

Demographic Analysis Reports: Older population

Prepared for Penrith City Council



March 2023

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1. Executive Summary

- ▾ In Penrith City, 13% of the population is aged over 65 years,
- ▾ Emu Plains (21.6%), Mount Vernon – Kemps Creek – Badgerys Creek (20.8%) and Orchard Hills (20.3%) had the highest levels of older residents.
- ▾ Most older people in Penrith are Australian-born or of Australian ancestry and speak English, though older migrant groups such as English, Scottish, Maltese and Italian are also represented.
- ▾ 18.2% of Penrith's residents aged over 65 years have a need for assistance due to disability.
- ▾ Penrith's older residents have slightly higher levels of disability than Greater Sydney, and a higher prevalence of lifestyle-related long-term health conditions such as diabetes and heart disease.
- ▾ Some older residents aged 65-84 still participate in the labour force (14.5%), and often in more manual industries such as Transport, Postal Warehousing and Manufacturing.
- ▾ Older residents mostly live in separate houses that are fully owned. However, around 1 in 5 of those aged 85 or older live in a residential aged care facility.
- ▾ Penrith City's older residents' incomes are 11% lower than the Greater Sydney average.

2. Introduction

Understanding the demographic and socio-economic characteristics of Penrith City's older residents, aged 65 years or older helps understand their spatial distribution, cultural diversity, household composition and trends, health, wellbeing and developmental vulnerability. Informed decisions can be made with this information to influence age-specific service and infrastructure provision in Penrith City.

In 2021, there were 28,295 older residents in Penrith City, representing 13% of the population. Since 2016, this age cohort grew by 5,378 people and increased in proportion from 11.7% of the total population.

3. Where are our older residents?

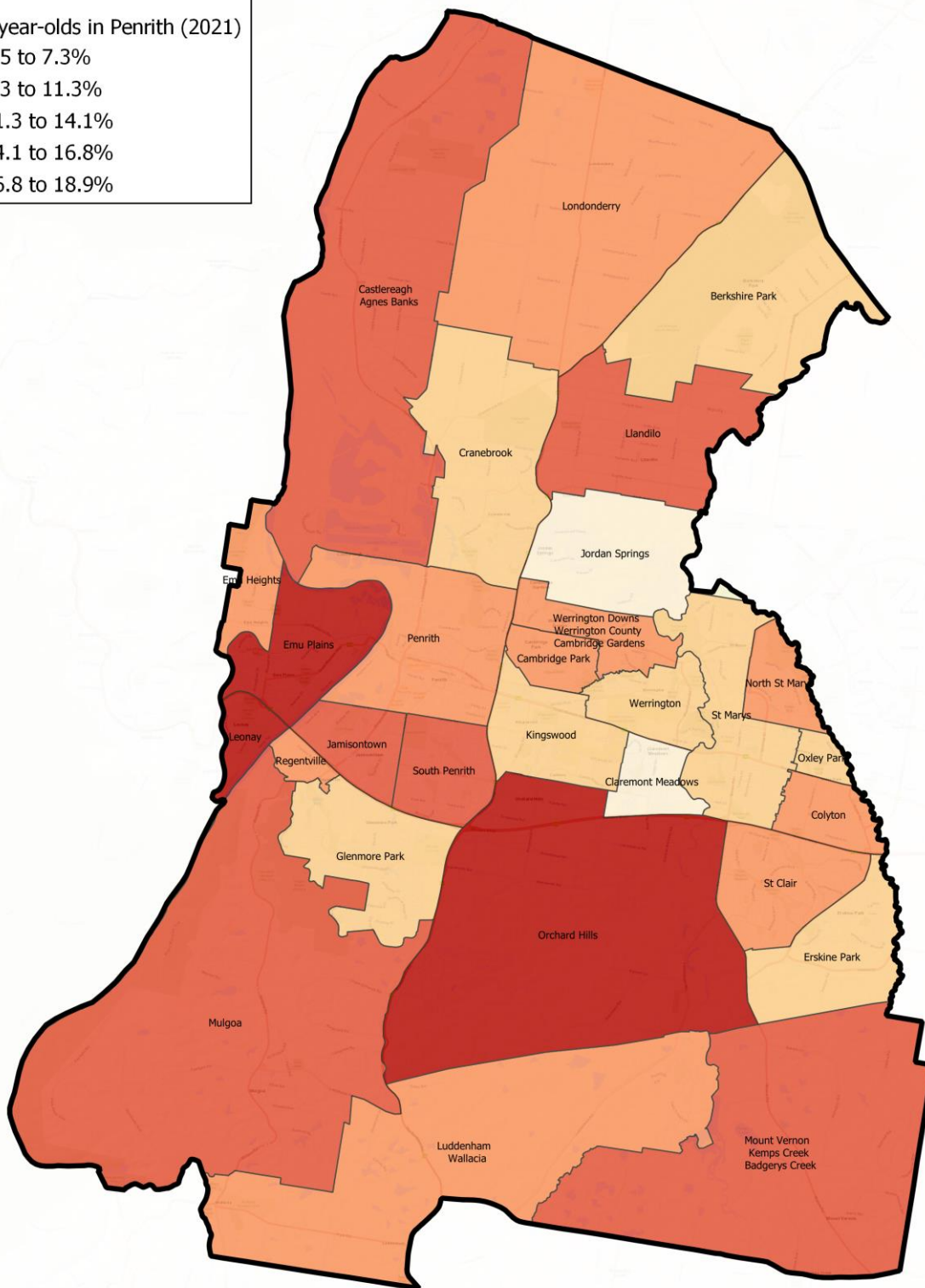
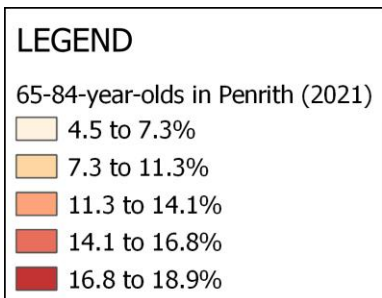
The City of Penrith had a smaller proportion of older residents compared with Greater Sydney. Within the City, suburbs such as Emu Plains, Mount Vernon – Kemps Creek – Badgerys Creek and Orchard Hills had the highest levels of older residents. In contrast, Glenmore Park, Claremont Meadows and Jordan Springs, had the lowest.

Over time, the proportion of older residents increased most in Werrington Downs - Werrington County - Cambridge Gardens, Emu Heights and St Clair and decreased most in Oxley Park, Werrington and Kingswood.

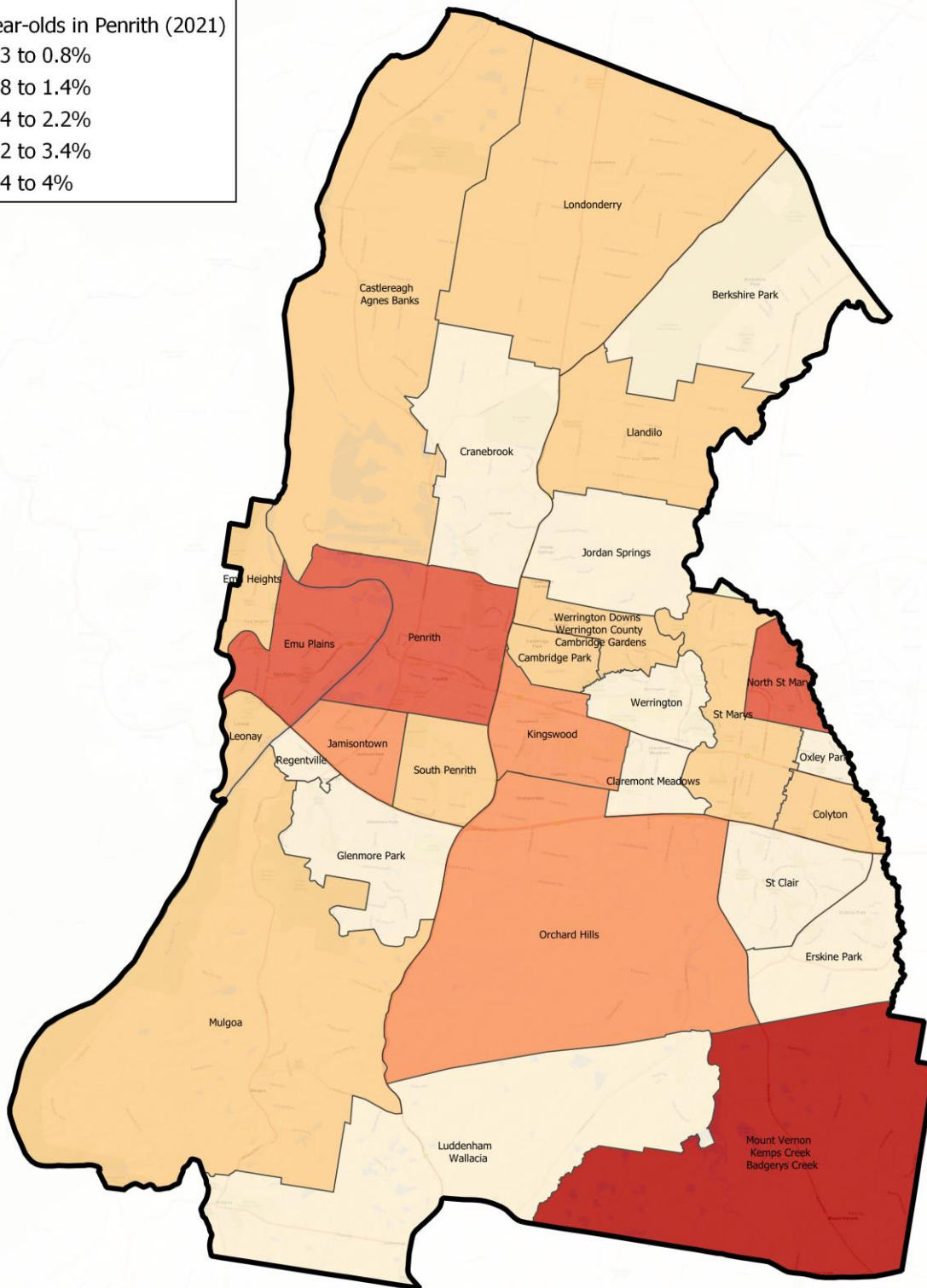
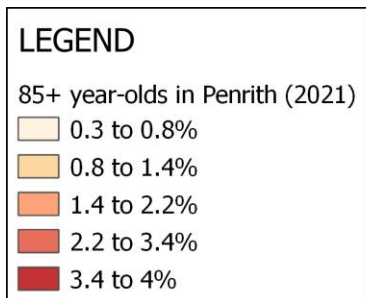
Area	Seniors (65-74 years as % of total pop.), 2021	Elderly (85+ years as % of total pop.), 2021	Change in Seniors 2016-2021	Change in Elderly 2016-2021
Berkshire Park	9.5%	0.4%	3.1%	-0.1%
Cambridge Park	13.2 %	1.1%	0.5%	0.0%
Castlereagh - Agnes Banks	15.9%	1.3%	2.0%	0.2%
Claremont Meadows	7.3%	0.3%	2.0%	0.2%
Colyton	13.1%	1.1%	1.0%	0.2%
Cranebrook	9.3%	0.6%	2.1%	0.1%
Emu Heights	13.2%	1.0%	3.6%	0.3%

