OLDER ADULTS ARE THE FABRIC OF THEIR COMMUNITIES

HELPING THEIR PARENTS

1 in 4 older adults living with parents provided basic care

1 in 2 provide financial assistance to older parents

HELPING THEIR CHILDREN

HALF of all older parents provide financial assistance to their children

1 in every 2 adults aged 54-74 spend 36 hours a month looking after their grandchildren

ENGAGING IN THE COMMUNITY

1 in every 2 volunteered in the last year

WITH 1 in 5 volunteering every week

6 in 10 enjoy regular social and leisure activities

KEY INSIGHT

Better mood and quality of life are significantly associated with older adults who:

1. Engage in social participation
2. Volunteer regularly
3. Support their children and grandchildren

For more information please visit www.tilda.ie