

Older Adults (aged 50+ yrs) Demographic Profile



This profile is a snapshot of Banyule's demographic characteristics in relation to older adults. It is part of a suite of profiles produced to help understand the characteristics of the municipality, assist in planning services and facilities to better meet needs, provide consistent evidence-based data and to anticipate future population changes.

Older adult age groups

The older adult population in this profile is presented in the following three age groups:

- **Pre-retirement** age of 50-64 years
- **Retirement** age of 65-84 years
- **Elderly** age of 85+ years.

Population

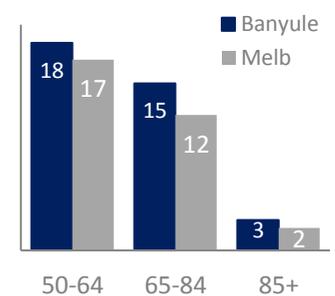


In Banyule, the number of older adults aged 50+ years is 43,619, representing 36% of the total population. In comparison, the proportion of older adults in Greater Melbourne is lower at 31%.

The number of older adults by age group is:

- 50-64 years, 22,391 persons
- 65-84 years, 17,978 persons
- 85+ years, 3,250 persons.

Proportion of older adults (as a % of total population)



Location



The Banyule suburbs with the largest population of older adults are:

- Greensborough (5,505 older adults)
- Ivanhoe (4,357 older adults)
- Bundoora (3,554 older adults).

The most populated suburbs in each of the older adult age groups are:

- **50-64 yrs** - Greensborough (2,825), Ivanhoe (2,465), Montmorency (1,702)
- **65-84 yrs** - Greensborough (2,366), Bundoora (1,721), Ivanhoe (1,570)
- **85+ yrs** - Rosanna (473), Macleod (335), Ivanhoe (322).

Forecast



From 2016 to 2036, Banyule's total population is forecast to increase by 19,399 residents to 147,098, with the largest percentage growth forecast for older adults.

The older adult population (aged 50+ years) is forecast to increase by approximately 9,500 persons, making up 37% of Banyule's total population.

During this period, the suburb of Ivanhoe is forecast to have the largest increase in the number of older adults (+2,473 persons), followed by Greensborough (+1,365) and Heidelberg (+1,074). There will be little or no change for the following suburbs; Lower Plenty (-28), Briar Hill (-24) and St Helena/Eltham North (+15).

In each of the older adult age groups, the largest increases are expected in the following suburbs:

- **50-64 yrs** - Ivanhoe (+779 persons), Heidelberg (+717 persons)
- **65-84 yrs** - Ivanhoe (+1,193), Greensborough (+773), Montmorency (+634)
- **85+ yrs** - Ivanhoe (+500), Greensborough (+330), Montmorency (+169).

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Gender

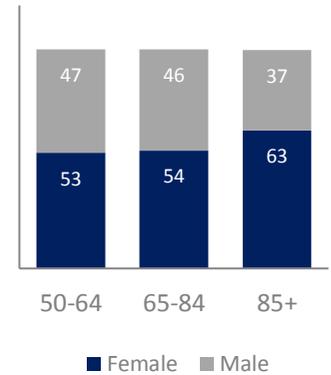


The gender split is 50 to 50 for the younger population (aged 0-49 years), but in the older adult population (50+ years), there are more females than males, particularly in the elderly age group (85+ years) where 63% are female - see chart.

Compared to older adult men, older adult women are;

- more likely to provide unpaid care to family members or others because of a disability, long term illness or old age.
- more likely to provide unpaid childcare
- more likely to live alone
- more likely to do 15 hours or more per week of unpaid domestic work.

Proportion of males and females in each of the older adult age groups



ATSI¹



There are 706 Aboriginal and Torres Strait Islander (ATSI) residents in Banyule, representing 0.6% of the total population.

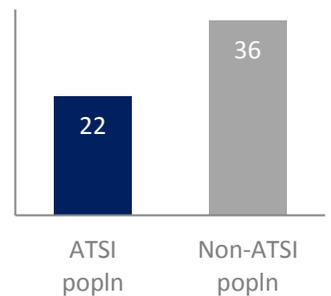
Of these, 152 (22%) are older adults.

