

# Community report

## Lithgow (C)

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

AREA

**Lithgow (C)**

COMPARISON

**Regional NSW**

POPULATION

**Persons**

GENERATED

**2 April 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

Lithgow (C) | 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 Lithgow (C), accounting for 17.5% (291 people). This share was lower than Regional NSW (18.9%). Since 2016, the biggest change was in 85+ year olds, which increased by 50 people and 8 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

Lithgow (C) – Persons (Usual residence)

Category	2021			2016			Change	
	Count	%	Regional NSW %	Count	%	Regional NSW %	Count	pp
0-4	17	1.8%	1.6%	12	1.0%	1.3%	+5	+0.8
5-14	158	6.4%	5.2%	125	5.2%	3.8%	+33	+1.2
15-19	67	6.1%	4.2%	36	3.0%	3.2%	+31	+3.1
20-24	34	3.4%	3.4%	38	3.5%	2.6%	-4	-0.1
25-34	77	3.4%	2.6%	63	2.8%	2.4%	+14	+0.6
35-44	82	3.8%	2.8%	68	2.9%	3.0%	+14	+0.9
45-54	146	5.6%	4.2%	127	4.4%	4.4%	+19	+1.2
55-64	183	5.8%	6.0%	194	6.3%	6.2%	-11	-0.5
65-74	263	9.0%	9.1%	230	8.4%	8.7%	+33	+0.6
75-84	291	17.5%	18.9%	272	19.7%	17.8%	+19	-2.2
85+	263	49.3%	46.5%	213	41.3%	43.8%	+50	+8.0
<b>Total</b>	<b>1,582</b>	<b>7.6%</b>	<b>6.8%</b>	<b>1,387</b>	<b>6.6%</b>	<b>6.3%</b>	<b>+195</b>	<b>+1.0</b>

Data basis: usual residence.