

Key Area: Enhancing opportunities for participation and social connection



Increasing trend



Decreasing trend



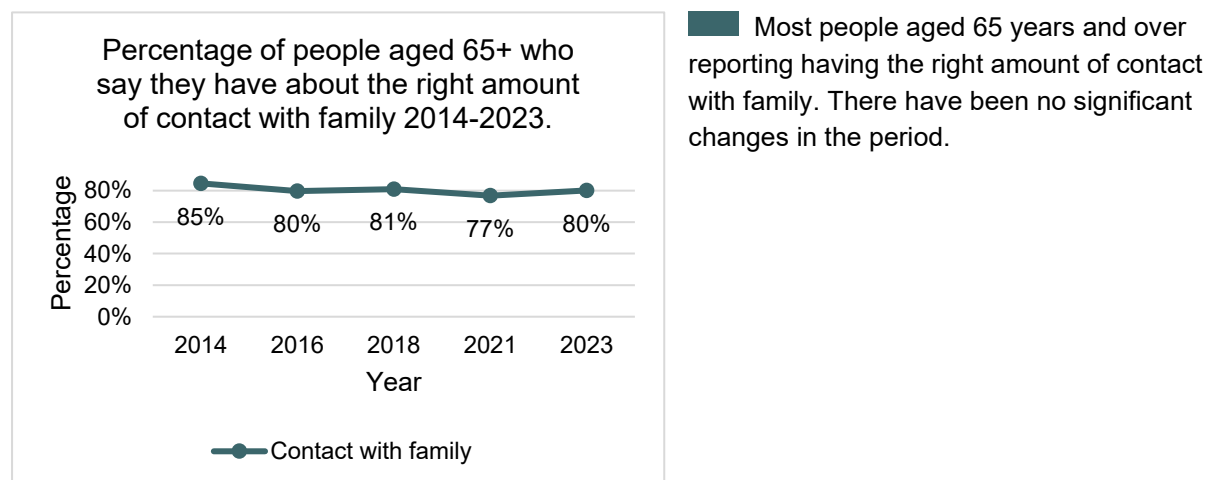
No change in trend, or changes are minimal/not significant

Updated September 2026: An earlier version of this report incorrectly stated that data for indicators 49 and 50 had been discontinued. Data for these two indicators remains available through the General Social Survey. We have not reported that data here due to the cost and time required to obtain the data, and as we are moving to a new indicator framework.

Indicators are signs of progress towards what the Better Later Life Strategy and Action Plan aim to achieve. Some figures in these indicators (marked with *) should be taken with caution because of small number of people sampled or counted. This means that changes may not be statistically significant, or the figures are estimates. However, the general trends and overall picture are still informative.

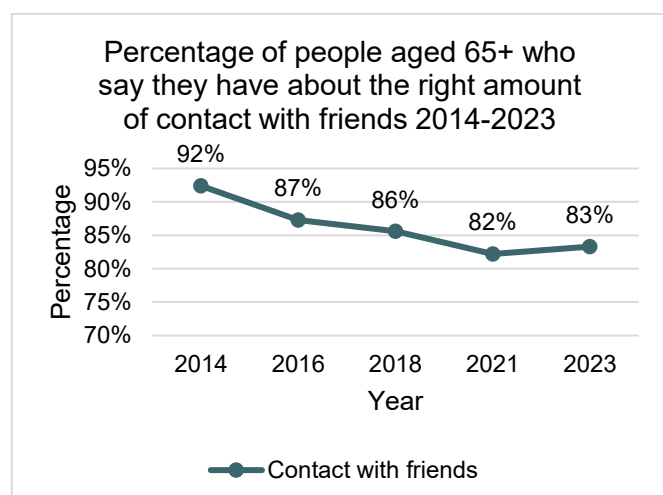
What we want to achieve: As we age, we remain socially connected and actively participate in our communities.

Indicator 33: Percentage of people aged 65+ who say they have the right amount of contact with family.



Indicator 34: Percentage of people aged 65+ who say they have right amount of contact with friends.

