

A landmark report providing a snapshot of life experiences and attitudes of Australians aged 50+

THE OPPORTUNITY: A comprehensive long-term national strategy to address the needs of older Australians



Nearly 1/3 (7.9 million) of Australians are aged **50+**, highlighting the importance of this research in giving this group a voice

HEALTH

#1 Health emerges as the key factor influencing both low and high quality of life

37% don't have private health insurance



80% feel younger than their age, and **more than half** feel at least 10 years younger

51% (more than half) do less than 2 hours of exercise a week



QUALITY OF LIFE

78% rate their quality of life highly (7-10) but **7%** give a low rating (0-4)

84% support legislation for assisted dying



Nearly half (49%) of older Australians live with at least one high vulnerability indicator (e.g. unemployment, low household income or disability)



Only 19% feel valued as a voter and **46%** feel less valued than when they were younger



1/4 feel their age has an impact on how they are treated as a consumer, mostly in a negative way

COST OF LIVING

More than half say the rising cost of living is leaving them behind

12% are struggling with overdue bills



1 in 4 (26%) feel insecure about their finances



20% don't have money to spend on leisure or social activities, leading to less community connectedness

40% felt that improving affordability of services like energy and internet would make a great deal of difference to them personally



WORK

22% have experienced work-related age discrimination and yet many older Australians want more paid work



More than half undertake unpaid work, including volunteering and caring for family and friends



PRIORITY GOVERNMENT ACTIONS:

- Develop and implement a whole-of-government Ageing Strategy
- Increase rent assistance by 40% to reduce cost of living pressures on vulnerable older Australians
- Improve access to oral and dental health services for older Australians

Download the full report at www.stateoftheoldernation.org.au

Source: Federation of Councils on the Ageing report - "State Of The (Older) Nation 2018" (Newgate Research)