

THE INDEX OF WELLBEING FOR OLDER AUSTRALIANS

captures **the multi-dimensional nature of wellbeing experienced by those aged over 65 in Australia**. It includes indicators of high wellbeing which are protective factors in older people; and indicators of low wellbeing. It includes five domains – **Participation, Education, Resources, Wealth and Housing, and Functional Ability**. The overall Index, indexes for each domain, and most of the indicators, can be accessed from the [online maps](#)



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also captures **wellbeing by small geographic area. Location can have particular importance for older people**. Older people tend to be less mobile than younger people, especially in later years when health problems may become more common. They may also be more dependent on public or community transport to access services and participate in the community.

WHAT CONTRIBUTES TO WELLBEING

Access to assistance is an important part of wellbeing for older Australians. When local, publicly provided services are not available, **the greatest impact is felt among those older Australians with low wellbeing**. They are more likely to face health, transport and/or financial barriers to accessing assistance privately or in other locations.

The factors that contributed most to higher levels of wellbeing in an area were the proportions of older people who volunteered and who had high levels of education.

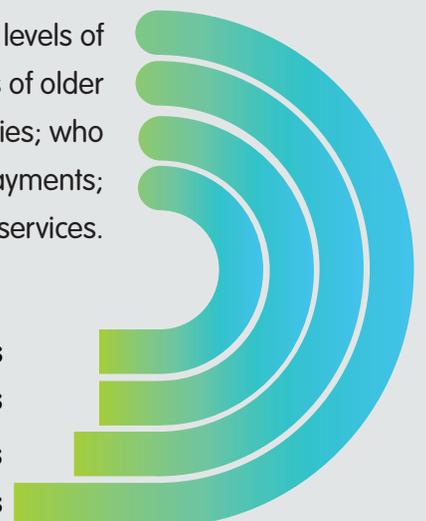
- Year 10**
- Year 12**
- Post-School qualifications**
- Volunteering**



The factors that contributed most to low levels of wellbeing in an area were the proportions of older people who needed assistance with core activities; who were renting; who had no superannuation payments; and who needed to use aged care services.



- need to use aged care services**
- have no superannuation payments**
- renters**
- older people who needed assistance with core activities**



GEOGRAPHIC



The greatest proportion of older Australians with the lowest levels of wellbeing are in NSW (24%), VIC (22%) and TAS (21%).

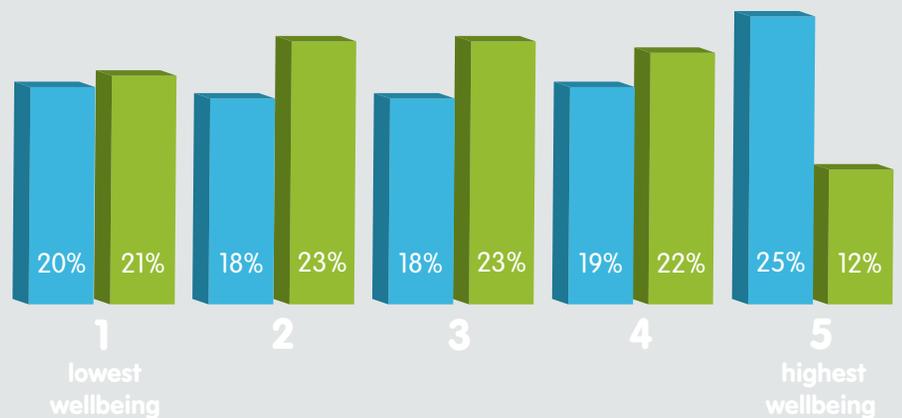


The lowest levels of wellbeing are on the outskirts of capital cities, and remote areas in regional Australia. The highest levels of wellbeing are also in capital cities, and in regional areas in South-East Australia.



The greatest proportion of older Australians with the highest levels of wellbeing are in ACT (75%), WA (38%) and NT (29%).

Quintiles of wellbeing



■ In capital cities ■ Outside capital cities

Of all older people living in Australian capital cities, 20% live in areas with the lowest level of wellbeing, and 25% live in areas with the highest. Outside capital cities, 21% live in areas with the lowest wellbeing; and 12% live in areas with the highest.



Generally capital cities in each State had more extreme highs and lows of area wellbeing. Of the top and bottom 5 areas in each State, 33 of the bottom 40 were in capital cities; and 39 of the highest 40 were in capital cities