↓ The proportion of those aged 65 years and over who reported having the right amount of contact with friends has decreased over the last decade. In 2014, around 92 percent of older people reported having the right amount of contact with friends, decreasing to 83 percent in 2023.

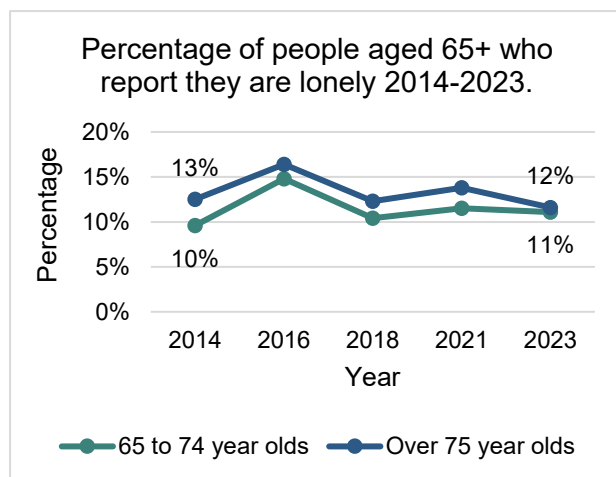


There are two indicators that do not currently have reliable data sources:

- Indicator 35: Percentage of people aged 65+ who have a strong/very strong sense of connection with their neighbourhood.
- Indicator 36: Percentage of people aged 65+ who are engaged with at least one community/social group (eg hobby group, religious organisation, recreational or cultural group).

What we want to achieve: Reduced loneliness amongst older people

Indicator 37: The percentage of people aged 65+ who have felt lonely all, or most, of the time.



Most older people aged 65 years and over do not feel high levels of loneliness. This has remained consistent over time. Loneliness is slightly higher for those aged 75 years and over compared to those aged 65-74 years.

What we want to achieve: Recognise older people are as diverse as any other group, with individual aspirations and needs.

There are two indicators that do not currently have reliable data sources:

- Indicator 38: The percentage of people aged 65+ who report that health services they use accommodate their needs (eg age, gender, ethnicity, cultural, religious, disability).
- Indicator 39: The percentage of people aged 65+ who report that other government services they use accommodate their needs (eg age, gender, ethnicity, cultural, religious, disability).

What we want to achieve: Barriers to volunteering are identified and addressed.

Indicator 40: The percentage of people aged 65+ who report that there are no barriers to them volunteering if they wished to.

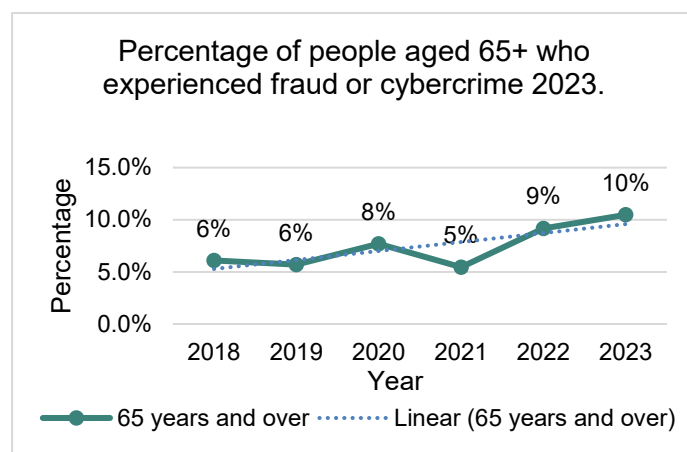
Between 2021 and 2023, there was a noticeable increase in the proportion of people aged 65 years and over who reported facing no barriers to volunteering. In 2021, 11 percent of those who are 65 years and over said there were no barriers to volunteering for an organisation, rising to 13 percent in 2023. Similarly, the proportion who reported no barriers to volunteering directly for another person increased from 15 percent to 19 percent over the same period.

What we want to achieve: As people age, they safely use technology to improve their lives.

There are two indicators that do not currently have reliable data sources:

- Indicator 41: Percentage of people aged 65+ who cannot afford a device OR an internet connection
- Indicator 42: Percentage of people aged 65+ who do not use the internet and feel very or reasonably confident they can do what they want online

Indicator 43: Percentage of people aged 65+ who experienced fraud and cybercrime.



