

	Total	Age				
		30-39	40-49	50-59	60-69	70+
Sample	3049	309	430	844	911	555

Regional sample sizes are unweighted. All other sample sizes, including column totals, are weighted to census data. Cells containing "" are statistically zero, although at least one response was received. Blank cells indicate zero responses received. * indicates small sample size and results should be interpreted with caution.*

Q1. Overall, would you say you feel younger, older, or pretty close to your actual age:

	Total	Age				
		30-39	40-49	50-59	60-69	70+
I feel younger than my age	53%	36%	50%	51%	56%	60%
I feel the age that I am	37%	44%	35%	36%	37%	37%
I feel older than my age	10%	20%	14%	13%	7%	3%

Q2. And how would you describe your own personal outlook on getting older?

	Total	Age				
		30-39	40-49	50-59	60-69	70+
Totally fear getting older	6%	10%	9%	7%	5%	3%
Fear it more than welcome it	22%	27%	23%	23%	21%	18%
Welcome it more than fear it	20%	21%	23%	22%	16%	18%
Totally welcome getting older	15%	10%	11%	15%	19%	14%
About an even mix of both	37%	32%	35%	33%	39%	47%

Q3. Thinking about the future, say 5 to 10 years from now, to what extent are you concerned you might face - New or worsening disability/mobility issues?

	Total	Age				
		30-39	40-49	50-59	60-69	70+
Not something I'm concerned about	25%	47%	34%	27%	19%	14%
A little bit – occasionally concerned	37%	31%	36%	35%	39%	41%
Somewhat concerned	25%	16%	19%	24%	28%	31%
A serious concern of mine	13%	6%	11%	14%	15%	13%
Net: Not a concern/ little bit	62%	78%	70%	62%	57%	55%
Net: Somewhat concerned/ serious concern	38%	22%	30%	38%	43%	45%

Q3. Thinking about the future, say 5 to 10 years from now, to what extent are you concerned you might face - New or worsening cognitive issues?

	Total	Age				
		30-39	40-49	50-59	60-69	70+
Not something I'm concerned about	32%	44%	38%	34%	26%	25%
A little bit – occasionally concerned	37%	32%	33%	34%	39%	41%
Somewhat concerned	22%	18%	20%	22%	25%	25%
A serious concern of mine	9%	6%	9%	11%	10%	9%
Net: Not a concern/ little bit	68%	76%	71%	68%	65%	67%
Net: Somewhat concerned/ serious concern	32%	24%	29%	32%	35%	33%

Q4. Overall, how would you describe your own personal Mental health?

	Total	Age				
		30-39	40-49	50-59	60-69	70+
Very good	44%	27%	35%	41%	49%	59%
Good	46%	54%	53%	47%	45%	38%
Poor	8%	17%	11%	10%	6%	2%
Very poor	1%	2%	1%	2%	1%	*%
Net: Very good/ Good	91%	81%	88%	88%	94%	98%
Net: Poor/ Very poor	9%	19%	12%	12%	6%	2%

Q4. Overall, how would you describe your own personal Physical health?

	Total	Age				
		30-39	40-49	50-59	60-69	70+
Very good	17%	17%	15%	15%	20%	19%
Good	62%	61%	62%	61%	62%	64%
Poor	18%	20%	21%	21%	15%	15%
Very poor	3%	2%	2%	3%	3%	2%
Net: Very good/ Good	79%	78%	77%	76%	82%	83%
Net: Poor/ Very poor	21%	22%	23%	24%	18%	17%

Q13. What you would prefer to do if YOU could no longer live independently.

