

# Later Life in the United Kingdom

## June 2016

*This factsheet, which is updated on a monthly basis, is the most up-to-date source of publicly available, general information on people in later life in the UK. Wherever possible, figures for the whole UK are quoted. For ease of reading and unless otherwise stated, the term “older” is used here for people aged 65 and over.*

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### Table of Contents

Overview.....	3
UK Population .....	3
Population projections .....	3
Within the older population.....	3
Age discrimination .....	4
Older lesbian, gay, bisexual and transgender people (OLGBT) .....	4
Health and Wellbeing.....	6
Lifestyle .....	6
Sex & Relationships .....	6
Physical activity .....	6
Effects of winter cold .....	7
Life expectancy .....	7
Healthy life expectancy .....	8
Long-term illness.....	8
Quality of life .....	8
National Health Service.....	8
Hospital care .....	9
Malnutrition.....	9
Foot care .....	10
Dentistry .....	10
Falls.....	10
Osteoporosis .....	10
Hip fractures.....	11
Sight loss.....	11
Hearing loss .....	11
Incontinence.....	11
Heart Disease and Strokes .....	11
Arthritis .....	12
Dying.....	12
Mental health.....	12
Dementia.....	12
Home and Care .....	14
Home care.....	14
Residential care .....	14
Older people as carers .....	15

Housing and homelessness .....	15
Elder abuse .....	16
Money Matters .....	17
Pensions .....	17
Poverty .....	17
Spending .....	18
Fuel poverty .....	18
Travel and Lifestyle.....	20
Aspirations for later life.....	20
Transport and accessibility.....	20
Community and citizenship .....	21
Leisure and time use .....	21
Digital inclusion .....	22
Loneliness .....	23
Isolation.....	23
Crime.....	23
Work and Learning .....	25
Employment .....	25
Learning .....	25
References .....	25

## Overview

### **UK Population**

- There are now 11.4 million people aged 65 or over in the UK.<sup>1</sup>
- There are over 23.2 million people aged 50 years and over, over a third of the total UK population.<sup>2</sup>
- There are now 14.9 million people in the UK aged 60 and above.<sup>3</sup>
- 1.5 million people are aged 85 or over.<sup>4</sup>
- There are now more people in the UK aged 60 and above than there are under 18.<sup>5</sup>
- The number of centenarians living in the UK has risen by 72% over the last decade to 14,450 in 2014.<sup>6</sup>
- When asked what stage of life they were currently in (given choices), 55% of 60-64 year olds said 'later life or old age', but 43% of them said 'middle adulthood'. For 65-69 year olds, the split was 75% 'later life' and 23% 'middle adulthood'.<sup>7</sup>
- Yet people's ideas of when 'later life' started were quite early: in the 60-64 year old group, men said age 61 and women said 64; in the 65-69s, men said 62 and women said 66.<sup>8</sup>

### **Population projections**

- The number of people aged 60 or over is expected to pass the 20 million mark by 2030<sup>9</sup>
- The number of people aged 65+ is projected to rise by over 40 per cent (40.77%) in the next 17 years to over 16 million<sup>10</sup>.
- By 2040, nearly one in four people in the UK (24.2%) will be aged 65 or over<sup>11</sup>
- The percentage of the total population who are over 60 is predicted to rise from 24.2% at present to over 29% in 2035.<sup>12</sup>
- The number of people over 85 in the UK is predicted to more than double in the next 23 years to over 3.4 million.<sup>13</sup>
- The population over 75 is projected to double in the next 30 years<sup>14</sup>
- Nearly one in five people currently in the UK will live to see their 100th birthday (see section on life expectancy below). This includes 29% of people born in 2011.<sup>15</sup>
- However, according to the ONS the UK's population is ageing more slowly than other EU countries, predicted to be one of the least aged countries in the EU-27 by 2035.<sup>16</sup>

### **Within the older population**

- 3.5 million 65+ live alone. This is 36% of all people aged 65+ in GB.<sup>17</sup>
- Nearly 70% of these are women.<sup>18</sup>
- 2 million people over 75 live alone; 1.5 million of these are women.<sup>19</sup>
- 61% of widows (male and female) in England and Wales are aged 75 and over<sup>20</sup>
- Black and minority ethnic (BME) groups make up just under 20% of the population of England and Wales, but 8% of people in England and Wales aged 60 and over<sup>21</sup>
- The LGBT rights charity Stonewall estimates there are 1 million lesbian, gay and bisexual people aged over 55 in Britain<sup>22</sup>
- It is estimated that there are 14 million grandparents in the UK, 1.5 million of whom are under 50<sup>23</sup>
- An estimated 80 per cent of people aged 65 and over in England and Wales give their religious affiliation as Christian, and 9% 'No religion'<sup>24</sup>
- In December 2015 there were 4,308 prisoners aged 60 and over in England and Wales, and increase of 11 per cent since December 2014.<sup>25</sup>

