Manulife

Press Release

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Manulife Asia Care Survey 2026: Independence is now seen increasingly as a new "legacy" of Indonesian society

With increasing life expectancy, people across Indonesia are increasingly prioritizing their health, protection, and financial planning so that they can live more independently and ensure their family's future security.

JAKARTA – Indonesians are redefining inheritance as more than merely passing on assets and wealth to future generations. As life expectancy rises, independence, both in health and finances, is increasingly seen as a meaningful "legacy" to leave behind.

These trends are also reflected in the Manulife Asia Care Survey 2026, which found that 93% of people across Indonesia see self-sufficiency and financial independence as the new "legacy" they can leave their families. This result is higher than the Asia regional average of 82%. The findings also show that Indonesian respondents plan to allocate 60% of their financial assets to support their long-term self-sufficiency, especially for their future health and care needs, while the remaining 40% will be passed on to their children and family.

These findings suggest a shift in values within Indonesian families and the results build on a broader trend that Manulife has observed in recent years. As conversations around longevity have evolved, living longer is no longer seen only as an opportunity to enjoy later life, but also as a responsibility to prepare for it by remaining independent and avoiding becoming a burden on future generations.

Lauren Sulistiawati, President Director & CEO PT Asuransi Jiwa Manulife Indonesia, said, "The findings of the Manulife Asia Care Survey 2026 show that Indonesians are increasingly aware that living longer should be accompanied by better preparation. Independence in later life is now seen as one of the greatest forms of care that can be given to one's family. When someone maintains their health and financial preparedness, they are not only protecting themselves but also helping the next generation move forward with fewer burdens. For 41 years in Indonesia, Manulife has been committed to helping Indonesians prepare for a longer future with protection and solutions that enable them to live with greater independently and confidence."

The survey, which gathered insights from more than 9,000 respondents across Asia, including 1,000 in Indonesia, explores attitudes toward longevity, health, caregiving, retirement preparedness, and financial well-being.

Manulife Asia Care Survey 2026 also shows that, for Indonesians, freedom in later life is not only about having financial security, but also about the ability to remain independent. This is reflected in the 65% of Indonesian respondents who define freedom as the ability to avoid becoming a burden to others. The findings emphasize that independence is now seen as a form of care for one's family, as it gives future generations the space to live their own lives without excessive financial burdens or elderly caregiving responsibilities.

However, the aspiration to remain independent in later life is not without real challenges. Manulife Asia Care Survey 2026 found that Indonesians expect to spend around 13 to 14 years in later life needing health care or financial support. At the same time, around six in ten Indonesian respondents are concerned about their ability to fund their future health care needs.

Health and Financial Preparations as Independence Foundation

From a health perspective, 71% of Indonesians cited health and quality of life as their top priority, placing greater importance on independence than leaving behind wealth as a legacy. Awareness of the importance of prevention is also high, with around 89% of respondents believing that routine health screenings and preventive measures can help them maintain their independence in retirement.

Nevertheless, there is still a gap between awareness and action. The survey shows that 56% of Indonesians receive comprehensive health check-ups at least once a year, while 16% have never had one. In terms of self-care habits, around half of respondents maintain a balanced diet and exercise regularly, but only about one-third undergo early health screenings and take preventive measures to reduce the risk of chronic diseases.

Financial preparedness is another key pillar of long-term independence. The survey shows that 87% of Indonesians plan to rely on their personal savings to fund their retirement and future care needs, while 73% plan to rely on investments. By contrast, only one-third of Indonesian respondents still expect financial support from their children during retirement. This indicates a shift from reliance on children's support towards personal responsibility for providing for one's old age.

Afifa, CEO & President Director PT Manulife Aset Manajemen Indonesia said, "These findings show that Indonesians are becoming increasingly aware of the importance of preparing for financial independence, so they do not become a burden on future generations. However, relying on savings alone is not enough to meet the needs of a longer retirement, rising healthcare costs, and the need for sustainable income. That is why a well-planned investment strategy, aligned with one's risk profile and implemented with discipline, has become essential."

Sandwich Generations are Facing Greater Challenges

The survey also highlights the challenges faced by Indonesians with family caregiving responsibilities. A total of 62% of Indonesians have family caregiving responsibilities, significantly higher than the regional average across Asia of 52%. Additionally, 68% of Indonesian respondents also have financial responsibilities toward their families, with those aged 35–44 among the most affected.

These responsibilities affect people's ability to build their own long-term independence. The survey shows that more than 69% of respondents with family caregiving or financial responsibilities believe these obligations have affected their ability to achieve long-term independence. This impact is even more pronounced among those aged 25–34 and the sandwich generation. These individuals are those who simultaneously support their parents and children or other family members.

Lauren explained, "For many Indonesian families, the challenge today is not only preparing for their own future but also supporting the needs of both their parents and their children at the same time. These findings show that building independence is becoming increasingly important, while also becoming more challenging. That is why long-term health care, and financial planning should begin as early as possible. Independence is not built overnight, but through consistent steps, from maintaining good health and securing adequate protection to preparing well for the future financially."

