



Older Australia at a glance 2007

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Report 216 pages

In this report the term 'older people' refers to people aged 65 years and over. People aged 50–64 years are also discussed to provide a useful perspective for future comparisons.

Demographic (pages 2–7)

- 35% of older people were born overseas with 61% of these coming from a non-English-speaking country.
- Majority of older people live in private dwellings in the community—only 6% live in non-private dwellings (aged care homes and hospitals).
- Australia's total population is projected to increase over the next few decades. However, it is also ageing, meaning that the number and proportion of older people in the population is increasing.

Voluntary work (pages 28–29)

- Almost half of people aged 65–74 years (48%) provide unpaid assistance to someone outside their household.
- One-third (33%) provide volunteer services through an organisation.
- 29% are actively involved in community organisations

Participation in social activities (page 36)

- Around 93% of older people living in the community participated in social activities—with the most common being visited by or with friends.

Computer use (pages 40–41)

- Technology plays an important role in the lifestyle of 45–64 years where 75% of those aged 45–54 years and 60% of those aged 55–64 years use a computer at home.

Physical Activity (page 38)

Table 10.3: Participation in selected sports and physical recreation activities, by age, 2005–06

	55–64		65+	
	Number	Per cent	Number	Per cent
Aerobics/fitness	168,200	7.6	136,200	5.4
Bush walking	90,100	4.1	41,800	1.7
Carpet bowls	**1,800	**0.2	39,100	1.6
Cycling	114,200	5.2	42,800	1.7
Fishing	35,600	1.6	34,100	1.4
Golf	190,100	8.6	135,000	5.4
Lawn bowls	65,400	2.9	141,900	5.6
Swimming	134,300	6.1	104,500	4.2
Tennis	84,600	3.8	51,300	2.0
Walking for exercise	771,500	34.8	732,100	29.1
Yoga	44,900	2.0	*6,800	0.3
Any activity	1,386,500	62.5	1,243,900	49.4
All persons	2,217,300	100.0	2,516,400	100.0

Source: Reproduced from ABS 2007i: Tables 1 & 7.