

## **APPENDIX B – SIGNIFICANT SUB-GROUP DIFFERENCES**

## **TRANSITIONS IN AGEING**

### **SIGNIFICANT SUB-GROUP DIFFERENCES IN RELATION TO LIFE CHANGES OR EVENTS THAT INFLUENCED RESPONDENTS' LIVES**

Following is an overview of which groups were significantly more likely to perceive each of the life events as being a good or bad influence on their lives now. Note, the life events are summarised in order of the largest proportion of 'good influence' ratings through to the smallest proportion.

#### **Becoming a Grandparent**

The following sub-groups were significantly more likely to indicate that becoming a grandparent was a good influence on their lives now:

- Those who felt valued by the community (91% versus 82% for felt unvalued)
- Married/defacto respondents (90% versus 77% for divorced/separated)
- Those who had contact with relatives *at least* once or twice a week (94% for contact every day and 90% for contact once or twice a week versus 75% for contact less often).

#### **Remarriage**

Due to the small sample size there were no significant sub-group differences.

#### **Taking on voluntary work**

The following sub-groups were significantly more likely to indicate that volunteering was a *good* influence on their lives now:

- Those who felt ageing was a positive stage of life (84% versus 70% for negative stage of life)
- Respondents who had contact with relatives every day (85% for contact every day versus 75% for contact once or twice a week and 72% for contact less than once a week)
- Those who felt loved and cared about to a large extent, but not to a great extent (83% versus 65% for less than a large extent).

#### **Having more leisure time**

The following sub-groups were significantly more likely to specify that having more leisure time was a *good* influence:

- Married or defacto respondents (79% versus 70% for widowed)
- Those who felt valued by the community (80% versus 64% for felt unvalued)
- Respondents who felt they had more energy than most people their age (82% versus 71% for less energy)

- Those who felt their life was in their control (79% versus 70% for not in control)
- Those who had commenced or completed a university degree (87% versus 75% for completed secondary school or trade certificate).

In contrast, a significantly larger proportion of the following sub-groups mentioned that having more leisure time was a bad influence on their lives now, although the numbers involved were generally small:

- Those who felt unvalued by the community (8% versus 2% for felt valued)
- Those who rated their physical health as good, fair or poor (4% versus 1% for excellent or very good)
- Those who had contact with friends once a fortnight or less (7% versus 2% for contact once or twice a week)
- Those who felt loved and cared about to less than a large extent (6% versus 1% for loved and cared about to a large extent and 2% for loved and cared about to a great extent)
- Respondents who agreed that they had felt depressed for the two weeks prior to the interview (9% versus 2% for moderately disagreed and 2% for strongly disagreed)
- Those who perceived that they were not well off financially (6% versus 2% for well off).

### **Minding grandchildren**

The following sub-groups were significantly more likely to indicate that minding grandchildren was a *good* influence on their lives now:

- Respondents aged 65-74 years (84% for 65-69 years and 79% for 70-74 years versus 64% for 75 years and over)
- Those who were married/defacto (79% versus 61% for widowed)
- Those who had contact with relatives every day (82% versus 72% for contact once or twice a week and 61% for contact less often)
- Those who felt loved and cared about to a large or to a great extent (76% for to a great extent and 77% for to a large extent versus 62% for less than a large extent)
- Respondents born in non-English-speaking countries (89% versus 71% for Australian born).

The following sub-group was significantly more likely to indicate that minding grandchildren was a *bad* influence on their lives now:

- Those who felt unvalued by the community (4% versus 0% for felt valued).

### **Having a second family**

Due to the small sample size there were no significant sub-group differences.

### **Finding new purpose after retirement**

The following sub-groups were significantly more likely to specify that finding a new purpose after retirement was a *good* influence on their lives now:

- Those aged 65 to 69 years (76% versus 62% for 75 years and over)
- Married or defacto respondents (72% versus 60% for widowed)
- Those who had contact with relatives *at least* once or twice a week (71% for every day and 71% for once or twice a week versus 58% for contact less often)
- Those who had contact with friends once or twice a week (73% versus 55% for contact less often)
- Those who felt loved and cared about to *at least* a large extent (79% for a large extent and 69% for a great extent versus 55% for less than a large extent).

In contrast, a significantly larger proportion of the following sub-groups mentioned that finding a new purpose after retirement was a *bad* influence on their lives now:

- Those who felt unvalued by the community (10% versus 2% for felt valued)
- Those who rated their physical health as good, fair or poor (6% versus 0% for excellent or very good)
- Respondents who reported they were only fairly happy or less than happy at present (5% versus 1% for very happy)
- Those who felt loved and cared about to less than a large extent (8% versus 1% for a large extent and 2% for a great extent)
- Respondents who agreed that they had felt depressed for the two weeks prior to the interview (19% versus 1% for moderately disagreed and 2% for strongly disagreed)
- Those who perceived that their life was not in their control (9% versus 1% for in control)
- Those who only moderately agreed or who disagreed that they were ageing successfully (5% versus 2% for strongly agreed).

### **Retirement**

The following sub-groups were significantly more likely to indicate that retirement was a *good* influence on their lives now:

- Men (69% versus 62% for women)
- Those aged 65 to 69 years (72% versus 59% for 75 years and over)

- Respondents who were married or in a defacto relationship (69% versus 56% for widowed)
- Those who felt loved and cared about to a large extent (75% versus 58% for less than a large extent and 64% for a great extent).
- Respondents who had commenced or completed a university degree (77% versus 63% for completed secondary school or trade certificate).

The following sub-groups were significantly more likely to indicate that retirement was a *bad* influence on their lives now:

- Those who felt unvalued by the community (13% versus 3% for felt valued)
- Those who perceived ageing as a negative stage of life (8% versus 3% for positive)
- Respondents who reported that they were only fairly happy or less than happy at present (8% versus 2% for very happy)
- Those who felt loved and cared about to less than a large extent (11% versus 1% for felt loved and cared about to a large extent)
- Respondents who agreed that they had felt depressed for the two weeks prior to the interview (12% versus 1% for moderately disagreed and 5% for strongly disagreed)
- Those who perceived that they were not well off financially (10% versus 4% for well off).

### **Marriage of children**

The following sub-groups were significantly more likely to indicate that their children's marriage was a *good* influence on their lives now:

- Those who felt valued by the community (66% versus 48% for felt unvalued)
- Respondents who were married, in a defacto relationship or widowed (67% for married/defacto and 59% for widowed versus 41% for divorced or separated)
- Those who had contact with relatives at least once or twice a week (68% for contact every day and 63% for contact once or twice a week versus 53% for contact less often)
- Respondents who reported they were very happy at present (70% versus 55% for less than very happy)
- Those who felt loved and cared about to a large or great extent (70% for a great extent and 61% to a large extent versus 47% to less than a large extent).

The following sub-groups were significantly more likely to indicate that their children's marriage was a *bad* influence on their lives now:

- Respondents aged 65 to 69 years (7% versus 3% for 70-74 years)
- Those who felt unvalued by the community (12% versus 3% for felt valued)
- Respondents who reported they were only fairly happy or less than happy at present (6% versus 2% for very happy)
- Those who felt loved and cared about to less than a large extent (10% versus 2% for felt loved and cared about to a great extent)
- Respondents who agreed that they had felt depressed for the two weeks prior to the interview (14% versus 3% for strongly disagreed)
- Those who perceived that they were not in control of their lives (8% versus 3% for in control).

