



# NSW Ageing Strategy 80+

Report prepared for NSW Family and Community Services

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# 1 Executive Summary

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## 1.1 Background and research objectives

In 2015, Ipsos SRI was commissioned by the NSW Department of Family and Community Services (FACS) to conduct research among 50-60 years to gain a better understanding of this cohort. The focus was on their thoughts about ageing and their perceived future needs in key areas to ensure they are able maintain a good quality of life. More specifically, the areas to be measured included:

- Housing;
- Health;
- Transport;
- Employment and retirement;
- Volunteering; and
- Liveable communities.

Further detail of the 2015 study is available in the full report at:

[https://www.facs.nsw.gov.au/data/assets/pdf\\_file/0006/382965/15-077797-01-NSW-Ageing-Strategy-Research-Report.pdf](https://www.facs.nsw.gov.au/data/assets/pdf_file/0006/382965/15-077797-01-NSW-Ageing-Strategy-Research-Report.pdf)

In early 2017, FACS commissioned a repeat of this study with two older cohorts: 61-69 year olds and 70-79 year olds. This previous study presented the results for these two new cohorts, and drew comparisons with the 2015 study where appropriate. This report is currently in publication.

In late 2017, FACS commissioned an additional repeat of this study, this time with those aged 80 years or older. The current report presents these new findings and draws comparisons with the three previous age cohorts where appropriate (those aged 50-60, 61-69 and 70-79).

## 1.2 Methodology

This research was conducted via computer-aided telephone interviews (CATI) with n=800 80+ year olds. Fieldwork took place between the 16<sup>th</sup> of November 2017 and the 30<sup>th</sup> of November 2017. To ensure the sample was representative of the NSW population, non-interlocking quotas were placed on age, gender and location (Greater Sydney and the remainder of NSW). These quotas were based on Australian Bureau of Statistics data from 2011 Census. Weights were applied to the final achieved sample in order to account for variances between the sample achieved and the quotas.

The previous study was undertaken between March and April 2017 and was conducted in two parallel phases via an online survey of n=960 61-69-year olds and CATI interviews with n=1,000 70-79-year olds.

The 2015 study was conducted online in November 2015 among n=1,009 50-60-year olds.

When interpreting figures within the cohort comparison section of this report, the different modes used to survey these audiences should be kept in mind.

## 1.3 Key findings

### Work and retirement

Very few aged over 80 are still working, with most identifying as retirees (53%) or pensioners (44%). The vast majority of retirees cite no longer wanting to work (38%), and reaching retirement age (20%) as key influencers in their decision to retire. However, one in five felt they needed to retire as their physical capability declined.

### Volunteering

One third of those over 80 participate in volunteering activities, this is significantly fewer than those in their 60s (37%) and 70s (42%). Despite a smaller number of volunteers being present in the oldest cohort, the key motivations for volunteering do not vary by age, they are still:

- to do something worthwhile;
- to help others and the community; and
- personal satisfaction.

In terms of the types of organisations volunteered for, those aged over 80 are most likely to volunteer for welfare or community groups (63%), and religious groups (38%).

### Ageing

Over two thirds (68%) have taken time to consider their life in the next five plus years. The vast majority (81%) of those aged over 80 generally hold a positive outlook. This is reflected in the range of things they are looking forward to in the coming years, with the most common being good health (38%), spending time with family (27%), and remaining financially stable (23%). This positivity is consistent with those in the 70s, and is in stark contrast to those in their 50s and 60s, who are generally more concerned about what is to come in future years.

For those aged over 80, maintaining their quality of life is underpinned by three very important factors:

- remaining healthy for as long as possible;
- remaining at home for as long as possible; and
- maintaining close contact with family, friends and the community.

### Autonomy and personal responsibility

Those aged over 80 feel a strong sense of personal responsibility for their lives in the coming years. Almost all agree they should take responsibility for their:

- Living situation;
- Health;
- Financial stability; and
- Day-to-day travel needs.

This level of personal responsibility is reflected further in the creation of legal instruments, which increases significantly with age, particularly among those aged over 70.

	50-60 (n=1,009)	61-69 (n=960)	70-79 (n=1,000)	80+ (n=800)
A Will	69%	81%	94%	98%
A Power of Attorney	22%	32%	64%	73%
Enduring Power of Attorney	-	25%	49%	67%
Enduring Guardian	-	21%	31%	52%

### Health

Consistent with the younger cohorts, the vast majority of those aged over 80 consider themselves to be mentally (97%) and physically (89%) healthy. Also, consistent with younger cohorts, those aged over 80 rate the most important factors in remaining healthy to be:

- Staying mentally active;
- Having a positive mental outlook; and
- Personal hygiene.

These are coupled with having access to general practice, pharmacy, and other hospital services.

## Housing and community

Three quarters (76%) of those aged over 80 are living in a freestanding house. The majority (72%) have undertaken home modifications, reflecting the high level of intention (88%) to remain in their current property for as long as possible. Among this cohort, there is still a perception that retirement villages are for the old and frail, with over half (55%) saying they would not consider moving into one unless it was necessary.

### Renters

While only a very small proportion (5%) of those aged over 80 are renting, encouragingly, almost all (95%) feel their current property is stable and secure. However, 29% are worried about the possibility of a rent rise.

### Community involvement and values

Three in five (59%) of those over 80 feel involved in their community. Consistent with the younger cohorts, the most important aspects of a liveable community are:

- Feeling safe in the community;
- Easy access to a range of transport options; and
- Opportunities for staying active and healthy being available

### Safety and trust

Nearly all of those aged over 80 trust (97%) and feel safe (98%) with family, friends, and others who visit them. However, the occurrence of elder abuse is a concern among those aged over 80. Three in five are worried that older people are being physically abused (59%), and emotionally abused (58%).

Almost nine in ten (87%) say they would trust their family and friends with their financial affairs. However, half (50%) are concerned about being ripped off or taken advantage of financially.

## Transport

Consistent with the younger cohorts, those aged over 80 are most likely to drive a car (77%), or walk (66%) as their day-to-day transport. Less than half (47%) of those aged over 80 are utilising public transport for day-to-day travel.



## 2 Background and objectives

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### 2.1 Background

#### The NSW Ageing Strategy

Originally released in July 2012 as a whole of government and whole of community initiative under the NSW State Plan (NSW 2021), the NSW Ageing Strategy is the NSW Government's commitment to respond to the opportunities and challenges of our ageing population. Its vision is that people in NSW experience the benefits of living longer and enjoy opportunities to participate in, contribute to and be included in their communities.

It is being implemented through detailed annual action plans, which describe initiatives and programs which seek to positively influence outcomes for older people. In Year Two this has been comprised of six key priority areas, including:

- Encouraging older people to live active and healthy lives through improved physical and mental wellbeing.
- Empowering older people to remain in the workforce, or ensuring they are financially secure and independent in their retirement.
- Providing older people with the opportunity to live in affordable, accessible, adaptable and stable housing.
- Providing older people with the means to travel safely and appropriately around NSW to participate in social and economic life, and access services.
- Empowering older people in NSW to stay connected and contribute to their communities.

### 2.2 Need for research

In 2015, FACS commissioned Ipsos SRI to provide up-to-date information on those in the 50-60 age bracket. This research aimed to gain an understanding of this cohort and their thoughts about ageing, particularly in regard to current experiences, level of thought and planning, perceived needs, preferences and attitudes around housing; health; transport; employment; the trend towards working longer into later years; ageism in the workforce; participation in non-employment related activities; and liveable communities.

Following the interest of this research, FACS repeated the study with an older cohort: 61-79-year olds. This cohort was split into two smaller age groups – 61-69-year olds and 70-79-year olds. Again,

these insights generated a great deal of interest, particularly the variation in attitudes towards ageing of those in their 50s and 60s, compared with those in their 70s. This led to the commissioning of the final study in this series, the 80-plus cohort.

## 2.3 Research objectives

More specifically this research was commissioned to compliment and build on the previous work conducted among 50-60-year olds, and 61-79 years, thus contributing to the evolution of the strategy over time. As such the research will provide FACS with a greater understanding of the oldest age cohort in NSW. In particular, their thoughts about ageing, current experiences, level of thought and planning, perceived needs, preferences and attitudes around:

- Housing, such as location, design and affordability;
- Health, in terms of accessibility to healthcare services and availability of amenities;
- Transport, in terms of private and public transport options and availability of community transport;
- Employment and finances;
- Working until later years than previous generations;
- Ageism in the workforce;
- Participation in non-employment-related activities; and
- Liveable communities.

## 3 Methodology

The survey was conducted using a computer-assisted telephone interview (CATI) methodology. Fieldwork took place between the 16<sup>th</sup> - 30<sup>th</sup> November 2017. During this time a total of n=800 surveys were completed by participants aged over 80 years.

For the purposes of comparison, this report also references the data Ipsos collected in November 2015 among n=1,009 50-60-year olds, and data collected in March 2017 among n=960 61-69-year olds, and n=1,000 70-79 year olds.

The questionnaire for this study was developed in order to meet all of the objectives presented in the previous section. This questionnaire is included in the Appendix.

## 3.1 Sample characteristics

In order to capture a representative sample of 80-plus year olds in NSW, non-interlocking quotas were placed on age, gender and location (Greater Sydney and the remainder of NSW). These quotas were based on Australian Bureau of Statistics data from the 2011 Census. The following section outlines the targeted quotas and achieved sample for each age cohort.

**Table 1: Sample structure 80-plus year olds**

	Demographic	Quota	Achieved sample
Gender	Female	481	437
	Male	319	363
Age	80-84	388	423
	85+	412	377
Location	Greater Sydney	451	452
	Rest of NSW	349	348
<b>TOTAL</b>		<b>n=800</b>	<b>n=800</b>

### Weighting

In order to ensure the final sample was representative of the NSW population, weights were applied to age, gender and location. As with the survey quotas these were based on ABS Census data.

## 3.2 Interpreting the findings

### 3.2.1 Comparisons between cohorts

Within the *comparison of age cohorts* section, the 80 plus cohort is compared with the three younger cohorts from the two previous ageing strategy studies (50-60, 61-69, and 70-79-year olds). Results are presented using a combination of charts and tables. No subgroup analysis is performed in this section.

### Mode effects

The previous research among 50-60-year olds, and 61-69-year olds was conducted using an online methodology, whereas a CATI methodology was adopted among the two older cohorts, 70-79-year olds and those aged over 80. In agreement with FACS, the decision to use a CATI methodology for these age groups was made for two reasons:

- the population of those aged over 70 in online market research panels is far lower than that of younger age groups. This means that achieving a sample size that matches the previous research would be far more difficult and consequently more expensive; and
- It is likely that those aged over 70 who are members of panels are less reflective of the overall population of this age group than would be the case for 50-69-year olds or 61-69-year olds. This is due to the lower penetration of internet usage among these older age groups, as well as their lower involvement with relatively niche internet activities such as completing online surveys.

It is important to note that data collection method can have an impact on survey response, and consistency in methodology is integral when directly comparing findings over time. Furthermore, such mode effects associated with the type of survey administration, have been consistently demonstrated in empirical research<sup>1</sup>. As outlined in this research, surveys administered by interviewers (CATI surveys) tend to be more prone to the social desirability bias than the self-administered online survey.

The CATI questionnaire used in this survey is largely consistent with the online questionnaire used in the 2016 and 2017 surveys. This means that it has been possible to compare the survey results across these three studies. However, when interpreting the findings please be mindful of the change in data collection methodologies and the biases inherent in each.

### Question wording changes

Given that the current research involves participants that are older than in the previous ageing strategy studies, Ipsos and FACS agreed to alter the wording of some questions to focus on the more immediate future. For example, where a question in the previous studies asked about the next 10-20 years of life (among 50-60-year olds), or 5-15 years of life (among 61-79-year olds), this study asks about the next 5 plus years. For the purposes of this study, cohort comparisons remain for these questions and where applicable any change in wording is displayed below the table, in brackets at the end of the question statement.

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<sup>1</sup> Kreuter, Pressert, Torangeau (2008). Social desirability bias in CATI, IVR and web surveys. *Public Opinion Quarterly*; 72(5), pp. 847-865.

## Statistically significant differences between cohorts

Where statistically significant differences<sup>2</sup> are observed between age cohorts, these differences are commented on and displayed either in charts and/or tables within the *comparison of age cohorts* section. Where tables are used to display differences between cohorts, the data is shown as per the demonstration below.

	50-60 (n=xx)	61-69 (n=xx)	70-79 (n=xx)	80+ (n=xx)
Option X	68%↑	56%↓	34%↓	24%↓
Option Y	59%↑	44%↓	32%↓	29%↓
Option Z	40%↑	32%↓	28%↓	18%↓

↑↓ Denotes significant difference. Note table displays demonstrational data only.

Figures are shown for the proportions of each age cohort that provided that response. If this proportion is significantly different from the total or another age cohort, it is signified with an upwards or downwards arrow. An upwards arrow represents a significantly higher value and a downward arrow, a significantly lower value.

It should be noted, however, that not all of the significant differences identified in the analysis have been reported. Instead, those that have been included have been selected based on their contribution to the insights generated by this research (e.g. findings that might be deemed obvious or of no consequence have been omitted).

## Rounding in charts

In some charts, response categories shown may not sum to 100% due to rounding of the numbers displayed. It should also be noted that for questions where multiple responses were allowed response categories may sum to more than 100%.

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<sup>2</sup> Where the difference between subgroups cannot be explained by chance alone – the difference is judged to be statistically significant if the probably of error value is 0.05 or less, i.e. there is only a 5% chance or less of this difference occurring by chance alone.

### 3.2.2 An in-depth look at those in their 80s and beyond

In addition to comparing the age cohorts, the report also contains individual sections focusing on those aged over 80 years old. Topline findings for all questions are commented on and displayed in charts within each section.

#### Statistically significant differences between subgroups

Subgroup analysis is also undertaken in the section focusing on those aged over 80. Where statistically significant differences are observed between subgroups of interest (e.g. gender, age, etc.), these are commented on below the charts. Occasionally, where a number of significant differences exist between subgroups, tables are used to display this data as per the demonstration below.

**Table 2: Demonstration table – by subgroups**

	Subgroup A	Subgroup B
Prefer Option X	86% ↑	75% ↓
Prefer Option Y	76% ↑	59% ↓
Prefer Option Z	74% ↑	62% ↓

↑↓ Denotes significant difference. Table displays demonstration data only.

Figures are shown for the proportions of each subgroup that provided that response. If this proportion is significantly different from the total or other subgroups within that category, it is signified with an upwards or downwards arrow. An upwards arrow represents a significantly higher value and a downward arrow, a significantly lower value.

It should be noted, however, that not all of the significant differences identified in the analysis have been reported. Instead, those that have been included have been selected based on their contribution to the insights generated by this research (e.g. findings that might be deemed obvious or of no consequence have been omitted).

## 4 80s and beyond in-depth

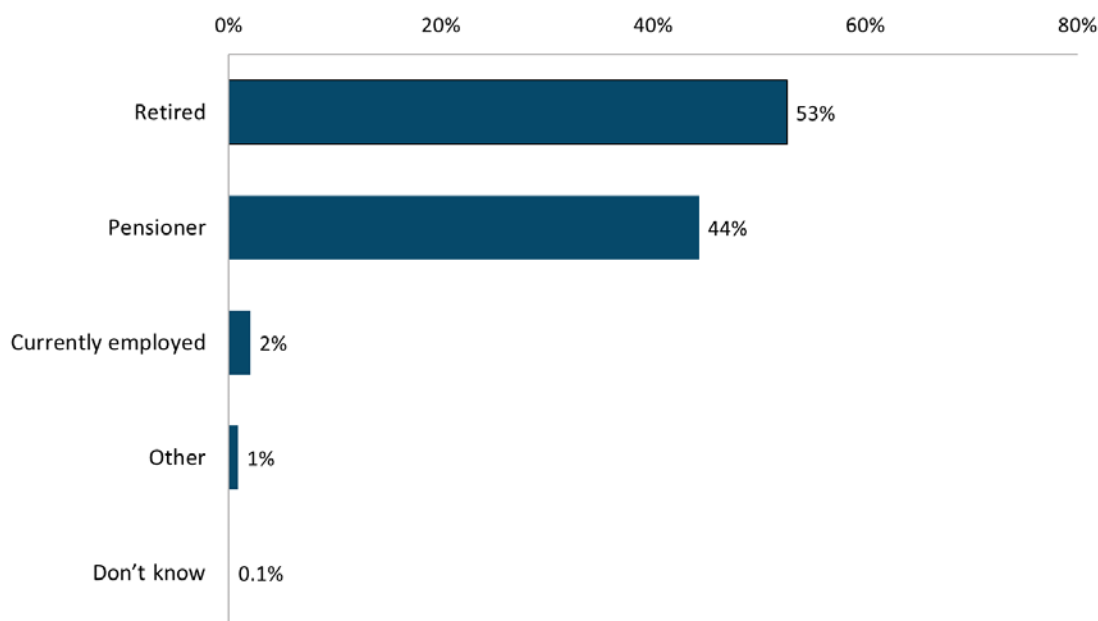
### 4.1 Work and retirement

The vast majority of participants aged over 80 no longer work (53% are retirees and 44% are pensioners). Only 2% are currently employed.

Of the 15 respondents still working, five have no intention to retire. Among those who have retired, two in five (38%) retired because of no longer wanting to work, and a further one in five (20%) retired because of their physical capability declining or reaching retirement age.

The majority of those over 80 are either retirees (53%) or pensioners (44%). Only 2% are currently employed.

**Figure 1: Main occupation**



Q1. Which of the following best describes your main occupation or work status? (Base: All 80+ year olds n=800)

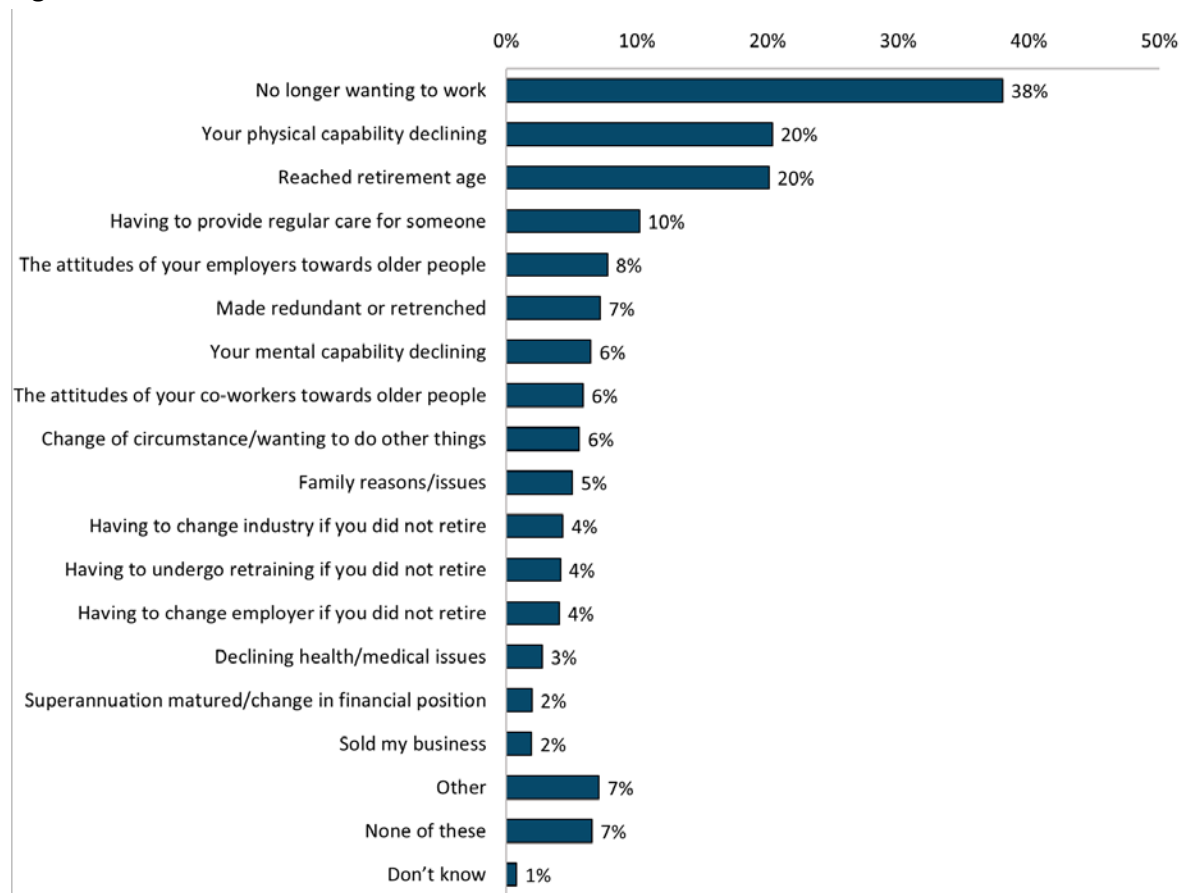
Among those over 80, there are stark contrasts between the demographic composition of retirees and pensioners. Retirees are more likely to be men (60%), and couples (60%), whereas pensioners are more likely to be women (55%) and those living alone (50%).

