



## MEDIA RELEASE

Older Australians living in rural areas are happier than those living in cities according to the latest research.

La Trobe University Professor of Rural Aged Care Research, Jeni Warburton and her team, completed the research last month after studying two communities in north-eastern Victoria and found, that while aged care in rural Australia is a complex issue, elderly people in the region were both resilient and happy.

“It’s wrong to think that older people are socially isolated just because they’re geographically isolated,” Professor Warburton said.

The La Trobe University pilot study is a replication of one conducted in the United Kingdom several years ago and is the first of its kind in Australia.

“Our research has found that older people in rural areas are less likely to have contact with their family as a result of younger people migrating to cities for education or work”.

“However, although they have less regular family contact, they are usually part of a strong community network and have a greater amount of informal care where neighbours look out for each other”.

“Older people in rural areas are also much more likely to say they feel safe in their communities and this is a key issue for all older Australians,” Professor Warburton said.

Aged care for older Australians in rural areas is one of the key topics to be discussed at this year’s 42<sup>nd</sup> National AAG conference. The conference will be held at the National Convention Centre in Canberra over a three-day period commencing Wednesday, November 25. The Commonwealth Department of Health and Ageing is the platinum sponsor of the conference.

The key theme for this year’s National Conference is ‘Translation and Transformation’.

The conference will be opened by the Association’s patron, The Governor-General Ms Quentin Bryce AC and will be attended by the Minister for Ageing, the Hon. Justine Elliot and keynote speaker, Professor George Rebok from the John Hopkins University in Baltimore, Maryland USA.

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For more information on the 42<sup>nd</sup> National Conference of the AAG please go to [www.aagnationalconference.com](http://www.aagnationalconference.com) For media enquiries, or to arrange an interview, please contact Matt Mitchell on 0431 980 365 or [matt@mitchellpr.com.au](mailto:matt@mitchellpr.com.au)