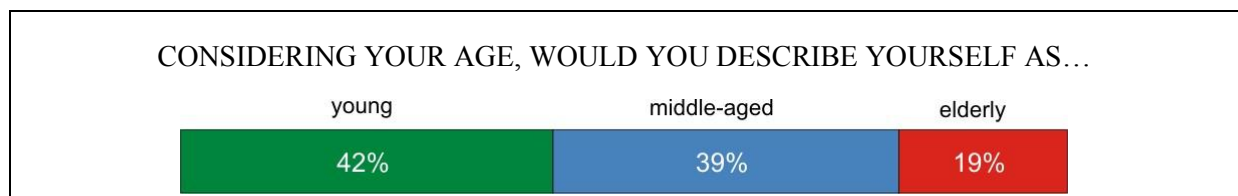


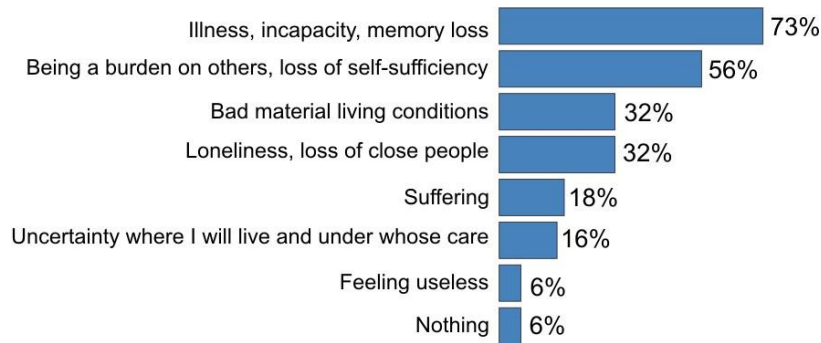
## ATTITUDES TO AGEING

Declarations indicate that over two-fifths of Poles (42%) consider themselves young, while almost two-fifths (39%) think of themselves as middle-aged, and one-fifth (19%) as elderly. Until they reach the age of 40, most people think they are young. Most people in the age bracket 40-64 consider themselves as middle-aged, while the majority of respondents aged 65 and more think they are seniors.



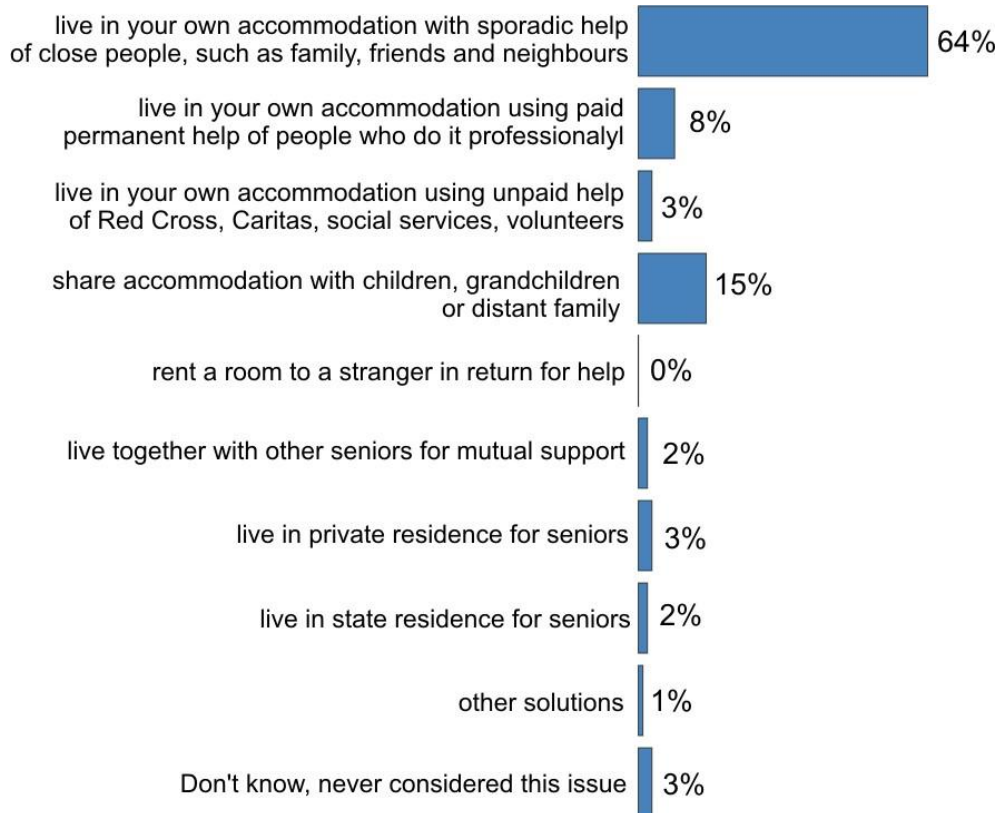
Irrespective of age and life situation, respondents fear illness, incapacity and memory loss in their old age (73%). Over half (56%) are afraid of losing their self-sufficiency, being a burden on others, and dependence on other people. One-third (32%) are afraid of deteriorating living conditions and material problems, while a similar proportion (32%) fear loneliness and the loss of close persons. Smaller group are afraid of suffering (18%) or admit uncertainty about who they will live with and under whose care (16%). One in seventeen respondents (6%) is afraid of being useless.

REGARDLESS OF YOUR AGE AND SITUATION IN LIFE,  
WHAT ARE YOU MOST AFRAID OF IN YOUR OLD AGE?



Almost two-thirds of respondents (64%) would like to live in the old age in their own accommodation with sporadic help of close people, such as family, friends and neighbours. Every seventh (15%) prefers to live in the old age together with children, grandchildren or distant family. One in ten respondents would like to live in their own accommodation using either paid permanent help (8%), or unpaid help of Red Cross, Caritas, social services, volunteers, etc. (3%).

HOW WOULD YOU LIKE TO ORGANISE YOUR LIFE IN THE OLD AGE,  
WHEN YOU NEED HELP? WOULD YOU LIKE TO...



Other forms of organizing life in the old age, such as: state or private residence for seniors, or living together with other seniors for mutual support were mentioned sporadically.

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More information about this topic can be found in CBOS report in Polish: *"Attitudes to ageing"*, July 2012. Fieldwork for national sample: May 2012, N=1017. The random address sample is representative for adult population of Poland.