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Retire to a unity of wellbeing

Residents living in one of 16 Australian Unity retirement villages have a much higher sense of wellbeing compared to the general population, according to a recent survey.

Australian Unity Group Executive of Retirement Living Derek McMillan said survey data collected from several thousand residents aged 65 and over were surveyed over a four year period between 2006 and 2009 revealed a significantly higher sense of wellbeing.

“Residents in all surveys report higher levels of overall wellbeing at more than 80 per cent higher than the general population average for 65 plus at 77 per cent,” Mr McMillan said.

“With many of our villages focusing on community, security, recreation and catering to both active and not so active retirees, I am not surprised wellbeing is high.

“Retirement villages are fast becoming a lifestyle choice for retirees. They are now a community to retire to if you wish to enhance your quality of life.”

The survey, now in its fourth year, comprises 64 questions assessing residents’ demographic information, subjective wellbeing, and satisfaction with various aspects of their living conditions.

Subjective wellbeing was measured using the Personal Wellbeing Index, which is the part of the Australian Unity Wellbeing Index, the country’s most comprehensive subjective measure of people’s satisfaction with their lives.

Frequency of visitors also comes into play with a residents wellbeing with the more visitors they have the higher their wellbeing and satisfaction with all aspects of life.

“Similar to frequency of visitors, living with a partner is positively associated with all measures of wellbeing,” Mr McMillan said.

Australian Unity operates 16 retirement villages and four aged care facilities in New South Wales and Victoria.

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Wellbeing is measured using the Personal Wellbeing Index. The Personal Wellbeing Index measures people’s overall feeling of wellbeing through satisfaction with their health, personal relationships, personal safety, standard of living, what they are achieving in life, community connection, future security and spirituality or religion.

For media enquiries contact Australian Unity’s Public Affairs Adviser Sarah Kulman, on 0400 006 295.

Notes to editors

Australian Unity is a national healthcare, financial services and retirement living organisation providing services to more than 560,000 Australians, including some 325,000 members nationwide.

Australian Unity Retirement Living is a major provider of retirement and aged care services. With a focus on wellbeing, it has 16 retirement villages, 451 aged care beds and 99 ambulatory and community care places.

Australian Unity’s history as a trusted mutual organisation dates back 170 years. It has grown organically – by continually evolving and providing the services and products needed by the communities it serves – as well as through successful strategic mergers and diversification into new business activities.