The median age of the ATSI population has increased from 21 years in the 2011 Census to 25 years in the 2016 Census. The ATSI population remains relatively young compared to the non-ATSI population which has a median age of 39 years.

The number of older adult ATSI residents by age group is:

- 50-64 years, 110 ATSI
- 65-84 years, 38 ATSI
- 85+ years, 4 ATSI.

Proportion of older adults in the ATSI and non-ATSI population



Country of birth



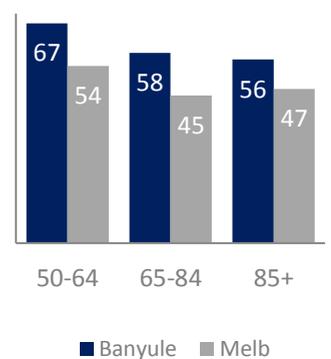
The majority of older adults in Banyule are born in Australia (63%), followed by Italy (5%), England (5%) and Greece (2%). In each of the older adult age-groups, Banyule has a higher proportion of residents born in Australia compared to Greater Melbourne - see chart.

The main non-English countries of birth for older adults in Banyule are:

- aged 50-64 years - China (659), Italy (460), Greece (318)
- aged 65-84 years - Italy (1263), Greece (561), Germany (281)
- aged 85+ years - Italy (284), Greece (86), Germany (48).

For more information, see Banyule's *Multicultural Profile* at www.banyule.vic.gov.au/stats

Proportion of older adults born in Australia (as a % of the age group population)



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Language

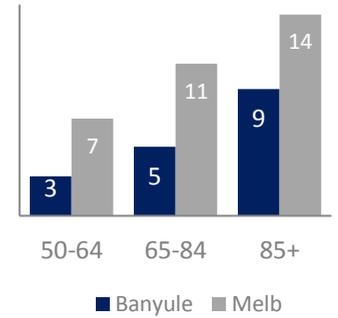
In Banyule, the proportion of older adults that speak only English at home has dropped from 77% in the 2011 to 74% in 2016.



A relatively low proportion of Banyule's older adult population (4% or 1,792 older adults) have low English proficiency. In comparison, 9% of older adults in Greater Melbourne have low English proficiency.

In Banyule, the proportion of low English proficiency is highest amongst elderly residents aged 85+ years (see chart).

Proportion of older adults with low English proficiency (as a % of the age group population)



Disability



The prevalence of disability increases with age. In the 2015 Survey of Disability, Ageing and Carers, 18.5% of Australians reported a disability. This increases to 50.7% amongst Australians aged 65+ years (a drop from 52.7% in the 2012 survey).

For more information, see Banyule's *Disability Profile* at www.banyule.vic.gov.au/stats

Need for assistance²

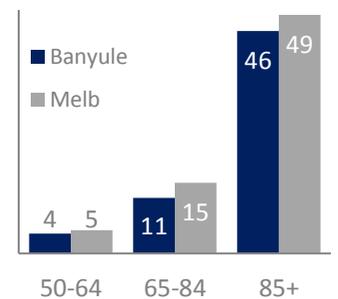


- In Banyule;
- nearly three out of every four residents with a need for assistance (mobility, communication or personal care), are older adults (73%, 4,438 people).
 - one in every ten older adults (10%) has a need for assistance.
 - close to half of all elderly residents (aged 85+ years) have a need for assistance (46%).

The need for assistance is slightly lower for older adults in Banyule compared to Greater Melbourne - see chart.

In Australia, 38% of people with a need for assistance did not receive the full amount of assistance required.³

Proportion of older adults in need of assistance (as a % of the age group population)



Housing & tenure



A higher proportion of older adults in Banyule fully own their home compared to older adults in Greater Melbourne (55% compared to 48%), while a lower proportion have a mortgage (22% compared to 26% in Greater Melbourne).