Area	Seniors (65-74 years as % of total pop.), 2021	Elderly aged (85+ years as % of total pop.), 2021	Change in Seniors 2016-2021	Change in Elderly aged 2016-2021
Emu Plains	18.9%	2.7%	2.1%	0.2%
Erskine Park	10.0%	0.6%	3.6%	0.2%
Glenmore Park	8.2%	0.6%	1.7%	0.1%
Jamisontown	16.3%	2.0%	3.9%	-0.2%
Jordan Springs	4.5%	0.3%	0.5%	0.0%
Kingswood	10.9%	1.8%	-0.4%	-0.4%
Leonay	17.2%	1.2%	0.3%	-0.1%
Llandilo	14.9%	1.4%	0.8%	0.8%
Londonderry	14.0%	1.1%	1.7%	0.4%
Luddenham - Wallacia	13.0%	0.8%	1.4%	-0.1%
Mount Vernon - Kemps Creek - Badgerys Creek	16.8%	4.0%	0.8%	0.8%
Mulgoa	16.4%	1.0%	0.3%	-0.3%
North St Marys	12.6%	3.4%	-0.7%	1.1%
Orchard Hills	18.1%	2.2%	2.2%	1.3%
Oxley Park	9.2%	0.7%	-1.2%	-0.2%
Penrith	13.9%	3.1%	-0.1%	-0.3%
Regentville	13.6%	0.7%	0.5%	0.0%
South Penrith	15.5%	1.3%	0.7%	0.2%
St Clair	12.0%	0.7%	3.6%	0.2%
St Marys	11.3%	1.4%	0.2%	-0.4%
Werrington	9.1%	0.6%	-0.9%	-0.2%
Werrington Downs - Werrington County - Cambridge Gardens	14.1%	0.9%	3.8%	0.2%

Older residents in City of Penrith suburbs, 2016-2021



Spatial distribution of 65-84-year-olds in the City of Penrith (2021)



Spatial distribution of 85+ year-olds in the City of Penrith (2021)

4. Who are our older residents?

Understanding the cultural diversity of seniors and the elderly in a local government planning context is important. It helps identify the specific needs and challenges of different cultural groups and ensures that local government policies and services are inclusive and responsive to the needs of all community members. This can improve outcomes for older residents from diverse cultural backgrounds and help to reduce inequalities in accessing aged care and related support services.

4.1 Birthplace

In 2021, 55% of Penrith's older residents were born in Australia, with 45% born overseas¹. Of those born overseas, these are the most common overseas birthplaces:

65-84-year olds

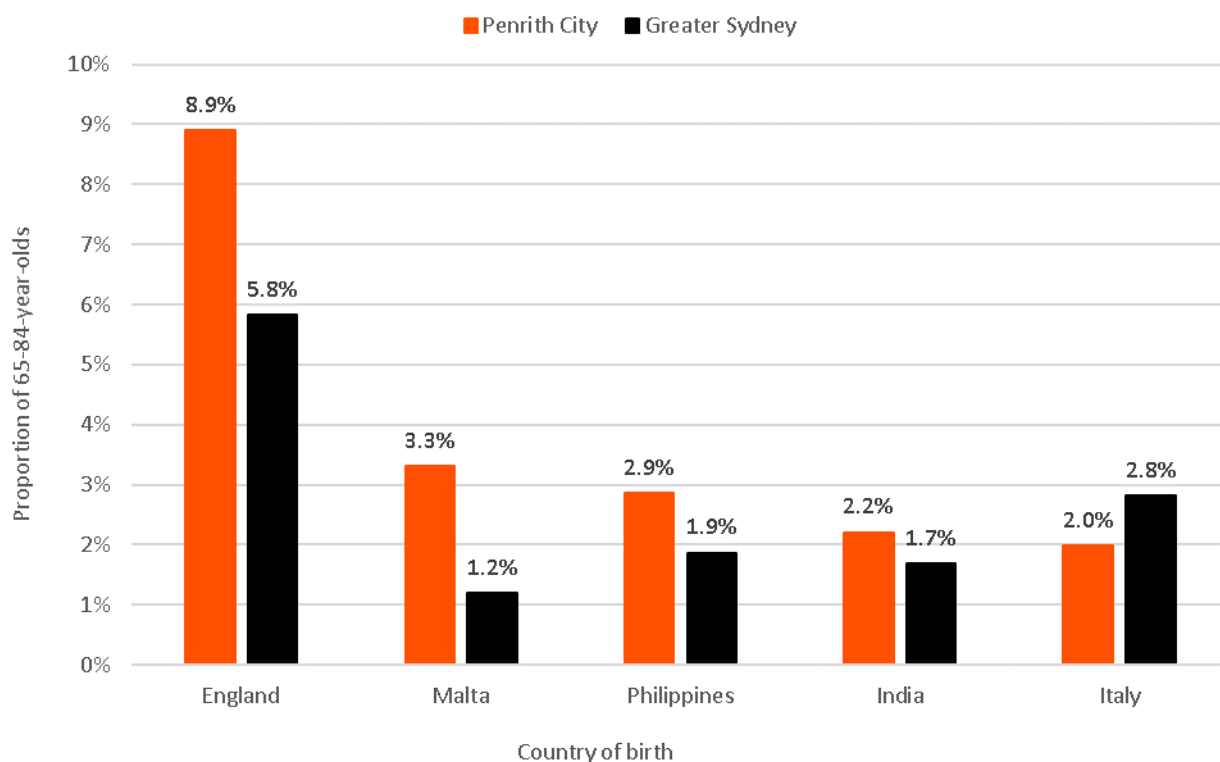
- ▣ England (8.9%)
- ▣ Malta (3.3%)
- ▣ Philippines (2.9%)
- ▣ India (2.2%)
- ▣ Italy (2.0%)

85+-year olds

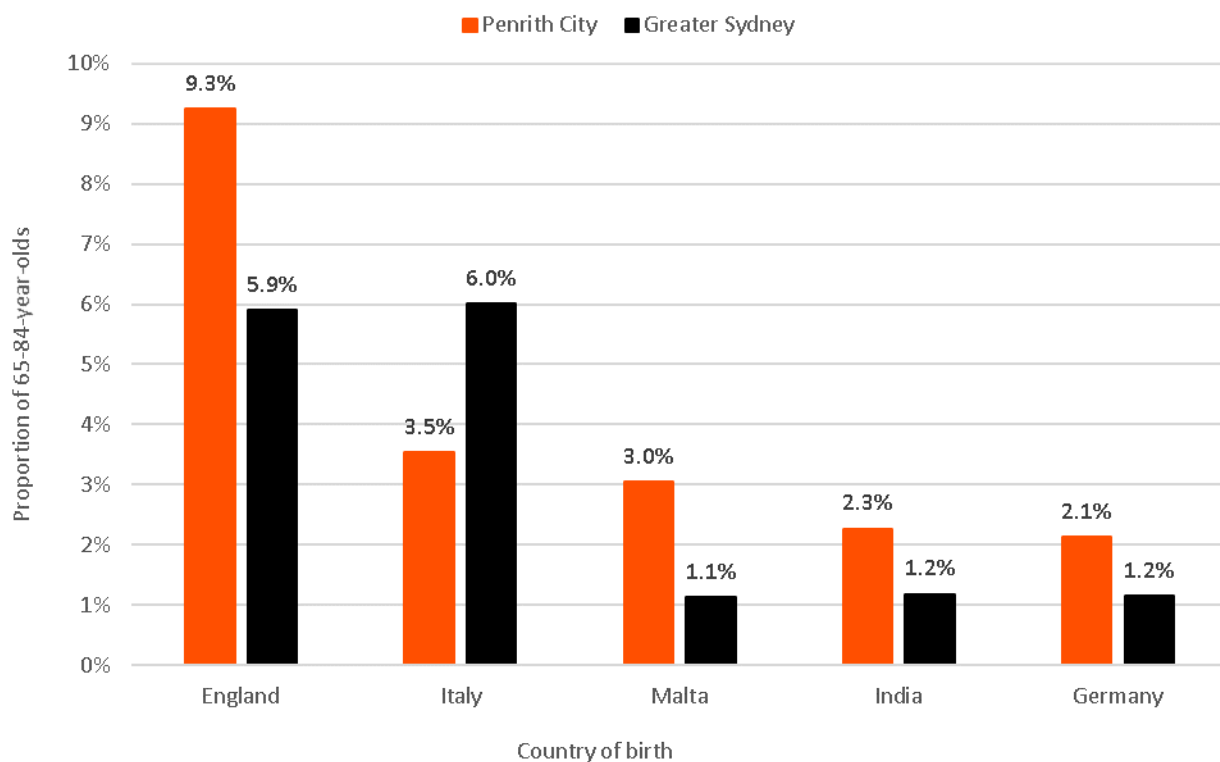
- ▣ England (9.3%)
- ▣ Italy (3.5%)
- ▣ Malta (3.0%)
- ▣ India (2.3%)
- ▣ Germany (2.1%)

Compared to Greater Sydney, Penrith City had a smaller proportion of overseas-born older residents overall, 53% compared with 45%. However, the area is home to more older residents born in England, Malta and the Philippines than the Greater Sydney average.