### **Moving accommodation**

The following sub-groups were significantly more likely to indicate that moving into different accommodation was a *good* influence on their lives now:

- Those who had contact with friends every day (67% versus 52% for contact once or twice a week)
- Respondents who were very happy at present (66% versus 49% for less than very happy)
- Those who were well off financially (60% versus 49% for not well off).

The following sub-groups were significantly more likely to indicate that moving into different accommodation was a *bad* influence on their lives now:

- Those who felt unvalued by the community (17% versus 6% for felt valued)
- Those who were only fairly happy or less than happy at present (14% versus 2% for very happy)
- Those who felt loved and cared about to less than a large extent (13% versus 6% to a great extent).

### **Re-entering workforce after having children**

The following sub-groups were significantly more likely to perceive that re-entering the workforce was a *good* influence on their lives now:

- Women (59% versus 29% for men to whom it was applicable)
- Those who had contact with friends once or twice a week (59% versus 41% for contact every day).

The following sub-group was significantly more likely to perceive that re-entering the workforce was a *bad* influence on their lives now:

- Respondents who moderately disagreed that they had felt depressed for the two weeks prior to the interview (6% versus 1% for strongly disagreed).

### **Separation or Divorce**

No sub-groups were significantly more likely to perceive that 'separation or divorce' was a *good* influence on their lives now. The following sub-groups were significantly more likely to perceive that 'separation or divorce' was a *bad* influence:

- Men (12% versus 2% for women)
- Those currently divorced/separated (13% versus 2% for in second or subsequent marriage/defacto relationship).

### **Becoming carer for family member**

No sub-groups were significantly more likely to perceive that becoming a carer was a *good* influence on their lives now.

The following sub-groups were significantly more likely to indicate that becoming a carer for a family member was a *bad* influence on their lives now.

- Those who felt unvalued by the community (27% versus 14% for felt valued)
- Respondents who had contact with friends once a fortnight or less (32% versus 13% for contact once or twice a week and 13% for every day)
- Those who felt loved and cared about to less than a large extent (25% versus 11% for a great extent)
- Those who felt their lives were not in their control (26% versus 13% for in control).

### **Children leaving home**

The following sub-groups were significantly more likely to indicate their children leaving home was a *good* influence:

- Respondents who were married or in a defacto relationship (36% versus 13% for divorced/separated)
- Those who had contact with relatives *at least* once or twice a week (35% for contact every day and 32% for contact once or twice a week versus 20% for contact less often).

The following sub-groups were significantly more likely to indicate their children leaving home was a *bad* influence:

- Those aged 65 to 69 years (9% versus 4% for 75 years and over)
- Those who moderately disagreed that they had felt depressed for the two weeks prior to the interview (10% versus 5% for strongly disagreed)
- Respondents born in non-English-speaking countries (12% versus 5% for Australian born).

### **Death of parents**

The following sub-group was significantly more likely to indicate that their parents' death was a *good* influence:

- Those who were very happy at present (21% versus 14% for less than very happy).

The following sub-groups were significantly more likely to indicate their parents' death was a *bad* influence:

- Women (20% versus 12% for men)
- Those aged 65 to 69 years (32% versus 11% for 75 years and over).

### **Spouse entering residential care**

Due to the small sample size there were no significant sub-group differences.

### **Becoming less independent**

No sub-groups were significantly more likely to perceive that becoming less independent was a *good* influence on their lives now.

The following sub-groups were significantly more likely to indicate that becoming less independent was a *bad* influence, among those to whom it was applicable:

- Those aged 75 years and over (48% versus 27% for 70-74 years)
- Those who agreed they had felt depressed for the two weeks prior to the interview (64% versus 37% for moderately disagreed and 39% for strongly disagreed)
- Those who perceived that they were not in control of their lives (56% versus 37% in control)
- Respondents born in other main English-speaking countries (52% versus 39% for Australian born).

### **Process of menopause (women)**

The following sub-group of women was significantly more likely to specify that menopause was a *good* influence:

- Women who had contact with relatives every day (22% versus 8% for contact once or twice a week and 7% for contact less often).

The following sub-group of women was significantly more likely to specify that menopause was a *bad* influence:

- Women aged 65 to 69 years (10% versus 3% for 70-74 years)
- Women who had contact with friends less than once a week (12% versus 3% for contact every day).

### **Adjusting to widowhood**

No sub-groups were significantly more likely to perceive that adjusting to widowhood was a *good* influence on their lives now, among those to whom it was applicable.

The following sub-groups were significantly more likely to specify that adjusting to widowhood was a *bad* influence:

- Those aged 70 to 74 years (40% versus 20% for 75 years and over)
- Those who rated their physical health as good, fair or poor (33% versus 16% for excellent or very good health)
- Those who were only fairly happy or less than happy at present (34% versus 16% for very happy)
- Respondents who only moderately agreed or disagreed that they were ageing successfully (36% versus 20% for strongly agreed).

### **Death of friends or family members**

No sub-groups were significantly more likely to perceive that death of friends or family members was a *good* influence on their lives now.

The following sub-groups were significantly more likely to indicate that death of friends or family members was a *bad* influence:

- Women (43% versus 32% for men)
- Those who rated their physical health as good, fair or poor (42% versus 34% for excellent or very good health)
- Respondents who agreed that they had felt depressed for the two weeks prior to the interview (55% versus 36% for moderately disagreed and 36% for strongly disagreed)
- Those who perceived that they were not in control of their lives (53% versus 35% for in control).

### **Experienced age-related illness or injury**

The following sub-groups were significantly more likely to indicate that experiencing age-related illness or injury was a *good* influence on their lives now:

- Those who felt ageing was a positive stage of life (12% versus 6% for negative)

- Respondents who rated their physical health as excellent or very good (14% versus 6% for good, fair or poor physical health)
- Those who felt they had more energy than most people their age (12% versus 6% for less energy)
- Respondents who strongly agreed that they were ageing successfully (12% versus 5% for moderately agreed or disagreed).

The following sub-groups were significantly more likely to indicate that experiencing age-related illness or injury was a *bad* influence:

- Those who felt unvalued by the community (59% versus 44% for felt valued)
- Those who felt ageing was a negative stage of life (57% versus 36% for positive)
- Respondents who rated their physical health as good, fair or poor (54% versus 35% for excellent or very good health)
- Respondents who reported they were only fairly happy or less than happy at present (55% versus 36% for very happy)
- Those who felt loved and cared about to less than a large extent (59% versus 42% for to a great extent)
- Respondents who agreed that they had felt depressed for the two weeks prior to the interview (59% versus 43% for strongly disagreed)
- Those who perceived that they were not in control of their lives (62% versus 42% for in control)
- Respondents who moderately agreed or disagreed that they were ageing successfully (57% versus 38% for strongly agreed).

#### **Not finding paid work when needed**

The following sub-groups were significantly more likely to indicate that not being able to find paid employment when they needed it was a *good* influence:

- Respondents born in other main English-speaking countries (12% versus 4% for Australian born).

The following sub-groups were significantly more likely to indicate that not being able to find paid employment when they needed it was a *bad* influence:

- Those who felt unvalued by the community (37% versus 18% for felt valued)
- Those who felt loved and cared about to less than a large extent (36% versus 18% for a large extent and 15% for a great extent)
- Those who perceived that they were not in control of their lives (32% versus 18% for in control).

