



State of the (Older) Nation 2018

A nationally representative survey
prepared by the Council on the Ageing

Key statistics

855 thousand

Western Australians are aged 50 or above – **almost a third of the population**... of whom nearly **467 thousand** are aged 50–64 and over **388 thousand** are aged 65 and above

855 thousand

Western Australians are aged 50 or above – **almost a third of the population**

82%



feel younger than their age, with **over half** feeling at least 10 years younger than they are... but **46%** feel less valued by society than they did when they were younger

1 in 3



Western Australians are aged 50 or above – **over 855 thousand people**

54%



have one or more vulnerability indicators

29%

of older Western Australians mentioned **health** issues as the thing they were most concerned or worried about at this point in their life, with physical health emerging as the key factor influencing quality of life perceptions

More than half



feel that the rising cost of living is leaving them behind, and **1 in 3** do not have money for leisure or social activities

29%

don't have private health insurance, including

61%

of those with a disability and

58%

of those who rate their financial situation as poor

27%

of older Western Australians mentioned their **Finance and Cost of Living** as their chief concern



32%

of those still working do not think they will ever retire

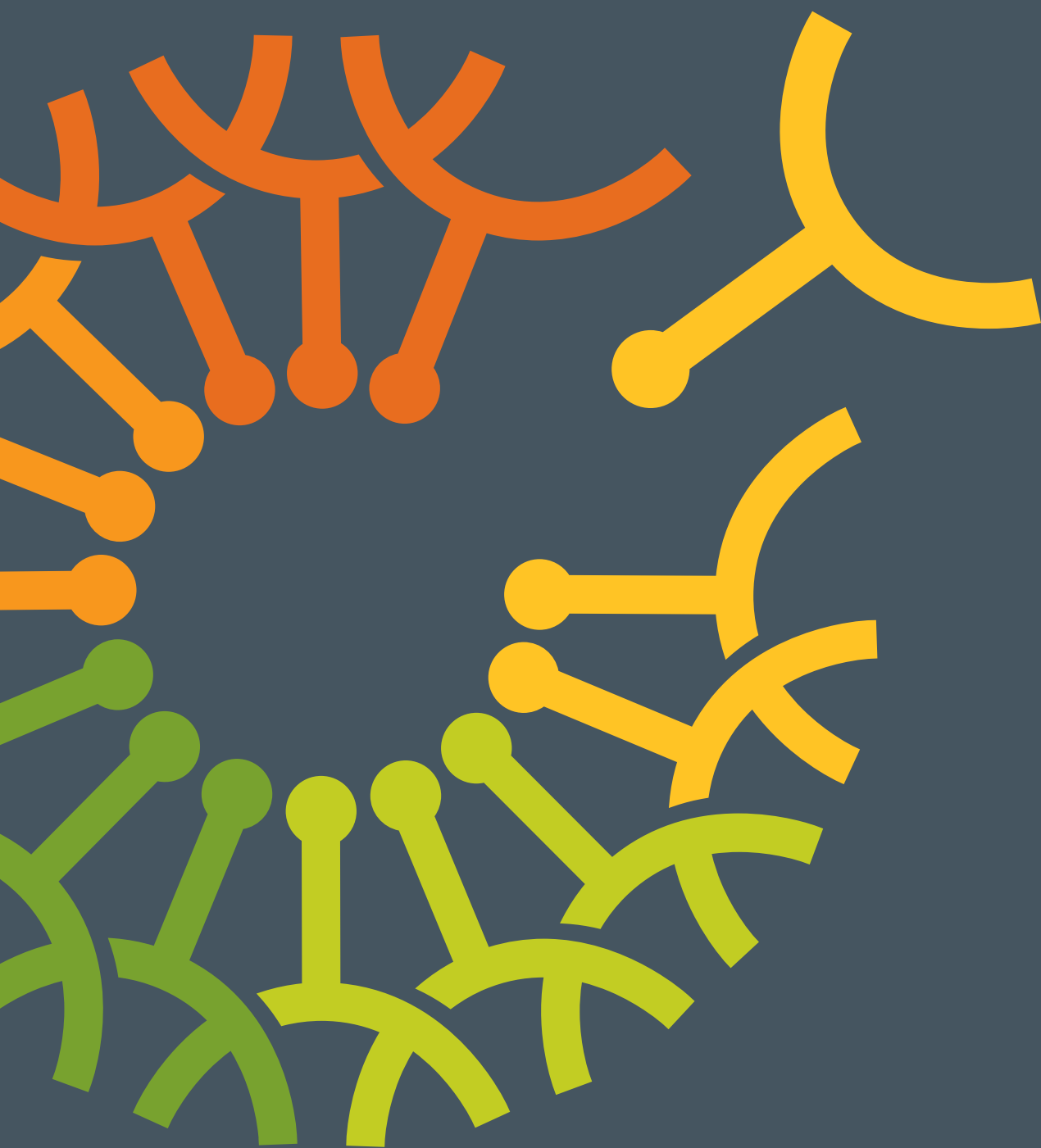


34%

have experienced age discrimination, including

29%

related to employment – either at work or when job seeking



www.stateoftheoldernation.org.au

STATE OF THE (OLDER) NATION



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
(855 thousand)**

Western Australians are aged **50+**, highlighting the importance of this research in giving this group a voice