¹ Please note this data excludes the 'Not stated' category due to a high nonresponse rate in this age cohort



Top 5 countries of birth for overseas-born 65-84-year-olds in Penrith City (ex. Australia), 2021



Top 5 countries of birth for overseas-born 85+-year-olds in Penrith City (ex. Australia), 2021

Since 2016, these changes occurred to the top 5 birthplaces for Penrith's older residents:

65-84-year olds

- ▾ Philippines (+1.1%)
- ▾ Australia (+0.9%)
- ▾ China (+0.4%)
- ▾ India (+0.3%)
- ▾ New Zealand (+0.3%)

85+-year olds

- ▾ Malta (+1.9%)
- ▾ India (+0.8%)
- ▾ Greece (+0.8%)
- ▾ Croatia (+0.7%)
- ▾ China (+0.6%)

4.2 Ancestry

Ancestry is a more subjective cultural diversity metric in that respondent (or parents) choose which ancestry they identify with. For example, there are several birthplaces, such as those of migrants who arrived to Australia post-World War II, which are declining in number but the ancestry numbers for those countries (e.g., Italy, Greece) are increasing as second and third-generation Australian residents identify with those ancestries. Ancestry is a multi-response question in the Census so totals can add to above 100%.

In 2021, the top five ancestries for Penrith's older residents were:

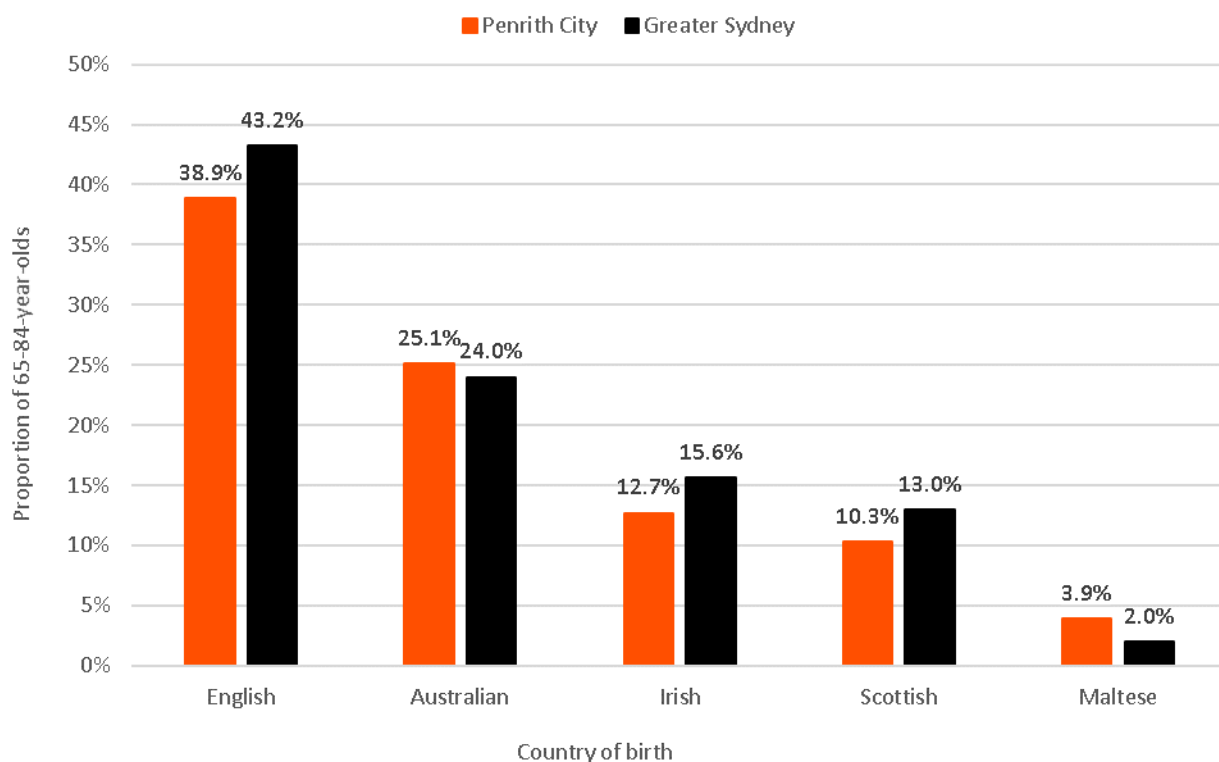
65-84-year olds

- ▾ English (38.9%)
- ▾ Australian (25.1%)
- ▾ Irish (12.7%)
- ▾ Scottish (10.3%)
- ▾ Maltese (3.9%)

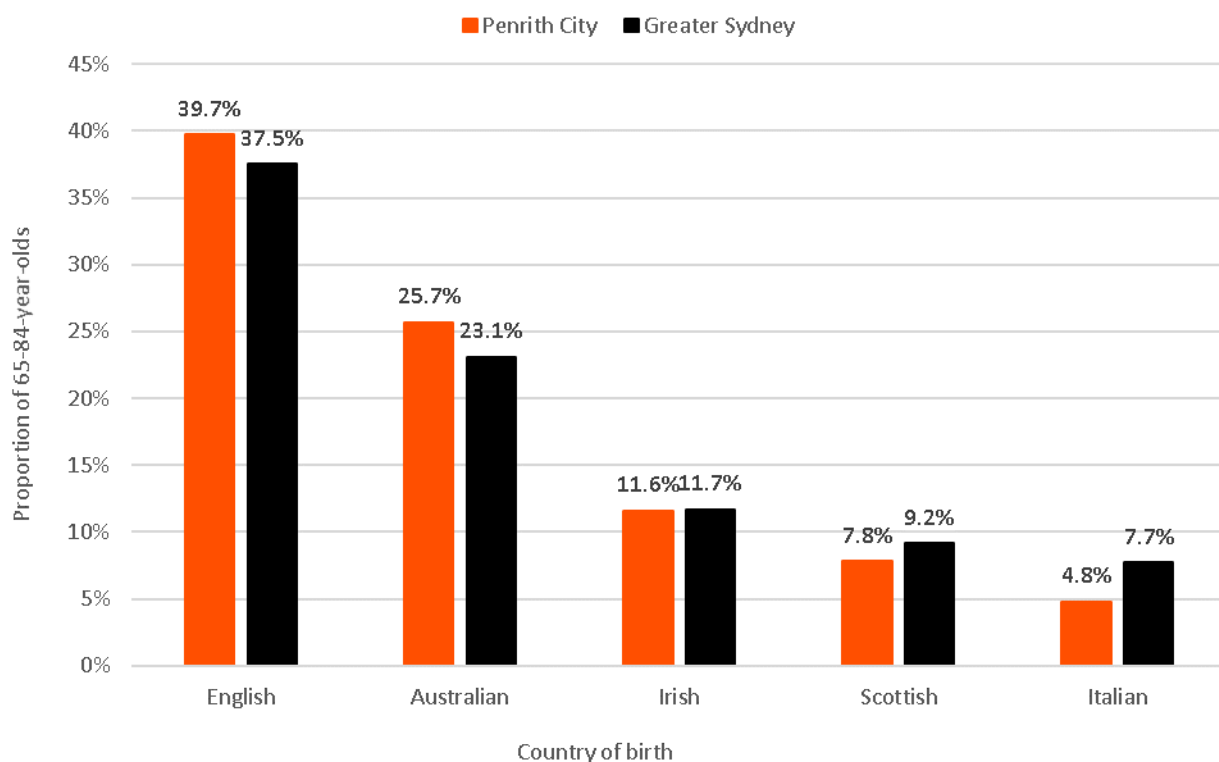
85+-year olds

- ▾ English (39.7%)
- ▾ Australian (25.7%)
- ▾ Irish (11.6%)
- ▾ Scottish (7.8%)
- ▾ Italian (4.8%)

Compared to Greater Sydney, Penrith City had a more significant proportion of older residents with an Australian, Italian or Maltese heritage. However, the area had a smaller proportion with Chinese ancestry which is seen widely across Greater Sydney.



Top 5 ancestries of 65-84-year-olds in Penrith City, 2021



Top 5 ancestries of 85+ year-olds in Penrith City, 2021

Since 2016, these changes occurred to the top 5 ancestries for Penrith's older residents:

- ▾ Australian (-1.8%)
- ▾ Australian Aboriginal (+1.5%)
- ▾ Filipino (+1.0%)
- ▾ Chinese (+0.8%)
- ▾ Scottish (+0.4%).

4.3 Languages spoken

In 2021, 78% of Penrith's older residents spoke English, by far the most commonly spoken language by this cohort in the City. Other languages spoken include:

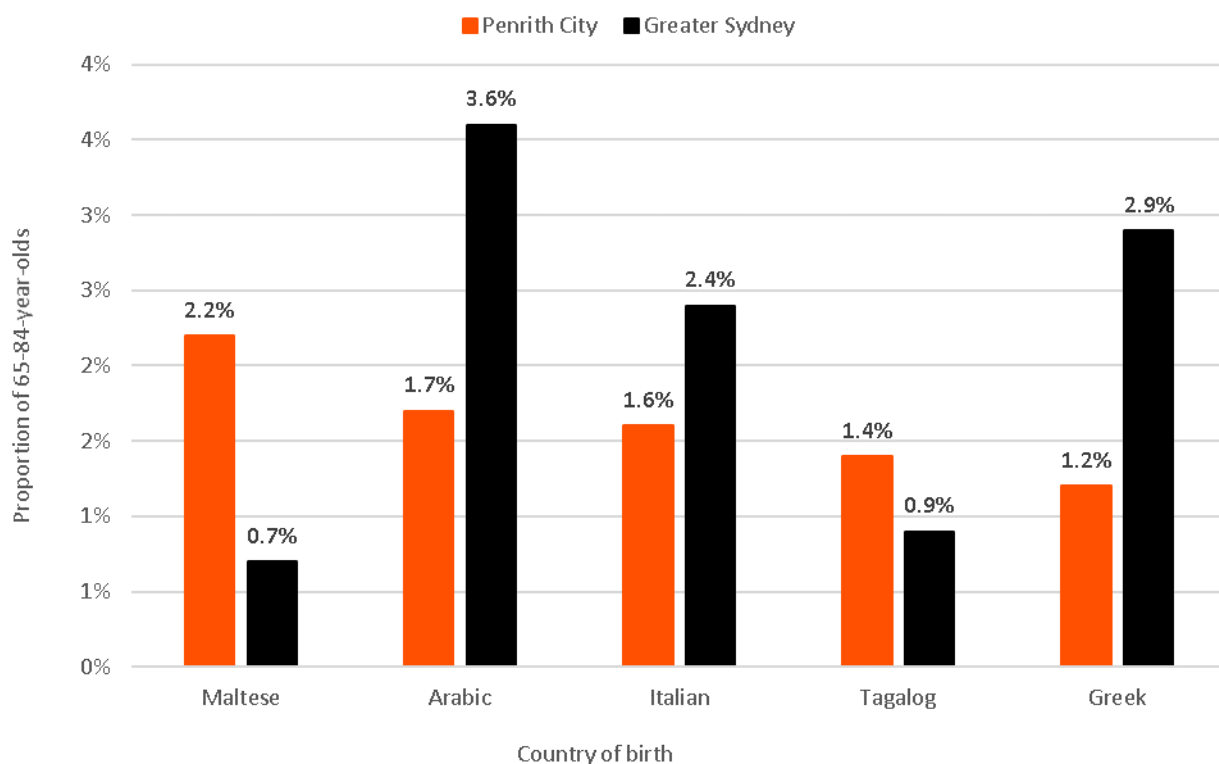
65-84-year olds

- ▾ Maltese (2.2%)
- ▾ Arabic (1.7%)
- ▾ Italian (1.6%)
- ▾ Tagalog (1.4%)
- ▾ Greek (1.2%)

