

WHERE DOES THE MONEY COME FROM?

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For hundreds of thousands of older Filipinos, the answer is fragile — and the system behind it is ranked nearly last on Earth.

BIGGEST INCOME SOURCE FOR OLDER WOMEN LIVING ALONE

39.5%

of their total income comes from remittances — money sent home by a family member working abroad.

This makes remittances the single largest income source for older women who live by themselves — more than pensions, more than savings, more than any other source.

SHARE OF ELDERLY FILIPINOS WITH ANY PENSION AT ALL

40%

Just 40.4% of Filipinos aged 60 and older have a contributory pension. That means nearly 6 in 10 elderly Filipinos have *nothing* from their own contributions.

For those who do receive an SSS pension, the average monthly payout was about ₱4,923 before 2025 reforms. About a third of SSS retirees get less than ₱2,000 a month. — [HelpAge International / Dept. of Finance](#)

SOCIAL PROTECTION COVERAGE IN THE PHILIPPINES (2022)

34.9%

All Filipinos covered by at least one social protection benefit

That's less than 1 in 3 people in the entire country.

40.4%

Elderly Filipinos with a contributory pension

A slightly higher share — but still leaves the majority unprotected.

~60%

Elderly Filipinos with no pension from their own contributions

Most spent their working lives in the informal economy, never consistently paying into SSS.

2024 MERCER CFA INSTITUTE GLOBAL PENSION INDEX

RANKED 46th OUT OF 48

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The Philippines scored poorly on all three measures: **adequacy**, **sustainability**, and **integrity**. Countries at the top — Denmark, Iceland, the Netherlands — have near-universal coverage and pensions people can actually live on. The Philippines has almost none of that.

"The retirement system, in practice, is not the SSS or PhilHealth. It is the hope that a son or daughter working abroad keeps sending money home. Until they can't."

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