

HEALTH AND WELLBEING PROFILES

OLDER ADULTS 65+ YEARS

As in most developed countries, Australia's population is ageing. Understanding the demographic characteristics and needs of older Australians (those aged 65 years and over), is becoming increasingly important. Many older Australians have accumulated assets, such as real estate and savings, which can be used to support their living into retirement. In Wyndham however, the main source of income for the majority (72%) of older adults is an aged pension.

The City of Wyndham is experiencing a sustained period of rapid growth across all age groups. While families with dependent children are forecast to remain the most significant demographic group in Wyndham, the population aged over 65 years is forecast to grow by 143% between 2016 and 2036.

This profile contains information on some determinants of older adult health including social connection, income and disability.

Older Adults refer to people aged 65 years and over, unless otherwise stated.



Couples **without** children are the most common household type amongst older adults in Wyndham, with more than **one fifth living alone**. Despite this, there is a higher proportion of older residents' living with their adult children in **Wyndham (16%)** than those in **Greater Melbourne (13%)**.



The population aged **over 65 years** is **forecast to grow by nearly 23,000 people** between 2016 and 2036.



According to the Index of Wellbeing for Older Australians, **older adults in Wyndham are at greater risk of poor social connections, financial insecurity and poorer overall wellbeing**, with all but one suburb scoring in the lowest two quintiles indicating a low index of wellbeing.



Like Greater Melbourne, almost **80%** of Wyndham older adults are **not engaged in the workforce**, and **less than 1%** is actively seeking employment.



The proportion of older adults with no or low weekly income is larger in **Wyndham (9%)** compared to **Greater Melbourne (6%)**.



There are a larger proportion of older adults receiving aged pensions in **Wyndham (72%)** compared to **Victoria (65%)**.



The proportion of older adults who require assistance with core activities is the similar in **Wyndham (20%)** and **Greater Melbourne (19%)**.



Wyndham residents over 65 years of age are slightly less likely to volunteer (**12%**), compared those in **Greater Melbourne (16%)**.



There are slightly more older adult carers in **Greater Melbourne (12.2%)** than **Wyndham (11.7%)**.

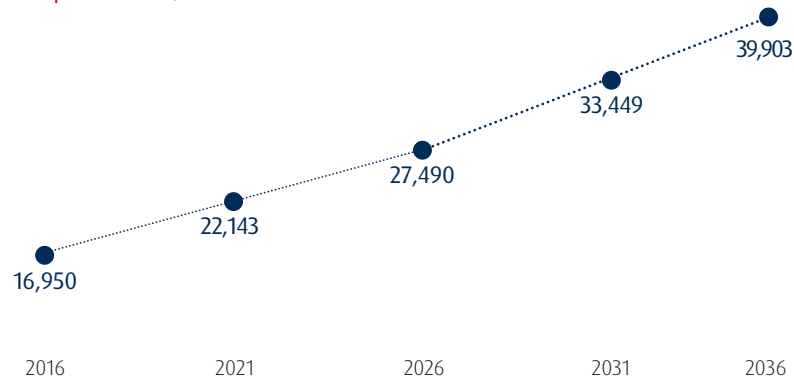


In Wyndham, **20%** of older adults are multilingual, and can speak another language and **English very well or well**.

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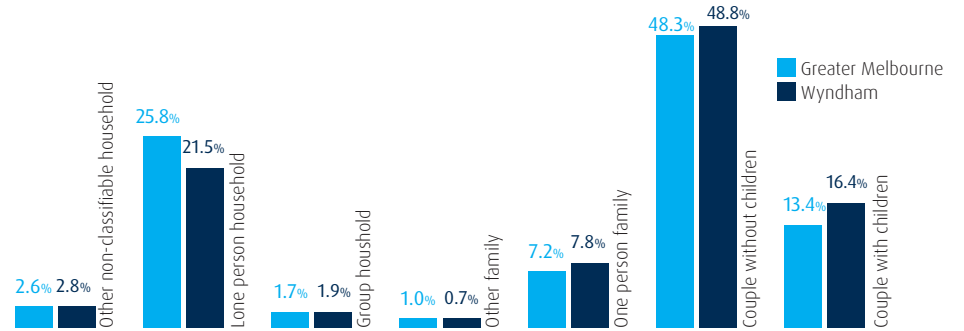


Population, 2016 to 2036¹



Similar to other age cohorts in Wyndham, the older adult group is forecast to grow rapidly over the next 20 years. The population of adults aged 65 years and over is set to more than double from 16,950 persons to almost 40,000 persons, from 2016 to 2036 (135%).