Among the fifteen respondents (2%) who are still working, twelve have not yet planned when they will retire. Five of these respondents say they have no intention of retiring.

## Reasons for retirement

Of those who are retired, two in five (38%) retired because of no longer wanting to work. One in five (20%) retired because of their physical capability declining or reaching retirement age.

**Figure 2: Factors that influenced retirement decision**



Q10a. Which of the following influenced your decision to retire? (Base: Those aged 80+ who are retired n=400)

There are no significant differences between demographic subgroups and the reasons for retirement.



## 4.2 Volunteering

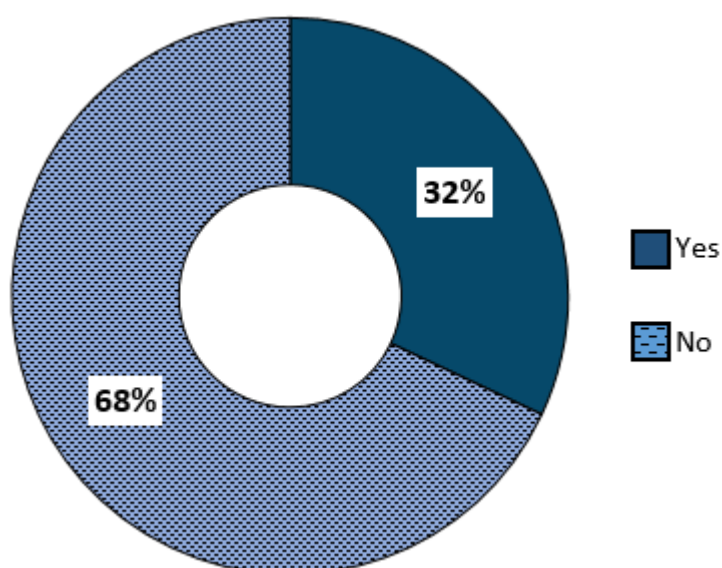
Approximately one third of those aged over 80 (32%) participate in volunteering activities. They most commonly volunteer for welfare/community (63%), religious (38%) and health organisations (22%).

The key motivators for volunteering are to do something worthwhile (93%), help others/community (90%) and for personal satisfaction (89%).

More than a third of those who volunteer (36%) stated that they do so with others who are a mix of ages. Around a quarter said they volunteer with others who are about the same age (26%) or somewhat younger (24%).

One third (32%) of those over 80 participate in volunteering activities.

**Figure 3: Participation in volunteering activities**



Q10b. Do you participate in any volunteering activities? (Base: All 80+ year olds n=800)

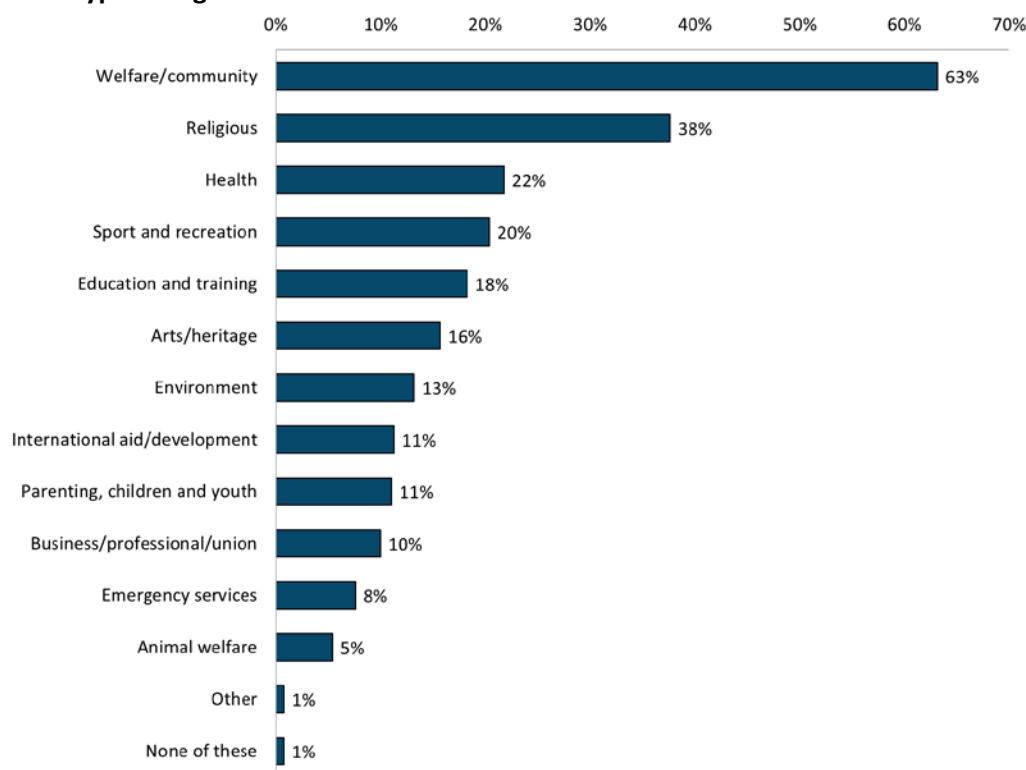
The following groups are more likely to participate in volunteering activities:

- those in their early 80s (37%; compared with 27% of those aged over 85);
- retirees (38%; compared with 25% of pensioners); and
- those with a positive outlook on life (36%; compared to 18% with a negative outlook).

## Organisations volunteered for

Those over 80 are most commonly volunteering for welfare/community (63%), religious (38%) and health (22%) organisations.

**Figure 4: Type of organisation volunteered for**



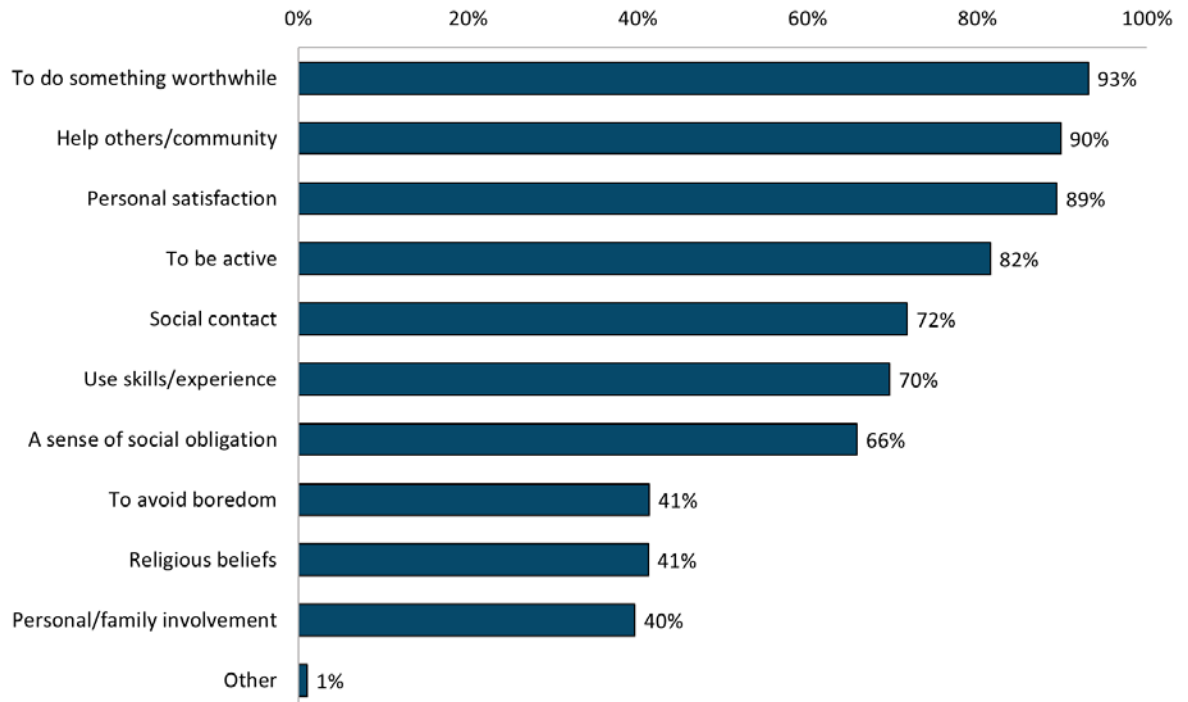
Q10c. Which of the following types of organisations do you volunteer with? (Base: 80+ year olds who volunteer n=255)

There are no significant differences between demographic subgroups and the types of organisations volunteered for.

## Motivators for volunteering

The main motivators for volunteering are to do something worthwhile (93%), help others/community (90%) and for personal satisfaction (89%). Eight in ten volunteer to be active (82%) and seven in ten volunteer for social contact (72%) or to use their skills/experience (70%).

**Figure 5: Motivations for volunteering**



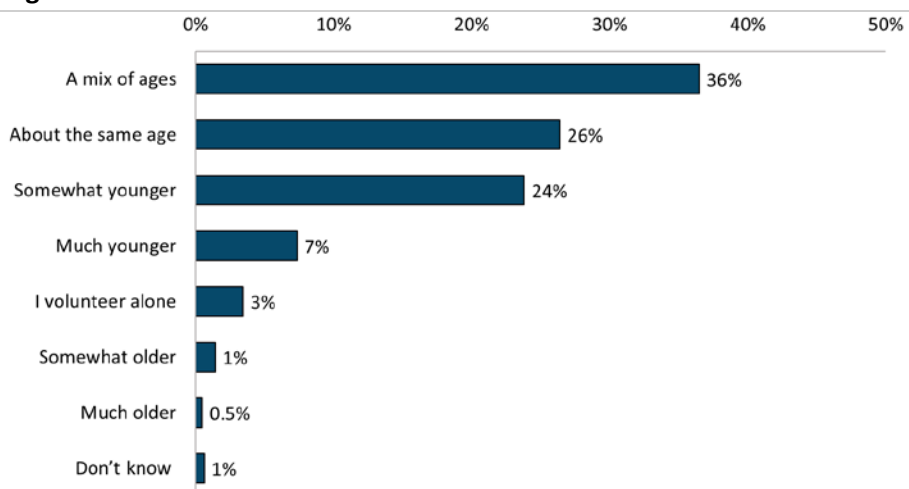
Q10d. which of the following best describes your motivation for volunteering? (Base: 80+ year olds who volunteer n=255)

There are no significant differences between demographic subgroups and the motivations for volunteering.

### Age of fellow volunteers

Among those aged over 80, more than a third (36%) stated that they volunteer with others who are a mix of ages.

**Figure 6: Age of fellow volunteers**



Q10e. Thinking about other people with whom you volunteer, are they generally...? (Base: 80+ year olds who volunteer n=255)

There are no significant differences between demographic subgroups and the ages of those with whom they volunteer.

## 4.3 Ageing

While over two-thirds of those aged over 80 have considered their life in the next five plus years (68%), one in ten (9%) have not given it any consideration at all.

The majority have positive feelings towards their lives in the future with 81% feeling positive (either very positive or somewhat positive). They are most commonly looking forward to good health (38%), spending time with their family (27%), and remaining financially stable (23%).

The major concern for the future is to do with maintaining health (37%). For one in five (19%) losing their independence is a concern.

In terms of quality of life in the future, remaining healthy (99%), remaining in their own home (98%), maintaining close contact with family (98%) and remaining financially independent for as long as possible (98%) are all seen as being important.

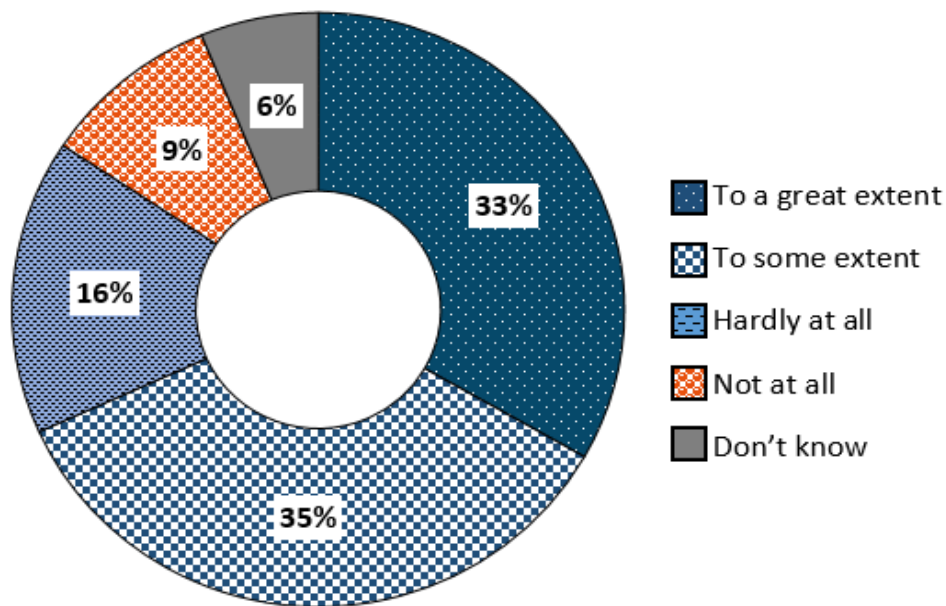
Maintaining a strong sense of autonomy and personal responsibility is also seen as being important. Specifically, most agree that that they should take responsibility for their own living situation (95%), their own level of health (94%), their own financial stability (93%) and their own day-to-day travel needs (88%) in the future.

Consistent with strong feelings of personal responsibility, almost all (98%) have created a Will, and nearly three quarters (73%) have a Power of Attorney.

### 4.3.1 Preparing for the next 5+ years

Over two thirds (68%) have considered their life in the next five plus years to some or a great extent. However, nearly one in ten (9%) say they have not given it any consideration at all.

Figure 7: Consideration of life in 5+ years



Q11. To what extent have you considered your life in the next 5 plus years? By this, we mean things like how you will manage your health, where you will live, who you will live with and your day-to-day travel needs. (Base: All 80+ year olds n=800)

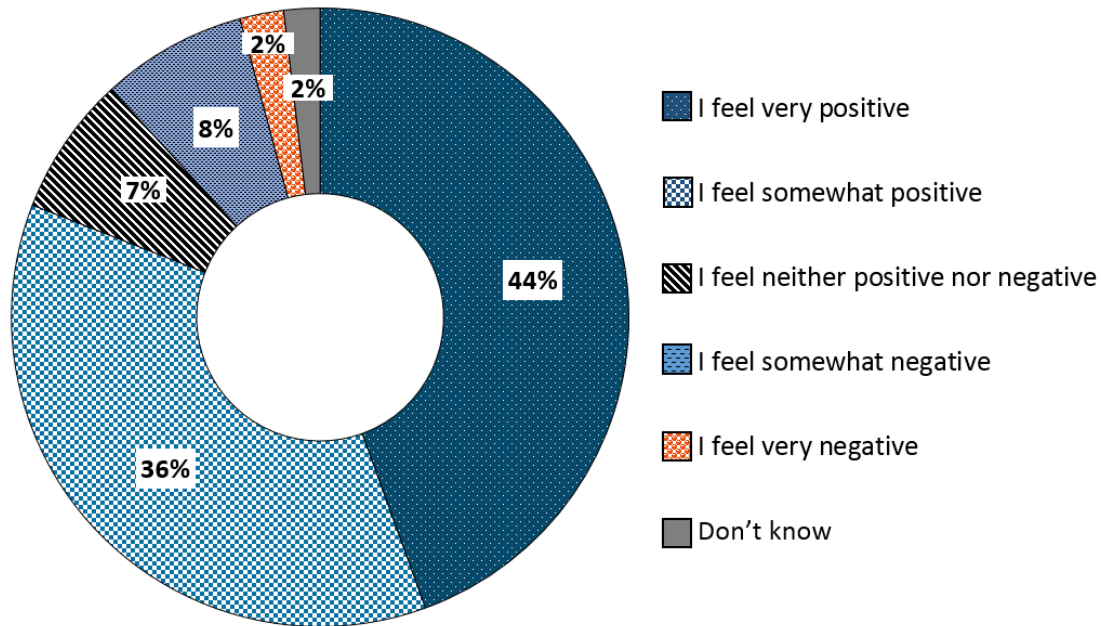
The following groups are more likely to have considered their life in the next five plus years:

- those in their early 80s (74%; compared with 63% of those aged over 85); and
- retirees (73%; compared with 62% of pensioners).

### Outlook on life

When thinking about life in the next five years, the vast majority (81%) feel positively towards it.

Figure 8: Feelings towards life in the next 5 plus years



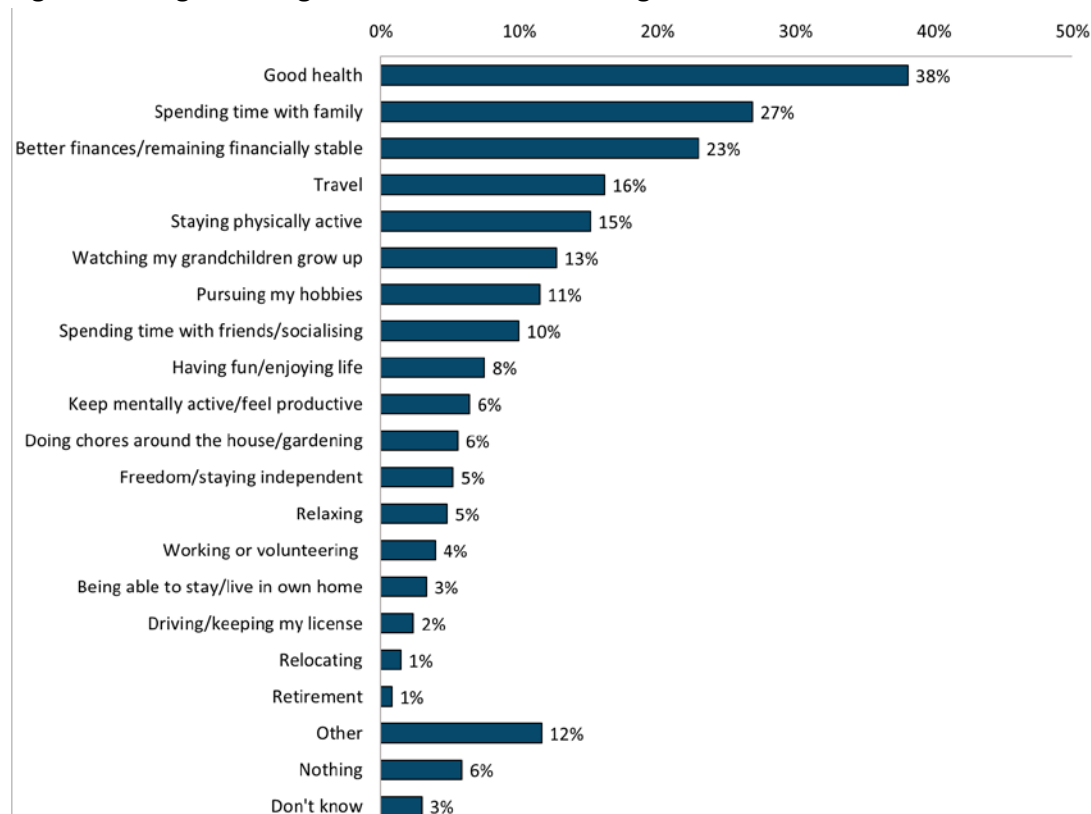
Q13 When thinking about your life in the next 5 plus years, do you mostly feel positive or negative? (Base: All 80+ year olds n=800)

Those in their early 80s are more likely to say they feel very positive about the next five plus years (51%; compared with 38% of those aged over 85).

### Things to look forward to

This overall positivity towards the coming years is reflected by the wide range of things those over 80 are looking forward to. Most commonly these are good health (38%), spending time with their family (27%), and remaining financially stable (23%).

