

# A message to you

from the Director of HILDA Research



As the researcher responsible for producing the annual Statistical Report, the HILDA Study has provided me with many exciting research opportunities.

As the only study of work and family life in Australia that follows people from year to year, it makes it possible to investigate many aspects of economic and social life in Australia that cannot be fully understood without this type of data.

Academic and Government researchers have also made extensive use of the report to improve understanding of Australian society and to help the Government make decisions. Recent topics examined include: how the global financial crisis has affected families, adequacy of government pensions, work-related training, retirement, family relationships and fertility.

This research would not be possible without your contribution, and I firmly believe Australia would be the poorer without it. I hope you continue to enjoy being involved and making a difference to the lives of all Australians.

Roger Wilkins

Director of HILDA Research  
Melbourne Institute of Applied Economic and Social Research  
University of Melbourne

# Our study is BIG NEWS

The Living in Australia study is also known in the media as the Household, Income and Labour Dynamics in Australia (HILDA) study. It is being used for a wide range of research.

## Retirement is a long way off yet

*Sydney Morning Herald 19/06/10*

There is a large gap between retirement expectations and reality. The HILDA report shows that most people won't have enough savings to last them until the end of their retirement.

The study found that men estimated they would need \$48,500 per year to achieve a satisfactory standard of living, where as women estimated they would need just under \$45,000. It was shown that men are only saving enough for 5 years of retirement and women are saving enough for 2 years.

## Raising children can be stressful

*Herald Sun, 16/06/2010*

The HILDA study has found that about 6 per cent of parents are highly stressed as a result of their parenting responsibilities. The stresses of raising children appear to have eased somewhat, with about half the number of highly stressed parents today than in 2001.

But women are still more stressed than men with 7.7 per cent of mums reporting they are stressed compared to 4 per cent of dads. Single mums are under the most pressure, with 10.8 per cent reporting high levels of parenting stress.

## LESS WORK? NOT NOW, I'M BUSY

*Weekend Australian, 31/07/2010*

The issue of work-life balance is far from a theoretical one. Some relish long hours in the office, factory or field, while others work more than they prefer.

The HILDA results shows more people who work 50-plus hours a week do so because they want to than those long-hour workers who would prefer to do less. For many however, the increasing amount of work is leading to higher levels of stress as they battle to balance work with the rest of their lives.

## Carers – paid work

*Sydney Morning Herald 13/01/2010*

Caring for the disabled or aged has less impact on participation in the work force than previously thought. HILDA data has shown that participation in the labour market dropped by 4 to 6 percentage points when they started their care-giving compared to 20 to 28 percentage points in previous research.

What participating  
can mean for you

YOU  
make all the difference!

LIVING  
IN AUSTRALIA  
HILDA



Helping shape our future

FUB W10DL13092010



## Your feedback

*Every year, we receive comments from people like you. Here are just a few:*

“The interviewer was very nice, pleasant, helpful and efficient”.

“I love reading any figures that come out of these interviews. Amazing to see it all put together”.

“The cash for taking part in the study is extremely good. My kids were thrilled”.

“I’m glad I’m a part of this study. I hope it makes a difference. It has helped me determine how I have changed year by year”.

“I’m very proud to be part of this study”.

## Thank you

This year each person who participates will receive \$30 as our thanks for helping us with this study. Once everyone in your household has taken part, your household will receive a bonus \$30.

## Contact us

If you have any concerns or questions we would like to hear from you. Free call 1800 656 670 or email [hilda@roymorgan.com](mailto:hilda@roymorgan.com) [www.roymorgan.com](http://www.roymorgan.com)



*You can influence Government decisions, be involved in a valuable community service and provide a voice for your family and community. It can even pay for a night out at the movies!*

**Busy?** We'll be happy to talk to you at any time and place that suits you.

**Worried about privacy?** All the information you provide us is protected by strict guidelines and the law (Privacy Act, 1988). Access to your identifying information will be restricted to only those who need it to administer and conduct the study.

**Not really interested?** Your contribution to this study influences decisions made by communities and the Government that affect you.

**Feel uncomfortable?** You only need to answer the questions you feel comfortable answering.

**Your answers are valuable!** You represent 1200 other Australians and you are the voice of people in your age group.