

# Health and Ageing ALIA Public Libraries Summit

Regina Sutton, State Librarian and Chief Executive





**One in eight people living in Australia are aged 65 and over.  
By the middle of this century this figure will be one in four.**

Prof. Hal Kendig



**In 2007, there were 2.4 million people aged 65-84 years.  
ABS estimates this will reach 4.0 million in 2022.**



**Over the next 40 years, the number of Australians over the age of 85 will increase by 500%.**



**By 2026 one in four people aged 80 and over will be from culturally and linguistically diverse backgrounds**

Federation of Ethnic Communities' Councils of Australia



**Indigenous communities have higher fertility rates and a lower life expectancy on average due to a variety of factors. They experience ageing issues from the age of 45 years.**



- Reduced income
- Carer responsibilities
- Illness and disease
- Increased health spending
- Increased disability
- Social isolation and exclusion



**People over 65 visit libraries 5 times more a year than younger people**



**Libraries have a strong role to play in bringing older people together, cutting isolation and socialisation.**



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### Need more?

The [Legal Information Access Centre \(LIAC\)](#) has extensive legal information resources and specialist librarians to help you.

Contact: [liac@sl.nsw.gov.au](mailto:liac@sl.nsw.gov.au) or (02) 9273 1558, Monday to Friday and Sunday 10 am - 5 pm.

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State Library  
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materials**  
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overcoming the digital divide requires more than a website

Jessamyn West



**2.5 million Australians aged 15 years and over care for someone at home because of a disability or old age**

ABS, 2008



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## Welcome >>>

Welcome to HealthInsite.

Through this site you will find a wide range of up-to-date and quality assessed information on important health topics such as diabetes, cancer, mental health and asthma.

We hope you will become a regular visitor to the site and make HealthInsite your first choice for health information.

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## Consumers



What's new

Medicines & health  
topics

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Publications

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problem

Campaigns

Events

## Get involved

▶ [People over 50: Book a medicines information session](#)

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## Run a managing medicines session with the NPS kit

The *Get to know your medicines kit* has everything you need to plan and host a successful event in your community about Quality Use of Medicines (QUM).

The kit includes:

- a guide to help organise and plan an activity
- a guide to help promote the activity to encourage people to attend
- a 24-slide presentation covering the things you and your community need to know and understand about medicines
- a guide to help you collect feedback, including forms for people attending your activities to complete.

NPS developed the *Get to know your medicines kit* in collaboration with the Consumers Health Forum of Australia, National Rural Health Alliance and Health Consumers of Rural and Remote Australia.

- [Download the \*Get to know your medicines kit\*.](#)

### Ask our pharmacists



Expert medicines information for the cost of a local call

**Consumers Medicines Line**  
1300 888 763  
Mon – Fri 9am – 6pm AEST

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**A library volunteer reads to local aged care home residents**

**Campaspie Regional Library**




A library program for baby boomers featuring options for an active, healthy retirement.



# Librarian = life coach for the digital age

Mark Pesce

A close-up, high-angle photograph of several interlocking metal gears. The gears are made of a polished, reflective metal, likely stainless steel, and are arranged in a circular pattern. The lighting creates strong highlights and shadows, emphasizing the three-dimensional texture of the gear teeth. The background is a soft, out-of-focus light blue.

**Cooperating to strengthen the role public libraries play  
in the quality of life of older Australians**

# Supporting public libraries

- Broadband access into every public library
- Funding to support internet tutorial programs for seniors
- Nation-wide access to health information databases via public libraries
- Partnerships with other agencies delivering services to communities

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