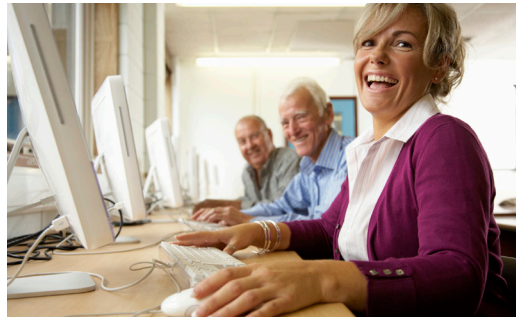
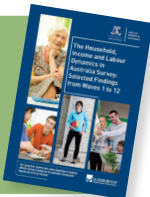


LIVING IN AUSTRALIA



**YOUR CASH
BONUS AND
TERRIFIC
OFFER**



**YOUR PRIVACY
EXPLAINED**

**Self Completion
Questionnaire
Prize Offer**



HILDA and the Department of Social Services



Finn Pratt AO PSM

Secretary of the Department of Social Services (DSS)

The Department of Social Services aims to improve the lifetime wellbeing of people and families in Australia. Our ability to do this depends on developing a strong evidence base and working closely with our stakeholders.

The HILDA Survey is a powerful tool for gathering this evidence, capturing a range of important data about life for Australians. The data gives us and the research community an informed overview of the changing complexities of Australian society and enables us to create, innovate and improve policy. It provides a lens through which trends and changes in the Australian community and economy are clearly seen and enables the government to examine the effectiveness of policies and programs over time.

Thanks to the continued contribution of survey respondents, HILDA provides us with a formidable and authoritative information platform, which helps shape the future of social policies affecting the lives of millions of Australians.

Finn Pratt has been Secretary of the Department of Social Services since September 2013. He was previously Secretary of the Department of Families, Housing, Community Services and Indigenous Affairs and before that Secretary of the Department of Human Services and Chief Executive Officer of Centrelink.

Finn won a Public Service Medal in 2008 for his work on employment services and policy. In 2015 he was named an Officer in the General Division of the Order of Australia for distinguished service to public administration and for his work on the National Disability Insurance Scheme.



What's new this year?

Now in its 16th year, the Household, Income and Labour Dynamics in Australia (HILDA) study continues to be Australia's leading household longitudinal study, influencing Australian policy decisions on a daily basis.

This year we are interested in the education, skills and abilities you use in everyday life. The focus questions include topics such as formal qualifications obtained and field of study, ability to hold a conversation in a language other than English and your child's education.

In addition to these, you will also be asked questions that you are familiar with from previous years. These questions are equally important as together they help capture a complete picture of the people of Australia.

The data you provide gives key decision makers the information they need in order to make informed decisions about the future of Australia.

Why are YOU so important to this study?

The information you provide represents over 1,000 other people just like you. Your participation gives a voice to Australians that may not be heard otherwise.

No matter what stage of life you are in, we want to hear from you!

The strict guidelines the HILDA study adheres to, mean that you cannot be replaced or represented by anyone else - you and your responses are unique. Help us find out what is happening in Australia. Your participation in this one-of-a-kind study will contribute to changing the lives of present and future Australians.

Our thanks to you

We would like to express our sincere thanks to you for the important contribution you make to this study. As a small gift for your participation we will give you \$35 cash at the end of your interview. When every eligible member in the household has taken part, your household will receive an additional \$35.

With your ongoing support and assistance, this important study will continue to be a valuable tool in helping shape our nation.

Our study is BIG NEWS

Most profitable age to move out of home

According to the HILDA study, the optimal age to move out of home is between 21 and 24 years old, as this achieves the greatest income and wealth in later adulthood. “Negative effects on income and wealth associated with moving out of home before the age of 18 are particularly large,” the findings read. “Relative to moving out at age 21-24, there are also negative effects of moving out at age 18-20 or age 25 and over”. The report suggests that those who move out of home earlier than 21 and older than 24 years of age will end up with less money.



The study did not provide specific reason for this result, however, the writer concludes that it's reasonable to say that getting a house with your mates at 18 is bad for your wallet, and “for those 25 or over, you’ve probably had your shirts ironed for too long and failed to learn to fend for your own finances.”

The Hip Pocket, 11 November 2015

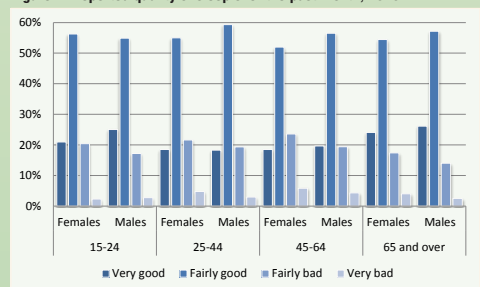
Quantity and quality of sleep

For the first time in 2013, the HILDA survey collected information about the quantity and quality of sleep people get.

It was found that the average number of hours sleep per night is highest for those aged 15-24 with 7.7 hours and lowest for those aged 45-64 with 6.9 hours. Men and women under the age of 65 on average get very similar amounts of sleep with 6.9 hours, but men aged 65 and over appear to average slightly more sleep than women aged 65 and over (7.3 hours and 7.1 hours, respectively).

The self-reported quality of sleep (over the past month) is examined in Figure 1. Irrespective of age, most people report their overall sleep quality as ‘fairly good’, with the next most common response being ‘very good’. Men are more likely than women to report very good or fairly good quality sleep. Having ‘very bad’ or ‘fairly bad’ sleep quality is most common in the 45-64 year age range.