## **SUCCESSFUL AGEING**

### **SIGNIFICANT SUB-GROUP DIFFERENCES FOR THE KEY ATTRIBUTES OF AGEING SUCCESSFULLY**

Following is a summary of the significant sub-group differences in relation to the seven attributes that 75% of respondents perceived as *very important* to ageing successfully.

#### **Remaining in good health until close to death:**

The following sub-groups were more likely to consider remaining in good health until close to death to be *very important* in ageing successfully:

- Those who rated their physical health as excellent or very good (91% versus 85% for good, fair or poor physical health)
- Respondents who had contact with friends once or twice a week (90% versus 81% for those who had contact less often)
- Those who felt they had more energy than most people their age (91% versus 85% for less energy)
- Respondents who had received secondary education only or had a trade certificate (90% versus 80% for commenced or completed a degree)
- Those who were well off financially (90% versus 83% for not well off)
- Respondents who strongly agreed that they were ageing successfully (92% versus 83% for those who moderately agreed or disagreed).

#### **Being able to take care of oneself until close to the time of death:**

The following sub-groups were more likely to consider being able to take care of oneself until close to the time of death to be *very important* in ageing successfully:

- Women (91% versus 86% for men)
- Respondents who felt they had more energy than most people their age (91% versus 86% for less energy)
- Respondents who had secondary education only or had a trade certificate (90% versus 80% for commenced or completed a degree).

### **Remaining free of chronic disease:**

The following sub-groups were more likely to consider remaining free of chronic disease to be *very important* in ageing successfully:

- Respondents aged 75 years and over (88% versus 80% for 65-69 years and 83% for 70-74 years)
- Metropolitan respondents (86% versus 81% for country)
- Respondents with excellent or very good health (88% versus 80% for good, fair or poor health)
- Those who felt they had more energy than most people their age (88% versus 79% for less energy)
- Respondents with secondary education only or a trade certificate (86% versus 77% for commenced or completed a degree).

### **Feeling good about oneself:**

The following sub-groups were more likely to consider feeling good about oneself to be *very important* in ageing successfully:

- Respondents who had frequent contact with relatives (88% for contact every day and 78% for contact once or twice a week versus 69% for contact less often)
- Respondents who had frequent contact with friends (82% for contact every day and 80% for contact once or twice a week versus 68% for contact less often)
- Those who were very happy at their current stage of life (98% versus 94% for less than very happy)
- Those who felt they had more energy than most people their age (86% versus 71% for less energy)
- Respondents who felt loved and cared about to a great extent (85% versus 76% for to a large extent and 65% for less than a large extent)
- Respondents who disagreed that they had felt depressed for the previous two weeks (80% for strongly disagreed and 84% for moderately disagreed versus 59% for agreed)
- Those who felt they were not in control of their life (81% versus 67% for in control)
- Respondents who strongly agreed that they were ageing successfully (83% versus 71% for those who moderately agreed or disagreed).

### **Having family who were there for you:**

The following sub-groups were more likely to consider having family who were there for you to be *very important* in ageing successfully:

- Women (83% versus 75% for men)
- Respondents aged 75 years and over (84% versus 74% for 65-69 years and 77% for 70-74 years)
- Respondents who felt valued by the community (83% versus 64% for felt unvalued)
- Those who had ever had children (82% versus 37% for no children)
- Respondents who had frequent contact with relatives (91% for contact every day and 83% for contact once or twice a week versus 52% for contact less often)
- Those who were very happy in their current life stage (85% versus 74% for less than very happy)
- Respondents who felt loved and cared about to a great extent (88% versus 73% for a large extent and 66% for less than a large extent)
- Respondents who had secondary education only or had a trade certificate (82% versus 69% for commenced or completed a degree).

### **Being able to make choices about things that affected how you aged:**

The following sub-groups were more likely to consider being able to make choices about things that affected how you aged to be *very important* in ageing successfully:

- Widowed respondents (85% versus 75% for married/defacto)
- Those who had ever had children (84% versus 72% for no children)
- Those who had contact with relatives every day (84% versus 77% for contact once or twice a week and 72% for contact less often)
- Those who had contact with friends once or twice a week (79% versus 69% for contact less often)
- Respondents who felt very happy at their current stage of life (85% versus 71% for less than very happy)
- Those who felt they had more energy than most people their age (85% versus 69% for less energy)
- Respondents who felt loved and cared about to a great extent (85% versus 73% for to a large extent and 67% for less than a large extent)
- Those who strongly disagreed that they felt depressed for the last two weeks (82% versus 68% for moderately disagreed and 62% for agreed)
- Respondents who felt in control of their lives (80% versus 69% for not in control)

- Those who strongly agreed that they were ageing successfully (84% versus 69% for moderately agreed or disagreed).

### **Being able to act according to your own inner standards and values:**

The following sub-groups were more likely to consider being able to act according to your own inner standards and values to be *very important* in ageing successfully:

- Those aged 70-74 years (86% versus 74% for 75 years and over)
- Those who had frequent contact with friends (80% for contact every day and 79% for contact once or twice a week versus 72% for contact less often)
- Respondents who were very happy with their current life stage (83% versus 74% for less than very happy)
- Respondents who felt loved and cared about to a great extent (84% versus 76% for a large extent and 68% for less than a large extent)
- Respondents who had strongly disagreed that they had felt depressed for the previous two weeks (81% versus 72% for moderately disagreed and 64% for agreed)
- Those who indicated they were not well off financially (88% versus 75% for well off)
- Respondents who felt in control of their lives (80% versus 68% for not in control)
- Those who strongly agreed that they were ageing successfully (82% versus 72% for moderately agreed or disagreed).

### ***SIGNIFICANT SUB-GROUP DIFFERENCES AMONG RESPONDENTS WHO STRONGLY AGREED THAT THEY WERE AGEING SUCCESSFULLY***

The following sub-groups were significantly more likely to agree *strongly* with the statement '*I am ageing successfully or ageing well*', and the differences were particularly marked in relation to health, happiness, energy, not feeling depressed, and feeling in control of life:

- Those who felt that ageing was a positive stage of life (67% versus 53% for negative)
- Respondents who rated their physical health as either excellent or very good (79% versus 44% for good, fair or poor health)
- Those who had contact with relatives every day (67% versus 55% for once a fortnight or less often)
- Respondents who had contact with friends at least once a week (64% for contact every day and 63% for contact once or twice a week versus 52% for contact less often)
- Those who rated themselves as being currently very happy (73% versus 50% for fairly happy or less than happy)

- Those who indicated they had more energy than most people their age (72% versus 47% for less energy)
- Respondents who believed they were loved and cared about to a great extent versus those who did not feel this way (66% versus 57% for to a large extent and 54% for less than a large extent)
- Those who strongly disagreed that they had felt depressed for the two weeks prior to the interview (67% versus 47% moderately disagreed and 33% for agreed)
- Those who perceived they were in control of their life (66% versus 40% for not in control)
- Those who rated their financial position as well off (64% versus 53% for not well off).

