

What *participating* can mean for *you*



You can influence government decisions, be involved in a valuable community service and provide a voice for your family and community.

Busy?

We'll be happy to talk to you at any time and place that suits you. For most people the interview takes around 35 minutes.

Feel uncomfortable with the questions?

You only need to answer the questions you feel comfortable answering.

Not really interested?

Your contribution to this study influences decisions made by communities and the government that affect you.

Your answers are valuable!

You represent 1,000 other Australians and you are the voice of people in your age group.

Study too detailed?

The level of detail is crucial to effective and accurate decision making which may impact on your life.

Worried about privacy?

All the information you provide us is protected by strict guidelines and the law (Privacy Act, 1988).

Your rights are protected by Australian law.

Access to your identifying information will be restricted to only those who need it to administer and conduct the study.



Your feedback

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

"It's nice to read the government is following up the research you provide. Well done."

"I have been doing this for over 20 years, gets more interesting every year."

"I am happy to be a part of the Living in Australia study and cannot wait to do it again this time next year."

"I just want to say I love the study and that I get to represent people like me, especially in my age range."

"We still find completing the survey rewarding as it causes you to stop and review how life is treating you."

Our thanks to you

As a thank-you for your participation, you will receive a \$50 gift after your interview.

You will receive an additional \$20 gift after you have completed and returned the Self-Completion Questionnaire, either as a hardcopy or an online survey.

Contact us

If you have any questions we would like to hear from you.
Free call 1800 656 670
email: hilda@roymorgan.com
website: www.livinginaustralia.org

LIVING
IN AUSTRALIA



HILDA



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THE 2023 LIVING IN AUSTRALIA STUDY

Helping shape our future

www.livinginaustralia.org

Why is my participation so important to the HILDA Study?

Making important life decisions like moving in with a new partner, deciding whether to have children, or embarking on a new career path can be some of life's big adventures. Likewise, the decision to retire and planning for this transition can also be a time of great excitement.

However, these major life events can be real concerns for many Australians and bring great uncertainty, and so they are the focus of the HILDA study in 2023.

This year, we discuss with you life stages, relationships, family formation and retirement. Regardless of which stage of life you find yourself in, whether you are leaving home for the first time, in a new relationship, considering whether to start a family, planning for, or in retirement, or choosing to remain in the workforce, participating in the HILDA study this year gives you the opportunity to shape Australia's future.

There is no doubt, that after 23 years, this data is of great value for researchers and policy makers: households, regardless of their composition, are the foundation of our society. As participants of the HILDA study, you allow us to better understand how Australians live, which is invaluable when identifying the nature of supports required by individuals and families, and the times throughout the life course when those supports are needed most.

We thank you once again for your ongoing support to the HILDA study and we hope you continue to enjoy your contribution to shining a light on the issues that influence the wellbeing and functioning of Australian families and households.

Thank you.

The Living In Australia study is also known in the media as the Household, Income and Labour Dynamics in Australia (HILDA) study. Data from the study is used for a wide range of research, including these articles.

Climate-related disasters leave behind trauma and worse mental health. Housing uncertainty is a major reason why

Researchers recently used HILDA data to investigate the long-term effects of climate-related disasters, like droughts, bushfires, storms, and floods, on health and wellbeing. They compared survey data from around two thousand people, half of whom had been affected by disasters and half unaffected, over the decade to 2019. Researchers were able to follow people for up to 8 years.

"We found disasters have a long tail – particularly around housing. As you might expect, people hit by disasters have worse mental and physical health in the year afterwards. But this effect lasts longer, with affected people reporting worse mental health, worse emotional health and worse social functioning for two more years. Difficulty finding a place

to stay is a large part of this."

The researchers identified housing affordability and security as key factors in the health impacts of climate-fueled disasters. Those already experiencing housing affordability stress and those in poor quality housing saw greater health losses after the disaster.

They also noted a divide between renters and homeowners, "After a climate-related disaster, owners with a mortgage were more likely to suffer housing affordability stress for the next two years. This longer tail is likely due to short-term relief measures running out. By contrast, renters were more likely to face uncertain housing or forced relocation soon after the disaster."

The Conversation, 06/06/2023

Why are Australians less sociable and lonelier? Experts cite social media, work hours and cost of living

As evidence for the impact of chronic loneliness and social isolation on health and wellbeing continues to build, longitudinal studies – where the same people are followed over extended periods of time with repeated measures – are showing that Australians are socialising less and reporting increasing rates of loneliness. Experts have suggested a range of factors are likely to be influencing these trends, including social media, longer working hours, and declining participation in volunteer organisations and church groups.

University of Melbourne researcher Dr Ferdi Botha recently used HILDA survey data to analyse the frequency of social contact and

loneliness among Australians, "Since 2001, we've seen a definite decline in the frequency of social contact, and the trend unsurprisingly worsened during the years of the COVID pandemic," Dr Botha says. "The biggest change has been among young people aged 15 to 24, who are also reporting the highest rates of loneliness. In terms of where to from here, it's likely there will be a spike in social connection in the period after the lockdowns, but it will be interesting to see if the longer-term trend continues."

ABC News, 17/07/2023

Under 25s buckling under housing stress, 214% more than baby boomers

A recent report from the Australian Housing and Urban Research Institute (AHURI) used HILDA data spanning 2005-2018 to investigate how critical life events may impact housing stress for different groups.

A person is considered to be in housing stress if they are in the bottom 40% of income distribution with housing costs that are greater than 30% of their before-tax income. Critical life events most likely to contribute to housing stress include the birth or adoption of a child, separation, marriage, giving care to a family member, and being let go from your job or made redundant.

The report identifies age as the strongest predictor of whether someone will experience housing stress after critical life events, with adults aged under 25 estimated to be three times more likely to enter housing stress than adults aged 65

and above. Employment status was the next biggest predictor.

"Life events that impact housing stress can occur more rapidly for younger people who have not had a chance to build up their safety net to fall back on, such as savings from their career or support systems," said report co-author Professor Hazel Easthope.

While younger adults are more likely to experience housing stress, they are also more likely to recover from it than older adults. The report authors note that adults aged 65 and above who enter housing stress are far less likely find a way out than younger cohorts.

"For older people, if they use up all their resources, they may not be able to easily pivot in the job market or have certain obligations which make it less likely they will recover if they fall into housing stress following a critical life event," lead author Dr Milad Ghasri said.

Canberra Weekly, 19/02/2023

Meet the 'Sandwich Generation' — the growing sector of women caring for their children and their parents

A growing number of Australians are finding themselves 'sandwiched' between the demands of raising children, caring for ageing parents, and work, often at the expense of their own economic and health resources. HILDA data from 2020 shows that that 10.3% of women and 6.3% of men over the age of 15 provide unpaid care, with women aged between 50-69 years being the largest provider of unpaid, ongoing care for a person with a disability or an older person.

"What remains the same, with all of the development in the world ... is that there's this gendered nature of care", said Queensland University of Technology researcher Megan Godwin.

Ms Godwin used HILDA survey data to examine the impact of multiple care roles and work commitments on the health of Australian women and found that mental health and wellbeing dip over the course of women's lives. "It's a U-shaped curve," she said. "So, you're happier when you're in your pre-30s and then you go down to this dip. Now that coincides with children, extended work hours or perhaps your parents are getting older, but then your mental health drives back up in those older years."

ABC News, 11/01/2023