

The 2026 Benetas Ageing in Place Study: Are Australians ready to age at home?

To better understand this, we spoke to over 2,250 older Australians.



HOW READY ARE AUSTRALIANS?

The outlook on growing older is generally positive among people aged 65+

71% feel ok about getting older

64% see ageing as a privilege

Around three-quarters feel confident they will maintain...

76% their dignity

74% their independence

71% their social connections

Almost all Australians aged 65+ want to age at home

89% want to continue living at home as they get older

...but most aren't prepared

51/100
Readiness index score for those aged 65+

48/100
Readiness index score for those aged 55-64

Only 8% of 65+ say they feel completely prepared for their future needs as they age

WHAT'S HOLDING US BACK?



System complexity

Only 33% claim to have at least a basic understanding of the government's Support at Home program. Amongst those, only 45% think it's easy to understand



Limited understanding

Knowledge of what is required to continue living at home safely scored just 50/100 on the index



Desire to feel independent

46% believe accepting support feels like losing independence



'Not relevant to me yet' mindset

On average, people think that others will require support around age 76, yet push this out to 81 for themselves, highlighting a potential underestimation of future needs

Technology gaps



Intended technology use is 31/100 on the index



Cost concerns

42% believe Support at Home would be too expensive for them

WHAT CAN YOU DO TODAY?



Ageing at home takes more than intention

- Starting earlier makes it easier to stay independent
- Understanding available support is key
- Talking with family helps shape future plans
- The right support can enable independence not reduce it

INTRODUCING THE AGEING IN PLACE READINESS INDEX (AiPRI)

The index has five key dimensions, each contributing to a score between 0 and 100. The higher the score, the more prepared the individual.



PREPAREDNESS

Aged 65+ = 54/100

Aged 55-64 = 46/100

- Made changes to home
- Budgeted for healthcare/home modifications
- Explored Home Care packages
- Reviewed super & retirement savings



KNOWLEDGE

Aged 65+ = 50/100

Aged 55-64 = 45/100

- ACAT awareness/use
- My Aged Care (MAC) awareness/use
- Awareness fall detectors, wearable alerts
- Awareness smart medication dispenser



ATTITUDE

Aged 65+ = 61/100

Aged 55-64 = 59/100

- I feel generally ok about getting older
- I feel comfortable receiving paid help at home
- Accepting help feels like losing independence
- Getting older is a privilege
- Getting home help is too complicated



TECHNOLOGY

Aged 65+ = 31/100

Aged 55-64 = 34/100

- Awareness/usage of
- Smartphone & tablet
 - Video calling
 - Digital companions & AI bots
 - Voice to text
 - Telehealth



CONFIDENCE

Aged 65+ = 59 /100

Aged 55-64 = 56/100

- Maintain independence
- Maintain health
- Maintain dignity
- Social connections as you age