



## 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](http://www.stateoftheoldernation.org.au)

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