**Figure 9: Things those aged over 80 are most looking forward to**



Q14 Thinking about your life in 5 plus years, what are some of the things you are most looking forward to? (Base: All 80+ year olds n=800)

The following subgroups are more likely to say that they are looking forward to travel in the next 5 plus years:

- those in their early 80s (23%; compared with 9% of those aged over 85); and
- volunteers (24%; compared with 12% of those who don't volunteer).

The following subgroups are more likely to say that they are looking forward to their freedom/staying independent:

- women (9%; compared with 3% of men); and
- those living alone (9%; compared with 2% of couples).

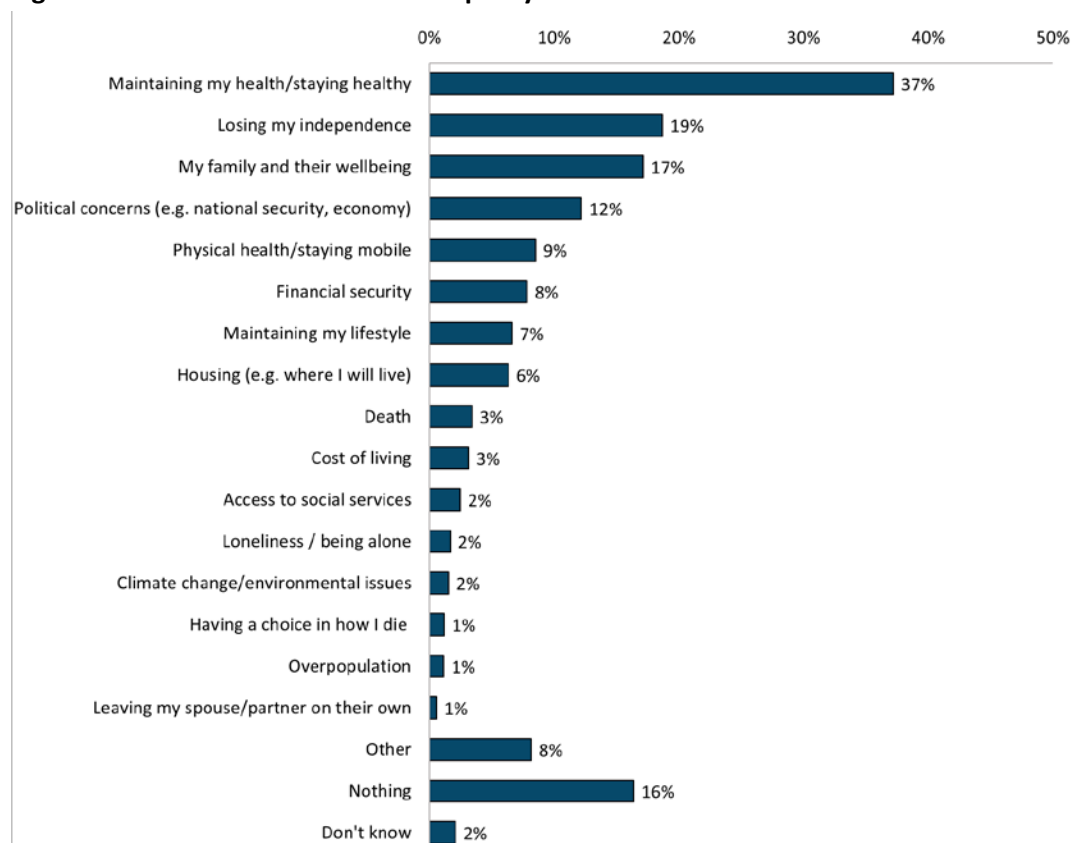
Additionally, those with a positive outlook on life are more likely to say they are looking forward to the following:

- spending time with family (30%; compared with 11% of those with a negative outlook); and
- watching their grandchildren grow up (15%; compared with 4% of those with a negative outlook).

## Concerns

Those over 80 are most concerned about maintaining their health (37%) in the next 5 plus years. For one in five (19%) losing their independence is a concern.

**Figure 10: Concerns about the next 5 plus years**



Q15. And what are some of the things you are most concerned about when thinking about your life in the next 5 plus years?  
(Base: All 80+ year olds n=800)

The following subgroups are more likely to say that they are concerned about losing their independence in the next 5 plus years:

- women (26%; compared with 14% of men); and
- those living alone (26%; compared with 12% of couples).

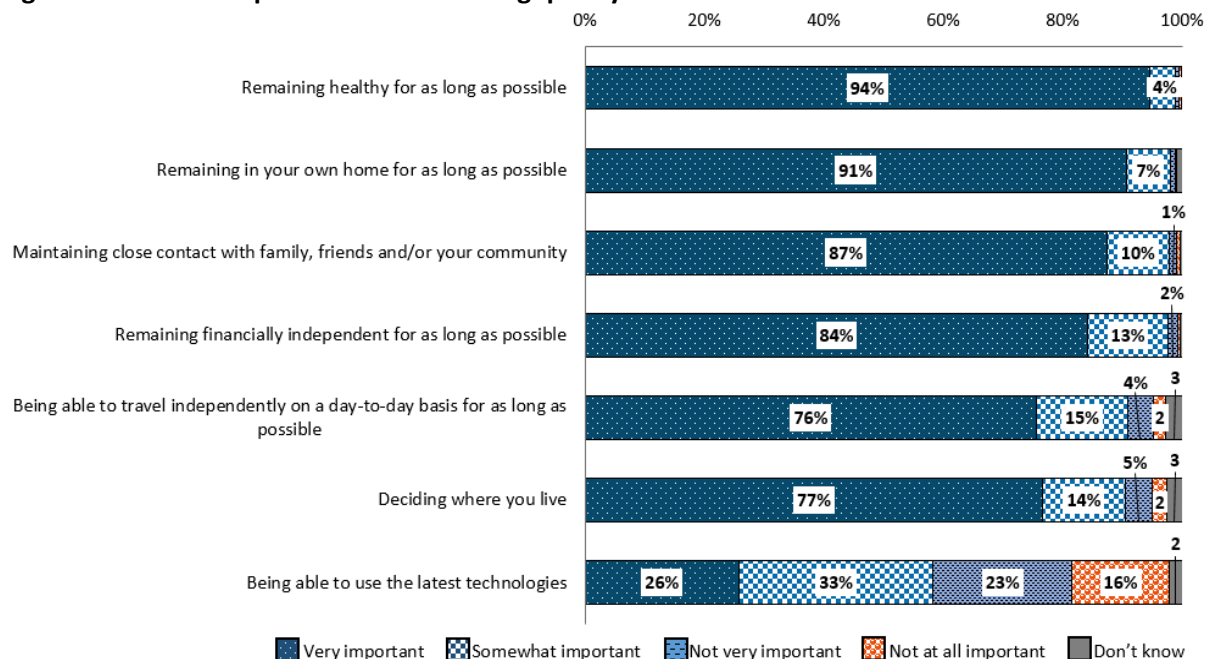
## Quality of life

Remaining healthy (99%), remaining in their own home (98%), maintaining close contact with family (98%) and remaining financially independent for as long as possible (98%) are all seen as being



important for maintaining quality of life over the next 5 plus years. Comparatively, being able to use the latest technologies is viewed as less important (58% say this is important).

**Figure 11: Factors important to maintaining quality of life**



Q16. How important do you think each of the following will be for your quality of life in the next 5 plus years? (Base: All 80+ year olds n=800)

The following subgroups are more likely to stay that it will be important to their quality of life to use the latest technologies in the next 5 plus years:

- retirees (67%; compared with 47% of pensioners);
- volunteers (71%; compared with 52% of non-volunteers);
- those with a university education (78%; compared with 67% of those with a TAFE education/diploma and 49% of those with a high school education).

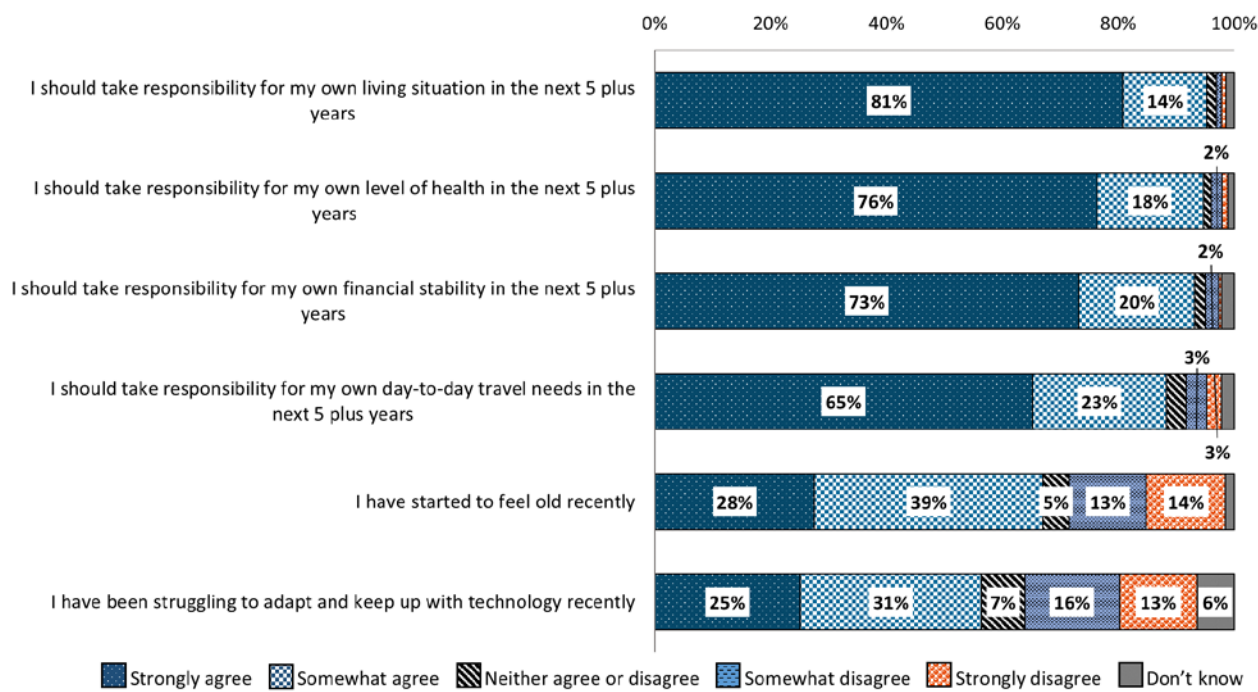
In the next 5 plus years, those in their early 80s are more likely to say that being able to travel independently will be important to their quality of life (95%; compared with 87% of those over 85).

### Autonomy and responsibility

Among those over 80, almost all have strong feelings of personal responsibility for their lives in the next 5 plus years. Specifically, most agree that that they should take responsibility for their own

living situation (95%), their own level of health (94%), their own financial stability (93%) and their own day-to-day travel needs (88%).

**Figure 12: Ageing sentiments**



Q17. To what extent do you agree or disagree with each of the following statements? (Base: All 80+ year olds n=800)

Those in their early 80s are more likely to agree that they should take responsibility for their own level of health in the next 5 plus years (97%; compared with 91% of those aged over 85).

Those with a positive outlook on life are more likely to agree with several statements as displayed in Table 3 below:

**Table 3: Ageing sentiments by outlook**

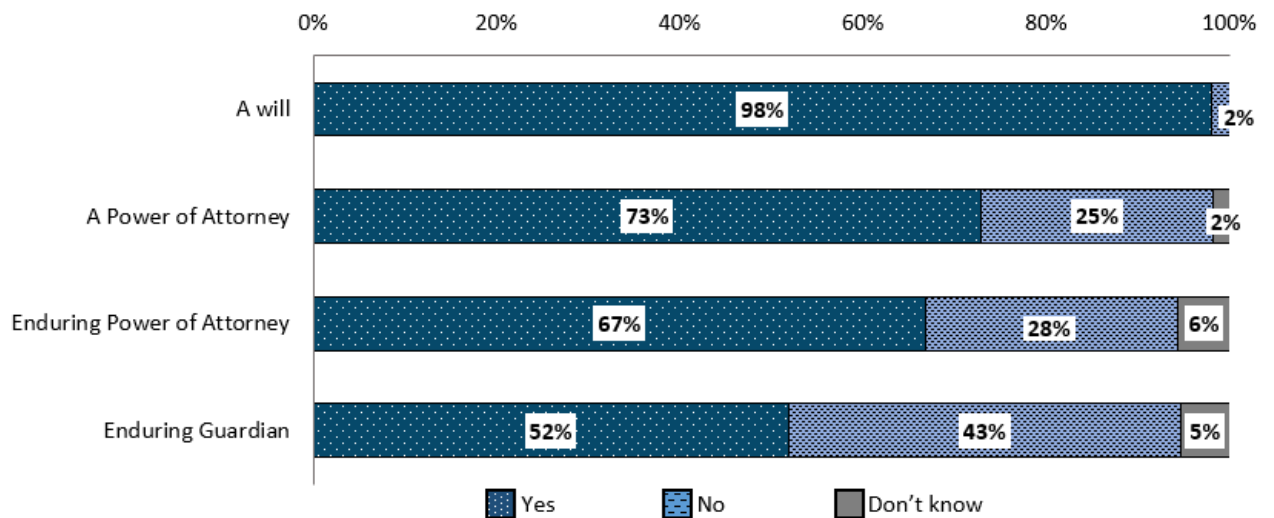
	Positive outlook	Negative outlook
I should take responsibility for my own living situation in the next 5 plus years	97%↑	89%↓
I should take responsibility for my own financial stability in the next 5 plus years	95%↑	88%↓
I should take responsibility for my own day-to-day travel needs in the next 5 plus years	90%↑	75%↓

Table displays top 2 box (very important + somewhat important). ↑↓ Denotes significant difference between subgroups

### 4.3.2 Legal instruments

Consistent with their strong feelings of personal responsibility, almost all (98%) have created a Will, and nearly three quarters (73%) have a Power of Attorney.

**Figure 13: Legal instruments created**



Q12. Which of the following legal instruments have you made or created, if any? (Base: All 80+ year olds n=800)

Women are more likely to have created a Power of Attorney (80%; compared with 68% of men).

## 4.4 Health

Those aged over 80 are more likely to rate their mental health (76%) than their physical health (37%) as being very healthy.

Personal hygiene (94%), staying mentally active (94%) and having a positive mental outlook (92%) are the factors most likely to be viewed as the most important to health in the future (next five plus years).

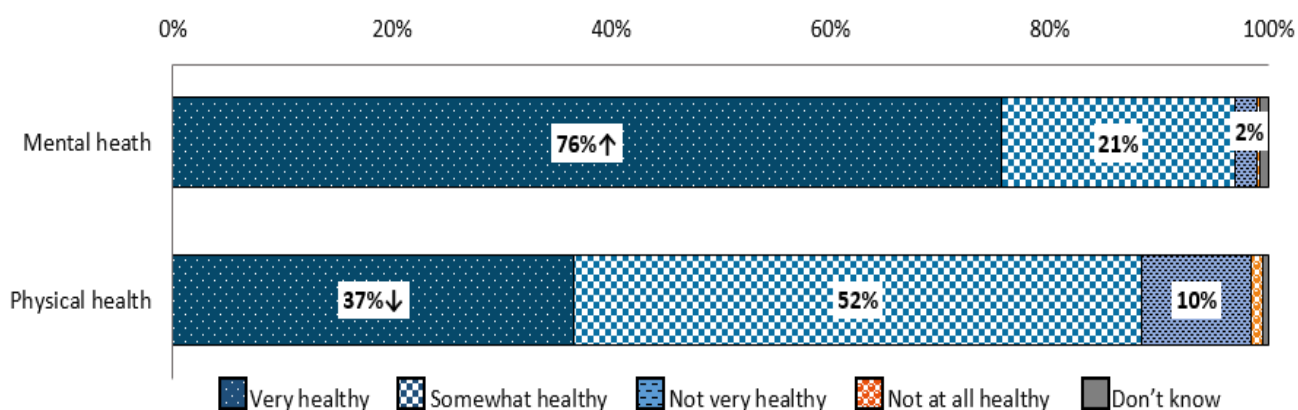
Walking is the physical activity that most are interested in for staying active in the future (85%). Respondents also commonly cited exercising at home (49%) and swimming/water aerobics (30%) as activities of interest.

Many health-related services are viewed as being important for maintaining health in the future. General practice is most commonly seen as being important for maintaining health (99% rated this important), followed by pharmacy (97%). In contrast, for more than half of respondents, chiropractic services (55%) and psychological services (63%) are regarded as not being important (either not very or not at all important).

### Self-rated levels of health

Significantly more perceive their mental health to be very healthy (76%), compared to their physical health (37%).

**Figure 14: Self-rated levels of physical and mental health**



Q18. How would you rate your current level of physical health? (Base: All 80+ year olds n=800)

Q19. How would you rate your current level of mental health? (Base: All 80+ year olds n=800)

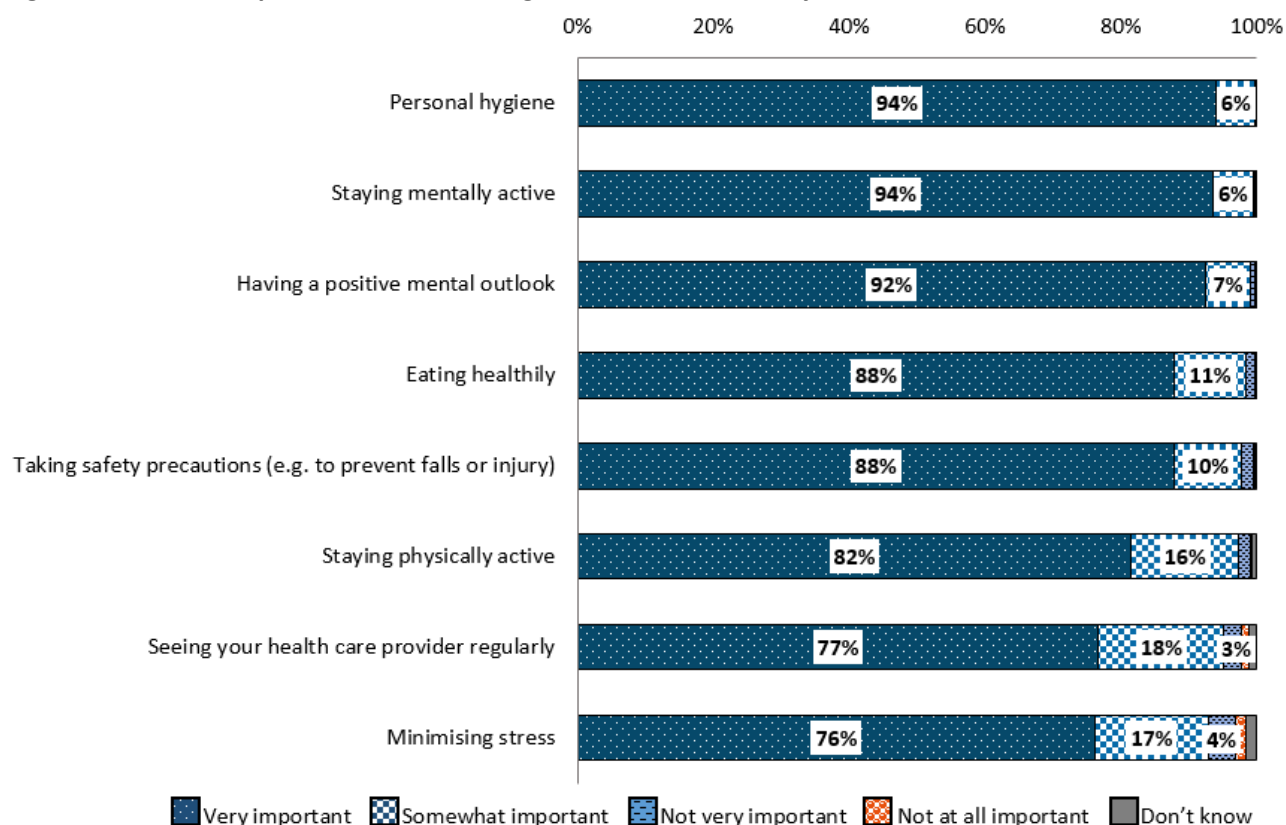
Those with a positive outlook on life are more likely to rate themselves as being very healthy both:

- mentally (80%; compared with 61% of those with a negative outlook); and
- physically (41%; compared with 16% of those with a negative outlook).

## Remaining healthy in the next 5 plus years

Those aged over 80 acknowledge a range of factors as being important to maintaining health in the next 5 plus years. Personal hygiene (94%), staying mentally active (94%) and having a positive mental outlook (92%) are the most likely to be viewed as being very important.