↑ The proportion of those aged 65 years and over who experienced fraud and cybercrime victimisation has risen since 2018. However, estimates have high relative sampling errors so should be used with caution.

What we want to achieve: People who do not use technology can still access the services they need.

There is no current data source for the following indicators

- Indicator 44: The percentage of people aged 65+ who report they can still access what they need from government services without using the internet.
- Indicator 45: The percentage of people aged 65+ who report they can still access what they need from without using the internet (eg food, travel, health, pay bills).

What we want to achieve: People can successfully transition through and adapt to life changes.

There is no current data source for the following indicators

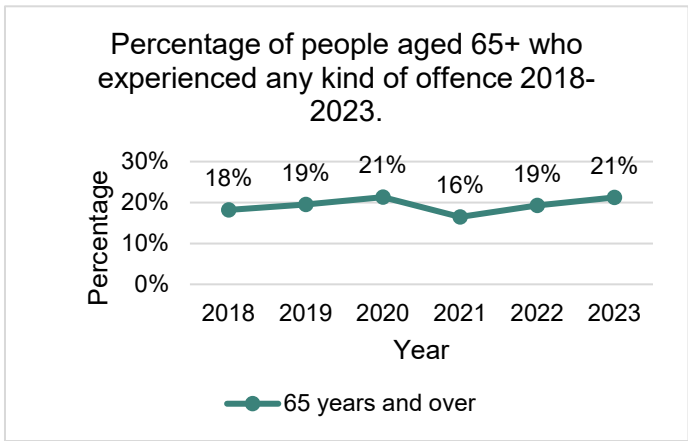
- Indicator 46: Percentage of people aged 65+ who describe themselves as resilient in the face of change.
- Indicator 47: Percentage of people aged 65+ who have plans in place for possible changes in their future (significant health event, significant change in finances, loss of a partner or support person).

What we want to achieve: As people age, they feel, and are, safe.

An earlier version of this report incorrectly stated that data for indicators 49 and 50 had been discontinued. Data for these two indicators remains available through the General Social Survey. We have not reported that data here due to the cost and time required to obtain the data, and as we are moving to a new indicator framework.

- Indicator 49. Percentage of people aged 65+ who report their neighbourhood was notably affected by problems.
- Indicator 50: Percentage of people aged 65+ who report that they feel very safe or safe in their community (home by themselves at night, out at night, waiting for public transport).

Indicator 48: Percentage of people aged 65+ who were victim of any kind offence.



