Super v mortgage: How to choose the best road to retirement

From Page 1

However, the family home also offers a tax break, Marinis says. "Don't forget, your home is the only tax-free asset you will own.

"So investing in it is often better than having a share portfolio which could cost you as much as 25 per cent of the capital gain in tax.

"If you look like retiring without paying off your mortgage, consider asking the bank to accept interest-only payments, while you put as much cash as you can – up to the age based limits – into your super.

"The effect is that your super will grow quickly but you won't cut your debt. Once you retire, pay off the mortgage with funds which have been subject only to 15 per cent tax, rather than your marginal tax rate."

The tax gap is an attraction for First Financial principal Chris Crough. High income earners on a 46.5 per cent tax rate only have 53.5¢ left in each dollar to make a mortgage repayment, he says.

This contrasts with super contributions, which are only taxed at 15 per cent, leaving 85¢ in each dollar to be invested.

However, Crough says the tax benefit reduces for people on lower tax rates.

"Having said this, very rarely has anyone regretted making extra home loan repayments." The correct strategy will really come down to the individual's situation and what is in their best interest," he says.

Intrust Super chief executive Brendan O'Farrell says there are so many pros and cons for each method that it's no wonder it's such a hard decision.

"The early repayment of your home loan will give you greater freedom to make improvements your lifestyle ... and to further increase your wealth in the form of shares, managed funds or investment property,'' he says.

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