hope of profit. It is the act of starting and running your own business. Though we may be currently employed, what is trending is the ability to multitask. The Holy Bible book of Genesis Chapter 2 verse 10 says “A river flowed out of Eden to water the garden, and there it divided and became four rivers” Record from some commentaries is that the Garden of Eden flourished because the river that watered it had to be divided into four. Have multiple income streams. Three cheques are better than one, psychologically speaking even if they all add up to the same amount. There is real power in this diversification of different income stream.

Some say salary is medicine to maintain poverty. Archbishop Benson Idahosa of blessed memory preached that if you depend on salary levels, you are leveled forever. A salary earner (who does not save) is just one month away from poverty. The moment the employer withholds or fails to pay the salary, he may end up borrowing in order to sustain his family. It is worse for a retiree. We must start thinking outside the box and remove our attention from salary.

Haven been around for some decades, I am yet to learn of a salary earner as the wealthiest person in town. Even when he becomes one, the Code of Conduct Bureau would continue to investigate and trouble his life to account for his source of wealth. As an employee, no matter how hard you execute your duty, the financial remuneration would always remain limited. Wealth is the quality of service rendered multiplied by the number of people it is
being rendered to. As the people increase, the wealth also increases.

Home economics with the philosophy to empower individuals, support families, and enable communities through education and application is an interventionist science. In this 11TH HEPAN and IFHE international conference 2021, several Home Economics perspective have been outlined as sub-themes to help path find the topic; securing family future for sustainability in retirement. They include;

- Hospitality as a measure for securing family future in retirement. This is a friendly and generous reception and entertainment of guests, visitors or strangers. This is what the Scottish are known for. Africans are friendly people. Life is commerce and if this attitude of ours is converted to business securing the family future for sustainability is certain.

- Harnessing Clothing and Textile Education Skills for sustainable retirement. My tailor makes my Niger Delta design for Forty Five Thousand Naira. My friend in Uvwe in Warri has a sewing institute in Warri. We must not all set up schools for contemporary studies.

- Food and Nutrition Education. If you do not wear clothes, you may not die but if you do not eat, morbidity is certain. Africans particularly consume all sorts because of lack of education. Until we taught in food chemistry in UNIBEN, the locals believed the congealed solid phase of red palm oil was more economical and nutritious. The business of nutrition and education is multidimensional and is another harvest of gold. My final year students of 2020/2021 academic session are working on an Urhobo food called “Kpokpogarri”. This is a fiber rich food which is highly required by the aged to aid bowel movement and also offer low calorific value. Several fermented foods are yet to be developed in Africa. Fermented foods contain probiotics, they are healthy to eat and could also be life saving. Vitex Doniana seeds lay waste in the wild. This is what I may call plant honey when made into a syrup. There are so many other African foods yet to be harnessed for the benefits of mankind. A deliberate study and application and a concerted effort in this area will secure the future of a family at retirement.

- Child Development Education Skill: Recently, a parent / child therapist, educator and coach Mrs Lauretta Oramessa Iyasele became a convener of the Top Notch Parents Net Work on Facebook platform where counseling and psychotherapy through education and training in Africa also holds. She gathers children during holidays at a paid sum to teach, train and counsel. She recently collated her experience and knowledge into a book on ‘Raising a Confident Child’. This is an example of enduring idea that could secure family future for sustainability in retirement.

- Exploring interior decorations

- Entrepreneurship: Register a company with CAC, provide service or manufacture a tangible product. Patterson Zuchori’s Dorman Longe, Briscoe, A.G. Leventis, Dangote are names of people.

You are never too old to get rich. Of all the reasons to start after 50 years, perhaps the best one is that years are passing. Maybe it’s something you have always wanted to do. For some, it’s a good strategy for getting more work years before retirement. The older you are, the greater chances of success. Those over 50 are twice as likely to succeed as those under 25 years. Elizabeth Isele, founder of Global Institute for experienced Entrepreneurship, she started the institute at 70 yrs. In today’s world, you don’t need a brick-and-mortar store. The beauty of the world we live in is that you can accomplish a great deal from a home office. All you need to start a business is a solid MRI (magnetic resonance imaging) of your own passion and personality, talents and inner drive to start a business. Those who got in a little late have the following going for them, experience, financial cushion, network (potential clients & customers). The warning here however, is do not tap your retirement funds. It may be tempting, but that should be the absolute last resource you turn to fund a business.

- Tourism: The commercial organization and operation of holidays and visits to places of interest. It therefore implies the business of operating tours, providing information, attracting, transportation, accommodation, entertaining, and other services to tourists. Dubai in UAE is a major hub for tourist in the
World while Rwanda; a country whose economy, social fabric human resource base and institutions was obliterated by 1994 war is fast growing in tourism. We hardly have these sites and centres in Nigeria. The lion in the age-long Ogba Zoo in Benin City wears a lean and hungry look. Tourism is a money spinner!

- Hospitality Management: Hotel services and entertainment centres are considered by some persons as cash cows because of the volume of flow of income in this business. Some room rates per night in some hotels in Benin City are as high as ninety thousand naira. Discussing the wealth of an investor who recently passed away, a service provider informed that a self contained apartment in one of his hotel in Abuja goes for one million naira a night. Many Africans build houses in their villages they scarcely inhabit, why will you not turn it into a guest house for commercial purposes and keep only one room for your occasional visits? This business will solve for a lot of persons, emotional distress after retirement and an old age.

- Designing and setting up better preschool/crièche especially with high population growth and other socio-economic demand on the family is a good way of securing family future for sustainability.

The current problems in the World will threaten our financial position. If not now, it may be much later. Security problems, global warming, sea eutrophication, decreasing honest workforce, caustic government policies, desertification, increasing cost of production may become an albatross. Kentucky Fried Chicken was started by Colonel Harland David Sanders while he was sixty five years old. His recipe was rejected 1,009 times. Today, it is the World’s second-largest restaurant chain after McDonald’s with 22,621 locations globally in 160 countries.

Life is like a football match. In football matches, you have first and second half. Tension to win is more in the second half because the match is time bound. This tension oftentimes results in penalty. When you do not prepare for retirement you have fouled and life may play penalty against you.