



Older people



Issues and challenges

As more people live to 'older old age' (i.e. 80 years and older), the prevalence of chronic diseases increases markedly. It is generally understood that the greatest need for health care is in the last one to two years of a person's life.⁴

Health care expenditure for people over 65 years is two to three times higher than for those under 65 years, and higher still for those aged 80 years or older.⁵

In SESLHD

Fifteen percent (15%) of SESLHD'S population is over the age of 65 years.¹

The proportion of the District's population aged 65 years and over has increased by 15% between 2011 and 2016 compared with a 7% increase for people below 65 years.²

The highest rate of growth was in the 65-69 year age group (21.3%); followed by 70-74 years (20.3%) and thirdly 85+ years (16.9%).

Population profile

Sutherland LGA is home to the largest proportion (27%) of the District's population aged 65 years and over.³

The LGAs with the highest rate of growth of persons aged 65 years and over between 2011 and 2016 were Sydney-part (28%); Woollahra (19%) and Sutherland (18%).³

Twenty one percent (21%) of persons over 65 years within SELSHD live alone and 53% are married or have a partner.³

Eighteen percent (18%) of SESLHD residents over 65 years and 48% over the age of 85 years identified that they required assistance with core activities.³

Around half of one percent (0.4%) of residents over 65 years within SESLHD identified as Aboriginal, with the highest proportion (29%) of Aboriginal persons aged 65 years or over residing in the Sutherland LGA.³

The top 4 countries of birth for people over 65 years of age in the District are Greece, China, Italy and Egypt.^{3,5}

Other countries of birth that have seen significant increases in the population aged 65 years and over between 2011 and 2016 include Thailand (172% increase); Bangladesh (163% increase); Nepal (146% increase) and Hong Kong (111% increase).³

1. Australian Bureau of Statistics 2016 Census of Population and Housing

2. Australian Bureau of Statistics, Census of Population 2011 and Australian Bureau of Statistics, Census of Population and Housing 2016

3. Excluding Australia and "major other English-speaking countries" and "major other non-English speaking countries" categories

4. Seshamani M, Gray A. Time to death and health expenditure: an improved model for the impact of demographic change on health care costs. *Age Ageing*. 2004 Nov; 33 (6):556-61

5. SESLHD Aged Care Services Plan 2015-2018