

# Community report

## Mid-Coast (A)

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

AREA

**Mid-Coast (A)**

COMPARISON

**Regional NSW**

POPULATION

**Persons**

GENERATED

**30 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

Mid-Coast (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 Mid-Coast (A), accounting for 18.1% (1,908 people). This share was lower than Regional NSW (18.9%). Since 2016, the biggest change was in 75–84 year olds, which increased by 599 people and 2.5 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

Mid-Coast (A) – Persons (Usual residence)

Category	2021			2016			Change	
	Count	%	Regional NSW %	Count	%	Regional NSW %	Count	pp
0-4	67	1.7%	1.6%	50	1.2%	1.3%	+17	+0.5
5-14	507	5.0%	5.2%	443	4.5%	3.8%	+64	+0.5
15-19	230	4.9%	4.2%	208	4.3%	3.2%	+22	+0.6
20-24	186	5.4%	3.4%	180	5.2%	2.6%	+6	+0.2
25-34	321	4.2%	2.6%	277	4.1%	2.4%	+44	+0.1
35-44	355	4.2%	2.8%	404	4.9%	3.0%	-49	-0.7
45-54	611	5.6%	4.2%	684	6.0%	4.4%	-73	-0.4
55-64	1,128	7.3%	6.0%	1,091	7.5%	6.2%	+37	-0.2
65-74	1,641	9.3%	9.1%	1,451	9.4%	8.7%	+190	-0.1
75-84	1,908	18.1%	18.9%	1,309	15.6%	17.8%	+599	+2.5
85+	1,764	45.4%	46.5%	1,336	39.1%	43.8%	+428	+6.3
<b>Total</b>	<b>8,714</b>	<b>9.0%</b>	<b>6.8%</b>	<b>7,423</b>	<b>8.2%</b>	<b>6.3%</b>	<b>+1,291</b>	<b>+0.8</b>

Data basis: usual residence.