**SIGNIFICANT SUB-GROUP DIFFERENCES AMONG RESPONDENTS' EXPLANATIONS FOR AGREEING STRONGLY THAT THEY WERE AGEING SUCCESSFULLY**

The following sub-groups were significantly more likely to mention 'good physical health' to explain why they strongly agreed that they were ageing successfully:

- Married/defacto (51% versus 39% for widowed)
- Respondents who perceived that they had more energy than most people their age (54% versus 37% for less energy)
- Those in excellent or very good physical health (57% versus 33% for good, fair or poor).

The following sub-groups were significantly more likely to mention 'active, busy, fit, have hobbies, help others' to explain why they strongly agreed that they were ageing successfully:

- Respondents who perceived that they had more energy than most people their age (54% versus 34% for less energy)
- Those in excellent or very good physical health (52% versus 39% for good, fair or poor)
- Those who had contact with two or more friends *at least* once a week (54% for contact every day and 48% for contact once or twice a week versus 30% for contact less often).

The following sub-groups were significantly more likely to mention 'happy marriage, family involvement, friends' to explain why they strongly agreed that they were ageing successfully:

- Women (42% versus 32% for men)
- Those who felt loved and cared about to a great extent (44% versus 26% for less than a large extent)
- Those who had contact with two or more relatives *at least* once a week (42% for contact every day and 41% for contact once or twice a week versus 20% for contact less often).

The following sub-groups were significantly more likely to mention 'positive attitude, young at heart, stay interested in the world, learning' to explain why they strongly agreed that they were ageing successfully:

- Women (34% versus 25% for men)
- Those born in a non-English-speaking country (48% versus 27% for Australian born).

The following sub-groups were significantly more likely to mention 'still independent/look after myself' to explain why they strongly agreed that they were ageing successfully:

- Those in excellent or very good physical health (13% versus 8% for good, fair or poor health)
- Those who felt loved and cared about to less than a large extent (14% versus 10% for less than a great extent)
- Those who had infrequent contact with two or more friends (20% versus 10% for contact every day and 9% for contact once or twice a week)
- Those who moderately disagreed they had felt depressed for the two weeks prior to the interview (19% versus 10% for strongly disagreed).

The following sub-groups were significantly more likely to mention 'financially comfortable' to explain why they strongly agreed that they were ageing successfully:

- Men (16% versus 4% for women)
- Married/defacto (12% versus 3% for widowed).

The following sub-groups were significantly more likely to mention 'look younger than I am/look good' to explain why they strongly agreed that they were ageing successfully:

- Those aged 75 years and over (8% versus 3% for 70-74 years)
- Widowed respondents (12% versus 3% for married/defacto).

The following sub-group was significantly more likely to mention 'peace of mind, content, satisfied, no problems' to explain why they strongly agreed that they were ageing successfully:

- Those who had infrequent contact with two or more friends (15% versus 2% for contact every day and 7% for contact once or twice a week).

### ***SIGNIFICANT SUB-GROUP DIFFERENCES AMONG RESPONDENTS' EXPLANATIONS FOR AGREEING MODERATELY THAT THEY WERE AGEING SUCCESSFULLY***

The following sub-groups were significantly more likely to mention 'active, busy, fit, have hobbies, help others' to explain why they *moderately* agreed that they were ageing successfully:

- Those aged 65 to 69 years (58% versus 42% for 75 years and over)
- Those who perceived they have more energy than most people their age (56% versus 41% for less energy).

The following sub-groups were significantly more likely to mention 'good memory, keep mind active' to explain why they *moderately* agreed that they were ageing successfully:

- Women (15% versus 6% for men)
- Metropolitan respondents (14% versus 4% for country)
- Those who were less than very happy at present (14% versus 6% for very happy).

The following sub-groups were significantly more likely to mention 'good physical health' to explain why they *moderately* agreed that they were ageing successfully:

- Metropolitan respondents (35% versus 14% for country)
- Respondents who rated their financial position as well off (32% versus 21% for not well off)
- Those who considered their physical health to be excellent or very good (45% versus 23% for good, fair or poor health).

The following sub-groups were significantly more likely to mention 'still independent/look after myself' to explain why they *moderately* agreed that they were ageing successfully:

- Women (22% versus 8% for men)
- Those aged 75 years and over (25% versus 7% for 65-69 years)
- Those who were less than very happy at present (19% versus 10% for very happy).

The following sub-groups were significantly more likely to mention 'happy marriage, family involvement, friends' to explain why they *moderately* agreed that they were ageing successfully:

- Those who felt loved and cared about to at least a large extent (31% for to a large extent and 30% for to a great extent versus 13% for less than a large extent)
- Those who had contact with relatives every day (44% versus 26% for contact once or twice a week and 17% for contact less often)
- Those who were very happy in their current life stage (40% versus 22% for less than very happy).

***SIGNIFICANT SUB-GROUP DIFFERENCES AMONG RESPONDENTS' EXPLANATIONS FOR DISAGREEING THAT THEY WERE AGEING SUCCESSFULLY***

Owing to the small number of respondents in this category, there were no significant differences.

## **EMOTIONAL AND RELATIONAL CORRELATES OF SUCCESSFUL AGEING**

### **SIGNIFICANT SUB-GROUP DIFFERENCES AMONG RESPONDENTS WHO EXPECTED THE 'BEST' OLD AGE**

The following sub-groups were significantly more likely to rate the old age that they expected to have, based on their current quality of life, as 'the best' (that is, a rating of 8 or 9 on the nine point scale):

- Those who perceived that ageing was a positive stage of life (55% versus 40% for negative stage of life)
- Respondents who rated their physical health as either excellent or very good (65% versus 34% for good, fair or poor)
- Respondents who had contact with relatives every day (54% versus 41% for contact once a fortnight or less)
- Respondents who rated their current happiness as very happy (62% versus 36% for fairly happy or less than happy)
- Those who perceived they had more energy than most people their age (59% versus 36% for less energy)
- Respondents who felt loved about to at least a large extent (59% for to a great extent and 48% for to a large extent versus 27% for less than a large extent)
- Respondents who strongly *disagreed* that they had been depressed (55% versus 28% for moderately disagreed and 30% for agreed)
- Respondents who believed that they were in control of their life (53% versus 29% not in control).

### **SIGNIFICANT SUB-GROUP DIFFERENCES AMONG RESPONDENTS IN RELATION TO CONTACT WITH RELATIVES**

In addition to the significant differences shown above, the following sub-groups were significantly more likely to have contact with two or more relatives every day:

- Divorced or separated respondents (24% versus 17% for widowed)
- Those who had ever had children (24% versus 6% for no children)
- Those who had contact with friends every day (32% versus 14% for contact once a fortnight or less often)
- Respondents who rated their current happiness as very happy (27% versus 19% for fairly happy or less than happy)
- Respondents who indicated that they felt loved and cared about to a great extent (28% versus 15% for less than a large extent).

The following sub-groups were significantly more likely to *never* have contact with two or more relatives:

- Those who had never had children (1% versus 0% for have children)
- Those born in other English-speaking countries (4% versus 1% for Australian-born).

### ***SIGNIFICANT SUB-GROUP DIFFERENCES AMONG RESPONDENTS IN RELATION TO CONTACT WITH CLOSE FRIENDS***

The following sub-groups were significantly more likely to have contact with two or more close friends every day:

- Those who perceived ageing as a positive stage of life (28% versus 19% for negative)
- Respondents who were widowed (33% versus 20% for married/*de facto*)
- Respondents who had contact with relatives every day (33% versus 21% for contact once or twice a week).