Figure 1: Reported quality of sleep over the past month, 2013



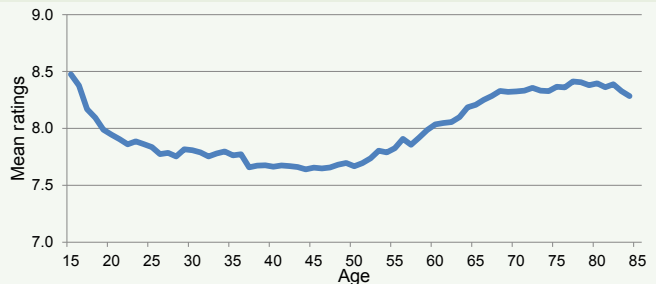
When Australians are happiest in life

Using the HILDA data, researcher David de Vaus, from the Australian Institute of Family Studies, has analysed data from almost 27,000 Australians as they journey the stages of life to find when Australians are the happiest. His analysis showed that the secret to being happy is having a life partner and living long past the age of 50.

The figure below shows how life satisfaction changes as we age. David de Vaus, found that “there’s a sharp decline in life satisfaction from the age of 15 to the early 20s, followed by a further gradual fall from the early 20s to the mid-30s.” By mid-30s, life satisfaction becomes steady but lower; however, it starts to increase gradually and significantly from the early 50s until the late 60s. Life satisfaction is stable and close to the highest of any time in life from the late 60s to the early 80s. From the early 80s, it starts to drop a bit but continues to be better than most earlier life stages.

Business Insider, 19 September 2015

Figure 2: Mean rating of life satisfaction, by age, 2001-2012



A moving picture of Australia

The HILDA survey is a study that can tell us about how individual’s lives are changing over time. “It provides a moving picture of Australian society,” says Associate Professor Roger Wilkins, author of the latest HILDA report.

Since 2001, HILDA interviewers have been gathering data visiting the same 17,000 people every year. From the data collected analysts can identify concrete changes in Australian society. For example, the data revealed that the household size has a tendency to decrease and children are staying at home longer. The data also shows that the time men spend on housework and childcare has been increasing in the past few years.

“HILDA paints a picture of a fairly well functioning society, where people are able to achieve many of their life goals, whether it be in the workplace or in their family lives.”

The Age, 7 August 2015





Just turned 15? This is why we need you!



Whether you are at school, doing an apprenticeship or trying to figure out your next steps, you can make sure the young people in Australia are represented in this important study by sharing your unique experience of living in Australia.

But how?

Believe it or not, your individual responses will represent 1,000 others who don't have the opportunity to share their experiences.

Plus, just for your participation, you will receive a \$35 cash gift on the spot.

What about privacy?

Your information is protected.

The people involved in the study are committed to ethical research and legally bound to ensure your information is secure. All people involved in the project must sign and comply with the Privacy Act 1988. Your rights are protected by Australian law. Your identifying information is collected for the purpose of the Living in Australia study only. Access to your identifying information is restricted to only those who require it for the purpose of administering or conducting the study.



Meet the TEAM



It has been a privilege to be a HILDA interviewer over the last 9 years. I love my job and being part of an elite world study.

Working for the HILDA study is amazing, and my respondents are absolutely delightful. Over the years I have received many hugs, held lots of babies and met the most wonderful and interesting people. I really appreciate all of my respondents and I am looking forward to seeing you all again this year.

Barb. Northern Territory

I have been working on the HILDA project for the past 4 years. It is a real pleasure and an incredible privilege to not only meet new people, but also visit many of the same people each year to see how their lives have changed.

I am always very thankful to everyone who gives their time and shares how living in Australia has been for them during the past year.

Phil. Western Australia



I have been working on the Living in Australia study since 2002, and in that time I have completed over 1,000 interviews for the project. I have travelled thousands of kilometres and met so many amazing people from all different walks of life. It is a privilege to work on such an important study, which helps improve the lives of all Australians.

I would like to thank the respondents for welcoming me into their homes and sharing their life experiences with me. I am looking forward to catching up with all my households again this year; it is always lovely to hear their parting comment "We will see you again next year!"

Marg. Victoria

Information and Insight

Offer to all Living in Australia participants

We are pleased to offer a free printed copy of the most recent HILDA Statistical Report.

The report is full of interesting statistics about our nation.

If you would like to receive your own personal colour printed and bound report, simply call 1800 656 670.

The report is also available for free download from <http://www.melbourneinstitute.com/hilda/Reports/statreport.html>

Complete and return your Self Complete Questionnaire to win 1 of 8 prizes!

In exciting news, this year our major prize winners will receive 1 of 8 \$500 gift cards for Coles Group & Myer, Woolworths or Bunnings. Simply complete and return your Self Complete Questionnaire to be entered into the draw.

For terms and conditions, you can visit www.livinginaustralia.org/scqprizedraw

Thinking of moving?

Your participation is critical to the success of the study, so please let us know if you are moving. Just freecall 1800 656 670 or email your new address to HILDA@roymorgan.com

More information about Living in Australia

If you have any questions, would like more information, or would like to contact your interviewer please freecall **1800 656 670** or visit us online at **www.livinginaustralia.org**. Your interviewer will also be able to help you with any queries you may have when he or she visits you.

This research project has been approved by the Human Research Ethics Committee of The University of Melbourne. If you have any concerns or complaints about the conduct of this research project, which you do not wish to discuss with the research team, you should contact the Manager, Human Research Ethics, Office for Research Ethics and Integrity, University of Melbourne, VIC 3010. Tel: +61 3 8344 2073 or Fax: +61 3 9347 6739 or Email: HumanEthics-complaints@unimelb.edu.au. All complaints will be treated confidentially. In any correspondence please provide the name of the research team (HILDA Survey) or the name or ethics ID number of the research project (ID no. 1647030).

