



**Older Aucklanders
2026:
Quality of life -
summary report**

September 2026



Introduction

Tāmaki Makaurau Tauawhi Kaumātua – Age-friendly Auckland Action Plan 2022-27

Auckland Council is committed to strengthening the wellbeing of older people in Auckland (aged 65 years and over). Tāmaki Makaurau Tauawhi Kaumātua – Age-friendly Auckland Action Plan (the Plan) outlines council's commitments, and was adopted in late 2021 with the intention of enabling better of quality of life among Auckland's older population. The Plan is based on the World Health Organisation's Age-Friendly Cities and Communities Framework and Te Whare Tapa Whā, a Māori wellbeing framework adapted by Sir Mason Durie. The Plan identifies relevant actions for council and other government agencies, organisations, individuals, and communities, to take to address wellbeing for older Aucklanders.

Older Aucklanders quality of life study 2026

A baseline Older Aucklanders quality of life study was undertaken in 2016-17. The study was based on 1) data collected from a survey of Aucklanders aged 65 years and over and 2) secondary sources. This was repeated in 2021-22.

This 2026 study builds on the previous two studies to monitor changes over time. Indicators and measures are aligned with the 10 ngā rohe/domains of Tāmaki Makaurau Tauawhi Kaumātua. Data was again collected in a survey of older Aucklanders, and from secondary sources. Older people were invited to participate through online panels, the Electoral Roll, and face-to-face community engagement. A total of 849 older Aucklanders participated in the survey.

This report summarises the main findings from the full status report. This can be found on the Knowledge Auckland website.¹

¹ Prakash, A. (2026). *Older Aucklanders 2026: Quality of life – status report*. Auckland Council technical report 2026/12. <https://www.knowledgeauckland.org.nz>



Key Findings

Kaumātua



Most older Māori reported good quality of life. They were well-connected in their communities, lived in suitable homes, and were satisfied with their natural environment. However, they faced challenges with economic wellbeing.

Culture & Diversity



Older Aucklanders are increasingly diverse. However, there were mixed views about how accepted, valued, safe, and respected they felt by others in Auckland. There was also variety in how often they felt they could participate in cultural activities.

Te Taiao



Older Aucklanders were very satisfied with the quality and accessibility of green spaces in their local area. Most reported taking environmental actions in their daily lives. However, few expressed worry about climate change.

Transport



Two-thirds of older Aucklanders had used public transport in the last 12 months. Those who used public transport had positive views about its safety, affordability, and accessibility. However, they had mixed views of its comfort, reliability, and convenience.

Housing



Perceptions of housing affordability declined since the 2021 survey. Older Aucklanders had mixed views about whether they could afford to heat their homes properly during winter. They were positive about how well their home suited their needs.

Social Participation



Older Aucklanders were well-connected to whānau, friends, and their community. They had a high level of social participation and trust in other people, and hardly experienced isolation.

Respect & Social Inclusion



Most older Aucklanders said they had not experienced any form of discrimination in the last 12 months. Of the small number who did, one in ten said they had experienced either age-based or ethnicity-based discrimination.

Civic Participation & Employment



Older Aucklanders have a high voter turnout rate and many opportunities to play a role as an elder in their whānau and community. However, they had mixed views about their economic wellbeing.

Communication & Information



Older Aucklanders' access to and use of the internet has improved since the 2021 survey. Their confidence to use the internet has also improved, especially when making transactions and keeping connected with others.

Community Support & Health Services



Most older Aucklanders rated all aspects of their health positively, especially their family and relationship health. They experienced low levels of stress and had done some form of physical activity in the last week.

