

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