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