Overall Quality of Life

Quality of life



81%

of older Aucklanders said they have a **good quality of life**

While **2%** of older Aucklanders said they have a **poor quality of life**

Top 3 reasons for a **good quality of life**



Community and relationships

47%



Healthcare and wellbeing

39%



Personal fulfilment and happiness

30%

Top 3 reasons for a **poor quality of life**



Reduced healthcare and wellbeing

39%



Reduced financial wellbeing

36%

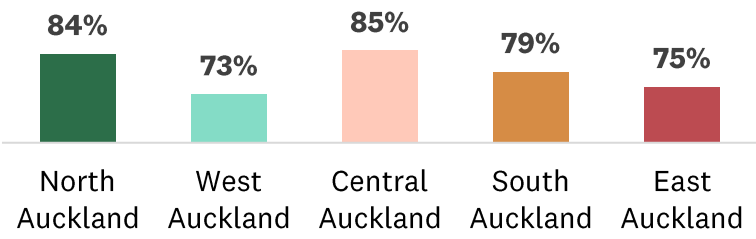


Community and relationship issues

19%

Quality of life by area

Good quality of life by Auckland area:



Older Aucklanders who reported having a **good quality of life** varied depending on where they lived...

Culture & Diversity

Inclusion



Close to **three-quarters (72%)** said they felt **safe, respected, and supported** in their local community



Most older Aucklanders feel accepted and valued – three in every five (63%) agreed that people in Auckland accept and value people of their ethnicity



Comfort expressing identity publicly is particularly strong - **three-quarters (77%)** said they can **dress or present themselves in a way that reflects their identity**



The majority of older Aucklanders **felt they could participate in cultural events and activities** if they wished from **their own culture (63%)** and from **other cultures (60%)**

Cultural safety



Around **three-quarters** said that Auckland Council services **treated them with kindness, understanding and respect (79%)**, and also **communicated with them in their preferred language (78%)**



A lower portion thought that council services **met their cultural needs (52%)** and **accessibility needs (49%)**

Green spaces



Around **4 in every 5** say they are satisfied with the quality of green spaces (82%), and the ease of getting to and using green spaces (78%) around them



Around **2 in every 3 (67%)** are satisfied with the cleanliness of public spaces

Climate change



2 in every 5 (40%) say they are worried about the future impact of climate change on Auckland



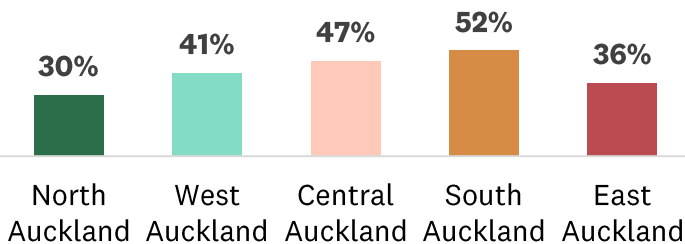
85% of respondents reported taking environmentally positive actions in their daily lives

Pollution

41% have experienced **noise pollution** in their local area over the past 12 months

32% have experienced **water pollution** in their local area in the past 12 months

Experiences of noise pollution vary by area:

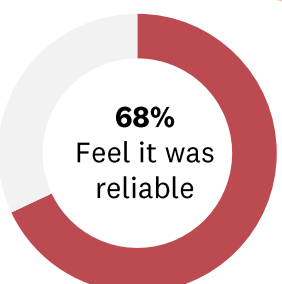
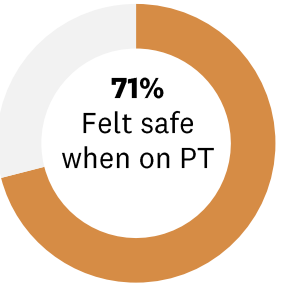
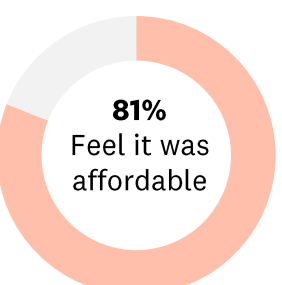
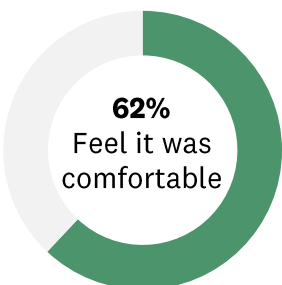


