

Four facts about our ageing Australia

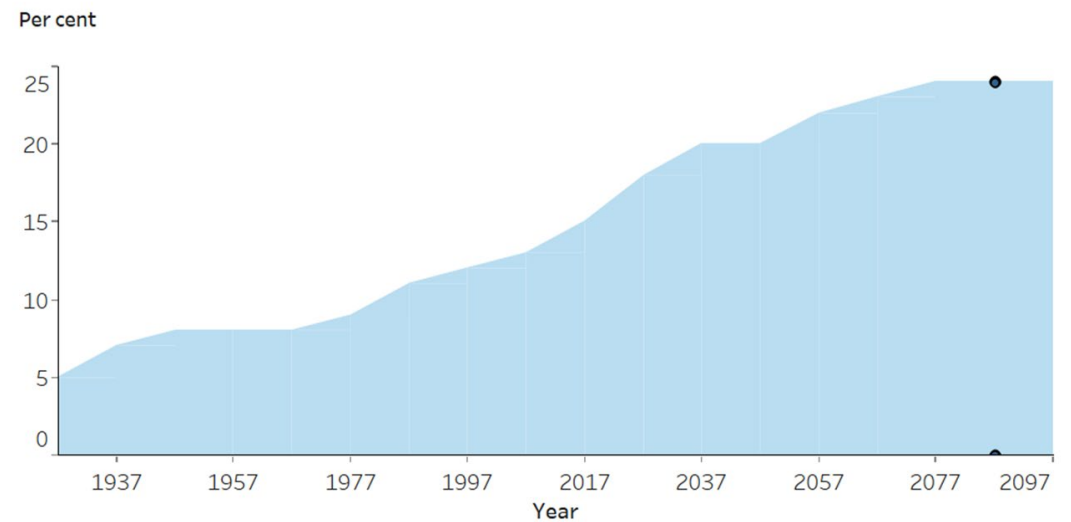
We are getting older

Statistics show us that both the number and the proportion of older people in Australia is increasing.

By 2030, 1 in 5 of us will be older than 65 years.

Many older people will use aged care services as they age.

Figure 1: Proportion of the Australian population aged 65 and over, at 30 June, over time



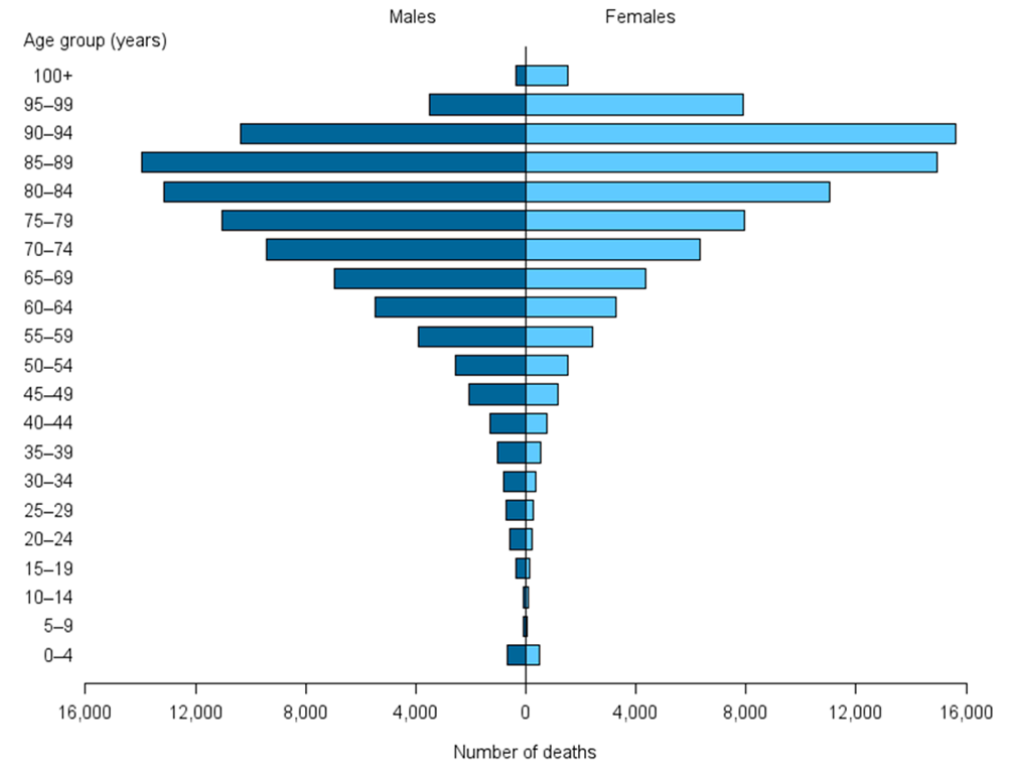
Sources: ABS [1, 2].