## **Age discrimination**

- In England, 36.8% of people aged 65 and over have experienced perceived age discrimination. For those aged between 70 and 79 this figure rises to 37.2%.<sup>26</sup>
- Individuals with low incomes are more likely to experience age discrimination, whilst those with higher education levels are more likely to report it. Highly educated older people with low- to mid-level incomes are the most likely to report age discrimination.<sup>27</sup>
- 20.7% of men and 15.2% of women over the age of 52 feel that they are accorded less courtesy because of their age.<sup>28</sup>
- 9% of women and 10% of men aged 52 and over feel that they receive poorer service or treatment from doctors or hospitals because of their age.<sup>29</sup>
- Around 11% of those aged 52 and over feel they are treated as though they are less clever because of their age.<sup>30</sup>
- 60% of older people in the UK agree that age discrimination exists in the daily lives of older people.<sup>31</sup>
- 53% of adults agree that once you reach very old age, people tend to treat you as a child.<sup>32</sup>
- 52% of older people agree that those who plan services do not pay enough attention to the needs of older people.<sup>33</sup>
- 68% of older people agree that politicians see older people as a low priority.<sup>34</sup>
- 76% of older people believe the country fails to make good use of the skills and talents of older people.<sup>35</sup>
- 97% of annual travel insurance policies impose an upper age limit for new customers.<sup>36</sup>
- In a study of patients at a stroke unit between 2004 and 2006, only 4 per cent of patients age 75 and above were given an MRI scan, compared to 26 per cent of those under 75.<sup>37</sup>
- 39% of people aged 65+ think businesses have little interest in the consumer needs of older people.<sup>38</sup>
- Only about half (51%) of older people think that older people in Britain are treated well by the current government.<sup>39</sup>

The issues over which people think older people are treated badly are:

- Poor standards of healthcare: 51%
- Poor pension provision for older people: 56%
- Poor benefits provision for older people: 41%
- Discrimination against older people: 29%
- High levels of crime and antisocial behaviour: 28%
- Poor availability of jobs and opportunities for older people: 19%
- Poor standards of care for older people -- either in care homes or their own homes: 66%

## **Older lesbian, gay, bisexual and transgender people (OLGBT)**

- The older LGBT community is not one easily defined, homogenous group.<sup>40</sup>
- The existence of older non-heterosexuals is rarely acknowledged within society.<sup>41</sup>
- 'Coming out' is an on-going, dynamic process. Every unfamiliar person and place (such as a hospital or nursing home) demands yet another decision about disclosure.<sup>42</sup>
- OLGBT people have experienced prejudice, discrimination, and past criminalization of their sexual activities.<sup>43</sup>
- 13% of older lesbian women want 'to be more visible as a lesbian than (they are) now'.<sup>44</sup>
- Older lesbians are likely to live longer than (gay) men, to be less well off in later life and to make greater use of health and social care services.<sup>45</sup>
- Studies of non-familial relationships – 'families of choice' (Weeks, Heaphy and Donovan 2001) or 'friendship families' (Dorfman et al. 1995) – and those roles of caregivers and care receivers may be fluid, interchangeable and context-dependent.<sup>46</sup>
- Evidence suggests that OLGBT's are more likely to live alone in old age, with fewer links with younger generations, thereby increasing their risk of isolation.<sup>47</sup>

- Due to a lack of awareness of trans health, there are is a particular concerns that older trans people's needs are not being met within health and social services.<sup>48</sup>
- Trans people anticipate negative treatment within home and residential care services and have particular anxieties about undressing, hygiene tasks, single-sex placements and facilities, and the attitudes of staff.<sup>49</sup>

## Health and Wellbeing

### *Lifestyle*

- Older adults eat on average 4.6 servings of fruit and vegetables daily; 41% in this age group meet the recommended 5 servings daily (compared with 30% under age 65).<sup>50</sup>
- 42% of older men and 64% of older women report they have never smoked. 11% of older men and 7% of older women say they are current regular smokers.<sup>51</sup>
- Women aged 65+: 33% are of normal BMI, 35% 'overweight', and 26% 'obese'. For men this age: only 17% are within normal BMI, 55% are overweight, and 28% obese.<sup>52</sup>
- 34% of older men and 42% of older women have normal, untreated blood pressure (compared with 78% and 82% of aged 19-64). Only 17% of older men and 15% of older women have controlled hypertension; the rest are uncontrolled or untreated.<sup>53</sup>
- Women in their seventies who exercise and eat healthy amounts of fruits and vegetables have a longer life expectancy; in fact, those who were most physically active and had the highest fruit and vegetable consumption were eight times more likely to survive the five-year follow-up period than the women with the lowest rates.<sup>54</sup>
- People aged 65+ report the highest rates of drinking alcohol 5 or more days per week: 24% of men (compared to 16% all ages) and 13% of women (compared to 9% all ages). However, they have the lowest rates of heavy drinking: only 6% of men and 2% of women aged 65+ said they drank 8 units or more on one day (compared to 18% for all men and 12% for all women).<sup>55</sup>
- Men and women aged 60+ are the least likely to smoke: 14% of men (21% all ages 16+) and 12% of women (19% all ages 16+).<sup>56</sup>
- Total cost burden to the NHS for selected health risk factors:<sup>57</sup>
  - Physical inactivity: £0.9-1.0 billion
  - Overweight and obesity: £5.1-5.2 billion
  - Smoking: £2.3-3.3 billion
  - Alcohol intake: £3.5 billion<sup>58</sup>