Public transport



65% of older Aucklanders have used public transport in the last 12 months

Public transport (PT) perceptions of older Aucklanders



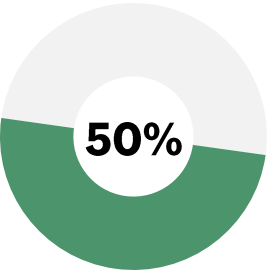
80% of older Aucklanders said that public transport **meets their accessibility needs**

Accessibility

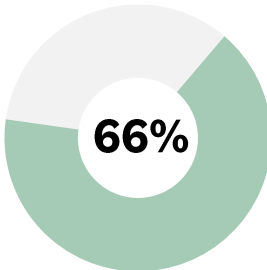


46% of older Aucklanders were satisfied with the **quality of footpaths, pavements, and walking tracks in their neighbourhood**

Housing



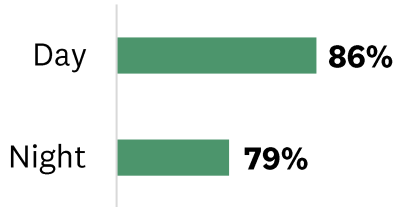
Agree their housing costs are affordable



Agree they can afford to heat their homes properly in winter



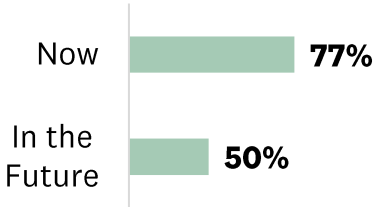
Safety



Feel safe in their home
% Safe / Very safe



Accessibility



Feel their home meets accessibility needs
% Agree / Strongly agree

Social Participation



75%

Are visited by friends, family, or whānau as often as they want
% Agree / Strongly agree



75%

Have **hardly** felt lonely or isolated
% Never / Rarely



62%

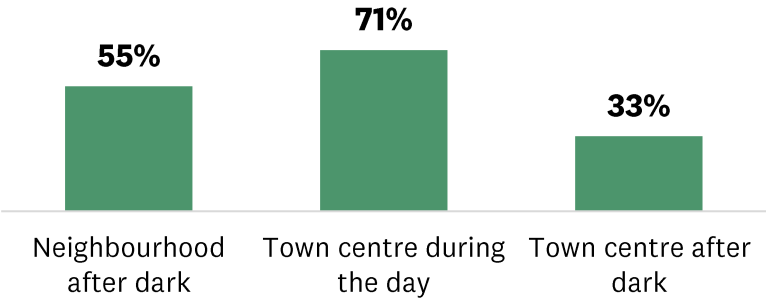
Feel a sense of community with people in their local area
% Agree / Strongly agree



78%

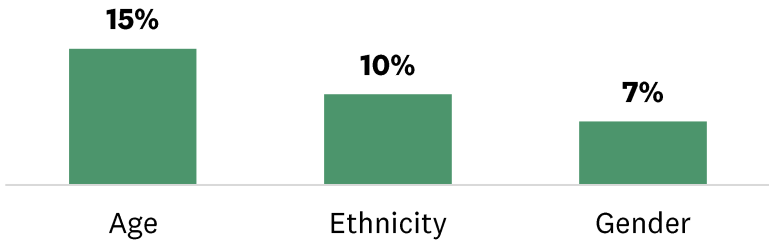
Belong to at least one social network or group

The following feel safe in their...



Respect & Social Inclusion

Small proportions of older Aucklanders experienced discrimination, based on their...