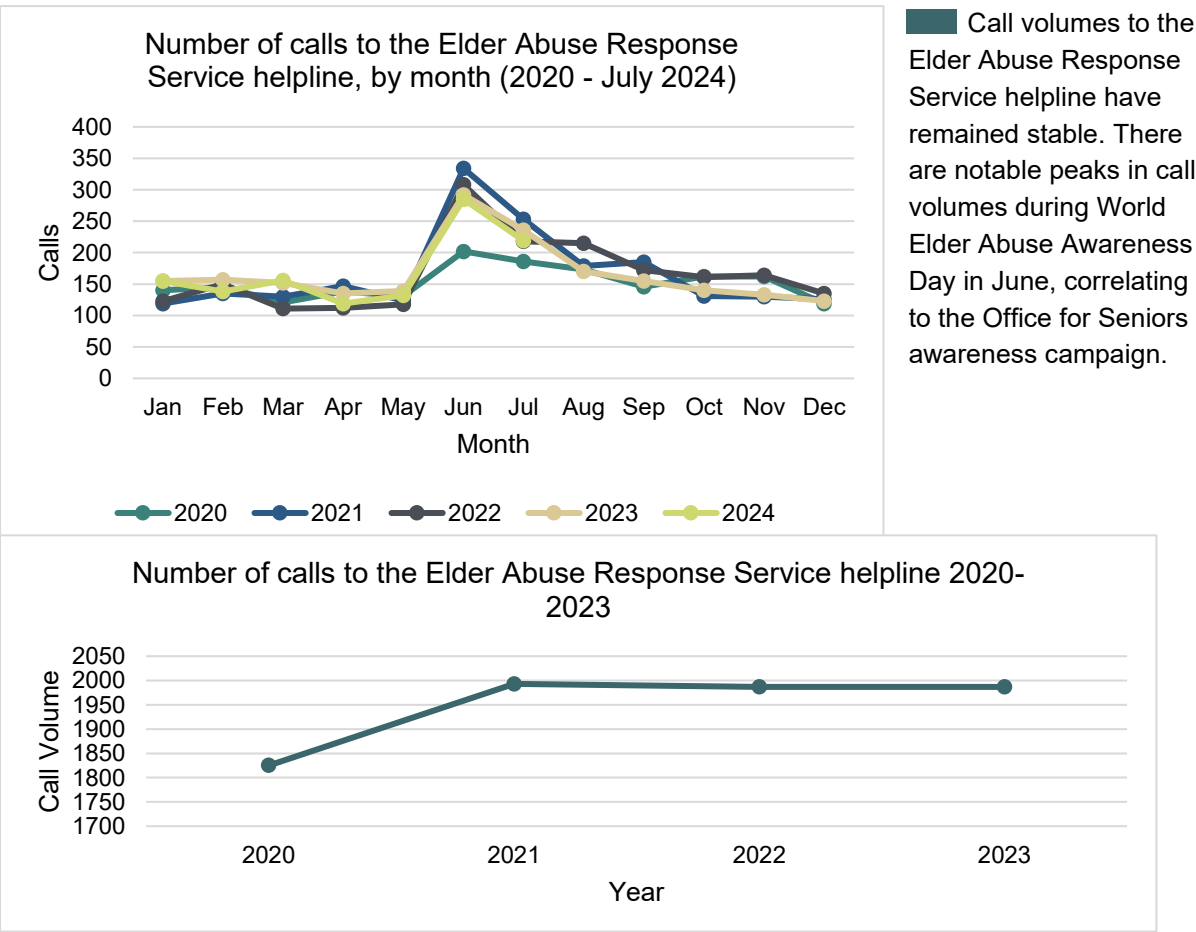
↑ The proportion of those aged 65 years and over who experienced any kind of offence has slightly increased over time.

What we want to achieve: The prevalence of elder abuse and neglect is reduced, and those who experience abuse are well supported.

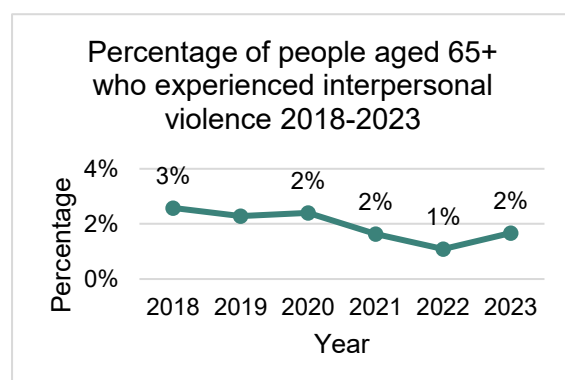
Indicator 51: Percentage of people aged 65+ who experiences indicators of elder abuse.

This is measured using data from the Attitudes Towards Ageing Survey. This survey was most recently done in 2021, so no new data is available.

Indicator 52: Number of calls to the Elder Abuse Hotline.



Indicator 53: Percentage of people aged 65+ who experienced interpersonal violence (a subset of elder abuse).



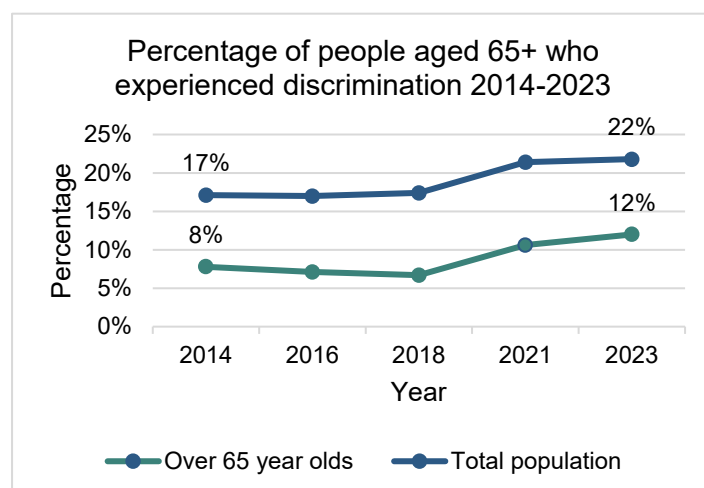
The proportion of those aged 65 years and over who report they have experienced interpersonal violence remains to be a very small minority. As indicated previously, the true percentage is likely higher as many people do not recognise what interpersonal violence is.