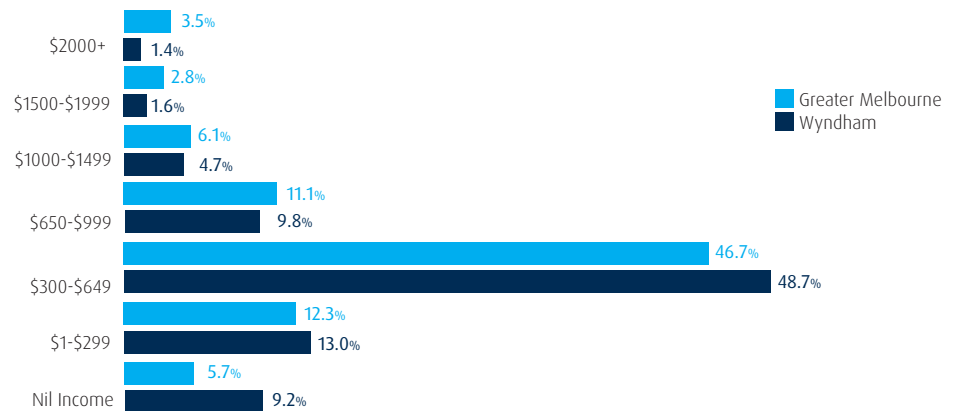
Older Adult Households, 2011²



Almost half of all older adult households in Wyndham and Greater Melbourne are occupied by couples without children. Over 21.5% of Wyndham older adults are living alone, compared to 25.8% in Greater Melbourne. In Wyndham a higher proportion of older couples live with children compared with Greater Melbourne. This trend suggests a prevalence in Wyndham of multi-generational households; adult children living/caring for older parents, and/or older parents caring for their children and/or grandchildren.



Weekly Income, 2016³



Overall, greater proportion of older adults across Greater Melbourne are earning more per week than older adults in Wyndham. Older adults in Greater Melbourne receive a higher income per week than those in Wyndham. In 2016, there was a higher proportion of older adults with negative or no income in Wyndham (9%) compared to Greater Melbourne (6%).

¹ ID Forecasting. Wyndham Population Forecast 2016 to 2036. Compiled and presented by .id Consulting

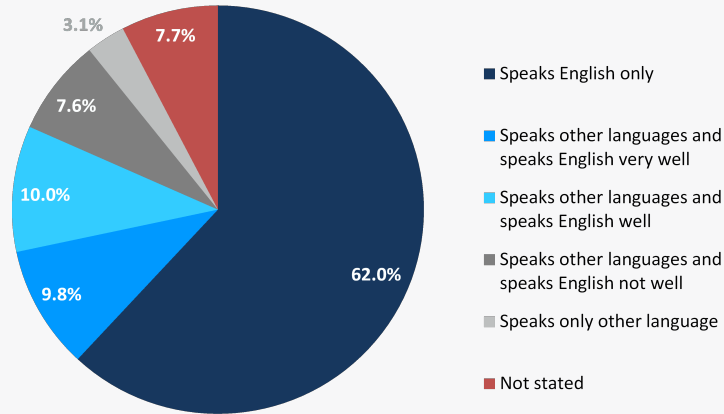
² Australian Bureau of Statistics. (2011). Census of Population and Housing. Compiled and presented by .id Consulting

³ Australian Bureau of Statistics. (2016). Census of Population and Housing. Analysed and presented by Wyndham Council

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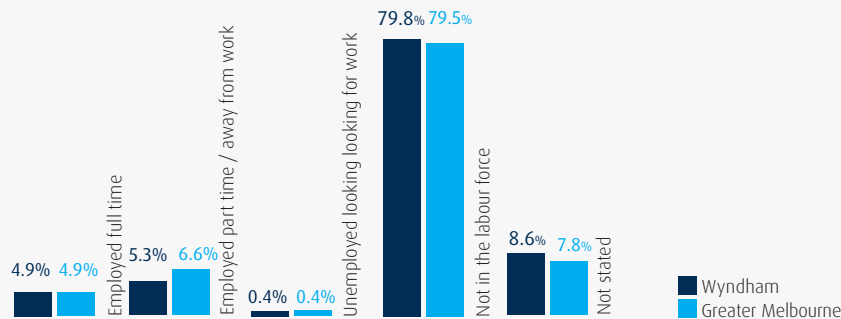


English Proficiency in Older Adults, 2016⁴



There is a strong English proficiency amongst older adults in Wyndham, with 62% of residents speaking English only. Almost a third (30.5%) of residents speak another language and English with varying levels of ability. 7.6% of people do not speak English well and a small proportion (3.1%) speak no English at all. This highlights Wyndham as a culturally and linguistically diverse community.