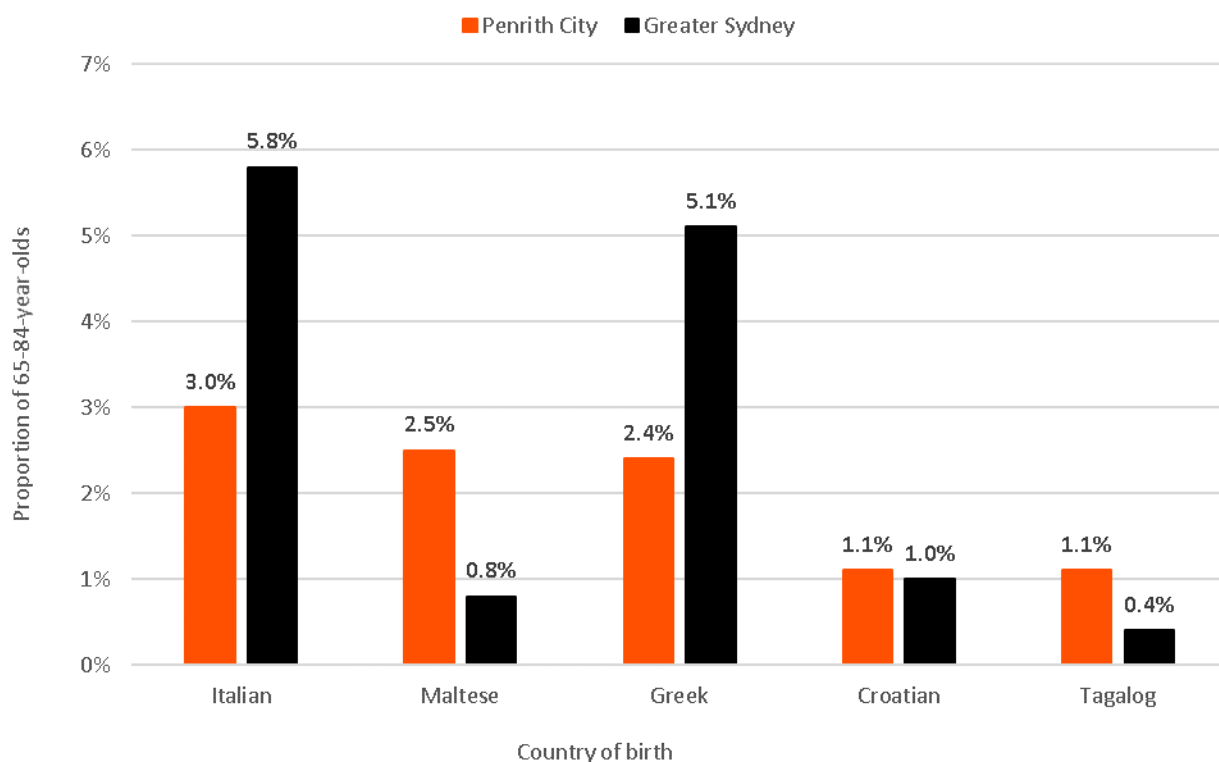
85+-year olds

- ▾ Italian (3.0%)
- ▾ Maltese (2.5%)
- ▾ Greek (2.4%)
- ▾ Croatian (1.1%)
- ▾ Tagalog (1.1%)

Compared to Greater Sydney, Penrith City had a more significant proportion of older residents who spoke English at home, 78% compared with 64%. In addition, the area had a larger proportion who spoke Maltese and Tagalog. On the other hand, fewer older residents spoke Arabic and Italian.



Top 5 languages spoken by 65-84-year-olds in Penrith City, 2021



Top 5 languages spoken by 85+-year olds in Penrith City, 2021

Since 2016, these changes occurred to the top 5 languages spoken by Penrith’s older residents:

65-84-year-olds

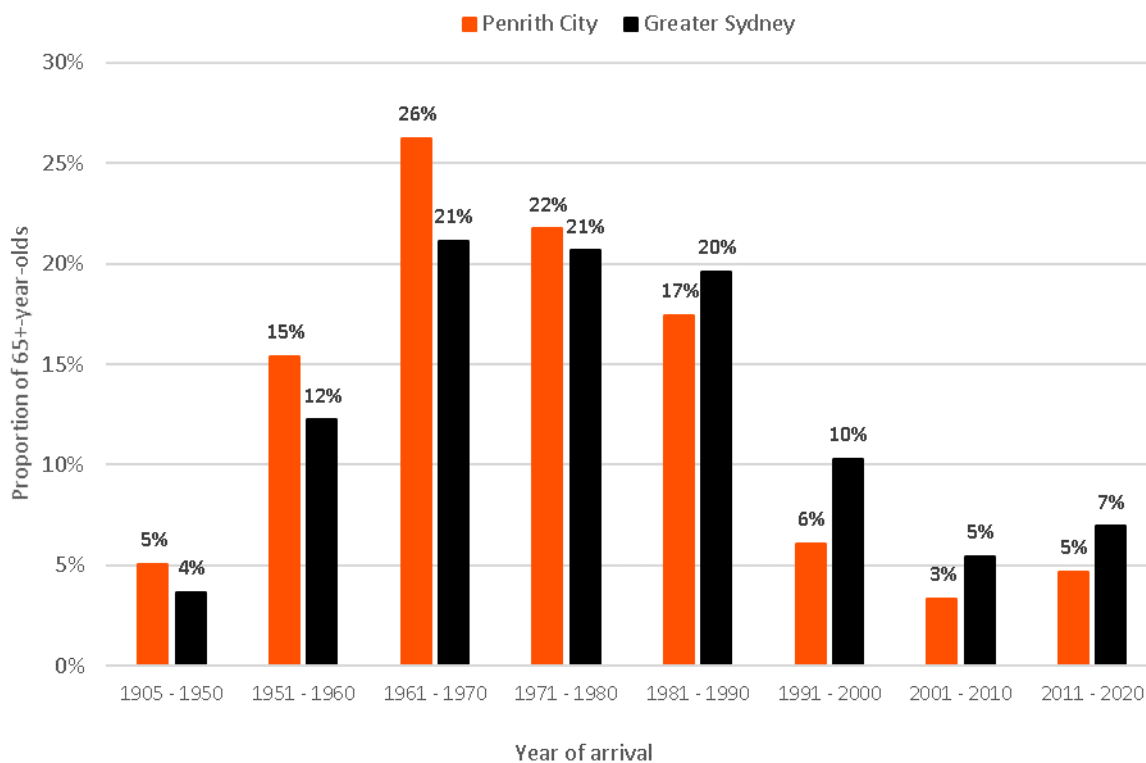
- ▣ Tagalog (+0.6%)
- ▣ English (-0.6%)
- ▣ Italian (-0.4%)
- ▣ Punjabi (+0.3%)
- ▣ Greek (-0.3%)

85+-year olds

- ▣ English (-3.4%)
- ▣ Maltese (+1.3%)
- ▣ Greek (+1.1%)
- ▣ Tagalog (+0.7%)
- ▣ German (-0.6%)

4.4 Year of arrival

Just under half of all older residents in Penrith City who were born overseas arrived in Australia before 1970. Compared to Greater Sydney, Penrith City had a higher proportion of older residents who arrived before 1970, which is evident in the European birthplaces of this cohort. The area had smaller proportions of older recent arrivals than the Greater Sydney average.



Year of arrival of 65+-year olds in Penrith City, 2021

5. How do our older residents live?

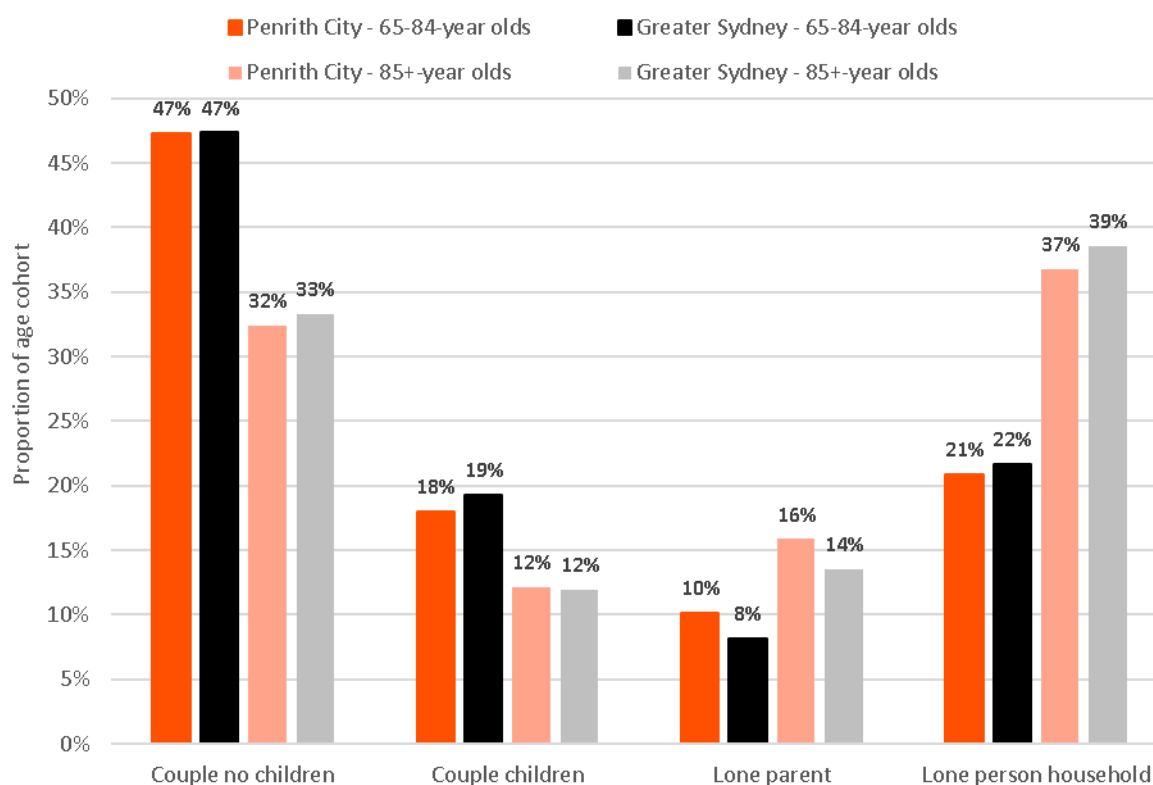
5.1 Home location

The housing needs of the older residents of Penrith City are quite diverse. While many live independently in the community, many live in nursing homes or other residential care facilities. For those aged 65-84 years, this represents just 2% of the population. However, for those aged over 85 years, 20% are living in such a facility. These rates are on par with the Greater Sydney average, and little change has occurred since 2016.