In contrast the following sub-groups were significantly more likely to never have contact with two or more close friends:

- Those who felt unvalued by the community (4% versus 1% for felt valued)
- Respondents who had contact with two or more relatives once a fortnight or less often (4% versus 0% for contact with relatives once or twice a week)
- Those from other English-speaking countries (3% versus 0% for Australian-born).

### ***SIGNIFICANT SUB-GROUP DIFFERENCES AMONG RESPONDENTS IN RELATION TO BEING CURRENTLY 'VERY HAPPY'***

The following sub-groups were significantly more likely to be 'very happy' in their current stage of life:

- Those who felt valued by the community (55% versus 29% for felt unvalued)
- Those who perceived ageing as a positive stage of life (59% versus 37% for negative)
- Those who had ever had children (51% versus 29% for no children)
- Respondents who rated their physical health as excellent or very good (60% versus 40% for good, fair or poor)
- Those who had contact with relatives every day (59% versus 40% for contact once a fortnight or less)
- Those who had contact with friends at least once or twice a week (57% for contact every day and 50% for contact once or twice a week versus 40% for contact less often)

- Those who indicated they had more energy than most people their age (56% versus 41% for less energy)
- Respondents who felt loved and cared about to at least a large extent (65% to a great extent and 40% to a large extent versus 25% for less than a large extent)
- Those who strongly disagreed that they had felt depressed for the two weeks prior to the interview (57% versus 26% for moderately disagreed and 18% for agreed)
- Those who felt they were in control of their lives (54% versus 28% for not in control)
- Respondents who were born in Australia or other English-speaking country (51% for Australian born and 51% other English-speaking versus 38% for Non-English speaking).

### **REASONS FOR BEING 'VERY HAPPY' - SIGNIFICANT SUB-GROUP DIFFERENCES**

The following sub-groups were significantly more likely to mention 'have family around me' as a reason why they were currently very happy:

- Those who had contact with relatives *at least* once or twice a week (45% for contact every day and 41% for contact once or twice a week versus 26% for contact less often)
- Respondents who felt loved and cared about to a large or great extent (34% for a large extent and 46% for a great extent versus 15% for less than a large extent)
- Those born in Australia (47% versus 28% for born in other English-speaking countries).

The following sub-groups were significantly more likely to say they were in 'good physical health' as a reason for being very happy at present:

- Those who were in excellent or very good physical health (39% versus 22% for good, fair or poor health)
- Those who had more energy than others their age (37% versus 23% for less energy).

The following sub-groups were significantly more likely to say they have (or had) a 'loving spouse/partner' as a reason for being very happy at present:

- Men (33% versus 18% for women)
- Married/defacto respondents (35% versus 1% for widowed).

The following sub-groups were significantly more likely to mention 'have friends around me or a social life' as a reason why they were currently very happy:

- Respondents who felt valued by the community (27% versus 11% for felt unvalued)
- Widowed respondents (42% versus 20% for married/defacto)
- Those who had contact with friends *at least* once a week (21% for contact every day and 26% for contact once or twice a week versus 14% for contact less often).

The following sub-group was significantly more likely to give 'keeping busy/active' as a reason why they were currently very happy:

- Those who felt they had more energy than most people their age (29% versus 13% for less energy).

The following sub-groups were significantly more likely to give 'optimistic/ positive attitude' as a reason why they were currently very happy:

- Those who felt ageing was a positive stage of life (26% versus 13% for negative)
- Those who felt loved and cared about to either a great extent or less than a large extent (26% for a great extent and 32% for less than a large extent versus 7% for a large extent).

### ***REASONS FOR BEING 'FAIRLY HAPPY' - SIGNIFICANT SUB-GROUP DIFFERENCES***

The following sub-groups were significantly more likely to say they were in 'good physical health' as a reason for being fairly happy at present:

- Those who were in excellent or very good physical health (33% versus 20% for good, fair or poor health)
- Those who had more energy than others their age (32% versus 18% for less energy)
- Those who described their financial position as well off (29% versus 15% for not well off).

The following sub-groups were significantly more likely to mention 'have family around me' as a reason why they were currently fairly happy:

- Those who had contact with relatives *at least* once or twice a week (37% for contact every day and 25% for contact once or twice a week versus 9% for contact less often)
- Respondents who felt loved and cared about to a large extent (32% versus 5% for less than a large extent).

The following sub-groups were significantly more likely to mention 'have friends around me or a social life' as a reason why they were currently fairly happy:

- Women (28% versus 11% for men)
- Widowed respondents (35% versus 14% for married/defacto).

The following sub-group was significantly more likely to give 'optimistic/ positive attitude' as a reason why they were currently fairly happy:

- Those who had contact with relatives every day (30% versus 15% for contact once or twice a week).

### ***REASONS FOR BEING 'UNHAPPY' – SIGNIFICANT SUB-GROUP DIFFERENCES***

Some twelve respondents were fairly or very unhappy with their current stage of life. These respondents were also asked to explain why they felt this way and responses included:

- four respondents mentioned that their spouse or other family member was dead or ill or incapacitated
- three respondents mentioned that they needed assistance to do things; they were losing their independence;
- two respondents mentioned that they were lonely and did not see or have family/friends
- two respondents mentioned that they had poor physical health, and
- one respondent mentioned that they did not have anything to do or that they were bored.

### ***SIGNIFICANT SUB-GROUP DIFFERENCES AMONG RESPONDENTS WHO SAID THEY HAD MUCH MORE ENERGY THAN MOST PEOPLE THEIR AGE***

The following sub-groups were significantly more likely to report that they had much more energy than most people their age:

- Those who perceived that ageing was a positive stage of life (29% versus 21% for less energy)
- Those who rated their physical health as excellent or very good (35% versus 16% for good, fair or poor health)
- Those who were very happy at their current stage of life (32% versus 19% for less than very happy)
- Those who felt loved and cared about to a great extent (30% versus 18% for less than a large extent)
- Those who strongly *disagreed* that they had felt depressed for the two previous weeks (30% versus 12% for moderately disagreed and 8% for agreed)
- Respondents who felt in control of their lives (28% versus 12% not in control)
- Those who had commenced or completed a university degree (35% versus 23% for secondary school or trade certificate)
- Those who described their financial position as well off (28% versus 19% for not well off).

### ***SIGNIFICANT SUB-GROUP DIFFERENCES AMONG RESPONDENTS WHO FELT LOVED AND CARED ABOUT TO A 'GREAT EXTENT'***

The following sub-groups were significantly more likely to indicate that they felt loved and cared about to a great extent (that is, a rating of 9 out of 9):

- Women (63% versus 40% for men)
- Those who felt valued by the community (56% versus 39% for felt unvalued)

- Those who indicated ageing was a positive stage of life (58% versus 45% for negative)
- Those in excellent or very good health (58% versus 48% for good, fair or poor health)
- Respondents who had contact with two or more relatives every day (63% versus 52% for contact once or twice a week and 41% for contact less often)
- Those who rated their current happiness as very happy (69% versus 36% for less than very happy)
- Respondents who strongly disagreed that they had felt depressed for the previous two weeks (58% versus 38% for moderately disagreed and 24% for agreed)
- Those who felt their life was in their control (56% versus 38% for not in control)
- Respondents who had secondary education or completed a trade certificate (55% versus 40% for commenced or completed a university degree).

