

## **Who are “older people”?**

Being an “older person” may span a period of 30 years or more and involve passing through several different stages of ageing, including pre-retirement (50-69 years), retirement (70-85 years) and frail old age (85+ years). The needs and issues for younger, active “well” aged people (with a focus on lifestyle) are likely to be quite different to those for frail aged (with a focus on care and support services).

There is no widely recognised definition of “older people”. Older people are an increasingly diverse group in terms of their life experiences, cultural background, health status, care needs, lifestyle preferences, and wealth. For the purposes of this strategy “older people” will include people aged 55+. However, people who are of Aboriginal or Torres Strait Islander background and aged 45 years and over are eligible for Home and Community Care Services.