The following analysis focuses on those older residents who are living independently.

5.2 Household composition

In 2021, 46% of Penrith City's older residents lived in "couple without children" households, and 21% lived in "lone person" households. There were considerable differences between the 65-84-year-olds and 85+-year olds cohorts. Compared to Greater Sydney, Penrith City had a smaller proportion of older residents who lived in "lone person" households.



Composition of households where older residents live, Penrith City, 2021

Since 2016, these changes occurred to the household types in which older residents lived in:

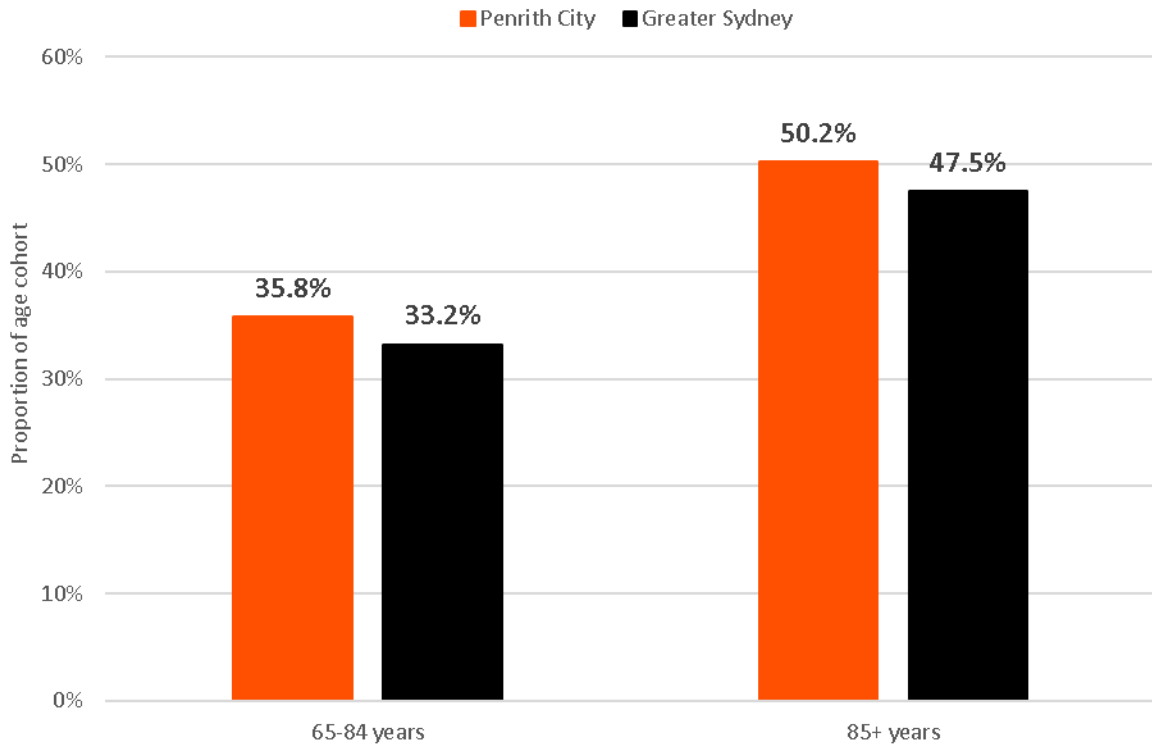
- ▾ Couple family with children (-0.9%)
- ▾ Single parent family (+0.5%)
- ▾ Couple without children (-0.4%).

5.3 Household income

In 2021, the median household income for households where older residents lived was \$1,124. By comparison, the median household income in Greater Sydney was marginally higher, \$1,248.

Low-income households, which are defined as those with \$800 of gross weekly income or less, accounted for 35.8% of Penrith City households where 65-84-year-olds lived. This was slightly higher than in Greater Sydney (33.2%). On the other hand, 50.2% of Penrith City

households where 85+-year olds lived were in the low-income category. This was higher than in Greater Sydney, where 47.5% of this cohort were low income.



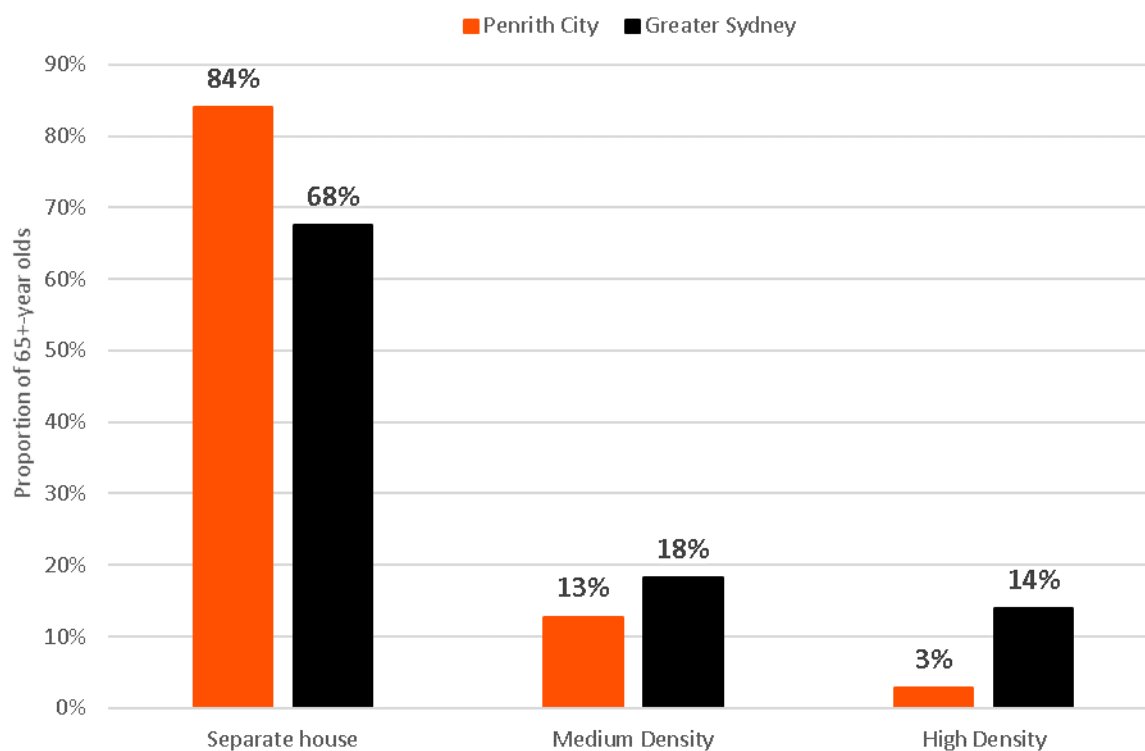
Proportion of older residents living in low-income households, Penrith City, 2021

5.4 Dwelling type

In 2021, most older residents in Penrith City (84%) lived in separate house dwellings. This is a reflection of the City's built form/dwelling type mix, where 76% of all dwellings are separate houses and the type of dwellings where such residents would have previously brought up their families. The breakdown of dwelling types where older residents lived were:

- ▣ Separate house (84.0%)
- ▣ Medium density (12.8%)
- ▣ High density (2.7%)

Compared to Greater Sydney, Penrith City had a larger proportion of older residents living in separate houses and lower proportions living in medium and high-density housing.



Types of dwellings where older residents live, Penrith City, 2021

Since 2016, these changes occurred to the dwelling types where older residents lived:

- ▣ High-density (+1.1%)
- ▣ Medium-density (-0.6%)
- ▣ Separate house (-0.2%)

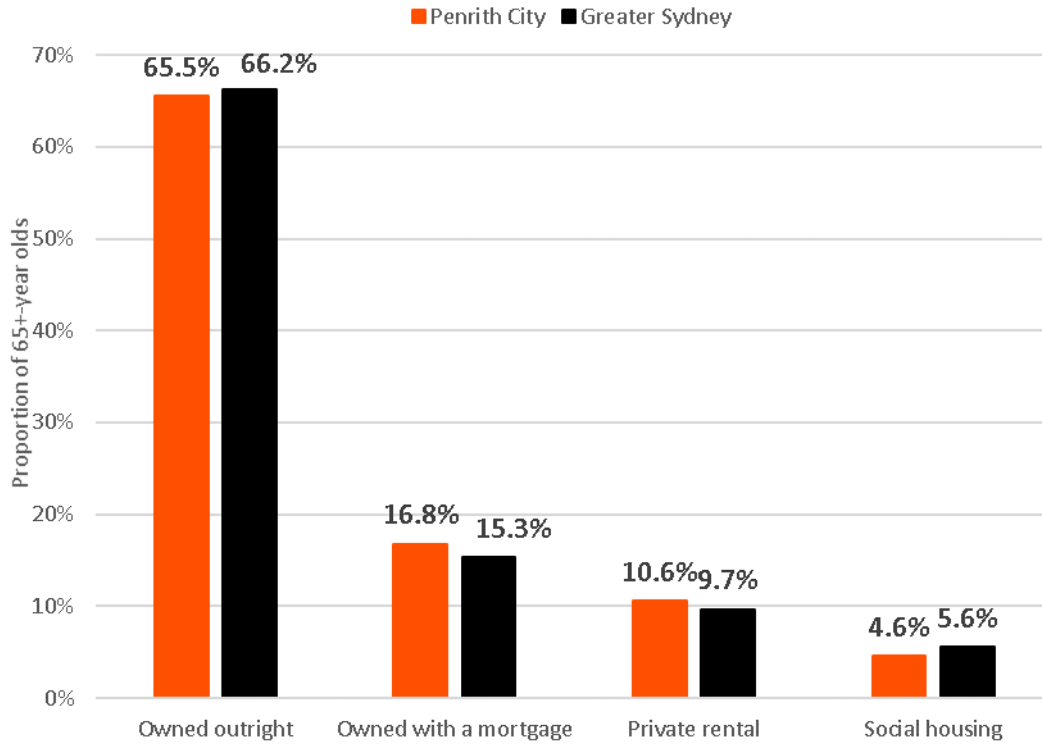
5.5 Tenure type

Most households where older residents lived were owned outright, which is to be expected.