***SIGNIFICANT SUB-GROUP DIFFERENCES AMONG RESPONDENTS WHO FELT LOVED AND CARED ABOUT TO A 'LARGE EXTENT'***

The following sub-groups were significantly more likely to indicate that they felt loved and cared about to a large extent (that is, a rating of 8 out of 9):

- Men (32% versus 18% for women)
- Respondents aged 65 to 69 years (33% versus 22% for 70-74 years and 20% for 75 years and over)
- Respondents in a married or *de facto* relationship (28% versus 16% for widowed)
- Those who were less than very happy at present (29% versus 20% for very happy)
- Those who had commenced or completed a university degree (36% versus 22% for completed secondary education or a trade certificate).

***SIGNIFICANT SUB-GROUP DIFFERENCES AMONG RESPONDENTS WHO 'STRONGLY DISAGREED' THAT THEY HAD FELT DEPRESSED FOR THE PREVIOUS TWO WEEKS***

The following sub-groups were significantly more likely to *strongly disagree* that they had felt depressed almost every day in the two weeks prior to the interview:

- Those who felt valued by the community (81% versus 68% for felt unvalued)
- Married or *de facto* respondents (82% versus 73% for widowed)
- Respondents who rated their health as excellent or very good (86% versus 71% for good, fair or poor health)

- Those who had contact with friends *at least* once a week (80% for contact every day and 81% for contact once or twice a week versus 67% for contact less often)
- Respondents who indicated they were very happy at their current stage of life (90% versus 67% for less than very happy)
- Respondents who had more energy than most people their age (83% versus 72% for less energy)
- Those who felt loved and cared about to a large or great extent (87% for a great extent and 83% for a large extent versus 55% for less than large extent)
- Those who felt in control of their lives (79% versus 62% who did not feel in control)
- Those born in other main English-speaking countries (84% versus 69% for those born elsewhere overseas).

***SIGNIFICANT SUB-GROUP DIFFERENCES AMONG RESPONDENTS WHO ONLY 'MODERATELY DISAGREED' OR 'AGREED' THAT THEY HAD FELT DEPRESSED FOR THE PREVIOUS TWO WEEKS***

Conversely, the following subgroups were significantly more likely to agree or only moderately disagree that they had felt depressed for the previous two weeks:

- Those who felt unvalued by the community (32% versus 19% for felt valued)
- Divorced/separated and widowed respondents (32% and 26% respectively versus 18% for married/*de facto*)
- Respondents who rated their physical health as good, fair or poor (28% versus 14% for excellent or very good)
- Those who had contact with friends less often than once a week (33% versus 20% for contact every day and 19% for contact once or twice a week)
- Respondents who indicated they were less than very happy at their current stage of life (32% versus 10% for very happy)
- Respondents who had less energy than most people their age (28% versus 16% for more energy)
- Those who felt loved and cared about to less than a large extent (45% versus 13% for a great extent and 17% for a large extent)
- Those who did not feel in control of their lives (41% versus 17% in control)
- Those born in non-English-speaking countries (31% versus 16% for those born overseas in main English-speaking countries).

### ***SIGNIFICANT SUB-GROUP DIFFERENCES AMONG RESPONDENTS WHO FELT THEY CONTROLLED THEIR LIFE TO A 'GREAT EXTENT'***

The following subgroups were significantly more likely to perceive that they controlled their life to a great extent:

- Respondents whose physical health was excellent or very good (59% versus 40% for good, fair or poor health)
- Respondents who felt very happy at their current stage of life (60% versus 39% for less than very happy)
- Respondents who had more energy than most others their age (57% versus 40% for less energy)
- Those who felt loved and cared about to a large or great extent (50% and 56% respectively versus 13% for less than a large extent).

### ***SIGNIFICANT SUB-GROUP DIFFERENCES AMONG RESPONDENTS WHO FELT THEIR LIFE WAS MORE CONTROLLED BY CIRCUMSTANCES OUTSIDE THEIR CONTROL***

The following sub-groups were significantly more likely to perceive that their life was more determined by circumstances outside their control, although small numbers were involved:

- Those aged 75 years and over ('great extent': 4% versus 1% for 65-69 years)
- Those who felt unvalued by the community ('reasonable extent': 10% versus 3% for felt valued)
- Those who indicated ageing was a negative stage of life ('great extent': 4% versus 1% for negative)
- Respondents who rated their physical health as good, fair or poor ('reasonable extent': 6% versus 2% for excellent or very good)
- Those who had contact with friends only once a fortnight or less ('reasonable extent': 10% versus 3% for contact every day and 3% for contact once or twice a week)
- Those who indicated that they were less than very happy at present ('great extent': 4% versus 1% for very happy; and 'reasonable extent': 7% versus 1% for very happy)
- Those who felt loved and cared about to less than a great extent (out of control to a 'great extent': 5% for less than large extent and 4% for to a large extent versus 1% for felt loved and cared about to a great extent)
- Those who agreed that they had felt depressed for the two weeks prior to the interview ('great extent': 10% versus 1% for strongly disagreed and 'reasonable extent': 10% versus 4% for strongly disagreed).

### ***SIGNIFICANT SUB-GROUP DIFFERENCES AMONG RESPONDENTS WHO WERE OR HAD BEEN 'VERY HAPPY' WITH THEIR PRESENT OR PREVIOUS RELATIONSHIP***

The following sub-groups were significantly more likely to very happy with their relationship:

- Those who were at present married or in a *de facto* relationship or widowed (77% and 70% respectively versus 27% for divorced/separated)
- Those who had contact with two relatives *at least* once or twice a week (75% for contact every day and 73% for contact once or twice a week versus 60% for contact less often)
- Respondents who were 'very happy' at their current stage of life (82% versus 60% for less than very happy)
- Those who felt loved and cared about to a large or great extent (74% and 77% respectively versus 52% for less than a large extent)
- Respondents who felt in control of their life (74% versus 56% for not in control).

### ***SIGNIFICANT SUB-GROUP DIFFERENCES AMONG RESPONDENTS WHO WERE OR HAD BEEN 'LESS THAN VERY HAPPY' WITH THEIR PRESENT OR PREVIOUS RELATIONSHIP***

The following sub-groups were significantly more likely to be *less than very happy* with their relationship:

- Those who were divorced/separated at present (69% versus 23% for married/*de facto* and 30% for widowed)
- Those who had contact with two relatives *less than* once a week (35% versus 25% for contact every day and 27% for contact once or twice a week)
- Respondents who were less than very happy at present (39% versus 18% for very happy)
- Those who felt loved and cared about to less than a large extent (48% versus 26% for to a large extent and 22% for to a great extent)
- Those who indicated they were not in control of their life (44% versus 25% for in control).

### ***SIGNIFICANT SUB-GROUP DIFFERENCES AMONG RESPONDENTS WHO FELT 'VERY' OR 'FAIRLY' VALUED BY THE COMMUNITY AS A SENIOR***

The following sub-groups were significantly more likely to feel 'very' or 'fairly' valued by the community:

- Those aged 70 years and over (80% for 70-74 years and 80% for 75 years and over versus 70% for 65-69 years)

- Those who felt that ageing was a positive stage of life (83% versus 70% for negative)
- Those who had contact with relatives *at least* once or twice a week (80% for contact every day and 80% for contact once or twice a week versus 66% for contact less often)
- Those who had contact with friends at least once or twice a week (82% for contact every day and 79% for contact once or twice a week versus 63% for contact less often)
- Respondents who were very happy at present (86% versus 69% for less than very happy)
- Those who felt loved and cared about to a great extent (83% versus 67% for less than a large extent)
- Respondents who strongly disagreed that they had felt depressed for the two weeks prior to the interview (79% versus 66% for agreed)
- Those who believed that they were financially well off (81% versus 68% for not well off)
- Australian born respondents (80% versus 70% for born in other English-speaking countries).