Housing tenure of older adults in Banyule						
Age group (years)	Fully owned home	Mortgage	Rent	Nursing home, aged care, hospital	Other tenure / not stated	Total
50-64	42%	36%	15%	2%	5%	100%
65-84	72%	9%	9%	4%	6%	100%
85+	56%	4%	6%	26%	8%	100%
Total, 50+ yrs	55%	22%	12%	5%	6%	100%



Households

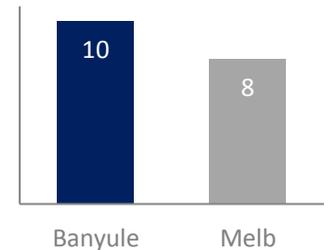


Banyule has a higher proportion of older lone person households aged 65+ years compared to Greater Melbourne (10% compared to 8%). Suburbs with the highest proportion are Macleod (14%) and Rosanna (13%).

The total number of older lone person households in Banyule is 4,718. This is 442 more than in 2011. Numbers range from a low of 100 in Yallambie to a high of 569 in Greensborough.

The proportion of older adult women living alone is higher compared to older adult men, largely because of women's higher life expectancy. In Banyule, the proportion of women aged 85+ years living alone is 38% compared to 21% for men.

Proportion of older lone person households (as a % of total households)



Marital status



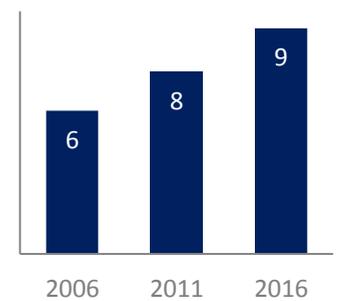
Of the older adults in Banyule;

- 62% are married
- 16% are divorced/separated
- 12% are widowed
- 9% have never married.

Most residents in the age groups 50-64 and 65-84 years are married (64%), while most elderly residents aged 85+ years (59%) are widowed.

The proportion of older adults who have never married is increasing - see chart.

Proportion of older adults in Banyule that never married (as a % of the older adult population)



Education



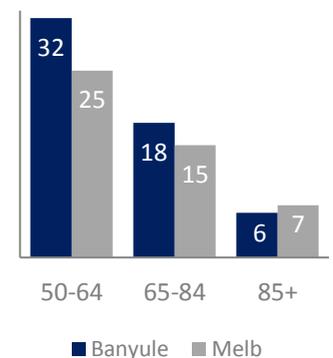
The proportion of older adults completing Year 12 or equivalent has increased. Overall, older adults in Banyule were slightly more likely to have completed Year 12 or equivalent (45%) compared to older adults in Greater Melbourne (42%).

Completed Year 12 or equivalent, by age group:

- aged 50-64 years - Banyule 56%, Melb 51%
- aged 65-84 years - Banyule 35%, Melb 34%
- aged 85+ years - Banyule 19%, Melb 21%

Older adults in Banyule were also more likely to have completed a bachelor or higher degree (25% compared to 20% in Greater Melbourne) - see chart for proportions by age group.

Proportion of older adults that completed a bachelor or higher degree (as a % of the age group population)



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Employment

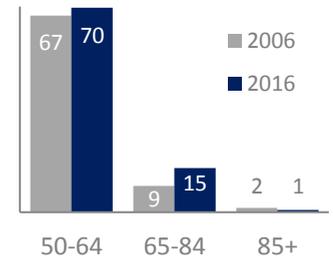


In the 2016 Census;

- 42% of Banyule's older adults were employed, up from 40% in the 2006 Census - see chart for breakdown by age group.
- Of the employed older adults, 36% worked part-time, up from 32% in the 2006 Census.

National data show that labour force participation rates for persons aged 55+ have increased over time and retirement rates have decreased.⁴

Proportion of older adults in employment (as a % of the age group population)



Transport

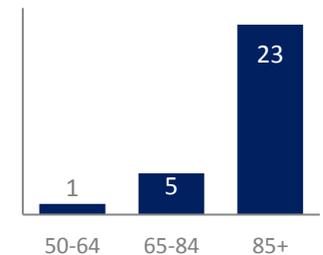


Of the employed older adults in Banyule, the majority travel to work by car (80%).

Responses from the 2017 Banyule Household Survey suggest that the use of public transport decreases with age.

The proportion of residents that are discouraged from using public transport due to inability to access, is significantly higher for elderly residents aged 85+ years (23% compared to 3% for all residents).