**Figure 15: Factors important to maintaining health in the next 5+ years**



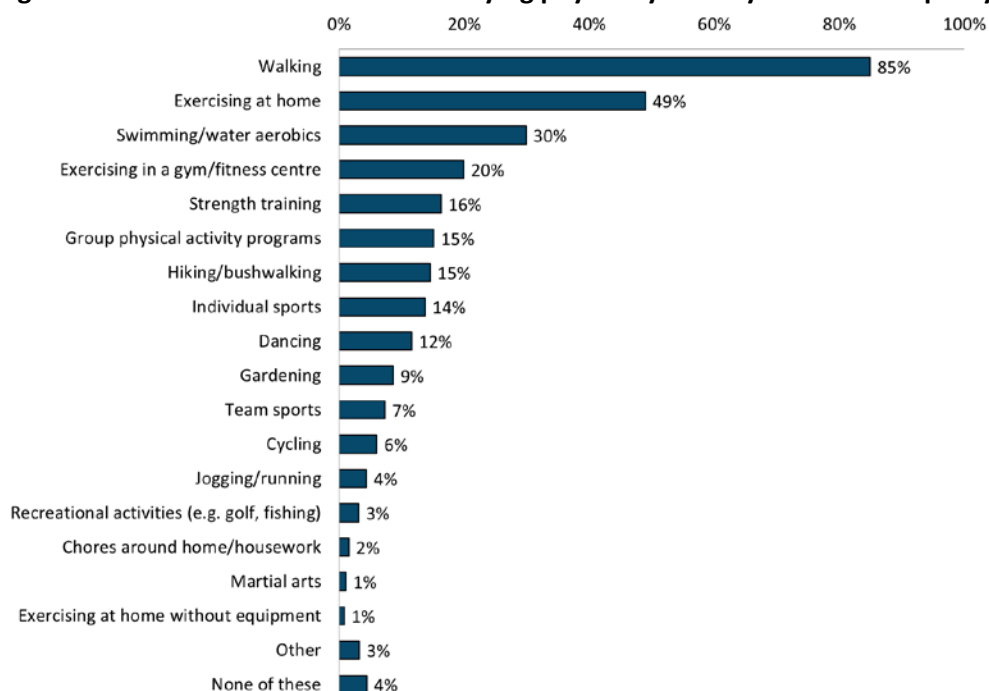
Q20. How important do you think each of the following will be for maintaining your level of health in the next 5 plus years?  
(Base: All 80+ year olds n=800)

In terms of subgroup differences, women are more likely than men to say that minimising stress will be important for maintaining health in the next 5 plus years (97%; compared with 90% of men).

## Physical activity

To stay healthy in the next five plus years, the majority are interested in walking (85%). The idea of exercising at home (49%), or swimming (30%) are also popular among those over 80.

**Figure 16: Activities interested in for staying physically healthy in the next 5 plus years**



Q22. In which of the following activities are you interested for staying physically healthy in the next 5 plus years? (Base: All 80+ year olds n=800)

Those in their early 80s are more likely to be interested in the following activities:

- swimming/water aerobics (35%; compared with 25% of those over 85); and
- individual sports (19%; compared with 9% of those over 85).

The following are more likely to be interested in walking to stay healthy:

- volunteers (93%; compared with 81% of those who do not volunteer); and
- those with a positive outlook on life (88%; compared with 68% of those with a negative outlook).

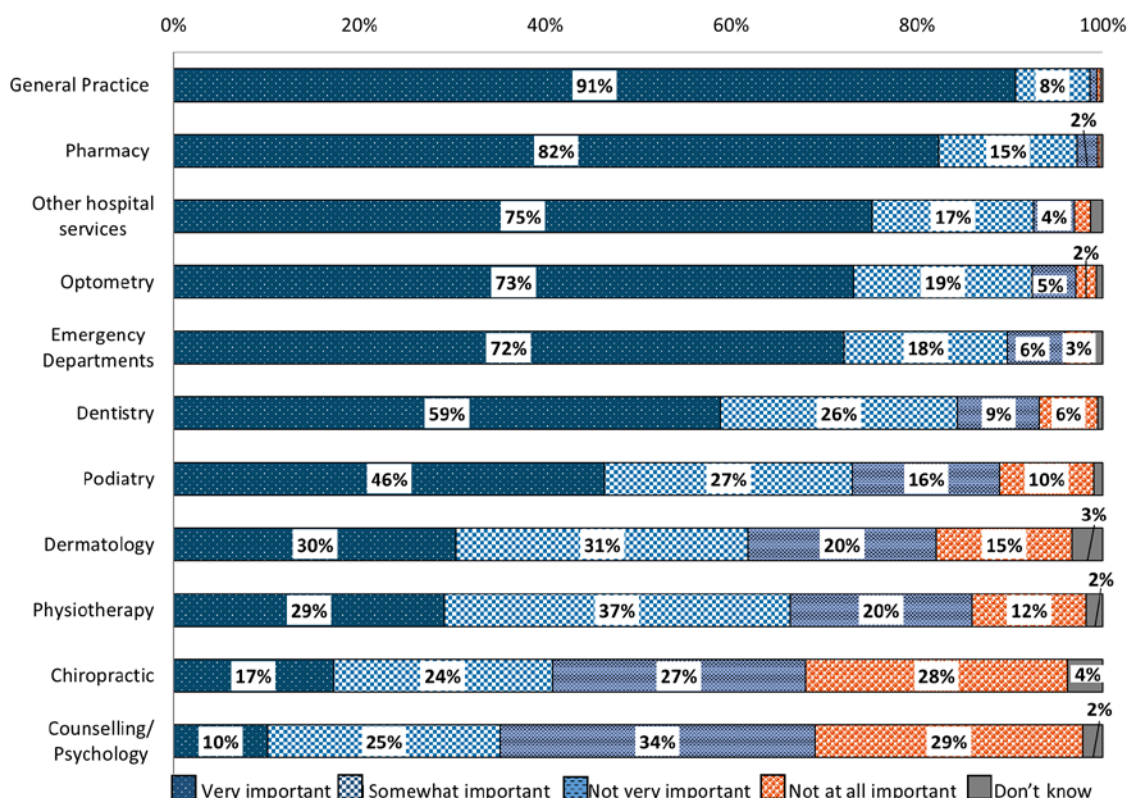
The following groups are more likely to be interested in group physical activity programs:

- those living alone (19%; compared with 13% of couples); and
- women (23%; compared with 10% of men).

## Services important to maintaining health

For those aged over 80, general practice (99%) and pharmacy (97%) are services seen as being important to maintaining health over the next five plus years. In contrast, and for more than half of respondents, counselling/psychology services (63%) and chiropractic services (55%) are viewed as not being important for maintaining health in the next 5 plus years.

**Figure 17: Importance of various health services**



Q21. And how important do you think each of the following services will be for maintaining your level of health in the next 5 plus years? (Base: All 80+ year olds n=800)

Women are significantly more likely to say the majority of services listed in Q21 will be very important to maintaining their health, as displayed in Table 3 below.

**Table 4: Importance of health services by gender**

	Women	Men
Emergency Departments	81%↑	67%↓
Optometry	83%↑	66%↓
Podiatry	57%↑	39%↓
Physiotherapy	37%↑	24%↓
Counselling/ Psychology	15%↑	7%↓

Table displays top box (very important) only. ↑↓ Denotes significant difference between subgroups

## 4.5 Housing and community

Around three quarters (76%) of those over 80 live in a detached (freestanding) house. The majority (86%) own their property outright and almost two-thirds (63%) have been living in their current property for more than twenty years. Among those who have moved property in the last 5 years, two-thirds (66%) did so to downsize to a smaller property and almost half (47%) because of accessibility or maintenance difficulties.

Among those who rent, almost all (95%) agree their property is stable and secure, and 87% feel it meets their needs. However, over one quarter (29%) are worried about the prospect of a rise in rent.

In terms of home modifications, almost three quarters (72%) of those aged over 80 have modified their property, and a further 18% are planning to undertake a modification on their property. When looking for information about modifications, respondents most commonly consult community service organisations (26%) or family or friends (21%).

Almost two thirds (63%) have considered their housing situation in the next 5 years, with most planning to remain in their current property (85%). In line with these findings, three in five feel involved in their communities (59%) and three quarters (74%) strongly agree that they want to stay in their current communities for as long as they can.

Specifically, the community values perceived as the most important for the future are feeling safe in the community (85% see this as very important), having easy access to a range of transport options (73%) and having opportunities for staying active and healthy made available (73%).

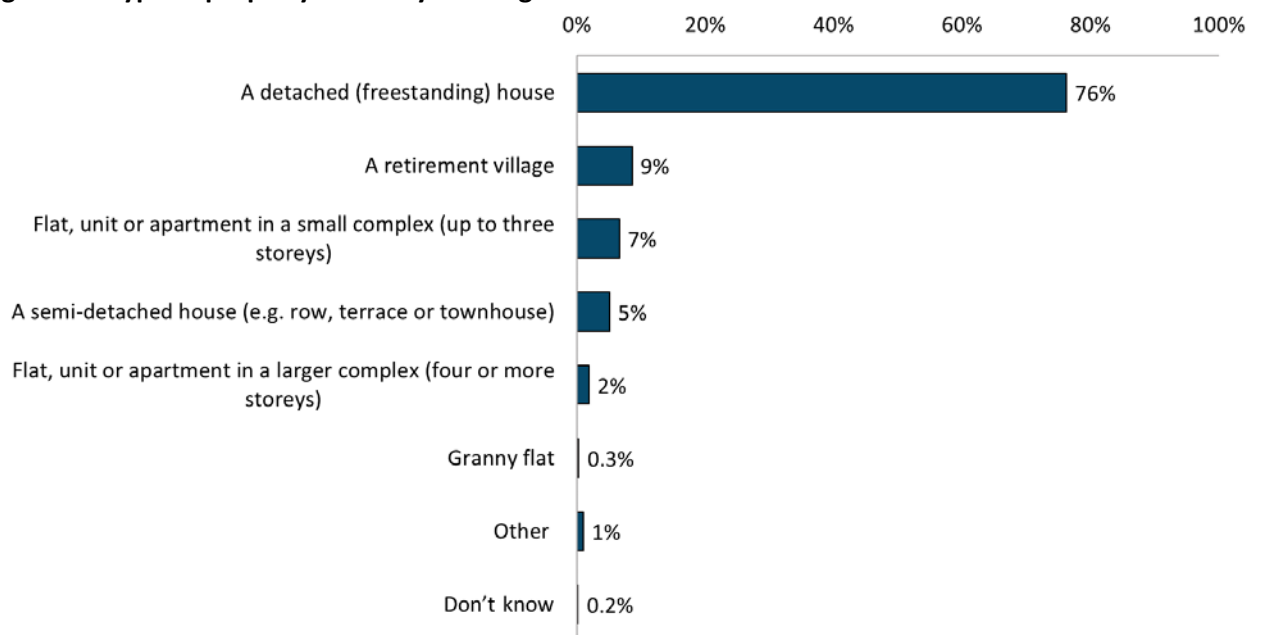


With regards to safety, trust and respect of older Australians, most respondents have positive feelings about how they are treated by family, friends and others. Despite these high levels of trust for family, friends, and others who visit their homes, elder abuse is a relatively big concern among those aged over 80. Three in five are worried that older people are being physically (59%) or emotionally (58%) abused.

### 4.5.1 Current housing situation

Three quarters (76%) of those aged over 80 are living in a freestanding house. Nearly one in ten (9%) are residing in a retirement village.

**Figure 18: Type of property currently residing in**



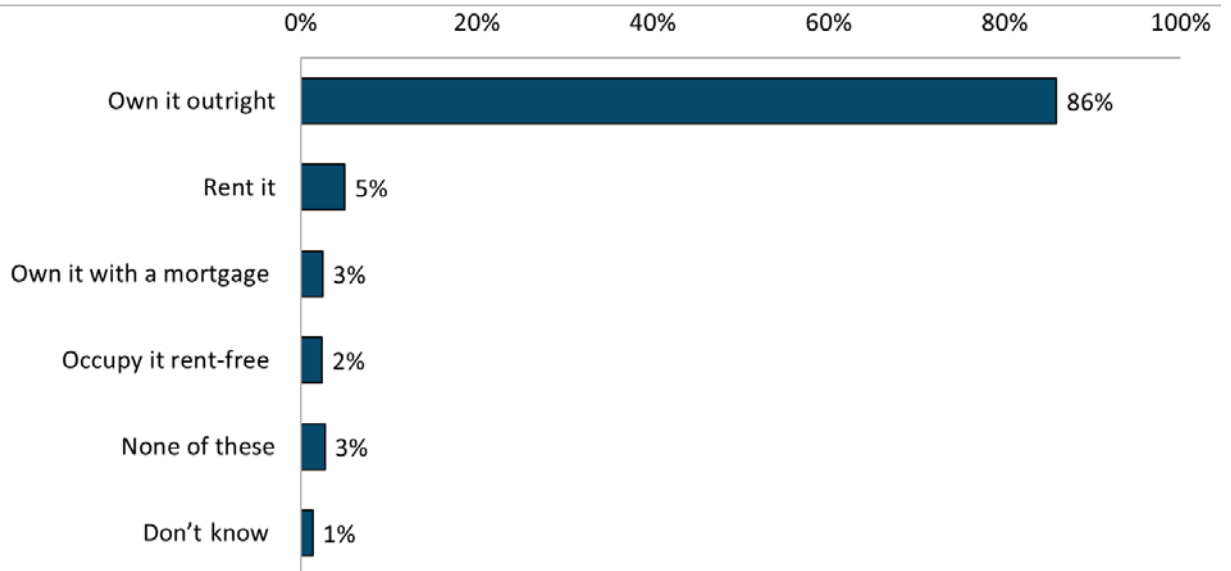
Q23. Which of the following best describes the property in which you currently live? (Base: All 80+ year olds n=800)

There are no significant differences between demographic subgroups and the type of property currently resided in.

## Housing financials

The vast majority (86%) own their property outright.

**Figure 19: Current housing arrangement**



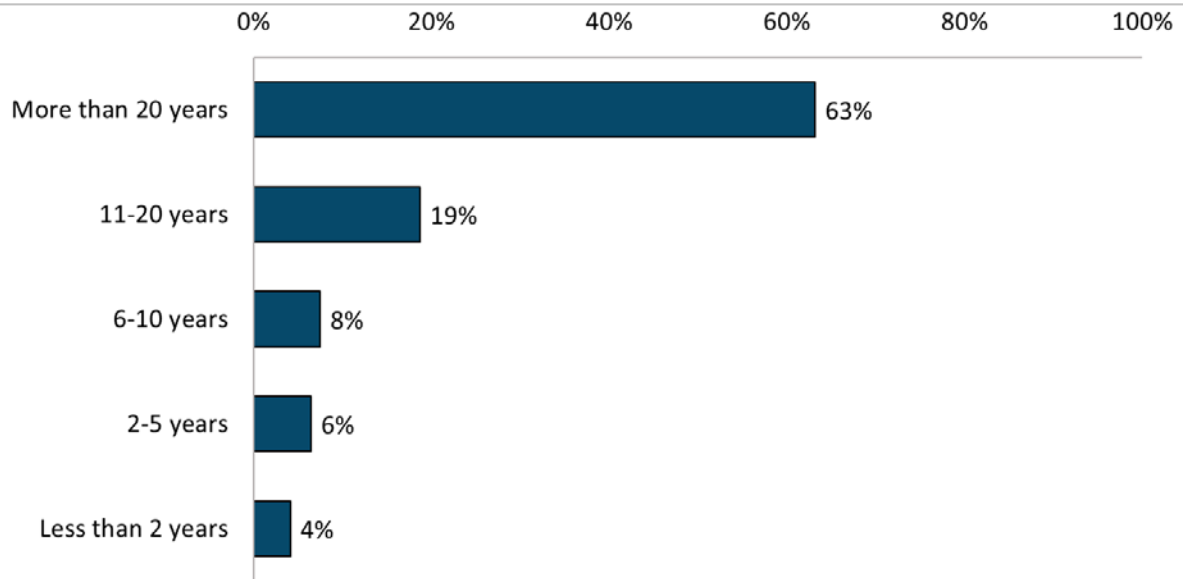
Q24. Thinking about the property in which you currently live, do you...? (Base: All 80+ year olds n=800)

Those in their early 80s are more likely to be renters (8%; compared with 2% of those aged over 85).

## Length of time spent living at current property

The majority (63%) have been living in their current property for more than 20 years. One in ten (11%) have moved property in the last five years.

**Figure 20: Length of time living at current property**



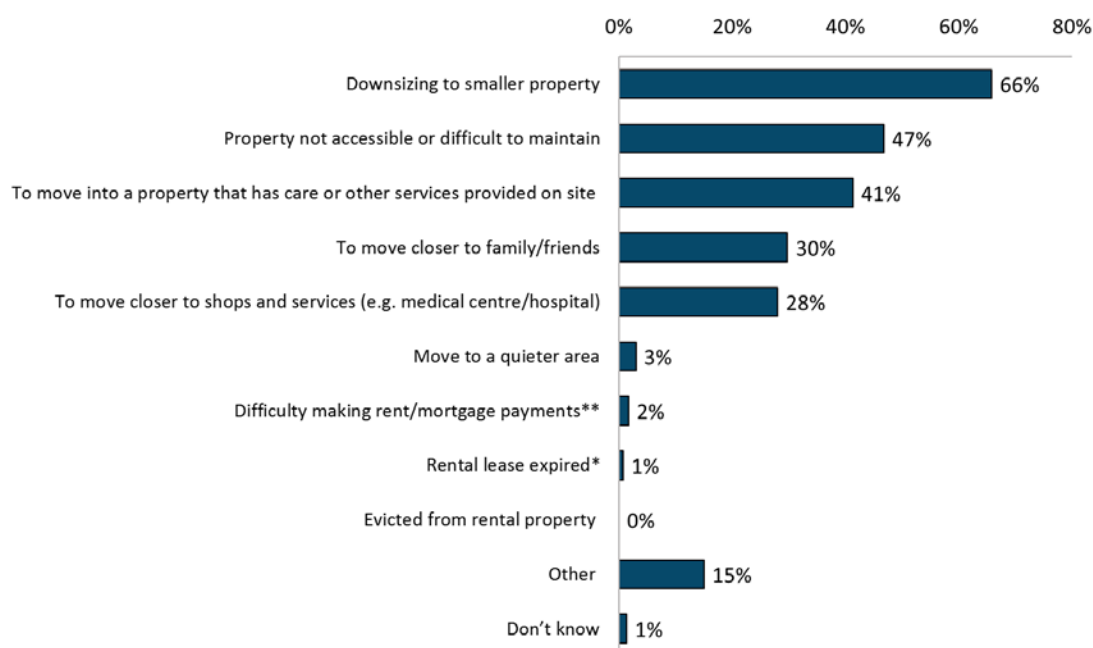
Q24a. And how long have you lived in your current property...? (Base: All 80+ year olds n=800)

Those in their 90s are more likely to have been living in their current property for more than 20 years (80%; compared with 59% of 80-84 year olds, and 62% of 85-89 year olds).

### Reasons for moving property in the last 5 years

Among those who have moved in the last five years, two thirds (66%) have done so to downsize.