	Total	Age				
		30-39	40-49	50-59	60-69	70+
Stay in your home with visiting [or live-in] nurse	42%	37%	38%	42%	43%	47%
Move into an assisted-living facility	21%	14%	19%	21%	23%	24%
Move in with family	11%	24%	17%	11%	7%	4%
Really can't say	26%	25%	27%	26%	27%	25%

Q14. [Totally describes me] Here are some more statements people might make about their later years. Please tell us whether or not they describe you:

	Total	Age				
		30-39	40-49	50-59	60-69	70+
I personally know someone who has dementia	39%	35%	40%	38%	37%	43%
I'm worried about being alone and lonely in my later years/outliving my spouse/partner/kids	18%	27%	25%	19%	16%	12%
It's okay if my physical health fails in my old age as long as my brain is intact	25%	17%	17%	23%	27%	35%
If I was suffering from a severe illness, I would be comfortable asking about assisted dying	48%	50%	48%	48%	51%	42%
I know who will take care of me in my old age when I can't take care of myself anymore	15%	14%	11%	14%	14%	21%
I worry about outliving my savings	32%	36%	43%	38%	26%	19%
I'm actively doing things to keep my brain sharp as I get older (diet, crosswords, sudoku)	47%	35%	34%	42%	54%	62%
I would rather have better health than wealth	59%	55%	52%	56%	64%	65%
I've made a will and/or preparations for my estate	47%	15%	27%	41%	56%	76%
I have end of life instructions (i.e. funeral, DNR, assisted death)	24%	11%	11%	20%	28%	40%

Q14. [Totally describes me/ sort of describes me] Here are some more statements people might make about their later years. Please tell us whether or not they describe you:

	Total	Age				
		30-39	40-49	50-59	60-69	70+
I personally know someone who has dementia	59%	59%	59%	60%	58%	61%
I'm worried about being alone and lonely in my later years/outliving my spouse/partner/kids	55%	69%	61%	57%	53%	44%
It's okay if my physical health fails in my old age as long as my brain is intact	77%	79%	73%	75%	76%	86%
If I was suffering from a severe illness, I would be comfortable asking about assisted dying	76%	80%	78%	74%	78%	72%
I know who will take care of me in my old age when I can't take care of myself anymore	51%	41%	46%	46%	53%	63%
I worry about outliving my savings	66%	71%	76%	70%	63%	51%
I'm actively doing things to keep my brain sharp as I get older (diet, crosswords, sudoku)	89%	84%	83%	87%	93%	95%
I would rather have better health than wealth	95%	95%	94%	95%	95%	96%
I've made a will and/or preparations for my estate	66%	32%	48%	61%	76%	92%
I have end of life instructions (i.e. funeral, DNR, assisted death)	49%	27%	31%	44%	56%	69%

Q14. [Doesn't describe me at all] Here are some more statements people might make about their later years. Please tell us whether or not they describe you:

	Total	Age				
		30-39	40-49	50-59	60-69	70+
I personally know someone who has dementia	41%	41%	41%	40%	42%	39%
I'm worried about being alone and lonely in my later years/outliving my spouse/partner/kids	45%	31%	39%	43%	47%	56%
It's okay if my physical health fails in my old age as long as my brain is intact	23%	21%	27%	25%	24%	14%
If I was suffering from a severe illness, I would be comfortable asking about assisted dying	24%	20%	22%	26%	22%	28%
I know who will take care of me in my old age when I can't take care of myself anymore	49%	59%	54%	54%	47%	37%
I worry about outliving my savings	34%	29%	24%	30%	37%	49%
I'm actively doing things to keep my brain sharp as I get older (diet, crosswords, sudoku)	11%	16%	17%	13%	7%	5%
I would rather have better health than wealth	5%	5%	6%	5%	5%	4%
I've made a will and/or preparations for my estate	34%	68%	52%	39%	24%	8%
I have end of life instructions (i.e. funeral, DNR, assisted death)	51%	73%	69%	56%	44%	31%

Q14. I personally know someone who has dementia

	Total	Age				
		30-39	40-49	50-59	60-69	70+
This totally describes me	39%	35%	40%	38%	37%	43%
Sort of describes me	21%	24%	19%	22%	21%	18%
Doesn't describe me at all	41%	41%	41%	40%	42%	39%
Net: Totally describes me/ sort of describes me	59%	59%	59%	60%	58%	61%