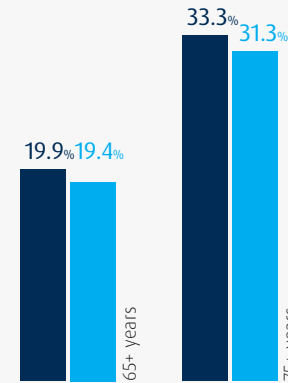
Employment Status, 2016⁵



In 2016, over three quarters of older adults in both Wyndham (79.8%) and Greater Melbourne (79.5%) were not in the workforce, i.e. retirees. 10% of adults aged 65+ were still engaged in the workforce, equally in full and part time capacities. Around 0.4% of older adults were looking to join the workforce.

In 2016, 11.7% of older adults volunteered for an organisation or group in Wyndham, this is lower than the volunteering rate in Greater Melbourne (15.7%).

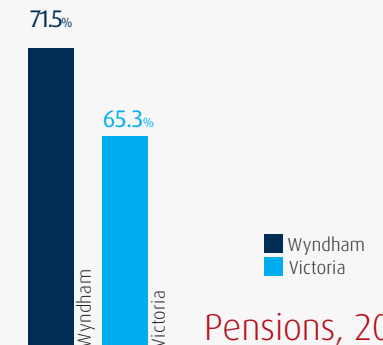
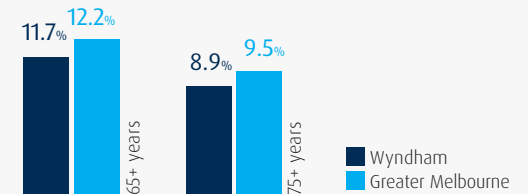
Assistance with Core Activities, 2016⁶



Individuals with a need for assistance with core activities require help completing day-to-day activities, including communicating, self-care, and/or body movements. A similar proportion of adults over 65 years from Wyndham and across Greater Melbourne require assistance with core activities. A slightly larger proportion of Wyndham adults aged 75 years and over require assistance, compared to those from Greater Melbourne (33.3% and 31.3% respectively).

Carers, 2016⁶

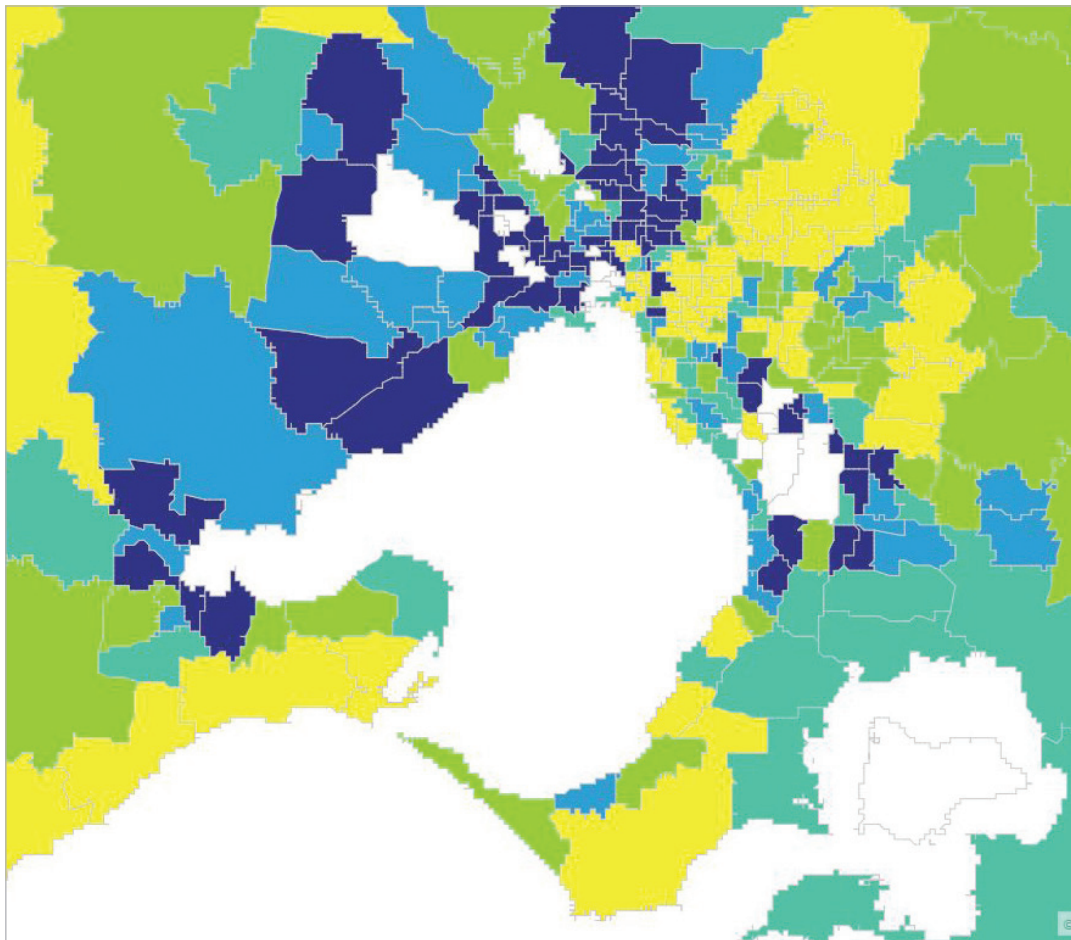
There are similar rates in Wyndham and Greater Melbourne of older adults providing care to other people (11.7% and 12.2% respectively). In 2016, 8.9% of Wyndham adults aged over 75 were caring for another person.