**Figure 21: Reasons for moving**



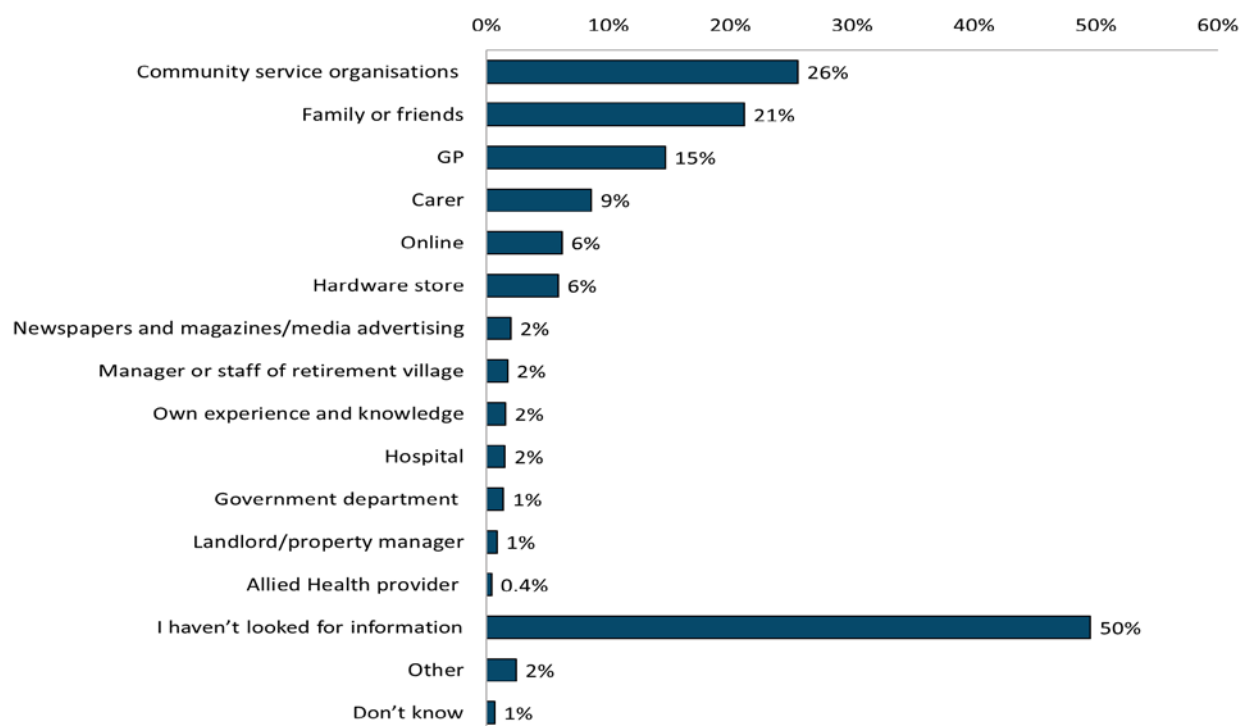
Q24b. For which of the following reasons have you moved property in the last 5 years? (Base: Those 80+ year olds who have lived in their current property for less than 5 years n=86). \*\*Question asked of renters/mortgage holders only. \*Question asked of renters only.

There are no significant differences between demographic subgroups and their reasons for moving in the last five years.

### Sources of information for home modifications and accessibility

Half (50%) of those aged over 80 have looked for information about home modifications and accessibility. The most common sources of information are community service organisations (26%), and family and friends (21%).

**Figure 22: Information sources for home modifications and accessibility**



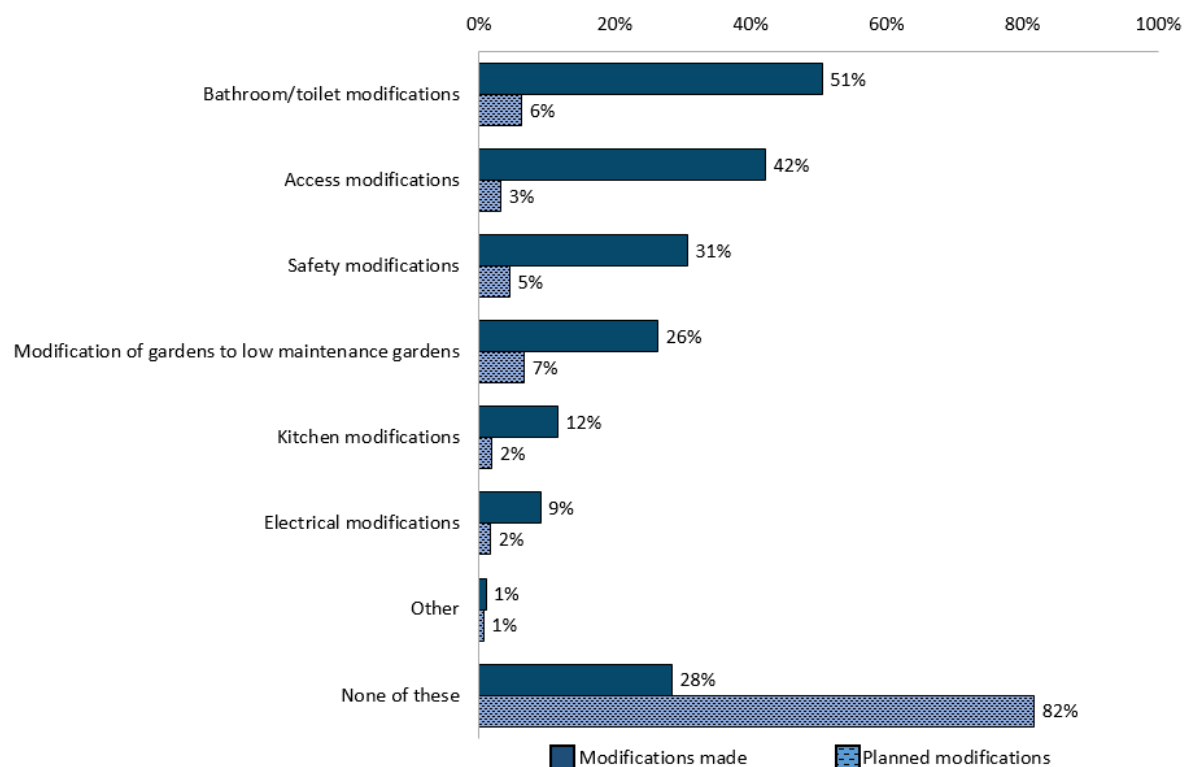
Q28c. Where have you looked for information, if at all, about home accessibility or modifications? (Base: All 80+ year olds n=800)

There are no significant differences between demographic subgroups and the search for information about home modifications and accessibility.

### Planning and making home modifications

Almost three quarters (72%) of those aged over 80 have modified their property, and a further 18% are planning to undertake a modification on their property.

**Figure 23: Home modifications (planned and already made)**



Q28a. Have you undertaken any of the following home modifications for the property in which you currently live? (Base: All 80+ year olds n=800)

Q28b. Are you planning to undertake any of the following home modifications for the property in which you currently live? (Base: Those 80+ year olds who did not select all responses at Q28a n=786)

Those aged over 85 are more likely to have modified their property (78%; compared with 65% of those aged 80-84). In terms of specific modifications, they are more likely to have modified the following:

- bathroom/toilet (56%; compared with 45% of 80-84-year olds); and
- home safety (38%; compared with 23% of 80-84-year olds).

Those living alone are more likely to have made the following modifications:

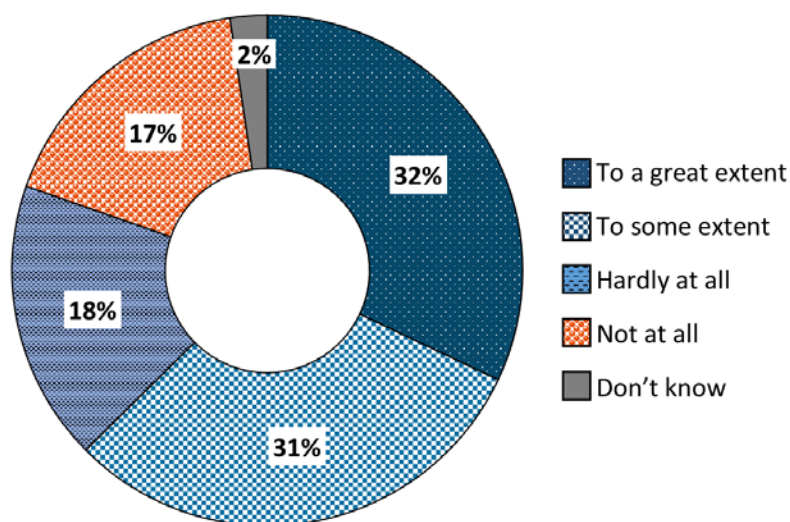
- home safety (38%; compared to 26% of couples); and
- accessibility improvements (46%; compared with 36% of couples).

Women are more likely to say they have made access modifications (49%; compared with 38% of men).

## 4.5.2 Future housing considerations

In terms of where they will live and who they will live with in the next five years, over one third (35%) have given this little to no consideration.

**Figure 24: Consideration of housing situation in 5 years' time**



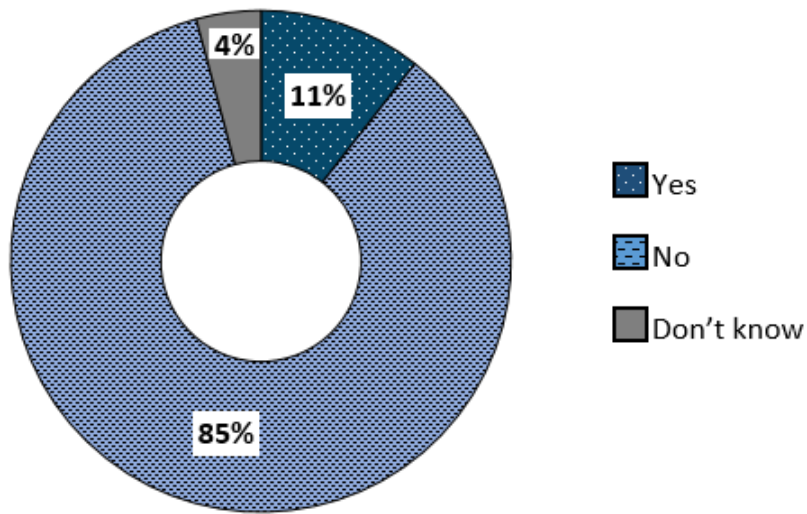
*Q25. Thinking about where you will live and who you will live with, to what extent have you considered your housing situation in the next 5 years? (Base: All 80+ year olds n=800)*

There are no significant differences between demographic subgroups and the consideration of housing situations in the next five years.

### Moving property

The vast majority (85%) do not intend to move to a different property in the next five years.

Figure 25: Plans to move property in the next 5 years



Q26. Do you plan to live in a different property in the next 5 years to the one in which you live currently? (Base: Those aged 80+ who have considered their housing situation in the next 5 years n=645)

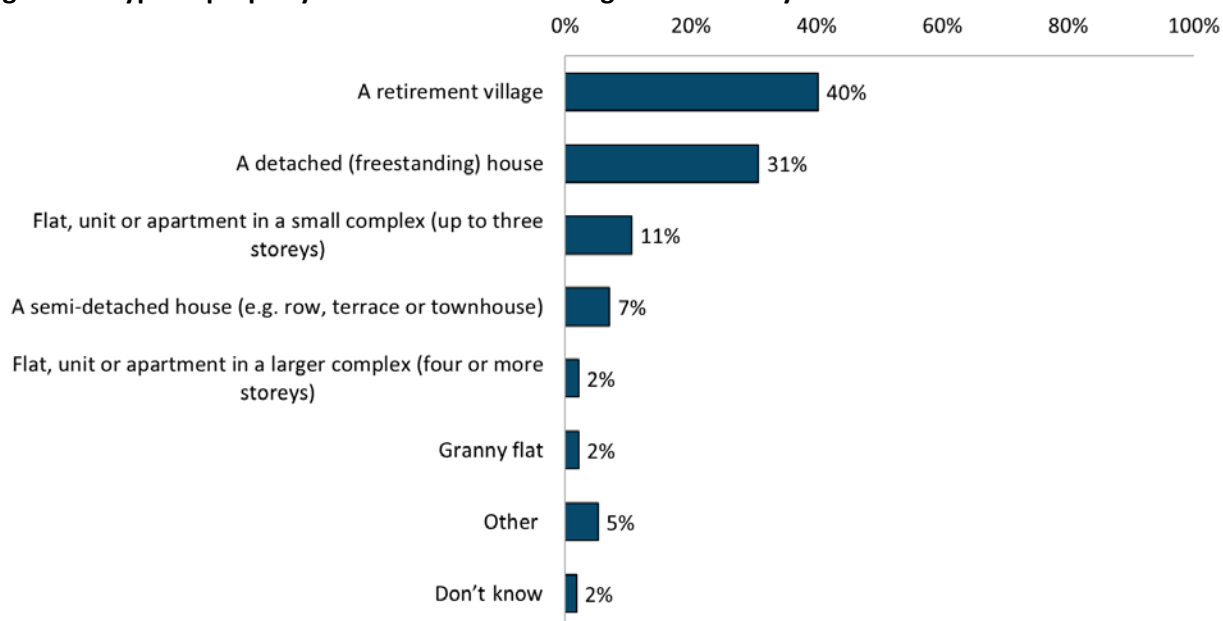
There are no significant differences between demographic subgroups and intention to move property in the next five years.

### Property type most interested in living in the next 5 years

Among those who do intend to move to another property in the next five years, a retirement village is the most desired property type (40%), followed by a freestanding house (31%).



**Figure 26: Type of property most interested in living in the next 5 years**



Q27. In which of the following types of properties are you most interested in living in the next 5 years? (Base: Those aged 80+ who plan to live in a different property in the next 5 years n=69)

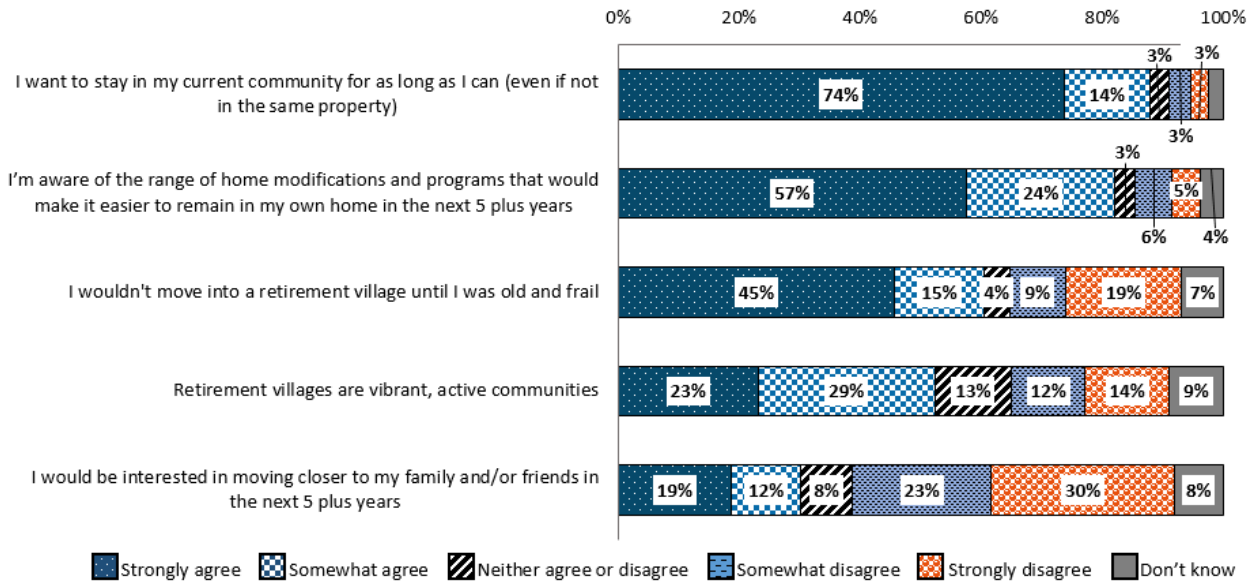
There are no significant differences between demographic subgroups and the type of property they are most interested in.

### 4.5.3 Housing sentiments

Nine in ten (88%) of those over 80 agree that they want to remain in their current community for as long as they can. Complementing this, eight in ten (82%) are aware of the range of home modifications that would make it easier to remain in their own home over the next 5 plus years.

With regards to retirement villages, only half (52%) agree that they are vibrant, active communities. Further to this, three in five (60%) agree that they wouldn't move into a retirement village until they were old and frail.

**Figure 27: Attitudes towards housing**



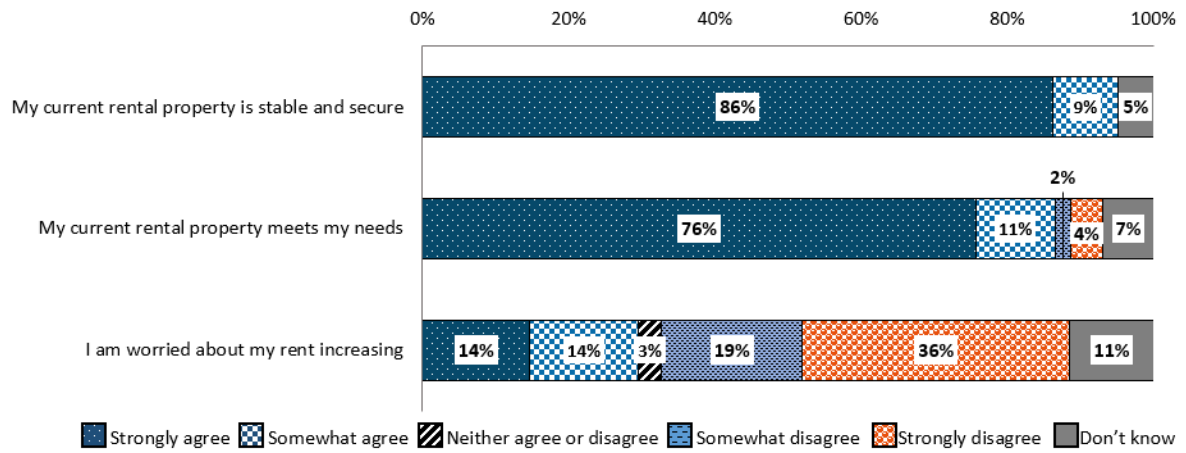
Q28. To what extent do you agree or disagree with each of the following statements? (Base: All 80+ year olds n=800)

There are no significant differences between demographic subgroups and their attitudes towards housing.

### Housing sentiments among renters

Among those who rent, almost all (95%) believe their property is stable and secure, and 87% feel it meets their needs. However, over one quarter (29%) are worried about the prospect of a rise in rent.

**Figure 28: Attitudes towards rental housing**



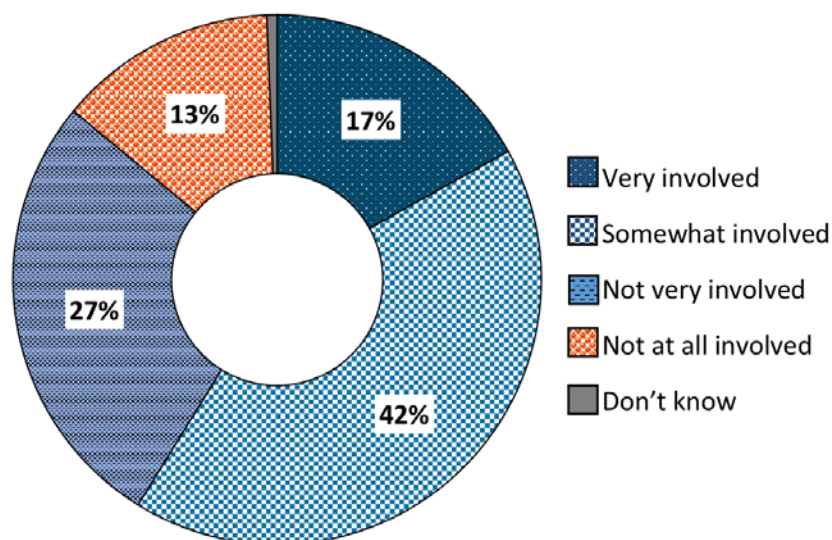
Q28. To what extent do you agree or disagree with each of the following statements? (Base: 80+ year olds who rent n=61)

There are no significant differences between demographic subgroups and their attitudes towards their current rental property.

#### 4.5.4 Liveable communities

Over half (59%) feel involved in their community. However, over one in eight (13%) do not feel involved at all.

