



Financially Solo Americans Feel Confident – Yet Have Concerns About Aging Alone

The New “Flying Solo: Navigating Financial Autonomy” Study Explores How Solo Adults Balance Independence with Planning for the Future

MINNEAPOLIS, MN, UNITED STATES, May 19, 2026 /EINPresswire.com/ -- Financially solo Americans feel confident and take a strong sense of accomplishment in managing their money, pushing back against common misconceptions that they are less financially secure or limited in their ability to build wealth, according to [new research](#) from Ameriprise Financial. Yet many single, divorced and widowed adults have real concerns about aging alone and navigating the long-term financial decisions that come with it.

The study reveals that while solo adults feel empowered today, they have an opportunity to shore up their finances for the long-term. As nearly half of U.S. adults (46%) are managing finances on their own according to the U.S. Census Bureau, planning gaps and economic pressures highlight areas where additional support may be needed.

In fact, only a third of solo adults (37%) have an updated formal will and their top concerns include running out of savings (43%), affording long-term care (42%) and becoming a burden on others (41%).

Deana Healy CFP®, Vice President, Financial Planning & Advice for Ameriprise Financial shares practical strategies to help financially solo adults strengthen long-term plans and navigate uncertainty with confidence.

For more information, please visit <https://www.Ameriprise.com>

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