Gender and the experience of advanced ageing in Māori and non-Māori: recent findings from LiLACS NZ

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Te Puāwaitanga O Ngā Tapuwae Kia Ora Tonu/ Life and Living in Advanced Age, a Cohort Study in New Zealand, known as LiLACS NZ, is a longitudinal cohort study of New Zealanders living in advanced age. It aims to determine the predictors of successful advanced ageing ('ageing well') and understand the trajectories of health and wellbeing in a Māori and non-Māori New Zealand population. A recent report to the Ministry of Health on health, independence and caregiving in advanced age, drawing on data from Waves 1 to 4, contains many tables that include analysis by gender of data from LiLACS NZ Māori and non-Māori cohorts.

Utilising these findings, and with further analyses, this paper examines the profound influence of gender on advanced ageing. In particular, it considers how gender interacts with ethnicity to shape older women’s and men’s experiences of health, independence, social contributions and use of support services. Understanding the role of gender in advanced ageing will assist providers and policymakers, as well as ageing New Zealanders, plan for ageing well in a fair and equal society.

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