Figure 29: Perception of current community involvement



Q33. How involved do you currently feel in your community? (Base: All 80+ year olds n=800)

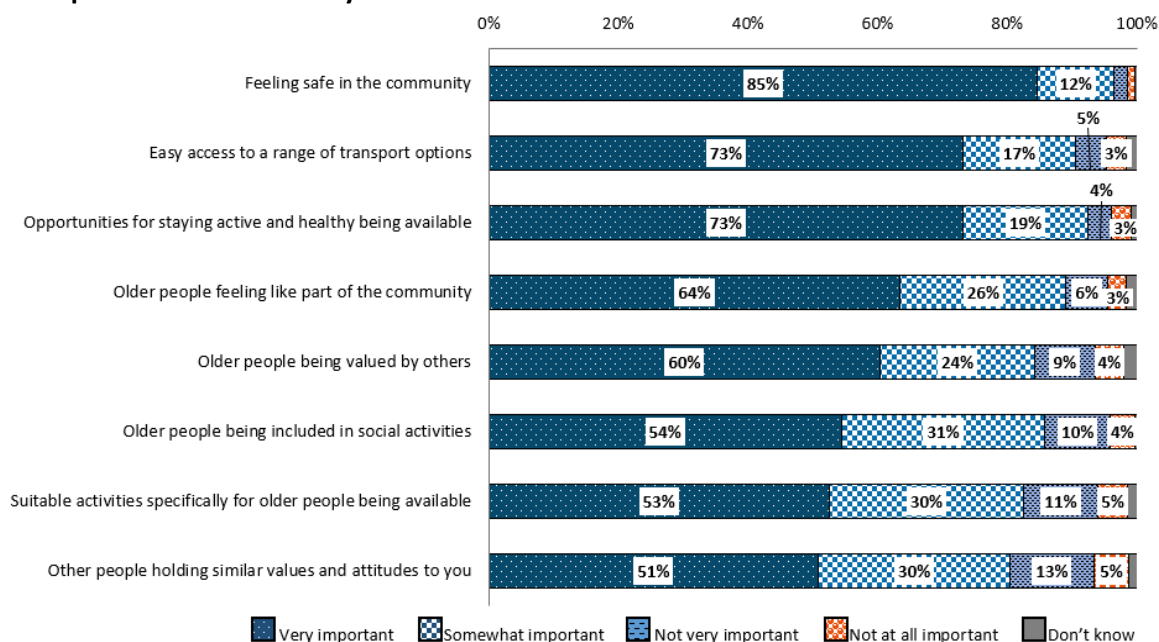
Volunteers are significantly more likely to feel involved in their community (83%; compared with 47% of those who do not volunteer).

Almost half (47%) of pensioners do not feel involved in their community, compared with 36% of retirees.

### Community values

Those aged over 80 place considerable emphasis on community values when considering where they'll be living in the next 5 plus years. Almost all view feeling safe in the community (96%), availability of opportunities for staying active and healthy (92%), and easy access to a range of transport options (90%) as important aspects of community living.

**Figure 30: Importance of community values**



Q34. Think about the next 5 plus years and the community in which you'll be living. How important do you think each of the following will be? (Base: All 80+ year olds n=800)

For those living alone, having suitable activities for older people available is a very important community consideration (59%; compared with 46% of couples).

Women aged over 80 generally consider community values to be more important than men, as displayed in Table 5 below.

**Table 5: Community values by gender**

	Women	Men
Feeling safe in the community	90%↑	81%↓
Older people being valued by others	68%↑	55%↓
Older people being included in social activities	65%↑	48%↓
Suitable activities specifically for older people being available	62%↑	46%↓

Table displays top box (very important). ↑ ↓ Denotes significant difference between subgroups

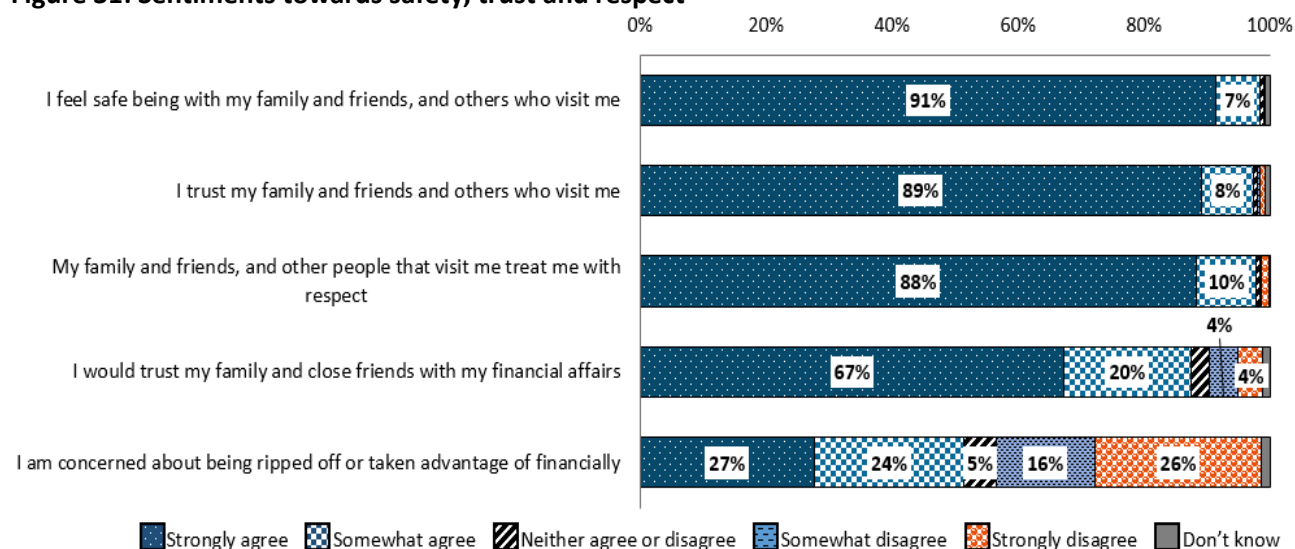
## Perceptions regarding safety, trust and respect of older Australians

Among those over 80, most have positive feelings regarding how they are treated by family, friends and others. More specifically, almost all agree that they feel safe being with their family and friends

and others who visit them (98%), trust their family and friends and others who visit them (97%), and feel they are treated with respect by family, friends and others who visit (98%).

At the same time, however, half (51%) agree that they are concerned about being ripped off or taken advantage of financially.

**Figure 31: Sentiments towards safety, trust and respect**



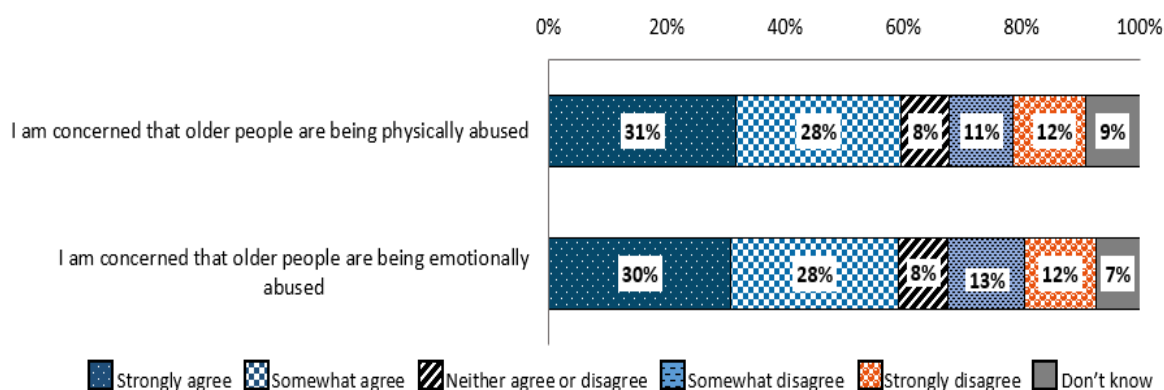
Q34c. Thinking about your family and friends, and the people who come into your home to visit, help or support you. To what extent do you agree or disagree with the following statements? (Base: All 80+ year olds n=800). Note: I'd prefer not to answer option not charted (n= ranges from 2 to 5)

Women are significantly more likely to say they would trust their family and close friends with their financial affairs (92%; compared with 83% of men).

### Concerns about physical and emotional abuse of older Australians

Despite high levels of trust for family, friends, and others who visit their homes, elder abuse is a relatively big concern among those aged over 80. Three in five are worried that older people are being physically (59%), and emotionally (58%) abused.

**Figure 32: Physical and emotional abuse concerns**



Q34c. Thinking about your family and friends, and the people who come into your home to visit, help or support you. To what extent do you agree or disagree with the following statements? (Base: All 80+ year olds n=800). Note: I'd prefer not to answer option not charted (n= 10 and 11)

There are no significant differences between demographic subgroups and concern that older people are being abused.

## 4.6 Transport

More than three quarters (77%) of those over 80 drive a car on a day-to-day basis. Two-thirds (66%) also state that they walk as a means of day-to-day travel to and from various locations. Walking (84%) and either having access to a car as a driver (76%) or a passenger (76%) are perceived as being the most important day-to-day transport modes in the next 5 plus years. Additionally, among those who drive, almost all (97%) view having a driver licence as being important in the next 5 plus years.

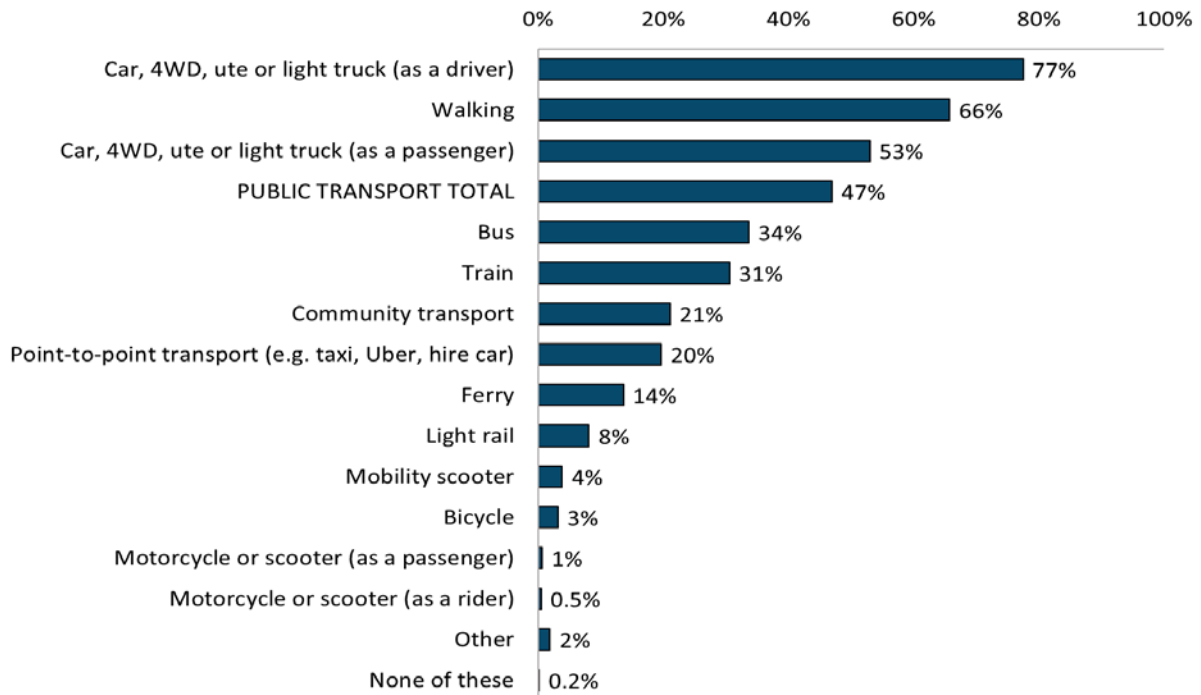
Slightly fewer than half of respondents (47%) use public transport for their day-to-day travel.

The facilities and amenities perceived as most important to have access to in the future are medical services (92% say very important), family and/or friends (86%) and stores and shopping centres (75%).

## 4.6.1 Day-to-day transport

Over three quarters (77%) are driving a car for their day-to-day transport, and a further 53% are using a car as passenger. Less than half (47%) are using public transport for day-to-day travel.

**Figure 33: Commonly used modes of transport**



Q29. Which of the following types of transport do you use for day-to-day travel to and from various locations? (Base: All 80+ year olds n=800)

Those in their early 80s are more likely to drive a car for day-to-day transport (83%), whereas those over 85 are more likely to use a car as a passenger (58%). Those aged over 85 are also more likely to use:

- community transport (26%; compared with 16% of 80-84-year olds); and
- point-to-point transport (26%; compared with 13% of 80-84-year olds).

Those living alone are more likely to use the following types of transport:

- community transport (26%; compared with 16% of couples); and
- point-to-point transport (24%; compared with 14% of couples).

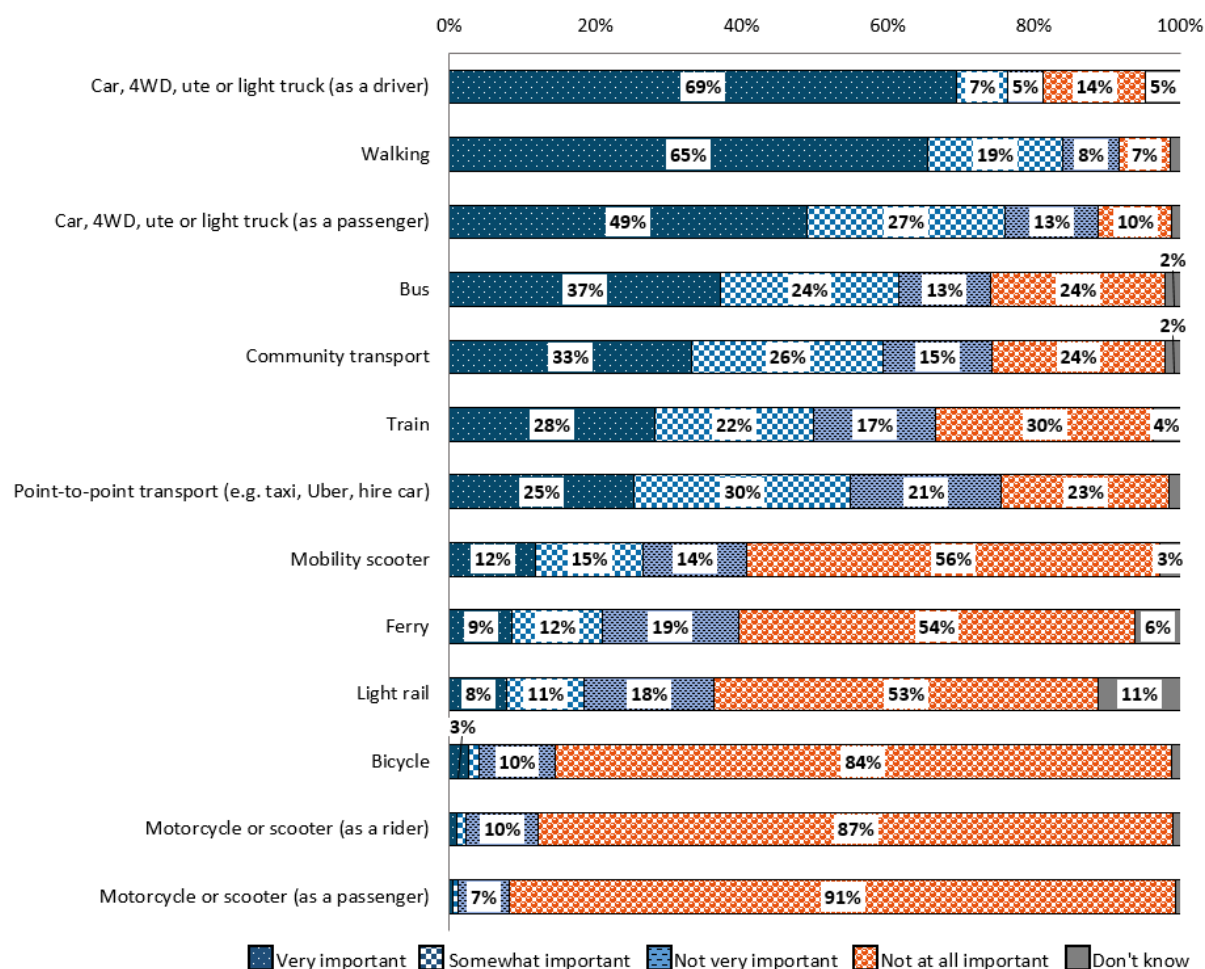
Men are more likely to drive day-to-day (85%; compared with 66% of women).



## 4.6.2 Day-to-day transport in the next 5 plus years

For those aged over 80, walking (84%) and either having access to a car as a driver (76%) or a passenger (76%) are perceived as being the most important day-to-day transport modes in the next 5 plus years. In terms of public transport, three in five (61%) say it will be important to have access to bus services and half (50%) say that having access to trains will be important.

**Figure 34: Importance of various transport modes in the next 5+ years**



Q30. How important do you think it will be to your quality of life in the next 5 plus years to have access to each of the following types of transport? (Base: All 80+ year olds n=800)

Men are significantly more likely to say having access to a car as a driver will be important to their quality of life. In comparison women are more likely to say ride sharing services will be important, as displayed in Table 6 below.

**Table 6: Importance of transport types by gender**

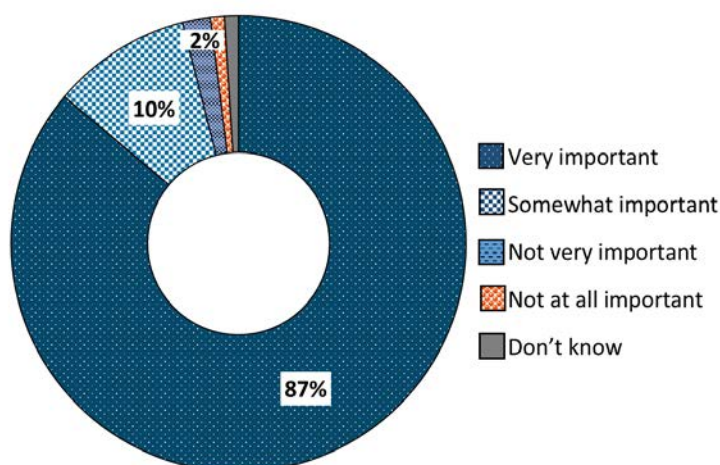
	Women	Men
Car (as a driver)	64%↓	84%↑
Community transport	68%↑	53%↓
Point-to-point transport	33%↑	20%↓

Table displays top 2 box (very important + somewhat important). ↑↓ Denotes significant difference between subgroups

### Driving in the next 5 plus years

Among those who drive, almost all (97%) say continuing to hold a licence in the next five plus years is important to them.

**Figure 35: Importance of holding a driver licence in next 5+ years**



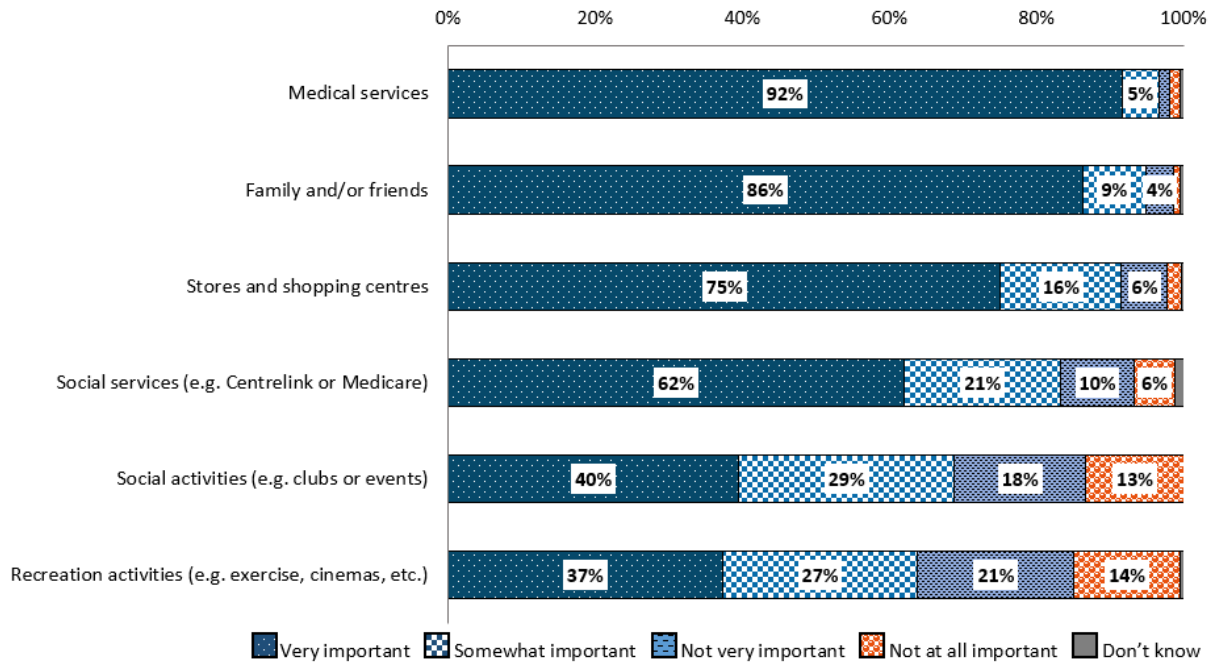
Q32. How important is it that you have a driver licence in the next 5 plus years? (Base: 80+ year olds who currently drive n=602)

There are no significant differences between demographic subgroups and the perceived importance of holding a driver's licence in the next five plus years.

