

Media release  
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## Country life top notch for rural older Australians

A National Seniors report shows older people living in rural areas feel safer, have a high level of social connectedness, enjoy more social interaction and have a high sense of trust toward others.

National Seniors Australia general manager policy Peter Matwijiw said the report entitled *Getting Involved in the Country: Productive ageing in different types of rural communities*, also found that older people were the real driving forces in rural communities.

“Older people are really sustaining these rural communities, they are keeping these areas alive, and because of their involvement in various activities, it’s also very good for their health,” he said.

Whilst numbers of older people are increasing in rural areas, the numbers of younger people are decreasing, the report found.

“More than one third of the rural Australian population is 65 years of age and older and while urban and rural areas both have ageing populations, older populations are growing at a faster rate in rural areas than in metropolitan centres,” he said.

“This will have a significant effect on the way rural communities operate- will there be enough facilities to allow older people to keep active, are health and transport services adequate and will technology be sufficient,” he questioned.

Matwijiw said satisfaction levels of people living in the country was another interesting talking point.

“They feel an attachment to their place. More people felt that they belonged, had a sense of trust, felt safe and believed that people were willing to help if needed.”

A full copy of the report can be downloaded at [www.nationalseniors.com.au](http://www.nationalseniors.com.au)

**For radio grabs and further contact phone Peter Matwijiw on 0488 097 318.**

**Media contacts: Casey-Ann Seaniger 0422 391 627.**

*With around a quarter of a million members, National Seniors is Australia’s largest consumer organisation for the over-50s and fourth largest group of its kind in the world.*