Proportion of older adults that are discouraged from using public transport due to inability to access



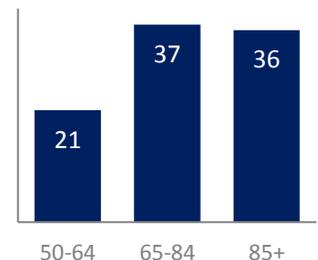
Income



Centrelink payments data for June 2017 show a lower proportion of Banyule residents, aged 65+ years, receive the Aged Pension (57% compared to 63% in Greater Melbourne).

Of the older adults that stated their weekly income, 28% in Banyule earned less than \$400 compared to 33% in Greater Melbourne. The proportion increases after retirement age - see chart.

Proportion of older adults in Banyule that earn less than \$400 per week (only includes those that stated their income)

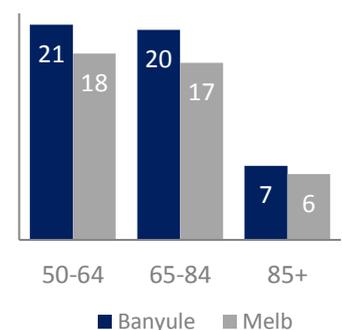


Volunteering



The number of older adults in Banyule that volunteer is 8,571, representing 42% of all volunteers and 20% of the older adult population. In comparison, a lower proportion of older adults in Greater Melbourne volunteer (37% of all volunteers and 17% of the older adult population). The difference is depicted in each of the older adult age groups - see chart.

Proportion of older adults volunteering (as a % of the age group population)



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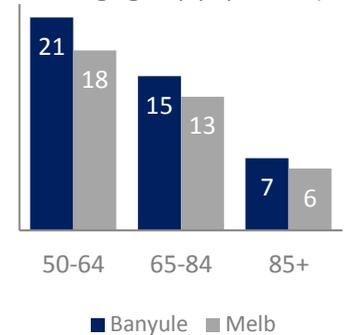
Unpaid care / childcare



In Banyule, 7,662 older adults provided unpaid care or assistance to family members or others because of a disability, long term illness or old age. This represents 18% of all older adults. In comparison, a lower proportion of older adults in Greater Melbourne provided unpaid care (15%).

One in five older adults in Banyule (20%) provided unpaid childcare.

Proportion of older adults that undertake unpaid care (as a % of the age group population)



Isolation



In Victoria, isolation and loneliness among people aged 60+ years has been estimated at 10%. Due to the ageing population, by 2031 the number of lonely older people is anticipated to grow by 73%. Those at higher risk of isolation and loneliness include people living alone, those with limited English and people who provide unpaid care.⁵

In the 2017 Banyule Household Survey, while the majority of respondents aged 85+ who were living alone had some type of contact in the last week, 9% had none.

Ageism



Ageism is defined as discrimination against a person or people, simply because they are older.

In an Australian Human Rights Commission study (2013), 71% of Australian adults over 65 reported that they had been insulted or mistreated on the basis of their age.

Examples of ageism include:

- language used
- workplace discrimination
- elder abuse
- gender discrimination.
- ageism in the media

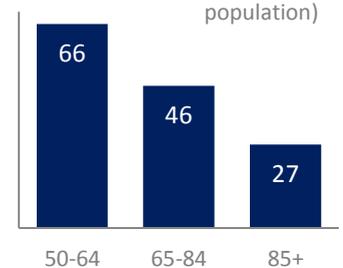
Health



Health related results from the 2017 Banyule Household Survey show:

- 55% of older adults reported their health as excellent or very good compared to 85% of the younger population (aged 0-49 years).
- Health rating decreases with increasing age - see chart.
- The proportion of older adults with a Health Care Card increases with age (15% of people aged 50-64 years, 60% of 65-84 year olds and 65% of those aged 85+ years).

Proportion of older adults that rate their health as excellent or very good (as a % of the age group population)





Mental wellbeing



In the 2015 Survey of Disability, Ageing and Carers, around 1 in 5 Australians with a disability reported that their main long term health condition was a mental or behavioural disorder.

