

# Diverse Needs: Individuals who live in rural, remote and very remote areas

Around 2.7 million of Australians live in rural and remote areas. They face difficulties in access to services due to distance, fewer job opportunities and lower income. Access to education and health care is limited and may lead to poorer health outcomes.

## Experience of disadvantage

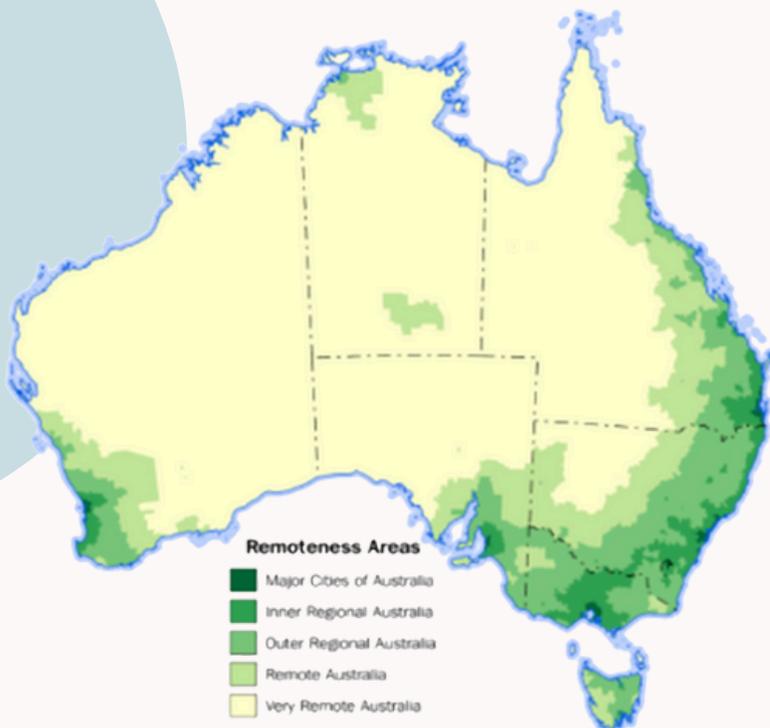
People in rural and remote areas may pay more for goods and services despite earning less. They often work in physically demanding jobs, which can lead to illnesses such as chronic obstructive pulmonary disease, arthritis, hearing loss and mental health concerns. Higher rates of smoking, poor diet, high blood pressure and alcohol use can increase the risk of serious illness and early death.

## Complex overlaps

More Aboriginal and Torres Strait Islanders live in remote areas where low service levels also affect those with disability or mental illness and those with financial and social hardships. Disadvantages persist across generations, making it difficult to overcome barriers.

## The impact on end-of-life care

Access to advance care planning is limited in these areas, which can reduce person-centred care. It can be difficult to find services close to home and some may fear separation from family and community. Telehealth and better collaboration with services in touch with local services could improve aged care and support for end-of-life care.



Find out more through these fact sheets by [National Rural Health Alliance](#).

Visit [palliAGED's](#) website to find out more about specific needs.