Independence Begins with Family Planning for the Future

Manulife Asia Care Survey 2026 also shows that family conversations play an important role in preparing for the future. A total of 82% of respondents believe that having open conversations about retirement planning can positively impact their future well-being, while 78% said they have already begun discussing their retirement needs and expectations with their families.

Afifa added, "Independence as a new legacy requires collaboration between individual awareness, family support, and access to the right financial solutions. With greater financial literacy and thoughtful planning, people can prepare for the future with greater confidence, preserve their dignity in later life, and at the same time enable future generations to thrive without excessive financial burdens."

Access the full report on the company's website: manulife.co.id/asiacaresurvey2026. The insights uncovered in this year's survey align with the Manulife Longevity Institute, a global research, thought leadership, innovation, advocacy, and community investment platform that drives action to help people thrive at every age. Learn more about Manulife's Longevity research and insights at: manulife.com/longevity.

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About the Manulife Asia Care Survey 2026

The Manulife Asia Care Survey 2026 was conducted between February and March 2026 via online questionnaires across nine markets: the Chinese Mainland, Hong Kong, Taiwan, Japan, Singapore, Malaysia, Indonesia, the Philippines and Vietnam. More than 9,000 adults aged 18 and above participated, including 1.000 respondent in Indonesia.

About Manulife

Manulife Financial Corporation is a leading international financial services provider, headquartered in Toronto, Canada. Anchored in our ambition to be the number one choice for customers, we operate as Manulife across Canada and Asia, and primarily as John Hancock in the United States, providing financial advice, insurance and health solutions for individuals, groups and businesses. Through Manulife Wealth & Asset Management, we offer global investment solutions, financial advice, and retirement plan services to individuals, institutions, and retirement plan members worldwide. At the end of 2025, we had more than 37,000 employees, over 106,000 agents, and thousands of distribution partners, serving over 37 million customers with operations across 25 markets globally. We trade as 'MFC' on the Toronto, New York, and Philippine stock exchanges, and under '945' on the Hong Kong stock exchange. Not all offerings are available in all jurisdictions. For additional information, please visit manulife.com.

About Manulife Longevity Institute

The Manulife Longevity Institute is global research, thought leadership, innovation, advocacy, and community investment platform to drive action that can help people live longer, healthier, and more financially secure lives. Underpinned by a $350 million signature commitment, its focus is on helping people extend their healthy years, promoting greater financial resilience for all. As a global insurer, retirement plan provider, and asset manager, Manulife is uniquely placed to help lead this change. The Institute's work will support Manulife's Impact Agenda strategy by investing in organizations that are growing the longevity economy, convening research collaborations with leading academic institutions and think tanks, and producing thought leadership to advance awareness and action on the issues impacting populations as they age. The Institute will be known as the John Hancock Longevity Institute in the United States. The actions of the Institute will be guided by a Steering Committee of members of Manulife's Executive and Global Leadership Teams and in partnership with a robust ecosystem of partners and experts who champion longevity across Canada, Asia, and the US. For more information, please visit Manulife.com/Longevity.

About Manulife Indonesia

Established in 1985, PT Asuransi Jiwa Manulife Indonesia (Manulife Indonesia) is part of Manulife Financial Corporation Group, a Canadian financial services group that operates in Asia, Canada and the United States. Manulife Indonesia offers a wide range of financial services, including life insurance, accident and health insurance, investment and pension plans to individual customers and group clients in Indonesia. Through a network of more than 16,000 professional sales forces and employees spread across more than 50 sales offices, Manulife Indonesia serves around 2 million customers in Indonesia. PT Asuransi Jiwa Manulife Indonesia is lisenced and supervised by the Otoritas Jasa Keuangan (OJK). To learn more about Manulife Indonesia, follow us on Facebook, Twitter, Instagram, YouTube, or visit www.manulife.co.id.

About PT Manulife Aset Manajemen Indonesia

PT Manulife Asset Management Indonesia (MAMI) has been present in Indonesia since 1996 and is part of Manulife Wealth and Asset Management, the global investment management business of Manulife Financial Corporation. MAMI provides comprehensive investment solutions to investors through investment management, mutual funds and investment advisory services. With a total asset under management of IDR125 trillion (as of June 2026), MAMI has established itself as one of the largest investment management company in Indonesia. A range of awards and recognition from external parties have been bestowed upon MAMI as a leading investment management company. These include The Best Fund House/Best Asset Management Company (10-time winner) and Best Bond Manager (3-time winner) from Asia Asset Management, Top Investment House in Asian Local Currency Bonds (11-time winner) from The Asset Benchmark Research, and Fund House of the Year (6-time winner) from AsianInvestor. MAMI is licensed and supervised by the Financial Services Authority (OJK). All the latest information about MAMI, as well as its products and services, is available at manulifeim.co.id.

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