Selected statistics related to mental health show:

- The prevalence of mental illness (excluding dementia and Alzheimer's) decreases with increasing age.⁴
- Persons in residential aged care experience higher levels of depression compared with people in the community.⁴
- The highest age-specific suicide rate is observed in males aged 85+ years. However, it should be noted that the number of suicides in this age group accounted for 0.2% of all male suicides.⁶

Chronic disease



The proportion of Banyule's adult population (18+ yrs) with self-identified chronic disease is not significantly different to the proportion for Victoria.⁷

Chronic disease increases with age and is more prevalent among indigenous people and socioeconomically disadvantaged people. Chronic diseases are associated with behavioural risk factors - smoking, physical inactivity, poor nutrition and harmful use of alcohol. Modifying these risk factors can reduce the risk of developing chronic diseases.

Proportion of adults reporting chronic illnesses

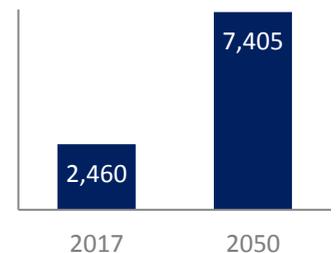
	Banyule	Victoria
Heart disease	7%	7%
Stroke	2%	2%
Cancer	8%	7%
Osteoporosis	5%	5%
Arthritis	21%	20%
Type 2 diabetes	4%	5%

Dementia



In 2017, Banyule was ranked 16th of all 79 Local Government Areas in Victoria for dementia prevalence (estimated 2,460 residents). By 2050, it is estimated that the number of Banyule residents with dementia will increase by 201% to 7,405.⁸

Estimated number of Banyule residents with dementia



Recreation



According to the 2017 Banyule Household Survey, the most popular recreation activities for older adults in Banyule are:

- watching television (78%)
- reading (60%)
- gardening (57%)
- shopping (57%)
- socialise / coffee with friend (57%)
- dining out (55%)



Internet

An increasing proportion of older adults have internet connection (80% in 2016, up from 71% in 2011).

Proportion of older adults in Banyule who access the internet from home (as a % of the age group population)

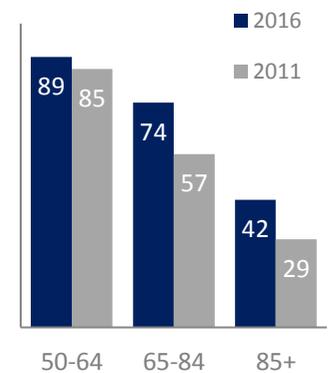


The proportion of older adults with internet connection decreases with increasing age - see chart.

In the 2017 Banyule Household Survey, the proportion of older adult respondents that used the internet 1 to 5 hours per day was:

- 54% of respondents aged 50-64 years
- 35% of respondents aged 65-84 years
- 20% of respondents aged 85+ years.

Older adult respondents aged 50+ years were more likely to use a personal computer to access the internet, while respondents aged under 50 were more likely to use a smart phone to access the internet.



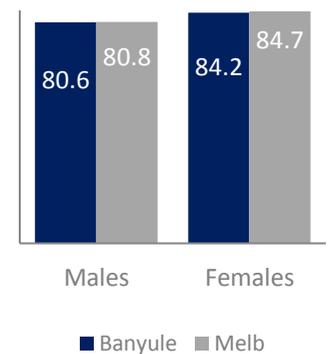
Life expectancy

The life expectancy at birth of Banyule residents is increasing. It continues to be higher for women compared to men. Compared to Greater Melbourne, the life expectancy is marginally lower - see chart.⁹

Life expectancy (years) at birth



The life expectancy of ATSI people is lower. At the national level, ATSI men, on average, live 10.6 years less than non-ATSI men, while ATSI women, on average, live 9.5 years less than non-ATSI women.¹⁰



More information

This profile is part of a suite of resources produced by Banyule's Community and Social Planning Unit. More resources can be found at www.banyule.vic.gov.au/stats



Key findings and challenges

Like the rest of Australia, Banyule's population is ageing. The municipality has a higher proportion of **older adults aged 50+ years** (36%) compared to Greater Melbourne (31%). Forecasts indicate that older adults will represent 37% of Banyule's population by 2036.