***SIGNIFICANT SUB-GROUP DIFFERENCES AMONG RESPONDENTS WHO FELT THAT AGEING WAS A 'VERY' OR 'FAIRLY' POSITIVE STAGE OF LIFE***

The following sub-group of respondents were significantly more likely to indicate that ageing was a positive stage of life:

- Those who felt valued by the community (59% versus 44% for felt less than valued)
- Those who had contact with friends every day (64% versus 52% for contact once or twice a week and 52% for contact less often)
- Those who were very happy at present (65% versus 45% for less than very happy)
- Respondents who felt loved and cared about to a great extent (60% versus 49% for a large extent and 48% for less than a large extent)
- Those who *disagreed* that they had felt depressed for the two weeks prior to the interview (57% for strongly disagreed and 57% for moderately disagreed versus 33% for agreed)
- Respondents who felt their life was in their control (57% versus 45% for not in control)
- Those born in Australia (57% versus 46% for born in other English-speaking countries).

## **PHYSICAL CORRELATES OF SUCCESSFUL AGEING**

### **SIGNIFICANT SUB-GROUP DIFFERENCES AMONG RESPONDENTS WHO RATED THEIR PHYSICAL HEALTH AS 'EXCELLENT'**

The following sub-groups were significantly more likely to rate their physical health as 'excellent':

- Those who rated ageing as a positive stage of life (19% versus 8% for negative)
- Respondents who had contact with friends at least once or twice a week (21% for contact every day and 13% for contact once or twice a week versus 5% for less often)
- Respondents who rated their current happiness as very happy (20% versus 8% for less than very happy)
- Those who perceived they had more energy than most people their age (21% versus 5% for less energy)
- Respondents who felt loved and cared about to a great extent (18% versus 7% for less than a large extent)
- Those who strongly disagreed that they felt depressed for the two weeks prior to the interview (16% versus 3% for agreed)
- Respondents who felt in control of their life (16% versus 4% for not in control)
- Those who indicated that they were well off financially (16% versus 9% for not well off).

### **SIGNIFICANT SUB-GROUP DIFFERENCES AMONG RESPONDENTS WHO RATED THEIR PHYSICAL HEALTH AS 'VERY GOOD'**

The following sub-groups were significantly more likely to rate their physical health as 'very good':

- Respondents who had contact with relatives at least once a week (38% for contact every day and 37% for contact once or twice a week versus 25% for less often)
- Those who perceived they had more energy than most people their age (41% versus 26% for less energy)
- Those strongly disagreed that they felt depressed for the two weeks prior to the interview (37% versus 16% for agreed).

### ***SIGNIFICANT SUB-GROUP DIFFERENCES AMONG RESPONDENTS WHO SAID THEY HAD NONE OF THE HEALTH RISK FACTORS READ OUT***

The following sub-groups were significantly more likely to indicate that *none* of the health risk factors applied to them at present:

- Those who felt valued by the community (49% versus 35% for felt unvalued)
- Respondents who rated their physical health as either excellent or very good (62% versus 30% for good, fair or poor health)
- Respondents who had contact with friends at least once a week (49% for contact every day and 48% for contact once or twice a week versus 34% for less often)
- Those who perceived they had more energy than most other people their age (57% versus 31% for less energy)
- Respondents who felt loved and cared about to a large or great extent (44% and 51% respectively versus 33% for less than a large extent)
- Those who strongly *disagreed* that they had felt depressed for the two-week period prior to the interview (49% versus 37% for moderately disagreed and 27% for agreed)
- Those who perceived they were in control of their lives (49% versus 32% for not in control).

### ***SIGNIFICANT SUB-GROUP DIFFERENCES AMONG RESPONDENTS IN RELATION TO TYPES OF HEALTH RISK FACTORS EXPERIENCED***

The following sub-groups were significantly more likely to suffer from **high blood pressure or hypertension**:

- Those who felt unvalued by the community (48% versus 36% for felt valued)
- Respondents who indicated that their physical health was only good, fair or poor (49% versus 25% for excellent or very good)
- Those who perceived they had less energy than most people their age (50% versus 28% for more energy)
- Those who felt loved and cared about to less than a large extent (47% versus 31% for a great extent)
- Those who perceived they were not well off financially (44% versus 36% for well off).

The following sub-groups were significantly more likely to **get little or no physical activity**:

- Those who felt that ageing was a negative stage of life (23% versus 13% for positive)
- Those who indicated that their physical health was only good, fair or poor (26% versus 8% for excellent or very good)
- Respondents who rated their current happiness as only fairly happy or less than happy (19% versus 15% very happy)

- Those who perceived they had less energy than most people their age (27% versus 10% for more energy)
- Those who felt loved and cared about to less than a large extent (47% versus 31% for a great extent)
- Those who only moderately disagreed or agreed that they had felt depressed for the two weeks prior to the interview (27% and 40% respectively versus 13% for strongly disagreed);
- Those who felt they were not in control of their life (28% versus 15% for in control).

The following sub-groups were significantly more likely to **smoke tobacco**:

- Respondents who were divorced or separated (13% versus 4% for widowed)
- Those who indicated that their physical health was only good, fair or poor (10% versus 6% for excellent or very good)
- Those who felt loved and cared about to less than a large extent (13% versus 5% for to a great extent)
- Those who perceived they were *not* well off financially (11% versus 7% for well off)
- Those born in other main English-speaking countries (14% versus 5% for Australian-born).

The following sub-groups were significantly more likely to be **very overweight or obese**:

- Those who indicated that their physical health was only good, fair or poor (11% versus 3% for excellent or very good)
- Those who perceived they had less energy than most people their age (11% versus 5% for more energy)
- Those who agreed that they had felt depressed (13% versus 7% for strongly disagreed).

### ***SIGNIFICANT SUB-GROUP DIFFERENCES AMONG RESPONDENTS IN RELATION TO HEALTH PROBLEMS EXPERIENCED***

The following sub-groups of respondents were significantly more likely to report that they had experienced *none* of the health problems listed:

- Those who perceived ageing as a positive stage of life (20% versus 13% for negative)
- Those who were either married or in a *de facto* relationship or divorced/separated versus those who were widowed (20% versus 13% for negative)
- Those who rated their physical health as excellent or very good (29% versus 6% for good, fair or poor)
- Respondents who perceived that they were very happy in their current stage of life (21% versus 13% for less than very happy);
- Those who had more energy than most people their age (23% versus 9% for less energy).

In addition, respondents who rated their physical health as only good, fair or poor were more likely to suffer from *all* of the conditions listed in Table T4.4.3.