### 4.6.3 Transport access to services and activities in next 5 plus years

In the next five plus years, having transport access to a range of services and activities will be important. Almost all of those aged over 80 feel that it will be important to have access to medical services (97%) in the next 5 plus years. It will be similarly important to have access to family and/or friends (95%) and stores and shopping centres (92%).

**Figure 36: Importance of transport access to services and activities in next 5 plus years**



Q31. How important do you think it will be to have easy transport access to each of the following in the next 5 plus years?  
 (Base: All 80+ year olds n=800)

Retirees are more likely to consider having access to the following activities important:

- recreation activities (71%; compared with 55% of pensioners); and
- social activities (74%; compared with 63% of pensioners).

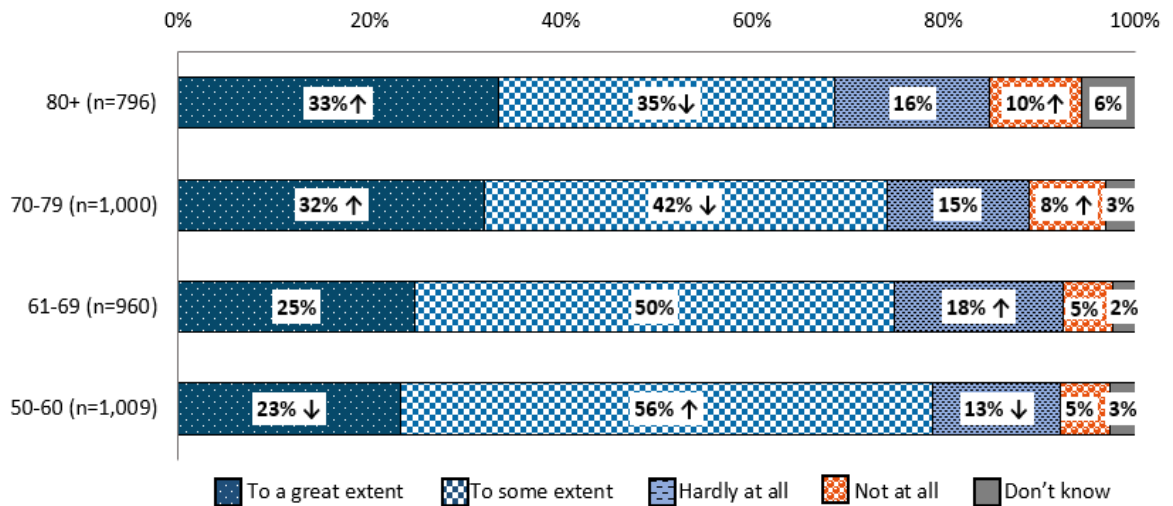
# 5 Comparison of cohorts

## 5.1 Ageing

Consideration of life in the next five plus years varies significantly by age group. At an overall level, those aged over 80 are less likely to have put consideration into this (69%), particularly when compared to the youngest cohort, those in their 50s (79%).

At the same time, however, it is evident that life considerations vary with age. Further, when compared with the two younger cohorts those in their 70s and those over 80 are more likely to have considered their future lives to a great extent.

**Figure 37: Consideration of life in the next five plus years by age cohort**

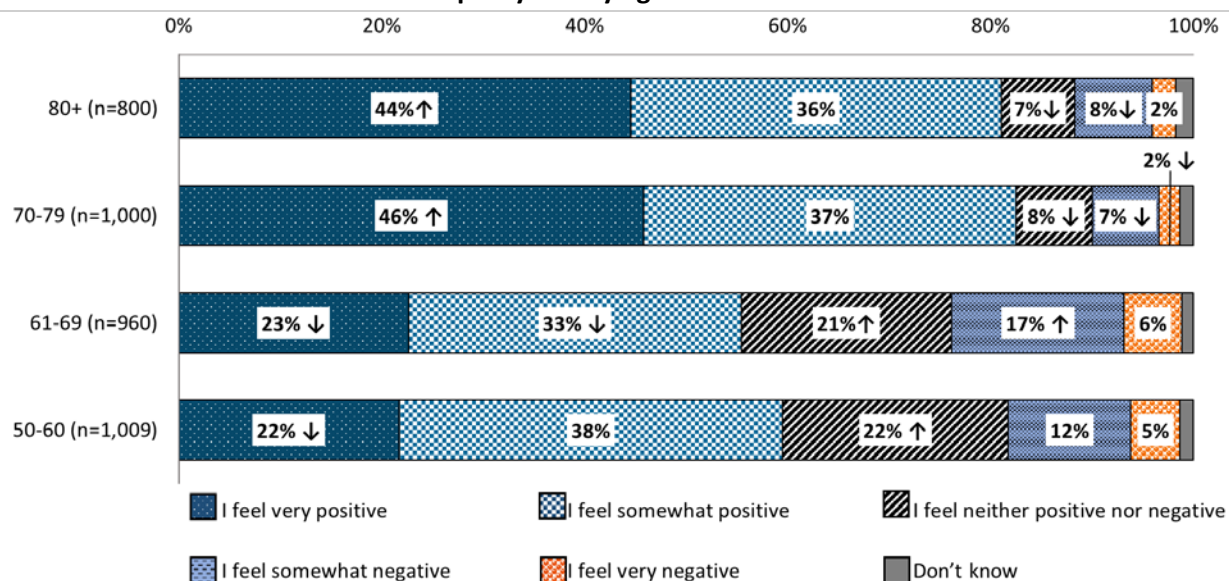


Q11. To what extent have you considered your life in the next five plus years? (Base displayed on chart) ↑ ↓ Denotes significant different between age groups

### Outlook on life in future years

Again, outlook on life varies significantly by age. However, it is those in their 70s (82%) and those over 80 (81%) who are significantly more likely to have a positive outlook on the next five plus years.

**Figure 38: Outlook on life in the next five plus years by age cohort**



Q13. When thinking about your life in the next five plus years, do you mostly feel positive or negative? (Base displayed on chart) ↑↓ Denotes significant different between age groups

## Ageing sentiments

When compared with the younger age groups, both those aged 80+ and those in their 70s are more likely to agree regarding their attitudes towards ageing. Specifically, they are more likely to agree that they:

- Should take responsibility for their own financial situation;
- Have started to feel old recently; and
- Have been struggling to adapt and keep up with technology recently.

See Table 7 below for a complete breakdown of attitudes by age cohort.

**Table 7: Attitudes towards ageing by cohort**

	50-60	61-69	70-79	80+
I should take responsibility for my own living situation in future years	92%	92%	95%	95%
I should take responsibility for my own level of health in future years	91%	92%	94%	94%
I should take responsibility for my own day-to-day travel needs in future years	88%	89%	90%	88%
I should take responsibility for my own financial stability in future years	88%	87%	92%↑	93%↑
I have started to feel old recently	37%	37%	51%↑	67%↑
I have been struggling to adapt and keep up with technology recently	26%	26%	52%↑	56%↑

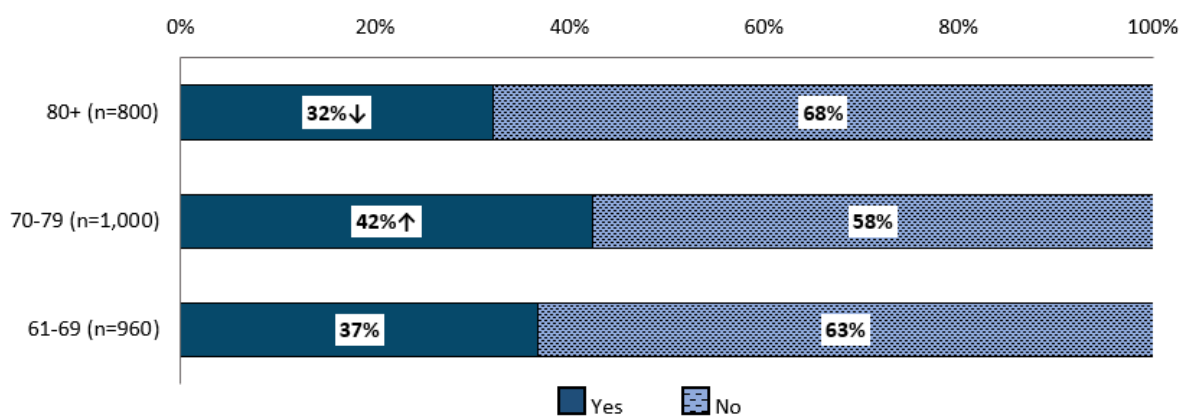
Q17. To what extent do you agree or disagree with each of the following statements

Top 2 box score (strongly + somewhat agree) displayed in table ↑↓ Denotes significant different between age groups

## 5.2 Volunteering

Participation in volunteering activities is significantly lower among those aged over 80, when compared to the younger cohorts.

**Figure 39: Participation in volunteering activities by age cohort**

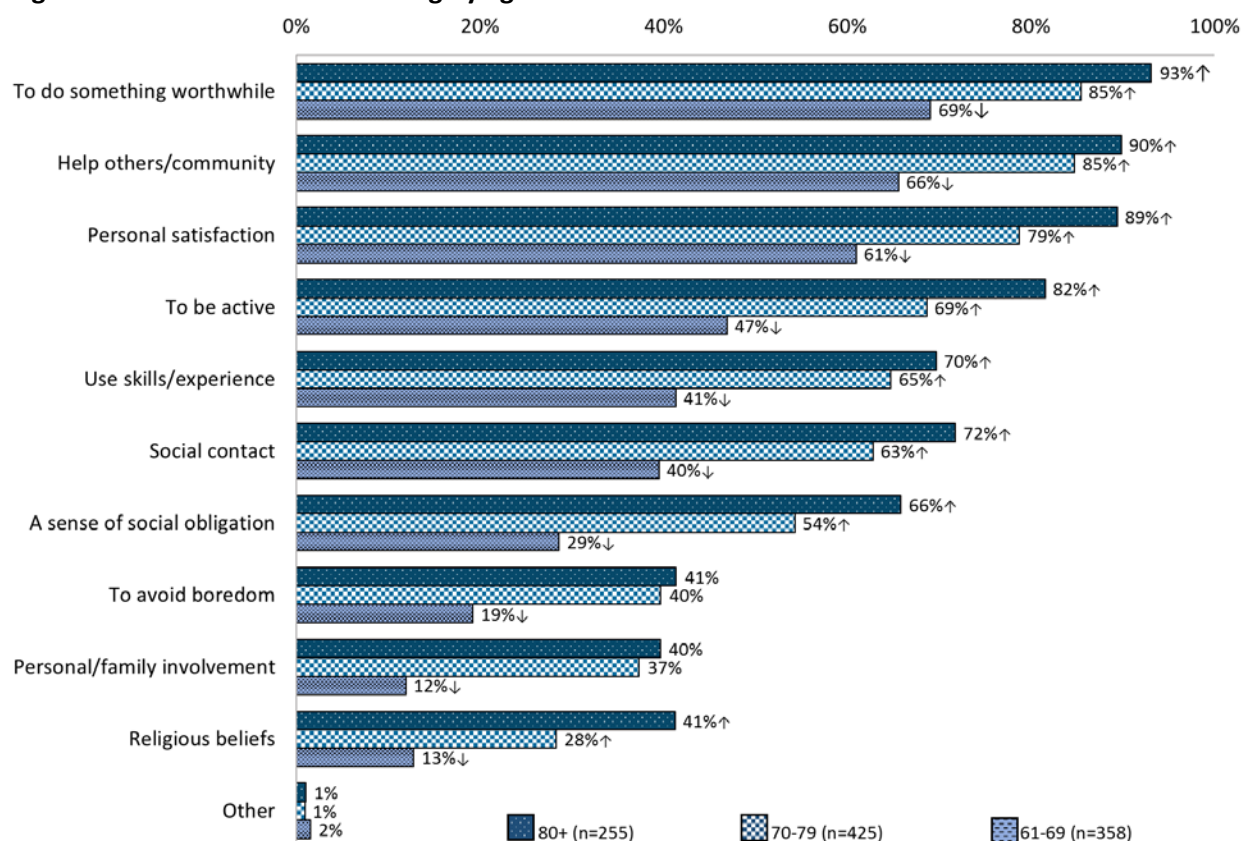


Q10B. Do you participate in any volunteering activities? (Base displayed on chart) ↑↓ Denotes significant different between age groups

## Reasons for volunteering

Across all age groups the most common reasons for volunteering are fairly consistent. However, those aged over 80 are the most likely to identify these as motivators.

**Figure 40: Reasons for volunteering by age cohort**



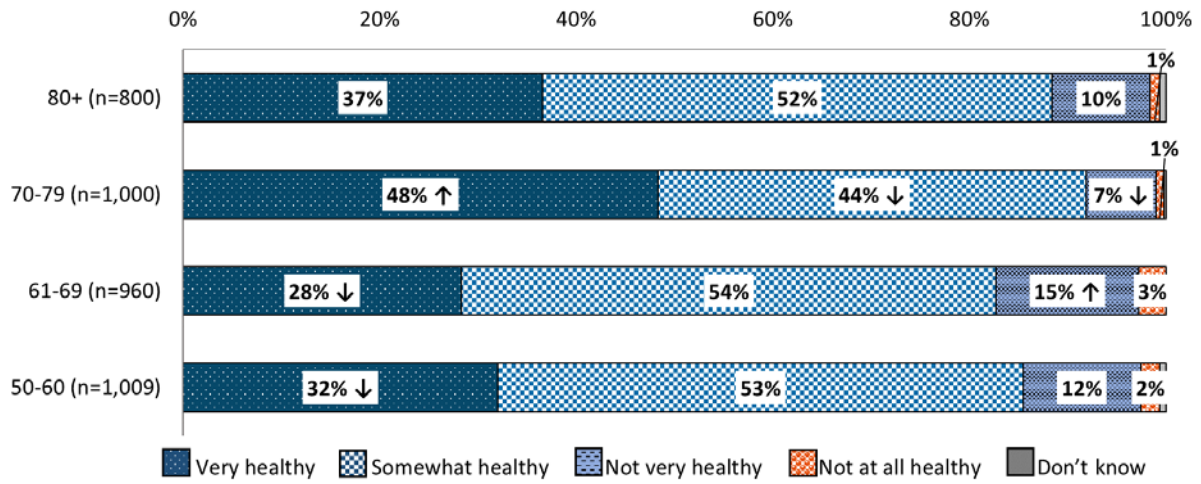
Q10d. Which of the following best describe your motivation for volunteering? (Base displayed on chart) ↑↓ Denotes significant different between age groups

## 5.3 Health

### Physical health

When compared to those in their 60s, those over 80 are more likely to rate their current level of physical health as healthy (88%; compared with 83% for those in their 60s). Those in their 70s are significantly more likely than all other age groups to rate their current level of physical health as being healthy.

**Figure 41: Self-rated level of physical health by age cohort**

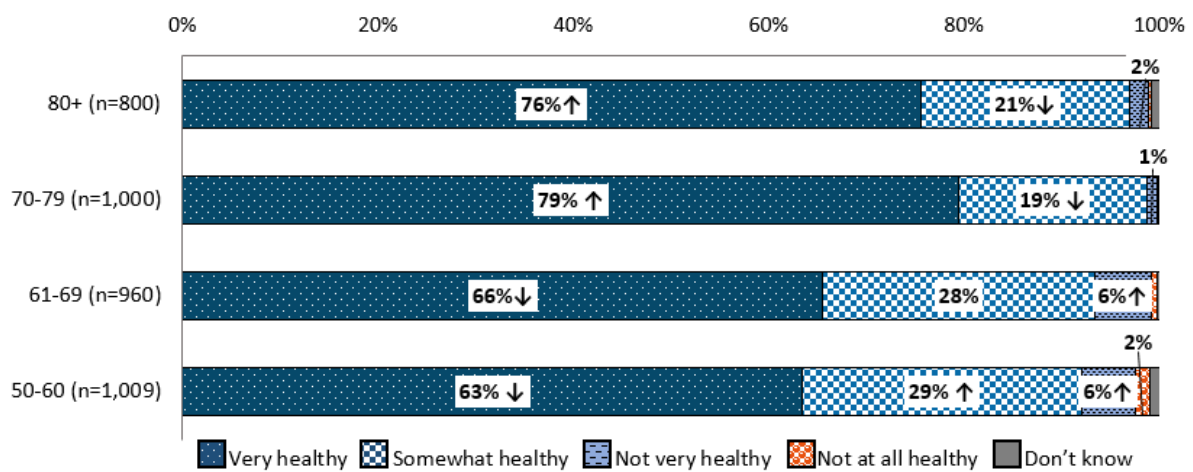


Q18. How would you rate your current level of physical health? (Base displayed on chart) ↑ ↓ Denotes significant different between age groups

## Mental health

Further, those aged over 80 (97%) and those in their 70s (98%) are more likely than the younger cohorts to rate their current level of mental health as being healthy.

**Figure 42: Self-rated level of mental health by age cohort**



Q19. How would you rate your current level of mental health? (Base displayed on chart) ↑ ↓ Denotes significant different between age groups



## Maintaining health

When compared with the younger age cohorts, several factors are seen as being significantly more important to maintaining health for the two older age groups (70s and those aged 80+). For those in their 70s, all factors are seen as being significantly more important than for the younger age groups, whereas for those aged 80+ the following factors are viewed as being significantly more important:

- staying mentally active;
- having a positive mental outlook;
- personal hygiene;
- eating healthily;
- taking safety precautions; and
- seeing your health care provider regularly.

See Table 8 below for a complete breakdown of factors by age cohort.

**Table 8: Factors important to maintaining health by age cohort**

	50-60	61-69	70-79	80+
Staying mentally active	86%	89%	96%↑	94%↑
Having a positive mental outlook	84%	86%	95%↑	92%↑
Personal hygiene	83%	84%	94%↑	94%↑
Staying physically active	78%	79%	87%↑	82%
Eating healthily	78%	79%	91%↑	88%↑
Minimising stress	72%	71%	80%↑	76%
Taking safety precautions	66%	66%	85%↑	88%↑
Seeing your health care provider regularly	56%	59%	76%↑	77%↑

Q20. How important do you think each of the following will be for maintaining your level of health in 5-15 years?

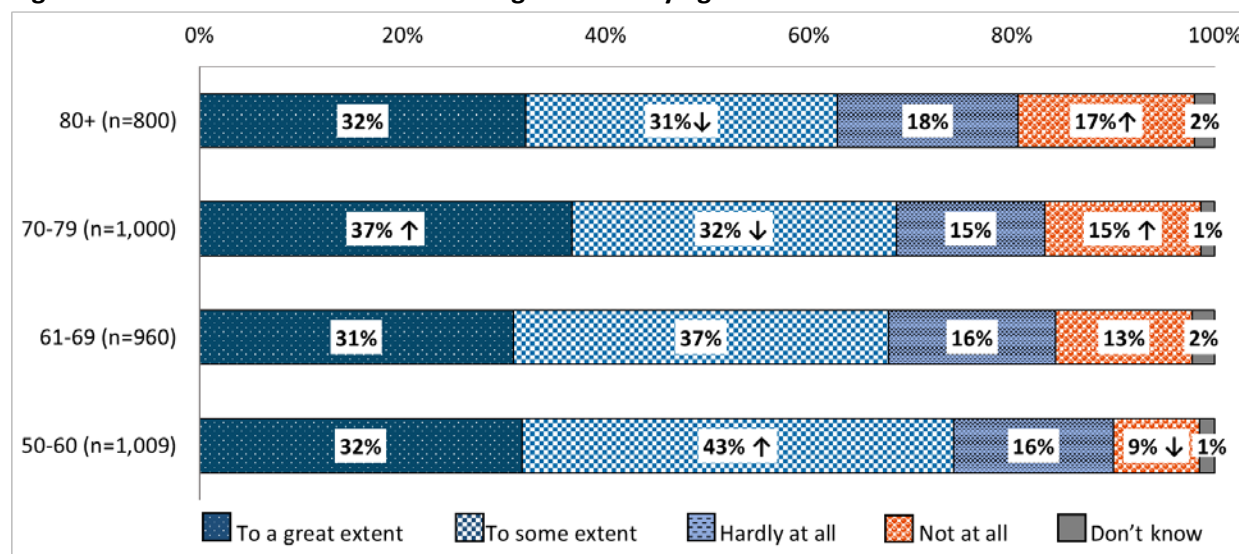
Top box score (very important) displayed in table ↑↓ Denotes significant different between age groups

## 5.4 Housing and community

### Consideration of housing situation

Those aged over 80 are much less likely to have considered their future housing situation (63%), when compared to the younger cohorts.