Pensions, 2017^{7,8}

It is estimated that a larger proportion (71.5%) of older adults in Wyndham were receiving aged pensions compared to older adults Victoria wide (67.9%).

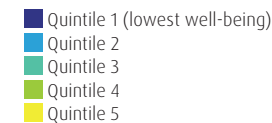
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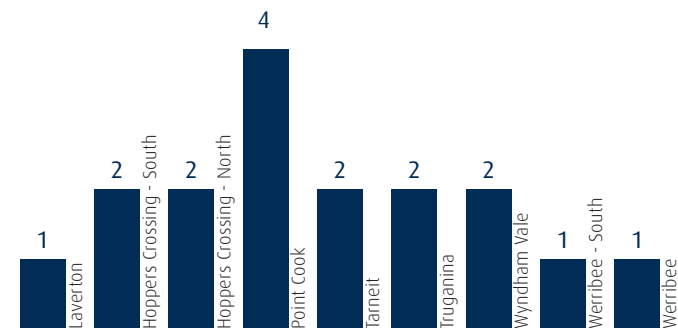
The Index of Wellbeing for Older Australians (IWOA), 2011⁹

The Index of Wellbeing for Older Australians is a nationwide study investigating the overall wellbeing of people aged 65 years and older. The study ranks health and wellbeing by area. 'Wellbeing' is measured against 5 'domains': wealth and housing, functional ability, participation, resources and education. Quintile 1 (dark blue) represents the lowest wellbeing, and quintile 5 (yellow) represents the highest level of wellbeing for each area.

The heat map illustrates the index of wellbeing for older adults across Greater Melbourne. Wyndham residents aged over 65 years scored in the lowest two quintiles throughout the municipality indicating a low index of wellbeing with the exception of Point Cook, which is in the 4th quintile.



The Index of Wellbeing for Older Australians by Suburb, 2011¹⁰



The suburb of Point Cook scored within the fourth quintile, suggesting that older adults in Point Cook experience a higher overall level of wellbeing, including financial security, internet access, and social interactions.

In contrast, Werribee, Werribee South and Laverton have the lowest wellbeing, based on each suburb scoring 1 on the IWOA. A relatively high proportion of older adults living in these suburbs are experiencing housing stress, low levels of social participation, and limited financial resources. Both Werribee (957.9) and Werribee South (987.9) also have a low score on the SEIFA Index of Relative Disadvantage, which is a general socio-economic index that summarises a range of information about the economic and social conditions of people and households within an area. A low score indicates relatively greater disadvantage, and a high score indicates a relative lack of disadvantage.

⁴ Australian Bureau of Statistics. (2016). Census of Population and Housing. Analysed and presented by Wyndham Council

⁵ Australian Bureau of Statistics. (2011). Census of Population and Housing. Analysed and presented by Wyndham Council

⁶ Australian Bureau of Statistics. (2016). Census of Population and Housing. Analysed and presented by Wyndham Council

⁷ Department of Social Services. (Sept 2017). DSS Payment Demographic Data. Analysed and presented by Wyndham Council

⁸ Australian Bureau of Statistics. (2016). Census of Population and Housing. Analysed and presented by Wyndham Council

⁹ Benevolent Society. (2011). Index of Wellbeing for Older Australians.

¹⁰ Ibid