The **life expectancy at birth** has gradually increased over the years. Although people are living longer, they are more likely to have illnesses or chronic diseases that are prevalent with age. It is estimated that the number of people with **dementia** in Banyule will increase by 201% by the year 2050. Dementia can result in high care needs so this may place increased demand on health and aged care services.

The prevalence of **disability** increases with age, as does the **need of assistance** with core activities. Nearly three out of every four Banyule residents in need of assistance are older adults (73%), while nearly half of all residents aged 85+ years are in need of assistance (46%).

Older Adults (aged 50+ yrs)

Demographic Profile



The proportion of **unpaid carers** is higher in Banyule compared to Greater Melbourne. Older adult **women** are more likely to provide unpaid care than men, but also more likely to require care. Hence, nearly two out of every three elderly residents (aged 85+ years) are women (64%). Due to the longer life expectancy of women, older adult women are more likely to live alone than men. Therefore, assisting and providing support for women to remain healthy and live independently will be important for Banyule.

The **cultural and linguistic diversity** of Banyule is changing. The number of residents born in European countries continues to decline. Residents born in China, India and other Asian countries will move into the older adult age groups. Thus services will need to support a growing diversity across the older adult population.

One in five older adults in Banyule **volunteer**, with the proportion of older adults volunteering in Banyule higher compared to Greater Melbourne. The proportion of older adults in the workforce has increased, so too has the proportion of older adults in **employment** and older adults working part-time.

A lower proportion of Banyule residents receive the **Aged Pension** compared to Greater Melbourne. Banyule is generally considered a relatively affluent municipality, however there are pockets of disadvantage. As older adults age and move out of the workforce, income also reduces. A lower income has implications for health and well-being. For example, the ability to purchase fresh local produce or the ability to participate in various leisure and recreational activities.

Older adults in Banyule engage in a variety of **recreational activities**. Overall the proportion of older adults using the internet has increased. However, internet usage among older adults decreases with increasing age. Compared to the younger population, aged under 50 years, older adults are more likely to access the internet using a personal computer rather than a smart phone or ipad.

Personal **mobility** can be a barrier to social and community participation and can lead to isolation or affect a person's wellbeing. The number of older adults living alone is expected to grow, thus increasing the number of those at risk of isolation. In order for older adults to age in place, there may be a demand for smaller, more suitable and accessible **housing**.

Household Survey data suggests that as residents age, they are less likely to use **public transport**. The main reason why elderly residents aged 85+ years were discouraged from using it, was due to inability to access. Providing accessible public transport and transport stops is essential for Banyule as it seeks to improve its status as an **age-friendly** city.

Banyule is committed to enabling and encouraging older adults to stay connected to their community. A community which helps people stay healthy and active at all ages and provides support and advocacy for those who require it.

Notes

- 1 The **ATSI** community is typically under-represented in Census data, so the actual population may be higher.
- 2 Identifies people who report a **need for assistance** due to a profound or severe core activity limitation. It does not necessarily represent the total number of residents with a disability - hence not all persons with a disability require assistance with their daily core activities.

Data source

- Unless otherwise stated, data is sourced from the Australian Bureau of Statistics (ABS) TableBuilder and is using the ABS Census of Population and Housing 2016.
- 3 2015 Survey of Disability, Ageing and Carers, ABS
 - 4 Australian Institute of Health & Welfare, *Australia's welfare 2015*
 - 5 Commissioner for Senior Victorians, *Ageing is everyone's business*, January 2016
 - 6 ABS, Age specific death rates for Intentional self-harm, 2016 (Catalogue no. 3303.0)
 - 7 Victorian Population Health Survey, 2014
 - 8 Access Economics (2017), *Projections of dementia prevalence and incidence in Victoria 2010 - 2050: Department of Health Regions and Statistical Local Areas*.
 - 9 Victorian Department of Human Services, 2007
 - 10 Life Tables for Aboriginal and Torres Strait Islander Australians, 2010-2012, ABS catalogue 3302.0.55.003

