

Community report

Cowra (A)

Prepared from Community Explorer topic selections for briefing, planning and reporting use.

AREA

Cowra (A)

COMPARISON

Regional NSW

POPULATION

Persons

GENERATED

31 March 2026

Included sections

1 selected topic will be included in this report.

01 Need for assistance

Sources and method

- Source: Australian Bureau of Statistics, Census of Population and Housing, 2021 and, where available, 2016 comparison data.
- Percentages are calculated from the denominator supplied for each topic. Change (pp) is the 2021 percentage minus the 2016 percentage when the topic is comparable across years.
- Usual residence topics describe where people usually live, rather than where they were counted on Census night.

Need for assistance

Cowra (A) | Regional NSW comparison | Persons

Community report section 1 of 1

Key takeaway

In 2021, 75–84 year olds was the most common age group among residents who needed assistance with core activities in Cowra (A), accounting for 17.4% (192 people). This share was lower than Regional NSW (18.9%). Since 2016, the biggest change was in 75–84 year olds, which increased by 51 people and 3.2 percentage points.

About this topic

Need for assistance measures people who report needing help with self-care, body movement, or communication because of a disability, a long-term health condition, or older age. It is a high-needs indicator rather than a general measure of disability.

This topic is useful for planning accessible facilities, care services, respite, and support for carers. The measure is based on self-report in the Census, so it should be interpreted with care and read alongside unpaid care and other disability-related indicators.

Interpretation notes

- The measure is self-reported and records need for help with core activities, so it is not a complete measure of disability prevalence.
- It applies to all persons and is strongest as an indicator of higher support need when read with unpaid care and ageing data.

Need for assistance with core activities by age

Cowra (A) – Persons (Usual residence)

Category	2021			2016			Change	
	Count	%	Regional NSW %	Count	%	Regional NSW %	Count	pp
0-4	7	1.0%	1.6%	10	1.5%	1.3%	-3	-0.5
5-14	98	6.6%	5.2%	60	4.0%	3.8%	+38	+2.6
15-19	26	3.6%	4.2%	26	3.5%	3.2%	0	+0.1
20-24	27	4.2%	3.4%	25	3.8%	2.6%	+2	+0.4
25-34	38	3.0%	2.6%	28	2.6%	2.4%	+10	+0.4
35-44	50	4.2%	2.8%	52	4.1%	3.0%	-2	+0.1
45-54	78	5.0%	4.2%	91	5.5%	4.4%	-13	-0.5
55-64	137	7.8%	6.0%	123	6.8%	6.2%	+14	+1.0
65-74	173	9.3%	9.1%	137	8.2%	8.7%	+36	+1.1
75-84	192	17.4%	18.9%	141	14.2%	17.8%	+51	+3.2
85+	191	46.5%	46.5%	195	45.0%	43.8%	-4	+1.5
Total	1,021	8.0%	6.8%	888	7.1%	6.3%	+133	+0.9

Data basis: usual residence.