### ***SIGNIFICANT SUB-GROUP DIFFERENCES AMONG RESPONDENTS IN RELATION TO CARRYING OUT DAILY ACTIVITIES***

The following sub-groups were significantly more likely to *never* require assistance to carry out daily activities:

- Married and *de facto* respondents (98% versus 90% for widowed)
- Those in excellent or very good physical health (100% versus 92% for good, fair or poor physical health)
- Those who felt loved and cared about to only a large extent (99% versus 92% for less than a large extent)
- Those who *disagreed* that they had felt depressed for the two weeks prior to the interview (97% for strongly disagreed and 95% for moderately disagreed versus 92% for agreed)
- Respondents who felt in control of their lives (97% versus 91% not in control).

### ***SIGNIFICANT SUB-GROUP DIFFERENCES AMONG RESPONDENTS IN RELATION TO CARRYING OUT PHYSICAL ACTIVITIES***

The following sub-groups were significantly more likely to *never* require assistance to carry out physical activities:

- Married and *de facto* respondents (91% versus 80% for widowed)
- Those in excellent or very good physical health (95% versus 81% for good, fair or poor physical health)
- Those who felt loved and cared about to a large or great extent (92% and 90% respectively versus 80% for less than a large extent)
- Those who *disagreed* that they had felt depressed for the two weeks prior to the interview (92% for strongly disagreed and 85% for moderately disagreed versus 60% for agreed)
- Respondents who felt in control of their lives (89% versus 87% not in control).

### ***SIGNIFICANT SUB-GROUP DIFFERENCES AMONG RESPONDENTS IN RELATION TO CARRYING OUT MENTAL ACTIVITIES***

The following sub-groups were significantly more likely to indicate that they required assistance to carry out mental activities 'fairly often':

- Those who rated their physical health as only good, fair or poor (12% versus 6% for very good or excellent)
- Respondents who had contact with friends every day (14% versus 7% for contact once or twice a week)
- Respondents who agreed that they had felt depressed for the two weeks prior to the interview (18% versus 8% for strongly disagreed)
- Those born in other main English-speaking countries (13% versus 4% for those born in other overseas countries).

## ***DEMOGRAPHIC AND SOCIAL CORRELATES OF SUCCESSFUL AGEING***

### ***SIGNIFICANT SUB-GROUP DIFFERENCES AMONG RESPONDENTS IN RELATION TO CARRYING OUT THE FOLLOWING ACTIVITIES***

The following sub-groups of respondents were more likely to participate in:

1. Housework:

- Those with excellent or very good physical health (89% versus 78% for good, fair or poor)
- Those with more energy than most other people their age (86% versus 80% for less energy)
- Those who felt loved and cared about to a great extent (85% versus 78% for less than a large extent).

2. Voluntary work:

- Those who felt valued by the community (39% versus 24% for felt unvalued);
- Those who were positive about ageing as a life stage (39% versus 32% for negative)
- Those who were in excellent or very good physical health (39% versus 32% for good, fair or poor health)
- Those who had contact with friends *at least* once a week (35% for contact every day and 37% for contact once or twice a week versus 31% for contact less often)
- Those who had more energy than most other people their age (44% versus 25% for less energy)

- Those who disagreed that they had felt depressed for the previous two weeks (37% for strongly disagreed and 37% for moderately disagreed versus 21% for agreed)
- Those who had commenced or completed a university degree (55% versus 31% for completed secondary school or a trade certificate).

3. Regularly minding or caring for a child or grandchild:

- Those in a married or *de facto* relationship (28% versus 11% for widowed)
- Those who had ever had children (24% versus 7% for no children)
- Those who were in excellent or very good physical health (28% versus 19% for good, fair or poor health)
- Those who had contact with relatives *at least* once a week (36% for contact every day and 23% for contact once or twice a week versus 5% for contact less often)
- Those who were very happy at their current stage of life (29% versus 18% for less than very happy)
- Those who had more energy than most others their age (27% versus 18% for less energy)
- Those who had commenced or completed a university degree (32% versus 21% for completed secondary school or a trade certificate).

4. Part-time paid employment:

- Those who had contact with friends every day (9% versus 2% for contact less than once a week)
- Those who had commenced or completed a university degree (14% versus 6% for completed secondary school or a trade certificate).

5. Full-time paid employment:

- Those who felt loved and cared about to less than a large extent (8% versus 1% for a large extent and 2% for a great extent)
- Those who had commenced or completed a university degree (7% versus 2% for completed secondary school or a trade certificate)
- Those who were born overseas in a non-main English-speaking country (7% versus 2% for those born in a main English-speaking country).

6. None of the listed activities:

- Those whose physical health was only good, fair or poor (11% versus 3% for excellent or very good)

- Those who had less energy than most other people their age (10% versus 5% for more energy)
- Those who only moderately disagreed that they had felt depressed for the two weeks prior to the interview (12% versus 6% for strongly disagreed).

### ***SIGNIFICANT SUB-GROUP DIFFERENCES AMONG RESPONDENTS IN RELATION TO THEIR FINANCIAL POSITION***

The following sub-groups were significantly *more likely* to report that they were 'well off' financially:

- Those who felt valued by the community (78% versus 56% for felt unvalued)
- Respondents who were married or in a defacto relationship (77% versus 64% for divorced/separated)
- Those who rated their physical health as excellent or very good (79% versus 71% for good, fair or poor)
- Respondents who indicated that they had more energy than most people their age (78% versus 70% for less energy)
- Those who perceived their life was in their control (76% versus 71% for not in control)
- Those born in Australia (84% versus 76% for born in another main English-speaking country)
- Respondents who strongly agreed that they were ageing successfully (78% versus 69% for moderately agreed or disagreed).

In contrast, the following sub-groups were significantly *more likely* to report that they were 'not well off' financially:

- Those who felt unvalued by the community (42% versus 22% for felt valued)
- Respondents who were divorced or separated (36% versus 22% for married/*de facto*)
- Those who rated their physical health as good, fair or poor (29% versus 20% for excellent or very good)
- Respondents who indicated that they had less energy (28% versus 22% for more energy)
- Those who perceived their life was not in their control (29% versus 23% for in control)
- Respondents who only moderately agreed or disagreed that they were ageing successfully (30% versus 22% for strongly agreed).

### ***SIGNIFICANT SUB-GROUP DIFFERENCES AMONG RESPONDENTS IN RELATION TO THEIR MARITAL STATUS***

The following sub-groups of respondents were more likely to be:

1. Married or in *de facto* relationship – only relationship
  - Those who had ever had children (57% versus 28% no children)
  - Those who had contact with friends once or twice a week (56% versus 53% for contact less often)
  - Those who felt loved and cared about to a large (but not a great) extent (65% versus 51% for less than large extent).
2. Currently separated or divorced:
  - Those who had contact with relatives every day or once a fortnight or less (13% and 8% respectively versus 5% for once or twice a fortnight)
  - Those who felt loved and cared about to less than a large extent (10% versus 6% for a great extent)
  - Those who were *not* well off financially (10% versus 6% for well off).
3. Currently widowed:
  - Those who had contact with friends every day (35% versus 23% for contact once or twice a week and 20% for contact less often)
  - Those who felt loved and cared about to a great extent (29% versus 17% for a large extent)
  - Those who agreed that they had felt depressed for the two weeks prior to the interview (38% versus 24% strongly disagreed)
  - Those who had had only secondary education or had a trade certificate (29% versus 13% for commenced or completed a degree).
4. Never married or *de facto*:
  - Those who had never had children (26% versus 0% for had children)
  - Those who had contact with relatives once a fortnight or less (3% versus 0% for contact every day).