HEALTH

#1 Health

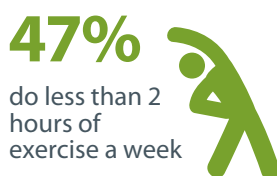
emerges as the key factor influencing both low and high quality of life



don't have private health insurance

82%

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



do less than 2 hours of exercise a week

QUALITY OF LIFE

76%

rate their quality of life highly (7–10) but **5%** give a low rating (0–4)



support legislation for assisted dying



Over half (54%)

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



Only 18%

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

19%

are struggling with overdue bills



1 in 4

(**29%**) feel insecure about their finances

30%

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

49%

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



WORK



29%

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



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)

Cost of living

Financial security and cost of living – key findings



29%

Feel insecure about their long-term finances



19%

Have overdue bills due to payment difficulties



47%

Are not aware of any recent government initiatives and changes

"I am a 50 year old unemployed single mum and every single day is a financial struggle. I have the most amazing children but I feel bad that I can't support them adequately."

Vulnerability amongst older Australians

Just over one in two Australians aged 50+ are vulnerable – and their quality of life is lower

Within analysis, we looked particularly at those older Australians who could be considered more at risk.

Although the story thus far has shown that the majority of older Australians feel positive about their quality of life, it is important to shed light on those whose experience isn't as positive, and who could be considered most at risk from socio-economic stress. In turn, we can therefore gain deeper insight into how to better meet the needs of these Australians.

Using the indicators listed in the chart above to create a segmentation, we see that people with one or more indicators of higher vulnerability represent roughly half of all survey participants.

Indicators used to identify higher vulnerability

- Have a low income (\$0 - \$30k per capita) **42%**
- Living with disability **18%**
- Speak a language other than English at home **7%**
- Bereaved in the last year **2%**
- Indigenous **1%**
- Experienced domestic violence in the past year **1%**
- Experienced homelessness in the last year **<1%**
 - **68%** of people in the higher vulnerability group did not own their own home

"I am worried about the fact that I have no assets and I am not sure how I will be cared for in later years."



- Lower vulnerability
- Higher vulnerability

This vulnerability measure is composite of: DM7. Do any of the following apply to you? Base: All respondents (n=2,562), DM8. Have you personally experienced any of these in the last year? Base: All respondents (n=2,562), and DM15. And what is the combined annual income of everyone in your household, from all sources before tax or other deductions? Base: Respondents with more than one person in household (n=1,967)

Employment – key findings



32%

are in paid
employment



10.4

Average number of
hours per week spent in
unpaid work



32%

Working Australians
aged 50+ who don't
expect they'll ever retire

*"I can't afford to retire
as my super wouldn't
cover the years I could
survive and live."*

Key statistics - COTA (WA)

57%

feel they are treated less favourably by employers due to their age



40%

do not feel that they have access to paid work opportunities



71%



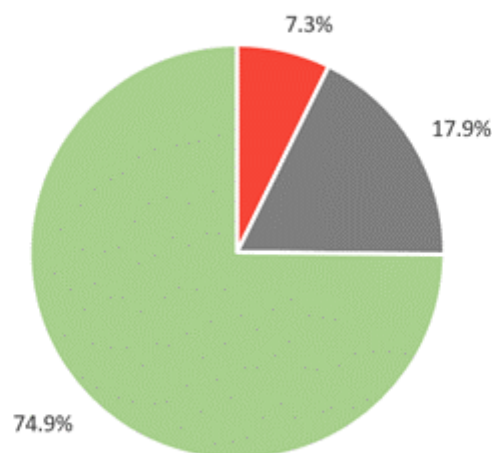
rarely feel lonely. With **19%** feeling lonely for at least one day a week, compared to **50.5%** of younger Australians

74%

indicated that they would be likely to visit a hub of information on seniors care and support services



Question: I would be likely visit a hub which provides information on seniors care and support services



■ Strongly disagree or somewhat disagree ■ Neither agree nor disagree ■ Strongly agree or somewhat agree