1 in 10
Have been discriminated against because of their ethnicity

Civic Participation & Employment

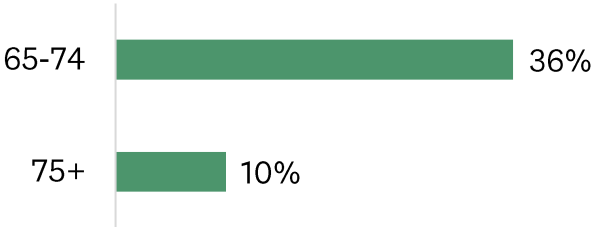
Valued Contribution



Play a role as an elder in their family and/or community
% Agree / Strongly agree

64%

Employment



Are in the labour force, either full-time or part-time
(2023 census)

Income



56%
Feel their total income meets their everyday needs



77%
Could pay a large bill unexpectedly without going into debt



Communication & Information



Cyber-safety



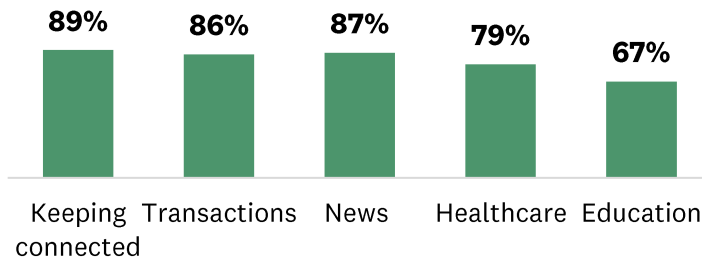
68%

Have been contacted in the last 12 months by someone they suspect is a scammer

Internet use

Confidence to use the internet for...

% Completely confident / fairly confident – of those who can access and use the internet (n=799)



Community Support & Health



79%

Consider themselves to be in good general health



91%

Consider themselves to have good family and relationship health



86%

Consider themselves to be in good mental health



81%

Consider themselves to be in good spiritual health



74%

Consider themselves to be in good physical health

Quality of life



81%

of older Māori said they have a **good quality of life**

Te Taiao



58%

Are worried about the impact of climate change on the future of Auckland



86%

Are satisfied with the quality of green spaces in their local area

Transport



64%

Have used public transport in Auckland in the last 12 months

Public transport in Auckland is...

% Agree – of those who have used public transport in Auckland in the last 12 months (n=58)

88%

Affordable

79%

Reliable

Housing

84%



Feel safe in their home during the day

80%



Feel safe in their home after dark

Health



94%

Consider themselves to have good family and relationship health



83%

Consider themselves to be in good mental health



85%

Consider themselves to be in good spiritual health



77%

Consider themselves to be in good physical health

Social connections



72%

Are visited by friends, family, or whānau as often as they want



65%

Play a role as an elder in their family and/or community

Discrimination



Have been discriminated against because of their ethnicity

19%

Communication & information

Confidence to use the internet for...