This data should be viewed with caution due to high relative sampling errors.

A national prevalence study on the abuse of older people is due to be published in the coming months.

What we want to achieve: All older people are respected and valued.

Indicator 54: The percentage of people aged 65+ who report they experienced discrimination.



The proportion of those aged 65 years and over who reported they have experienced discrimination has increased over the past decade. Specifically, the proportion who reported discrimination rose from 8 percent in 2014 to 12 percent in 2023. This rise outpaces the growth in the total population reported discrimination, which increased more gradually from 17 percent in 2014 to 22 percent in 2023.

Indicator 55: The percentage of people who believe that older people are an asset to society.

This is measured using data from the Attitudes Towards Ageing Survey. This survey was most recently done in 2021, so no new data is available.

What we want to achieve: People are supported to make choices and have the right to make decisions about their lives as they age.

Indicator 56: The percentage of people aged 65+ who have an Enduring Power of Attorney

There is no current data for the percentage of older people in general who have an Enduring Power of Attorney. A proxy measure is based on those who are assessed for long-term residential care or home care services. This should be treated with caution due to the numbers of older people who receive these assessments.

Around 42 percent of people assessed for home care had an Enduring Power of Attorney in 2024. There have been minor fluctuations since 2015, but the percentage has stayed between 35 and 43%.

More people have an Enduring Power of Attorney when being assessed for long-term residential care. This likely reflects higher need, awareness and conversations amongst the population receiving this assessment. The percentage ranges from 62% in 2015 to 56% in 2024.

Indicator sources:

Indicator	Source
Percentage of people aged 65+ who say they have the right amount of contact with family.	General Social Survey, Stats NZ
Percentage of people aged 65+ who say they have right amount of contact with friends.	General Social Survey, Stats NZ
Percentage of people aged 65+ who have a strong/very strong sense of connection with their neighbourhood.	Not currently measured
Percentage of people aged 65+ who are engaged with at least one community/social group (eg hobby group, religious organisation, recreational or cultural group).	Not currently measured
The percentage of people aged 65+ have felt lonely all, or most, of the time.	General Social Survey, Stats NZ
The percentage of people aged 65+ who report that there are no barriers to them volunteering if they wished to.	General Social Survey, Stats NZ
Percentage of people aged 65+ who cannot afford a device OR an internet connection	Not currently measured
Percentage of people aged 65+ who do use the internet and feel very or reasonably confident they can do what they want online	Not currently measured
Percentage of people aged 65+ who experienced fraud and cybercrime.	NZ Victim of crime survey
Percentage of people aged 65+ who were victim of any kind offence.	NZ Victim of Crime Survey
Percentage of people aged 65+ who report their neighbourhood was notably affected by problems.	Not currently measured
Percentage of people aged 65+ who report that they feel very safe or safe in their community (home by themselves at night, out at night, waiting for public transport).	Not currently measured
Percentage of people aged 65+ who experiences indicators of elder abuse	Attitudes to Ageing survey, Office for Seniors
Number of calls to the Elder Abuse Hotline.	Operational reporting data MSD
Percentage of people aged 65+ who experienced interpersonal violence (a subset of elder abuse).	NZ Victim and Crime Survey
The percentage of people aged 65+ who report they experienced discrimination.	General Social Survey, Stats NZ
The percentage of people who believe that older people are an asset to society.	Attitudes to Ageing survey, Office for Seniors
The percentage of people aged 65+ who have an Enduring Power of Attorney	INTERRAI administrative data.