In 2021, the tenure type for households where older residents lived were:

- ▣ Owned outright (65.5%)
- ▣ Owned with a mortgage (16.8%)
- ▣ Private rental (10.6%)

In Greater Sydney, the proportion of households owned with a mortgage was slightly lower (15.3%), whereas the proportions of households owned outright (66.2%), was slightly higher than in Penrith City.



Tenure type of households where older residents live, Penrith City, 2021

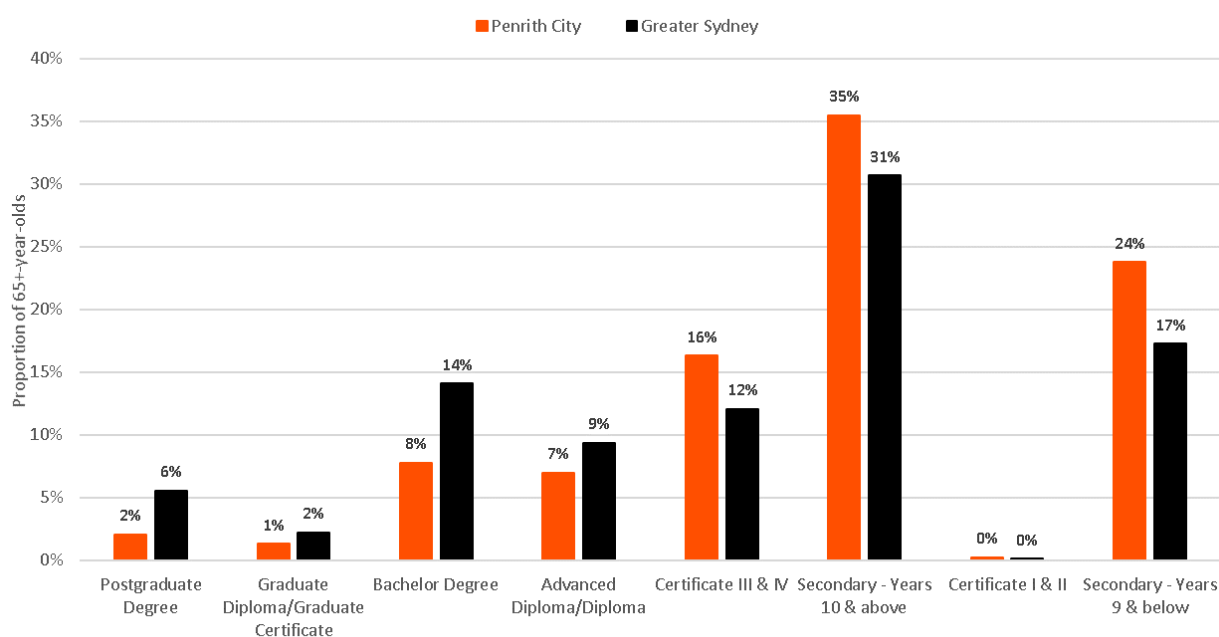
Since 2016, these changes occurred to the tenure types of households where older residents lived:

- ▾ Owned outright (-2.2%)
- ▾ Owned with a mortgage (+0.7%)
- ▾ Social housing (-0.5%)

6. What do our older residents do?

6.1 Highest qualification

In 2021, 36% of Penrith City's 65-84-year-olds had a post-school qualification, and 20% of 85+-year olds were educated to the same level. Compared to Greater Sydney, Penrith City's older residents had a lower proportion of post school qualifications.



Highest qualification obtained for Penrith City's older residents, 2021

Since 2016, these changes were recorded to highest qualifications of Penrith City's older residents:

65-84-year-olds

- ▾ Secondary School - Year 9 or below (-4.8%)
- ▾ Bachelor's degree (+2.1%)
- ▾ Advanced Diploma and Diploma Level (+1.2%)

85+-year olds

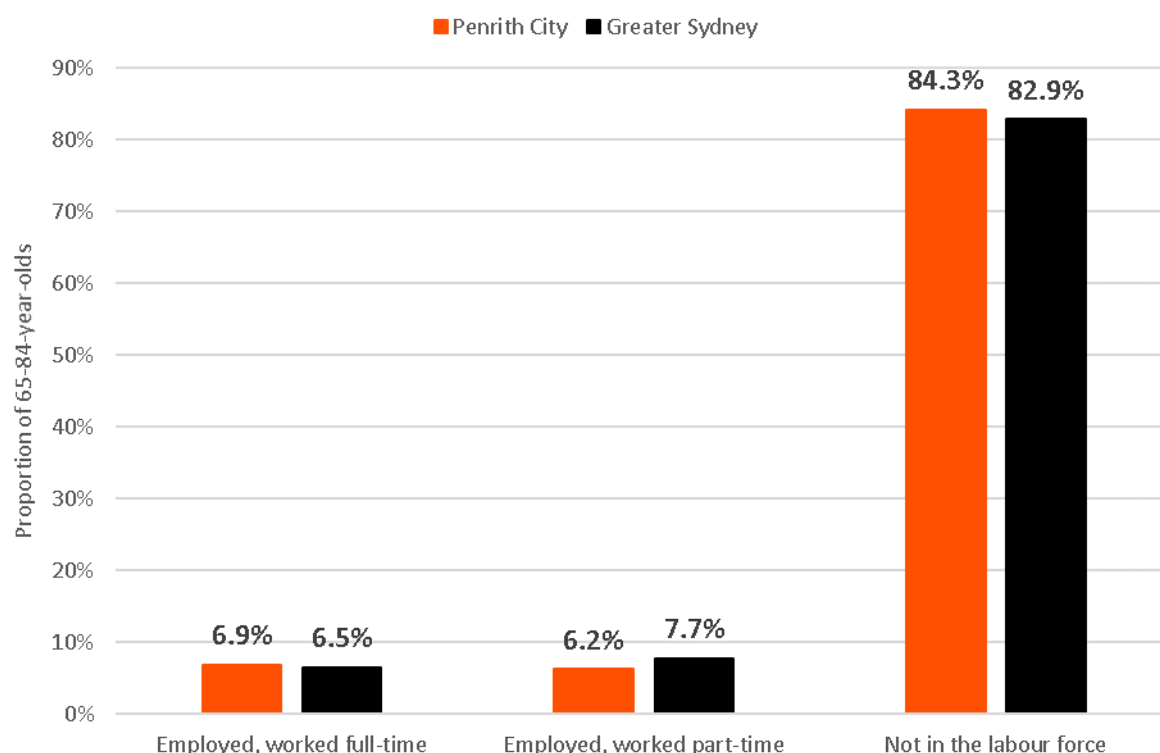
- ▾ Secondary School - Year 9 or below (-9.8%)
- ▾ Secondary School - Year 10 or above (+5.8%)
- ▾ Bachelor's degree (+1.2%)

6.2 Employment status

Employment status in the labour force describes whether Penrith residents who are in the labour force are employed or unemployed. The labour force refers to people aged over 15 years who are employed or unemployed but looking for work. This information is only applicable for residents aged 15 and older. However, many older residents may no longer participate in the labour force as the retirement age is 67 years.

In 2021, 84% of 65-84-year-olds were no longer in the labour force, and this proportion rose to 99% for those aged over 85 years. These rates are marginally higher than the Greater Sydney averages for both age cohorts – 83% and 98%, respectively.

Just 7% of 65–84-year-olds were working full-time (7% in Greater Sydney), with a further 6% working part-time (8% in Greater Sydney). Between 2016 and 2021, there was a decline of -1.1% for 65–84-year-olds that were employed.

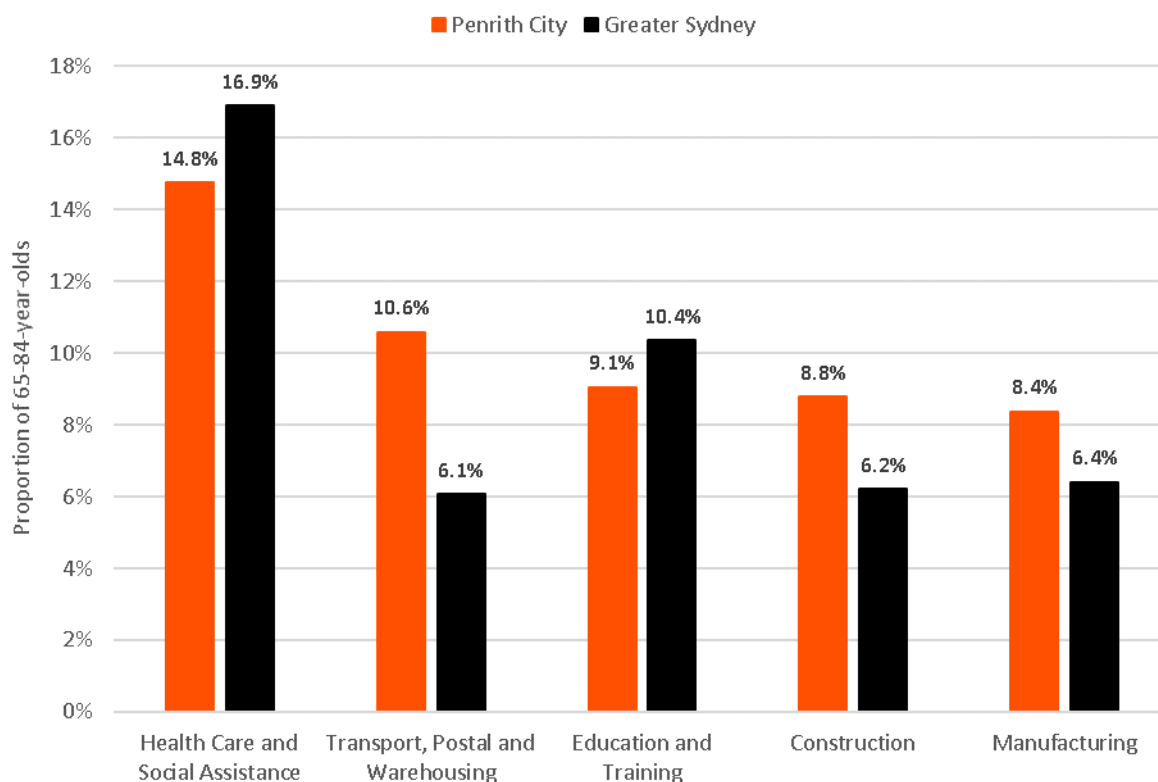


Employment status of Penrith City's 65-84-year-olds, 2021

6.3 Industries of employment

Industries of employment analysis also only include residents aged 15 years and older. In 2021, the most common industries of employment for Penrith City's 65-84-year-olds were:

- ▣ Healthcare and Social Assistance (15%)
- ▣ Transport, Postal and Warehousing (11%)
- ▣ Education and Training (9%)
- ▣ Construction (9%)
- ▣ Manufacturing (8%)



Top 5 industries of employment for Penrith City's 65-84-year-olds

Compared to Greater Sydney's 65-84-year-olds, Penrith City has a more significant proportion of older residents still working in more manual industries such as Transport, Postal and Warehousing, Construction and Manufacturing.

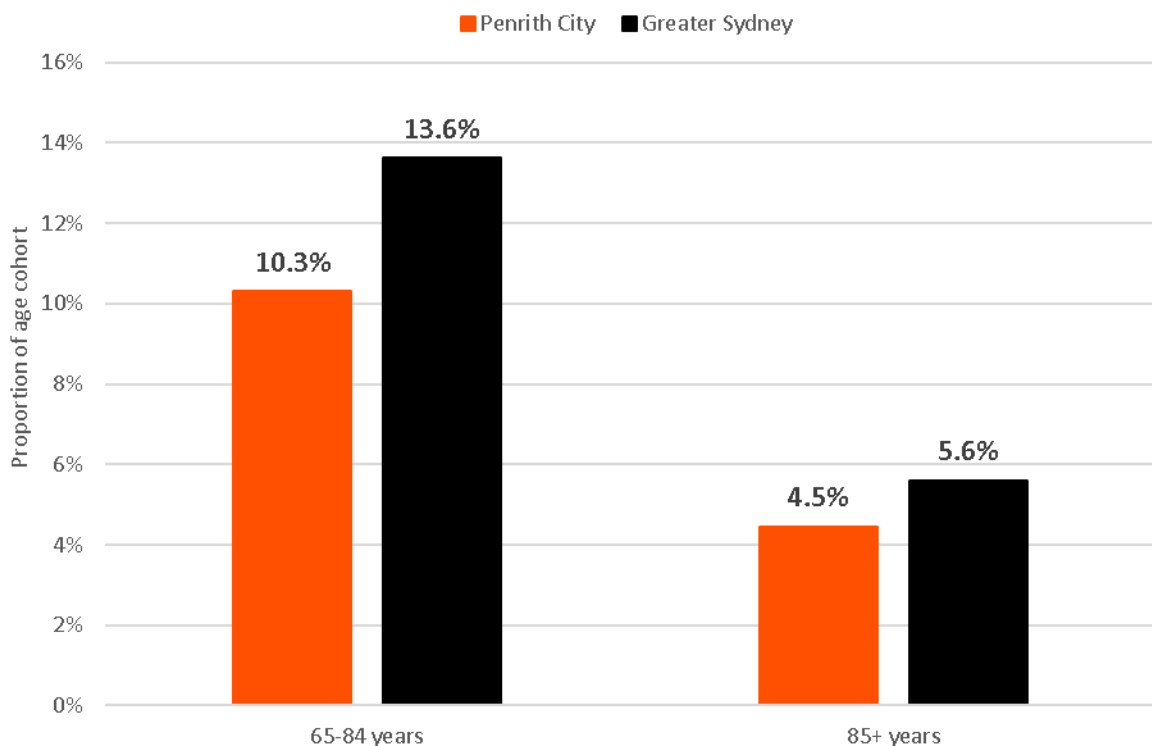
6.4 Unpaid work

Unpaid work refers to work which is undertaken by individuals without pay and includes volunteering, care for the elderly or those with a disability, and childcare.

6.4.1 Volunteering

The level of volunteering can indicate the community's cohesiveness and how readily individuals can contribute to that community. Volunteering refers to whether an individual spent any time in the last 12 months volunteering for an organisation or group.

In 2021, 10.3% of Penrith City's 65-84-year-olds and 4.5% of the City's 85+-year-olds volunteered. Compared to Greater Sydney, Penrith City had lower proportions of both age cohorts who volunteered.



Volunteering rates by Penrith City's 65-84 and 85+-year-olds, 2021

Since 2016, volunteering rates decreased across Australia. This is likely related to Covid-19 restrictions which stopped activities such as volunteering for groups or organisations from taking place. In Penrith City, these changes occurred since 2016:

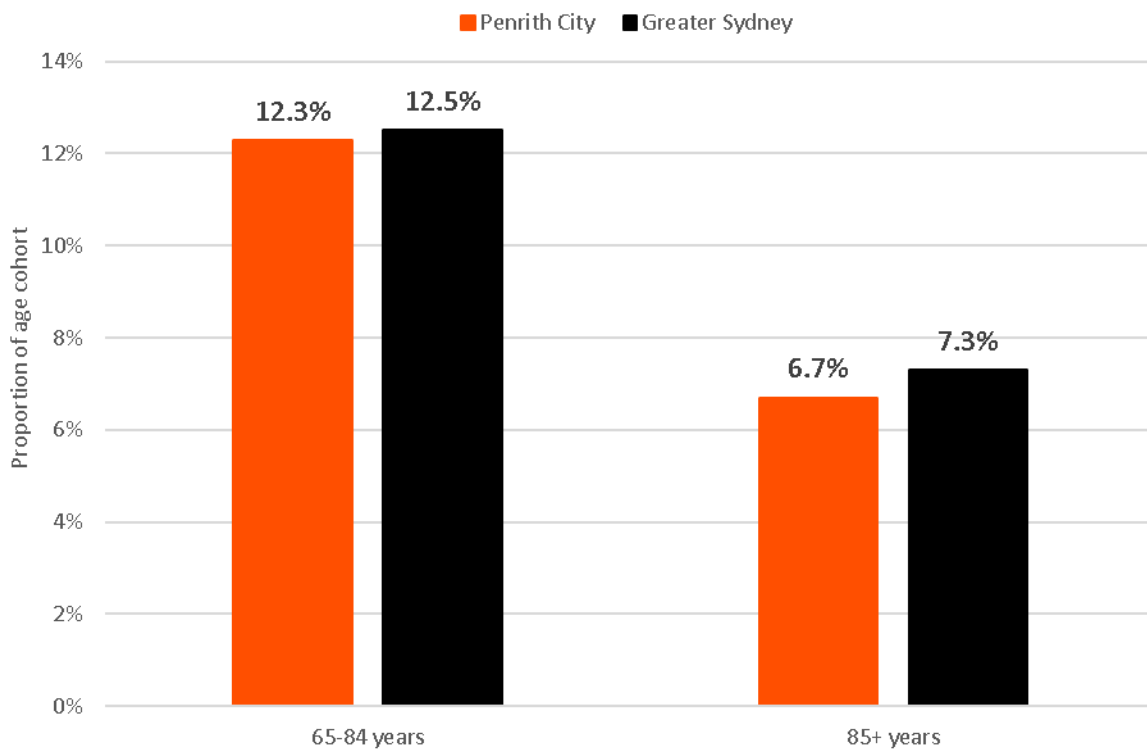
- 65-84-year-old volunteers (-3.5%)

- 85+-year-old volunteers (-0.3 %)

6.4.2 Care for the elderly or those with a disability

The proportion of people providing unpaid care for the aged and disabled in Penrith City can indicate the demand for aged care services and facilities. An increasing proportion of carers among the population may indicate inadequate aged care provision, or the need for in-home support, or support for the carers themselves.

In 2021, 12.3% of Penrith City's 65-84-year-olds and 6.7% of the City's 85+-year-olds provided care to the elderly or disabled. Compared to Greater Sydney, Penrith City had lower proportions of both age cohorts who provided care.



Care for elderly and disabled rates by Penrith City's 65-84 and 85+-year-olds, 2021

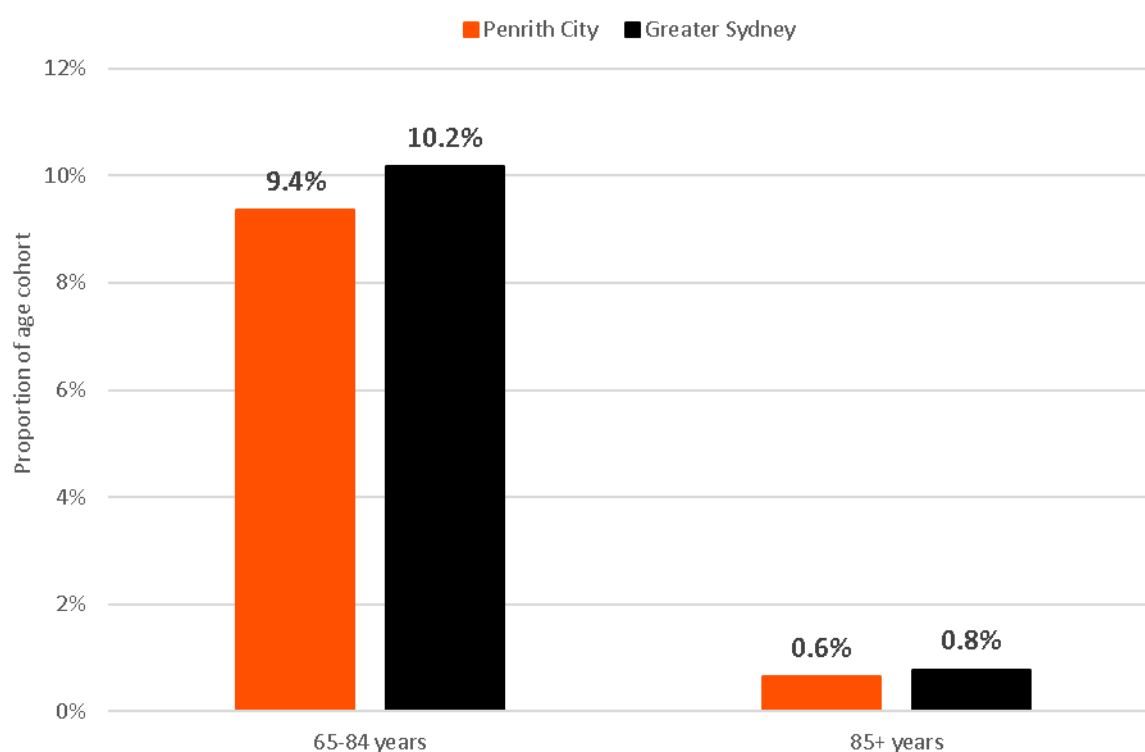
In Penrith City, these changes in care provision occurred since 2016:

