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

**HEALTH**

- **#1 Health** emerges as the key factor influencing both low and high quality of life
- Nearly 1/3 (7.9 million) of Australians are aged 50+, highlighting the importance of this research in giving this group a voice
- 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

**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

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

**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)