94%

Keeping connected

91%

News

89%

Transactions

86%

Healthcare

72%

Education

Income



48%

Feel their total income meets their everyday needs

Culture & inclusion



77%

Feel comfortable dressing in a way that reflects their identity



76%

Can participate in cultural events & activities from their own culture



68%

Feel people in Auckland accept & value people of their ethnicity



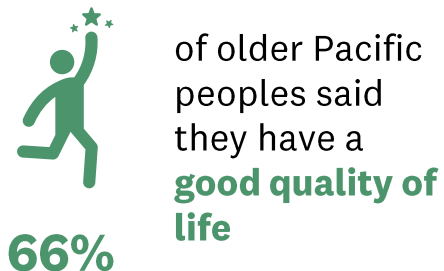
65%

Feel safe, respected & supported in their local community

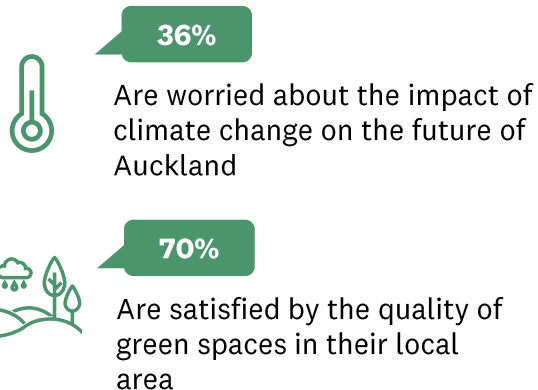
Pacific Peoples summary

n=73
Pacific respondents

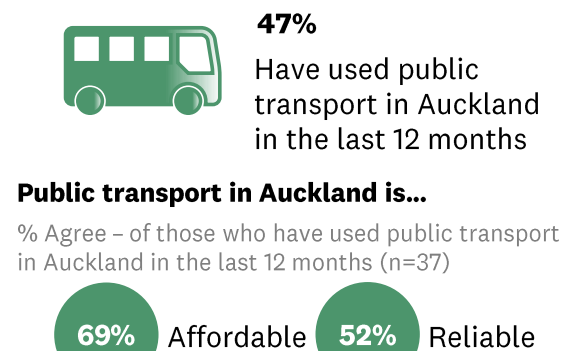
Quality of life



Te Taiao



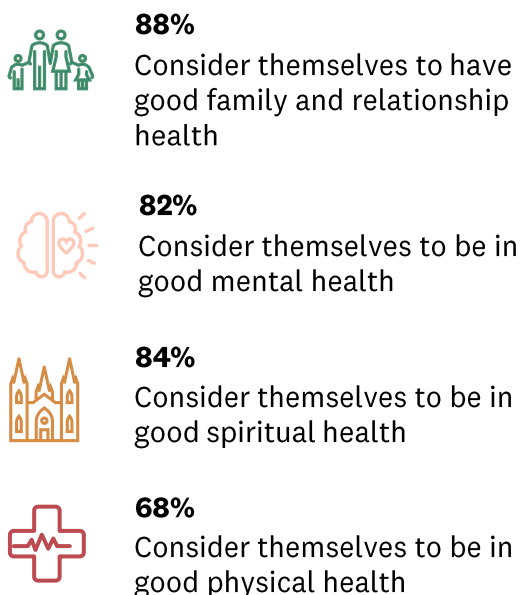
Transport



Housing



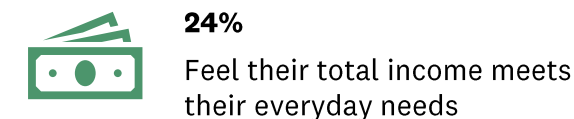
Health



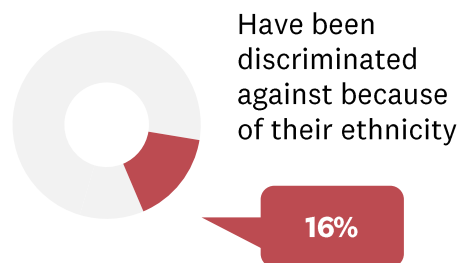
Social connections



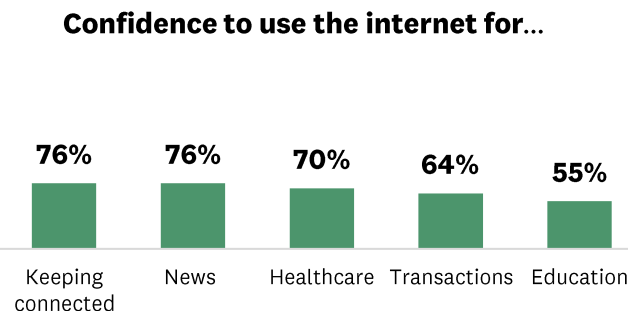
Income



Discrimination



Communication & information



Culture & inclusion



Quality of life



68%

of older Asians said they have a **good quality of life**

Health



85%

Consider themselves to have good family and relationship health



83%

Consider themselves to be in good mental health



84%

Consider themselves to be in good spiritual health



66%

Consider themselves to be in good physical health

Te Taiao (environment)



30%

Are worried about the impact of climate change on the future of Auckland



84%

Are satisfied by the quality of green spaces in their local area

Transport



76%

Have used public transport in Auckland in the last 12 months

Public transport in Auckland is...