- 65-84-year-old's providing care (-1.1%)
- 85+-year-old's providing care (+1.4%)

6.4.3 Unpaid childcare

Many of Penrith City's older residents are likely to be grandparents. In many areas of Australia, grandparents play a crucial role in childcare provision due to a lack of services or family preference.

In 2021, 9.4% of Penrith City's 65-84-year-olds and 0.6% of the City's 85+-year-olds provided unpaid childcare. Compared to Greater Sydney, Penrith City had lower proportions of both age cohorts who provided childcare.



Unpaid childcare provision rates by Penrith City's 65-84 and 85+-year-olds, 2021

In Penrith City, these changes in care provision occurred since 2016:

- ▣ 65-84-year-old's providing care (-7.5%)
- ▣ 85+-year-old's providing care (-1.2%)

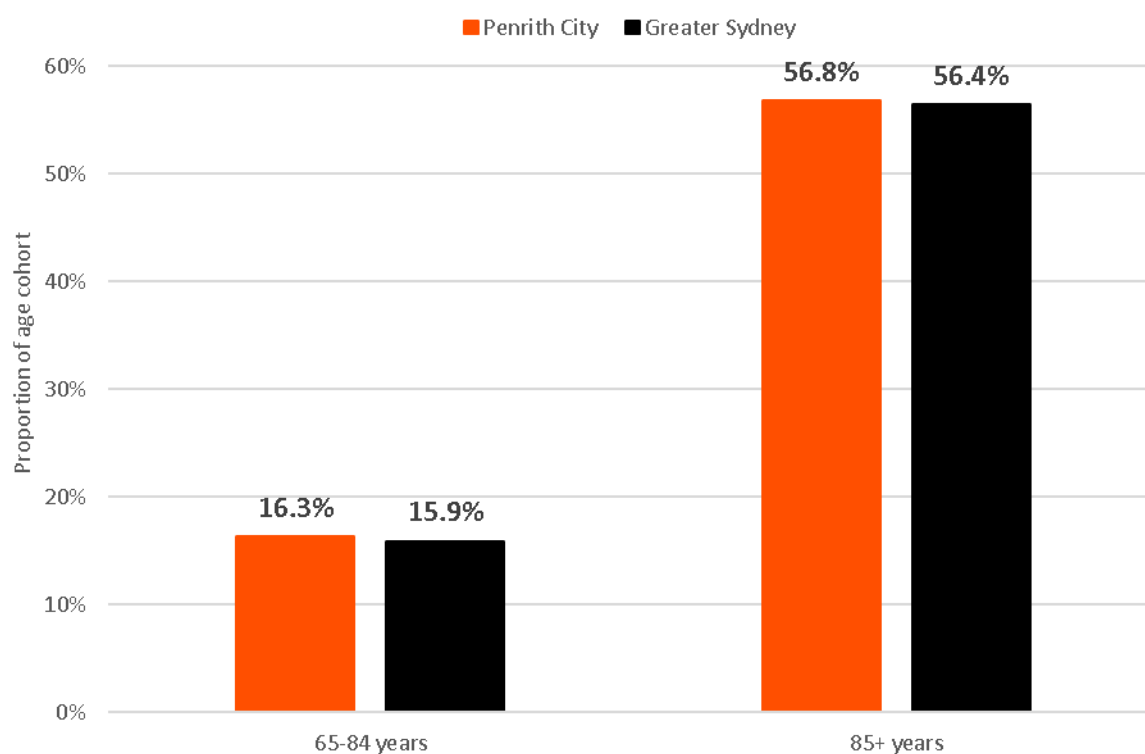
The decline in older residents providing unpaid childcare between 2016 and 2021 has been noted across Greater Sydney. This may be related to Covid-19 restrictions at the time of Census.

7. How are our older residents?

7.1 Need for assistance

Disability and need for assistance are strongly correlated with age. Therefore, a higher proportion of older residents had a need for assistance due to disability than the overall population. For example, in 2021, 16.3% of 65-84-year olds and 56.8% of 85+ year olds had a need for assistance, compared to 5.5% of the overall Penrith population.

Compared to Greater Sydney, Penrith City had a larger proportion of older residents who needed assistance due to disability, 16.3% compared to 15.9% for Greater Sydney's 65-84-year olds and 56.8% compared to 56.4% for Greater Sydney's 85+-year olds.



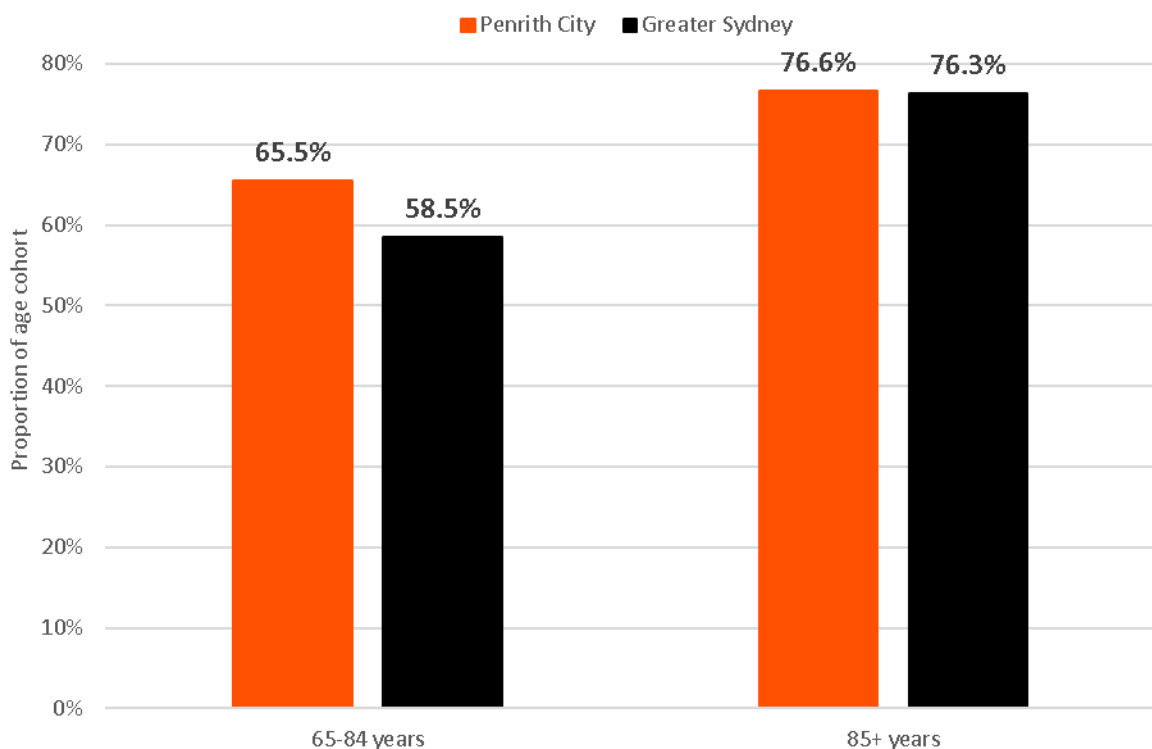
Need for assistance due to disability for older residents in Penrith City, 2021

Since 2016, the proportion of Penrith City's 65-84-year olds with a need for assistance due to disability decreased by 0.3%, and the rate for 85+-year olds decreased by 6.7%.

7.2 Long-term health conditions

Long-term health conditions are a new Census dataset, first collected in 2021. Long-term health conditions are defined as those which an individual has had for 12 months or longer and which have been diagnosed by a doctor or medical professional.

In 2021, 65.5% of Penrith City's 65-84-year-olds had at least one long-term health conditions, considerably higher than the Greater Sydney average for this age cohort of 58.5%. However, for those aged over 85 years the rate was higher at 76.6%, compared to 76.3% for Greater Sydney.



Count of long-term health conditions for Penrith City's older residents, 2021

The most common long-term health condition for Penrith City's older residents was arthritis, with 33% of 65-84-year olds and 43% of 85+-year olds having this condition, higher than in Greater Sydney where the rates were 27.2% and 39.1%, respectively. The rate of diabetes in older residents in Penrith City is also considerably higher than the Greater Sydney average.

	65-84-year olds	85+-year olds

Condition	Penrith City	Greater Sydney	Penrith City	Greater Sydney
Arthritis	33.0%	27.2%	43.4%	39.1%
Diabetes	21.8%	17.0%	17.7%	15.4%
Heart disease	17.6%	15.2%	29.5%	26.6%
Other long term health condition	14.4%	14.7%	19.3%	21.8%
Cancer (including remission)	10.1%	9.9%	11.9%	11.7%

Top 5 most prevalent long-term health conditions for Penrith City's older residents, 2021

8. More reports in this series

Other age-related report is available in this series:

- ▾ Pre-school children
- ▾ Young people

Other reports included in the Demographic Analysis report series are:

- ▾ First Nations peoples
- ▾ Health and Disability
- ▾ Gender
- ▾ People from culturally and linguistically diverse backgrounds
- ▾ Housing density
- ▾ Equity
- ▾ Social disadvantage
- ▾ Digital access
- ▾ Penrith City Local Government Area Demographic Summary

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