

## ADULTS OVER 70 ARE THE FABRIC OF THEIR COMMUNITIES



### CAREGIVING



**132,200**

adults over 70 provided help and care for their spouses, relatives (apart from grandchildren), friends and neighbours



**131,700**

parents over 70 take care of their grandchildren

### FINANCIAL ASSISTANCE



**128,600**

parents over 70 provide financial assistance to their children



**800**

adults over 70 provide financial assistance to their parents

### ENGAGING IN THE COMMUNITY



**206,800**

volunteered in the last year



**75,200**

volunteer every week



**330,400**

enjoy regular social and leisure activities

### SOCIAL INTEGRATION

**1,200**

adults over 70 were in contact with their own parents several times each week

**117,600**

adults over 70 had four or more regular contacts

*For more information please visit [www.tilda.ie](http://www.tilda.ie)*