% Agree – of those who have used public transport in Auckland in the last 12 months (n=115)

70%

Affordable

62%

Reliable

Social connections



77%

Are visited by friends, family, or whānau as often as they want



72%

Play a role as an elder in their family and/or community

Discrimination

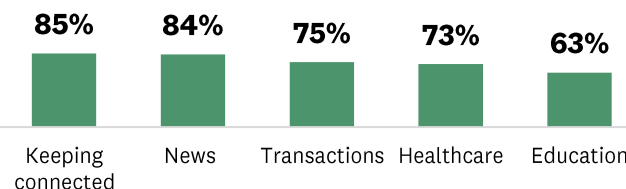


Have been discriminated against because of their ethnicity

9%

Communication & information

Confidence to use the internet for...



Housing

80%



Feel safe in their home during the day

69%



Feel safe in their home after dark

Income



44%

Feel their total income meets their everyday needs

Culture & inclusion



79%

Feel comfortable dressing in a way that reflects their identity



75%

Can participate in cultural events & activities from their own culture



66%

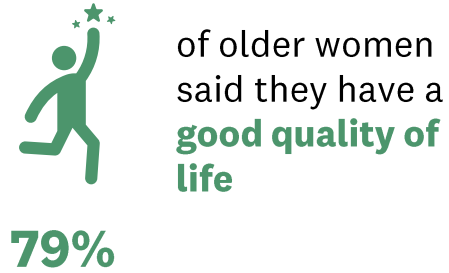
Feel people in Auckland accept & value people of their ethnicity



78%

Feel safe, respected & supported in their local community

Quality of life



Te Taiao (environment)



44%

Are worried about the impact of climate change on the future of Auckland



82%

Are satisfied by the quality of green spaces in their local area

Transport



64%

Have used public transport in Auckland in the last 12 months

Public transport in Auckland is...

% Agree – of those who have used public transport in Auckland in the last 12 months (n=287)

81%

Affordable

70%

Reliable

Housing

84%



Feel safe in their home during the day

77%



Feel safe in their home after dark

Health



92%

Consider themselves to have good family and relationship health



85%

Consider themselves to be in good mental health



85%

Consider themselves to be in good spiritual health



73%

Consider themselves to be in good physical health

Social connections

74%



Are visited by friends, family, or whānau as often as they want



62%

Play a role as an elder in their family and/or community

Discrimination



Have been discriminated against because of their gender

8%

Communication & information

Confidence to use the internet for...

88%

Keeping connected

83%

News

81%

Transactions

74%

Healthcare

62%

Education

Income



52%

Feel their total income meets their everyday needs

Culture & inclusion



78%

Feel comfortable dressing in a way that reflects their identity



64%

Can participate in cultural events & activities from their own culture



65%

Feel people in Auckland accept & value people of their ethnicity



72%

Feel safe, respected & supported in their local community



Some older Aucklanders are faring better than others

This report updates evidence about the quality of life of older Aucklanders and shows how this group has fared in the last five years since the COVID-19 pandemic. Auckland has continued to encounter issues including the cost-of-living crisis and geopolitical shocks, as well as advances in technology. The broader demographic context of population ageing and an increasingly ethnically and culturally diverse population also poses unique challenges for the region to face.

Despite these challenges, older Aucklanders as a group appear to be faring well and continue to report a good quality of life. However, our data continued to show clear differences across different parts of Auckland and among different ethnic groups, consistent with previous years of the survey. Residents in northern and central parts of the city, as well as those who are European, enjoy a better quality of life across the board, whereas less positive outcomes are experienced by Pacific and Asian older Aucklanders, as well as those in western, southern, and eastern parts of the city.

This presents further opportunities to improve how services are planned and delivered that meets the needs of our growing ageing population, as well as more opportunities for collaboration between local government and communities. To this end, Auckland Council will continue to work with its varied stakeholders – local communities, central government, and other members of the Age-friendly Network – to understand and respond to these challenges and opportunities.



Find out more:

research@aucklandcouncil.govt.nz or
visit knowledgeauckland.org.nz and
aucklandcouncil.govt.nz

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