**Figure 43: Consideration of future housing situation by age cohort**

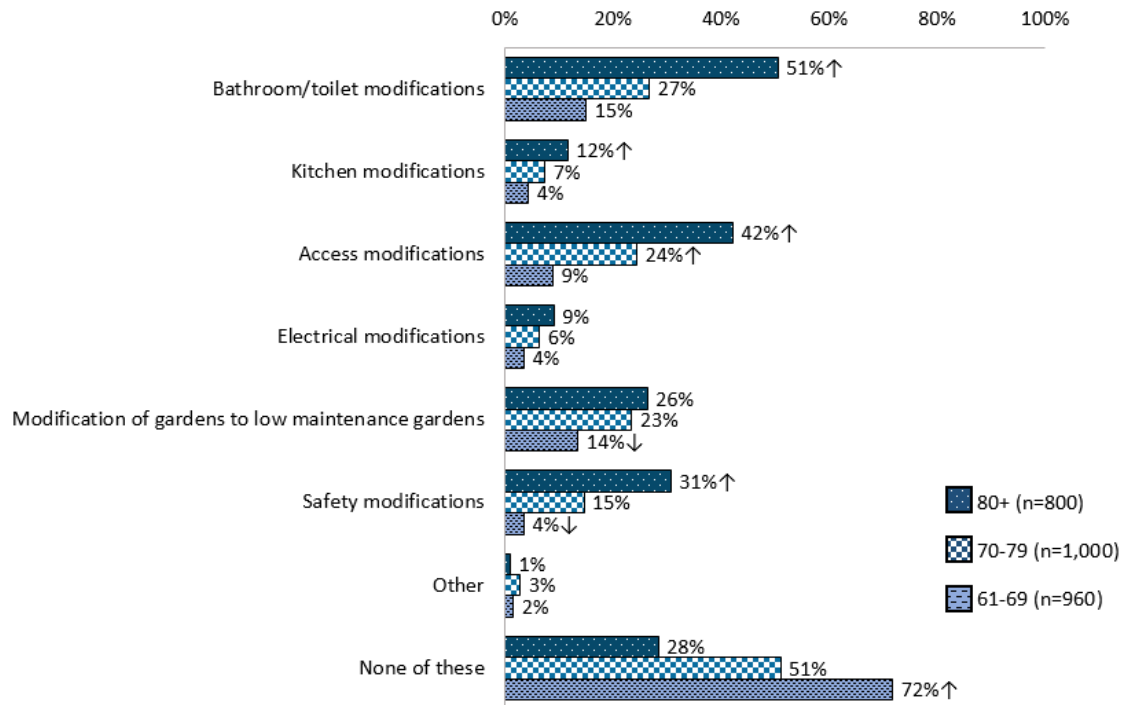


Q25. Thinking about where you will live and who you will live with, to what extent have you considered your housing situation in 5 years? (Base displayed on chart) ↑ ↓ Denotes significant different between age groups

### Home modifications

Despite being less likely to have considered their housing situation, those over 80 are significantly more likely to have undertaken home modifications on their property (72%). Across all age groups, bathroom, access, safety, and low maintenance gardens are the most common modifications.

**Figure 44: Home modifications by age cohort**

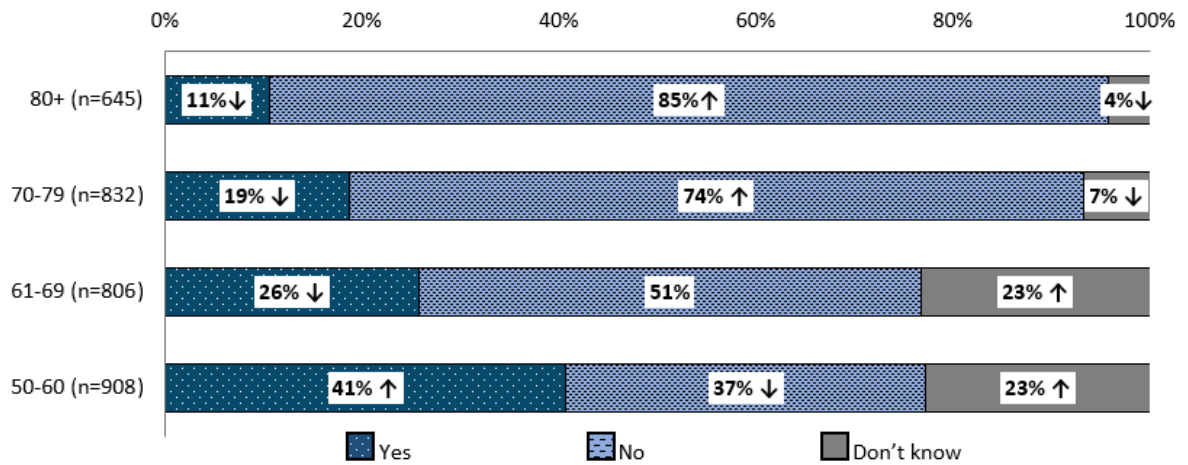


Q28a. Have you undertaken any of the following home modifications for the property in which you currently live? ↑ ↓  
Denotes significant different between age groups

### Plans to move property

The vast majority (85%) of those aged over 80 have no intention to move to a different property in the next five years. In comparison, those in their 50s and 60s are much less certain as to whether or not they will move in the future (both 23%).

**Figure 45: Plans to move property by age cohort**

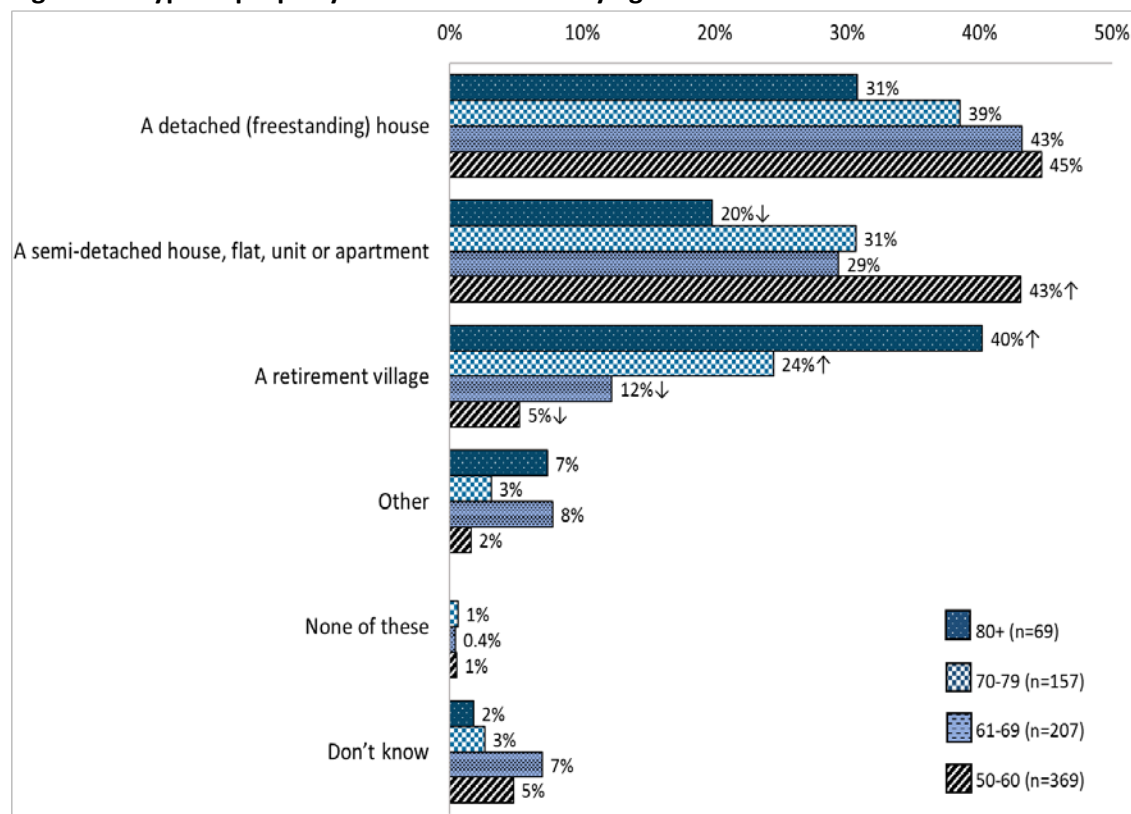


Q26. Do you plan to live in a different property in 5 years to the one in which you live currently? (Base displayed on chart)  
 ↑↓ Denotes significant different between age groups

### Type of property most interested in

Among those who plan to move property in the coming years, the type of property they are most likely to be interested in varies significantly by age group. Those aged over 80 are most likely to be interested in a retirement village (40%), whereas those in their 50s are more likely to be interested in a flat or apartment unit (43%).

**Figure 46: Type of property most interested in by age cohort**



Q27. In which of the following types of properties are you most interested in living in the next five plus years? (Base displayed on chart) ↑↓ Denotes significant different between age groups

## Housing sentiments

In comparison to the younger cohorts, those aged 80+ and those in their 70s are more likely to agree regarding several housing-related statements. While those in their 70s are more likely to agree regarding all statements, those aged over 80 are more likely to agree that:

- they want to stay in their current community for as long as they can;
- they're aware of the range of home modifications and programs that would make it easier to remain in their own home in 5-15 years; and
- retirement villages are vibrant, active communities.

See Table 9 below for a complete breakdown of housing attitudes by age cohort.

**Table 9: Attitudes towards housing by age cohort**

	50-60	61-69	70-79	80+
I want to stay in my current community for as long as I can	73%	75%	89%↑	88%↑
I'm aware of the range of home modifications and programs that would make it easier to remain in my own home in 5-15 years	65%	68%	82%↑	82%↑
I wouldn't move into a retirement village until I was old and frail	61%	60%	69%↑	60%
Retirement villages are vibrant, active communities	40%	43%	58%↑	52%↑
I would be interested in moving closer to my family and/or friends in 5-15 years	44%↑	35%	45%↑	30%

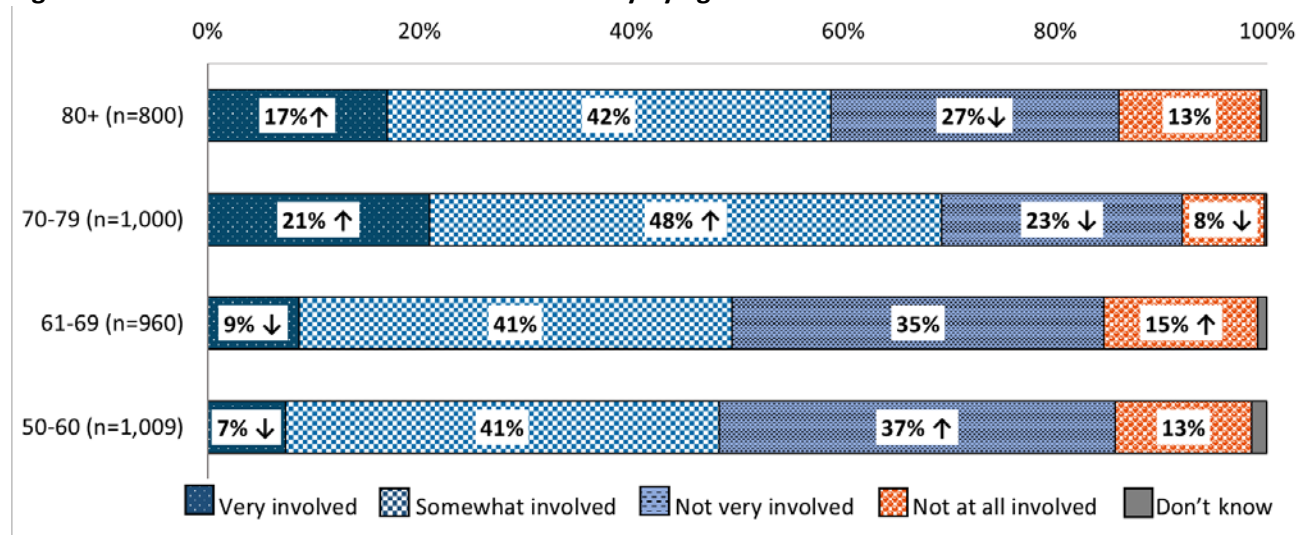
Q28. To what extent do you agree or disagree with each of the following statements

Top 2 box score (strongly + somewhat agree) displayed in table ↑↓ Denotes significant different between age groups

## Community involvement

Feelings regarding current community involvement tend to vary significantly by age group. Both those in their 80s (59%) and those in their 70s (69%) are more likely than the younger age cohorts to feel part of their communities.

**Figure 47: Perceived involvement in the community by age cohort**



Q33. How involved do you currently feel in your community? ↑↓ Denotes significant different between age groups

## 5.5 Transport

Day-to-day travel modes vary significantly by age cohort. Both those in their 70s and those aged over 80 are more likely than those in the younger age cohorts to use a variety of transport modes for their day-to-day transport. A complete breakdown of day-to-day transport types is displayed in Table 7 below.

**Table 10: Day-to-day transport by age cohort**

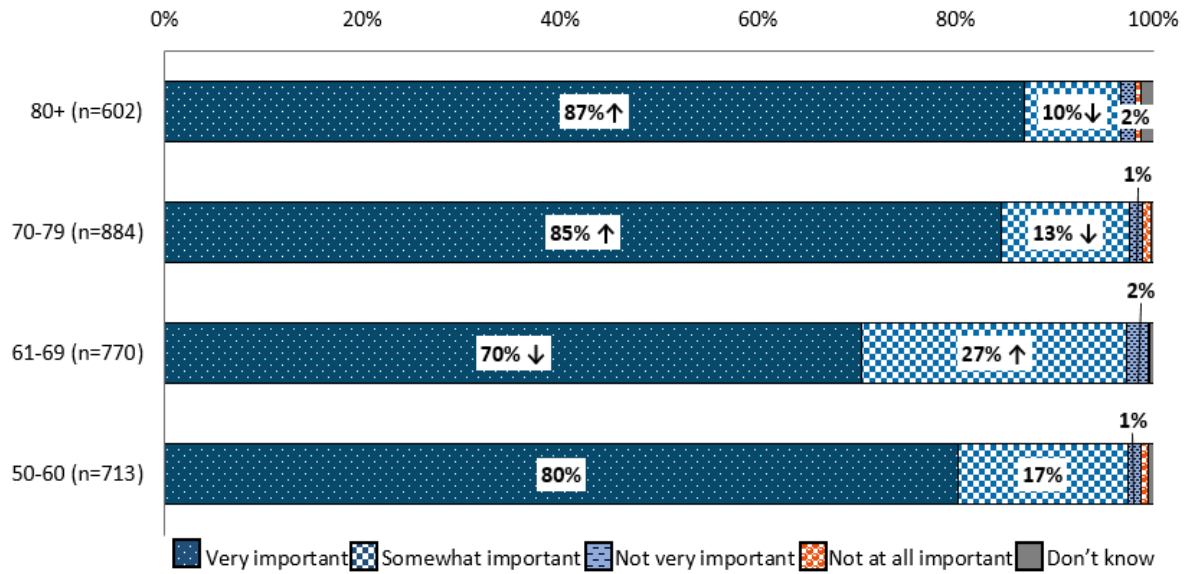
	50-60	61-69	70-79	80+
Car (as a driver)	71%↓	80%	88%↑	77%
Walking	55%↓	55%↓	71%↑	66%↑
<b>PUBLIC TRANSPORT TOTAL</b>	42%↓	40%↓	56%↑	47%
Car (as a passenger)	32%↓	25%↓	54%↑	53%↑
Train	32%	29%↓	44%↑	31%
Bus	27%↓	28%	37%↑	34%↑
Point-to-point transport	9%	4%↓	14%↑	20%↑
Ferry	5%↓	5%↓	19%↑	14%↑
Light rail	4%↓	5%↓	12%↑	8%
Community transport	1%↓	2%↓	12%↑	21%↑

Q29 Which of the following types of transport do you use for day-to-day travel to and from various locations? ↑↓ Denotes significant different between age groups

### Importance of holding a drivers' licence

Each age cohort also tends to place varying levels of importance on holding a drivers' licence in the next 5-15 years. When compared with the younger age groups, both those aged over 80 (87%) and those in their 70s (85%) are significantly more likely to say it is very important to hold a drivers' licence in the next 5-15 years.

**Figure 48: Perceived importance of holding a drivers' licence by age cohort**



Q32. How important is it that you have a driver licence in 5-15 years? (Base displayed on chart) ↑ ↓ Denotes significant different between age groups



## 6 Conclusions

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### Needs and priorities are similar across all age groups, particularly among those aged over 70

Consistent with the previous *Ageing Strategy 60-79* report, this research has found that the basic needs and priorities of over 50-year olds, and services they require, do not vary considerably by age. The most important issues to people as they age are health, safety and security, where they live, access to transport, remaining active and financial independence.

At the same time, those in their 70s and those aged over 80 appear to be most similar with both ageing and self-autonomy being more pressing issues in the latter stages of life. While both age groups are more likely to have a positive outlook on life, they also agree that they have started to feel old recently, and are struggling to keep up with technology.

### Volunteering continues to play an important role in wellbeing

While those aged over 80 are less likely to participate in volunteering activities than the younger age cohorts, one third continue to participate. Reflecting the importance of community involvement among those in their 70s and those over 80, respondents in these cohorts are more likely to volunteer with welfare/community organisations (compared with those aged in their 60s). Respondents aged over 80 continue to volunteer for a range of reasons and like those in their 70s do so most commonly to do something worthwhile, to help others/community or for personal satisfaction.

### Positivity towards the future increases with age

In the previous ageing report, *NSW Ageing Strategy 60-79*, results indicated that those in their 60s are the most negative about their future life with those in their 70s being more positive. Findings from the current report with those aged over 80 echo this sentiment. Both those in their 70s and those over 80 feel more positive about their future lives than those in their 50s and 60s.

The high degree of positivity among those aged in their 70s and those over 80 is reflected in the range of things they are looking forward to in the coming years, the most common being good health, spending time with family and remaining financially stable.

Like those in their 70s, those aged over 80 tend to have more positive ratings of their physical and mental health (particularly compared with those in their 60s). These high self-reported health ratings, particularly those relating to their own mental health may be a result of, or lead to, their positive outlook on life.

In a similar vein, those over 80 with a positive outlook on life tend to have stronger feelings of personal responsibility for their future lives. Those with a positive outlook are more likely to say that it's important to take responsibility for the various aspects of their lives including living situation, health, finances and day-to-day travel.

### The majority of those aged over 80 have no intention of moving to a different property in the future

While two-thirds of those aged over 80 have considered their future housing situation, they are much less likely than the younger cohorts to have considered it. Further, most have no intention to move to a different property at any point in the near future.

However, among those over 80 who do plan to move properties, respondents are most commonly interested in living in retirement villages. This interest in retirement villages is further reflected in housing attitudes with the two older cohorts (those in their 70s and those aged over 80) both more likely to agree that retirement villages are vibrant, active communities.

### The importance of community increases with age, but differs by gender

Consistent with the previous *NSW Ageing Strategy 60-79* report, the importance of community involvement increases with age. Both those aged over 80 and those in their 70s being more likely than the younger age cohorts to feel part of their communities.

In terms of the 80+ cohort specifically, women generally consider community values to be more important than men. Significantly more women than men say that feeling safe in the community, older people being valued by others, older people being included in social activities and availability of suitable activities specifically for older people are all very important community values.

### Transport needs are very similar among those in their 70s and those over 80

Like those in their 70s, those aged over 80 are more likely to use a variety of transport modes for their day-to-day transport. Maintaining autonomy is similarly important among these two age groups as both are significantly more likely than the younger cohorts to say that holding a drivers' licence will be very important in the future.

### Perceptions regarding the safety and respect of older Australians are positive

While elder abuse is a relatively big concern for those over 80, most have positive feelings regarding how they are currently being treated by family, friends or others. Almost all of those over 80 agree that they feel safe being with family and friends and others who visit them, trust their family and

friends and others who visit them, and feel they are treated with respect by family, friends and others.

At the same time, however, there is a level of concern among older Australians that others are being physically or emotionally abused. Given that three in five agree that they are concerned about this type of abuse, FACS could explore this further in any future research with this cohort.