

# Introduction

## Social isolation and loneliness

- Increase the risk of cardiovascular disease, stroke and disease
- Increase the risk of death to a similar degree as smoking 15 cigarettes a day, and to a greater degree than obesity
- Reduce cognitive function in older age

Social isolation and loneliness are not normal experiences of ageing, but age-related events and changes in lifestyle can increase the risk of older people experiencing them.

Risk factors for social isolation:

- **Income**
  - Low income;
  - Poverty.
- **Housing**
  - Renting;
  - Homelessness.
- **Employment**
  - Experiencing workplace ageism;
  - Unemployed;
  - Recently retired.

**Tasmania needs to support its older population to remain engaged, included and respected to reduce their risk of experiencing social isolation and loneliness.**

Data sources: ABS 2011 & 2016 Census; ABS Survey of Income and Housing 2015-16; Department of Social Services Payment Demographics 2018; Davidson, P., Saunders, P., Bradbury, B. and Wong, M. (2018), Poverty in Australia, 2018: ACOSS.



## Embracing the Future: Tasmania's Ageing Profile Part II

Full report and data sources are available through COTA Tasmania

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# EMBRACING THE FUTURE

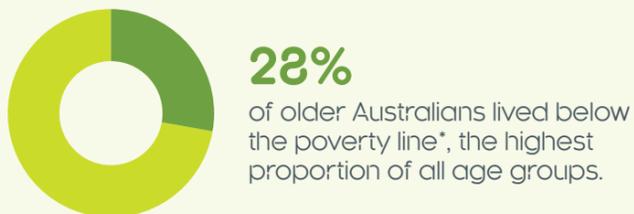
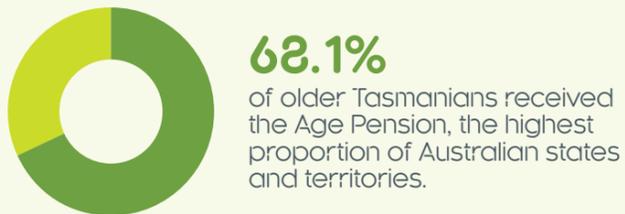
## Tasmania's Ageing Profile Part II

### FACT SHEET 2019

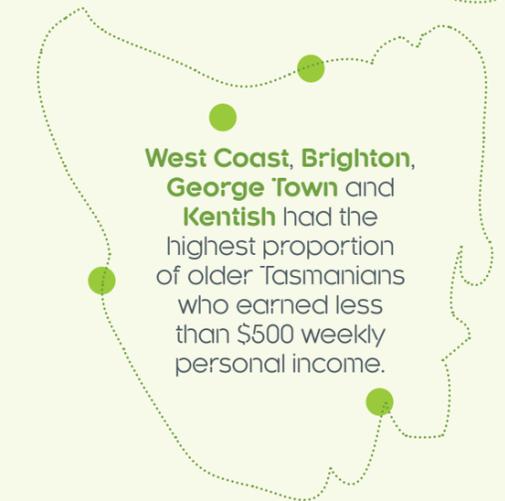
Income, Housing  
& Employment

# Income

Older Tasmanians had some of the lowest incomes in Tasmania in 2016.



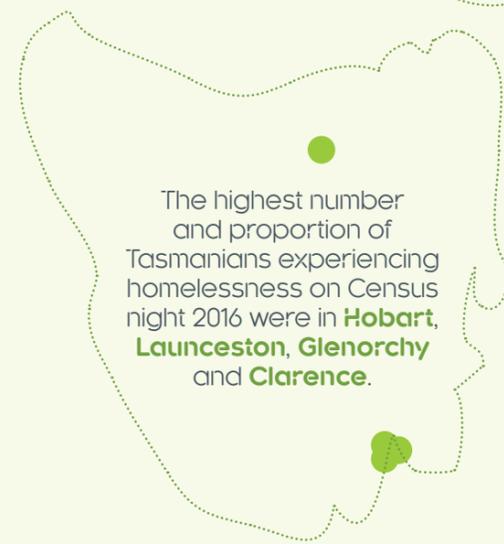
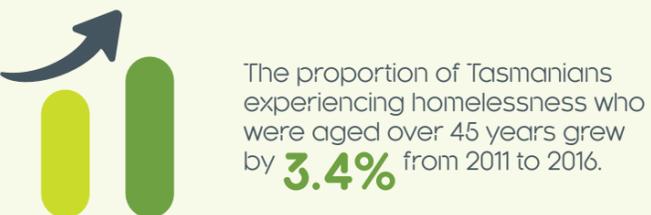
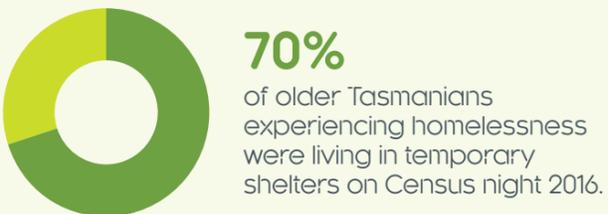
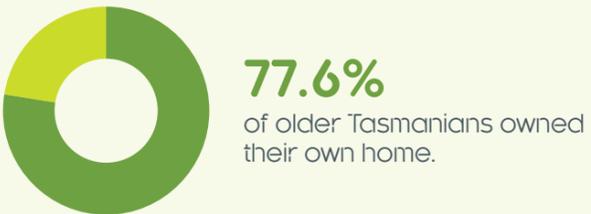
\*60% median income (European Commission, 2018)



**10,000** Tasmanians aged 45 to 65.5 years received Newstart and are at risk of entering older age in financial stress.

# Housing

While older Tasmanians tend to pay lower weekly rents than other age groups, the rent they pay is increasing.



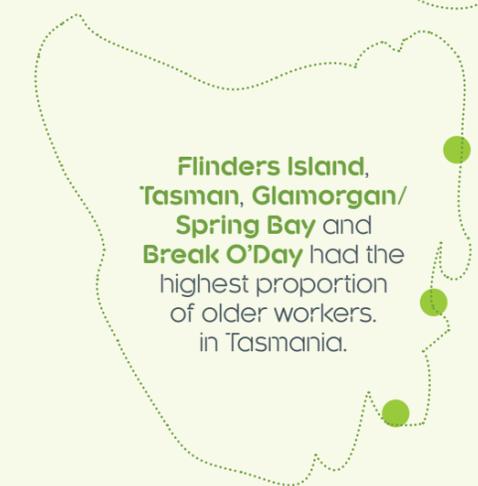
The proportion of Tasmanians experiencing homelessness who were women aged over 45 grew at a faster rate than for men from 2011 to 2016.

# Employment

Tasmania had the oldest workforce in Australia in 2016.

- Median age: **43 years**
- Proportion of labour force aged over 45: **45.5%**

Labour force	Proportion 2016	Change 2011 to 2016
Aged over 45	45.5%	+2.0%
Aged over 65	4.5%	+1.3%



More than 50% of the labour force were aged over 45 in six Tasmanian industries

Highest proportion of workers aged over 45



- Health Care & Social Assistance (54.6%)
- Education & Training (54.3%)

Highest proportions of workers aged over 65



- Rental, Hiring & Real Estate (8.7%)
- Transport, Postal & Warehousing (7.4%)