Q14. I'm worried about being alone and lonely in my later years/outliving my spouse/partner/kids

	Total	Age				
		30-39	40-49	50-59	60-69	70+
This totally describes me	18%	27%	25%	19%	16%	12%
Sort of describes me	37%	42%	35%	38%	37%	32%
Doesn't describe me at all	45%	31%	39%	43%	47%	56%
Net: Totally describes me/ sort of describes me	55%	69%	61%	57%	53%	44%

Q14. It's okay if my physical health fails in my old age as long as my brain is intact

	Total	Age				
		30-39	40-49	50-59	60-69	70+
This totally describes me	25%	17%	17%	23%	27%	35%
Sort of describes me	52%	61%	57%	52%	48%	51%
Doesn't describe me at all	23%	21%	27%	25%	24%	14%
Net: Totally describes me/ sort of describes me	77%	79%	73%	75%	76%	86%

Q14. If I was suffering from a severe illness, I would be comfortable asking about assisted dying

	Total	Age				
		30-39	40-49	50-59	60-69	70+
This totally describes me	48%	50%	48%	48%	51%	42%
Sort of describes me	28%	30%	31%	26%	27%	30%
Doesn't describe me at all	24%	20%	22%	26%	22%	28%
Net: Totally describes me/ sort of describes me	76%	80%	78%	74%	78%	72%

Q14. I know who will take care of me in my old age when I can't take care of myself anymore

	Total	Age				
		30-39	40-49	50-59	60-69	70+
This totally describes me	15%	14%	11%	14%	14%	21%
Sort of describes me	36%	28%	35%	32%	38%	42%
Doesn't describe me at all	49%	59%	54%	54%	47%	37%
Net: Totally describes me/ sort of describes me	51%	41%	46%	46%	53%	63%

Q14. I worry about outliving my savings

	Total	Age				
		30-39	40-49	50-59	60-69	70+
This totally describes me	32%	36%	43%	38%	26%	19%
Sort of describes me	34%	35%	33%	32%	37%	32%
Doesn't describe me at all	34%	29%	24%	30%	37%	49%
Net: Totally describes me/ sort of describes me	66%	71%	76%	70%	63%	51%

Q14. I'm actively doing things to keep my brain sharp as I get older (diet, crosswords, sudoku)

	Total	Age				
		30-39	40-49	50-59	60-69	70+
This totally describes me	47%	35%	34%	42%	54%	62%
Sort of describes me	42%	48%	49%	44%	40%	34%
Doesn't describe me at all	11%	16%	17%	13%	7%	5%
Net: Totally describes me/ sort of describes me	89%	84%	83%	87%	93%	95%

Q14. I would rather have better health than wealth

	Total	Age				
		30-39	40-49	50-59	60-69	70+
This totally describes me	59%	55%	52%	56%	64%	65%
Sort of describes me	36%	40%	42%	39%	32%	31%
Doesn't describe me at all	5%	5%	6%	5%	5%	4%
Net: Totally describes me/ sort of describes me	95%	95%	94%	95%	95%	96%

Q14. I've made a will and/or preparations for my estate

	Total	Age				
		30-39	40-49	50-59	60-69	70+
This totally describes me	47%	15%	27%	41%	56%	76%
Sort of describes me	19%	17%	21%	20%	20%	16%
Doesn't describe me at all	34%	68%	52%	39%	24%	8%
Net: Totally describes me/ sort of describes me	66%	32%	48%	61%	76%	92%

Q14. I have end of life instructions (i.e. funeral, DNR, assisted death)

	Total	Age				
		30-39	40-49	50-59	60-69	70+
This totally describes me	24%	11%	11%	20%	28%	40%
Sort of describes me	25%	16%	20%	24%	28%	30%
Doesn't describe me at all	51%	73%	69%	56%	44%	31%
Net: Totally describes me/ sort of describes me	49%	27%	31%	44%	56%	69%