We are living longer and dying older

Not only are more of us over 65 years, but we are also living longer.

There are even quite a few Australians who are living to 100!

As a result of living longer, we are also dying older. For men the average age of death is 79 years and 85 years for women.

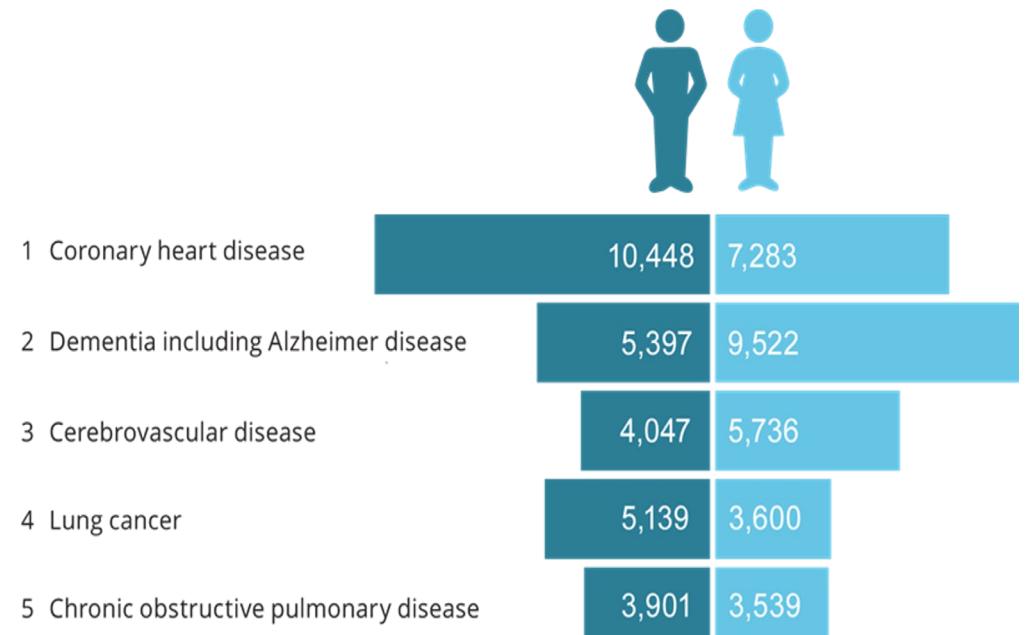


What we are dying of is changing

Most older people die an expected death. But some older people also die in accidents or of cancer.

Many people will have multiple health problems that require some support and care.

Dementia is also common.



End of life is part of life

The National Palliative Care Strategy reminds us that death is a part of everyone's life.

Older people coming to the end of their life may have new care needs or require different care and support. Care needs may include physical symptoms, worry about their family or their partner, or sadness and distress.

We all have a role to play in caring for older people at the end of their life.



Want to find out more ?

There are some great resources and websites that you can visit to find out more about our ageing population and end of life care.

- **CareSearch: Older Australia**
<https://www.caresearch.com.au/tabid/6480/Default.aspx>
- **Palliative Care Australia: What matters most to older people**
<https://dyingtotalk.org.au/what-matters-most-for-older-australians/>
- **GEN Aged Care Data: Explore people leaving residential aged care**
<https://agedcare.royalcommission.gov.au/system/files/2020-06/CTH.0001.7500.0113.pdf>