### *Sex & Relationships*

- There are an increasing number of people in their 40s, 50s and 60s who are newly single having recently come to the end of a long-term relationship.<sup>59</sup>
- More than half (54%) of men and almost a third (31%) of women over the age of 70 reported they were still sexually active, with a third of these men and women having frequent sex – meaning at least twice a month.<sup>60</sup>
- Lesbians over the age of 65 remain sexually active and interested.<sup>61</sup>
- 38% of people aged 50-59 and 37% of those aged 60-69 had met their partners online.<sup>62</sup>
- Two-thirds of men and women aged 50 – 90 years old said that sex was an important part of a relationship.<sup>63</sup>
- Many of those in later life are still sexually active into their 80s and 90s.
- Between 1999 and 2008 the Health Protection Agency reported a 53% increase in gonorrhoea among men aged 45-64 and a 93% increase among women.<sup>64</sup>

### *Physical activity*

- In England 42.8% of men and 33.9% of women aged over 65 report taking at least 30 minutes of moderate to vigorous physical exercise on at least five days per week,<sup>65</sup> compared to a 56% population average.<sup>66</sup>
- 
- 23.9% of those aged over 65 take part in sports, with 17.2% taking part at least once a week.<sup>67</sup>
- The most popular sports for this age group are swimming, golf, bowls and cycling.<sup>68</sup>
- 76.1% of people aged over 65 don't take part in any sport, compared to 53.8% of the total population. Around 20% of over 65s would like to do more sport..<sup>69</sup>

## ***Effects of winter cold***

- This winter, 25,000 older people could die prematurely from the cold. That's over 200 preventable deaths a day.<sup>70</sup>
- The average daily excess winter deaths for people aged 65+ in England and Wales is 210 people per day (over 8 per hour, or 1 person every 7 minutes).<sup>71</sup>
- Other much colder countries have much lower death rates in winter than the UK. For instance, in the coldest city in the world (Yakutsk in Siberia), there are generally no excess winter deaths<sup>72</sup>
- It has been estimated that for every degree colder than 20C outdoor temperature, mortality rises by one to two per cent.<sup>73</sup>
- In the UK, this means that there are about 5,000 deaths a year in the UK for every degree Celsius of winter cold below average.<sup>74</sup>
- There is a strong relationship between poor insulation and heating of houses, low indoor temperature and excess winter deaths of older people.<sup>75</sup>
- There are 15 times more excess winter deaths each year than road traffic fatalities.<sup>76</sup>
- Hypothermia is rare, but heart and circulatory diseases are the largest causes of mortality in adults over 65 (England and Wales)<sup>77</sup> and are particularly affected by winter temperature.<sup>78</sup>
- Age UK has calculated that cold homes cost the NHS in England more than £1.36 billion every year<sup>79</sup>
- Nearly 1 million people aged 65 and over have had to cut back on food shopping over recent years to cover the cost of utility bills.<sup>80</sup>

See the extent of fuel poverty and non-decent homes below in the **Fuel Poverty** section

## ***Life expectancy***

- Current UK estimates from the Office for National Statistics for female life expectancy **at birth** are 82.8 years and 79.1 years for men.<sup>81</sup>
- UK life expectancy estimates **at the age of 65** are 85.9 for women and 83.4 for men.<sup>82</sup>
- On average, life expectancy at birth increased across all local areas in England and Wales by 1.5 years for males and 1.1 year for females between 2006–08 and 2011–13.<sup>83</sup>
- Life expectancy at age 65 was highest for men in Harrow, where they could expect to live for a further 21.1 years compared with 16.0 years for men in Manchester.<sup>84</sup>
- For women at age 65, life expectancy was highest in Camden (24.0 years) and lowest in Halton (18.8 years).<sup>85</sup>
- In 2010, people aged 75 could expect to live an average of 13.0 years (for women) and 11.2 years for men<sup>86</sup>
- A baby born in 2011 is almost eight times more likely to reach 100 than one born in 1931.<sup>87</sup>
- A baby girl born in 2011 has a one in three chance of living to 100 and a baby boy has a one in four chance<sup>88</sup>
- The number of centenarians living in the UK rose by 73% to 13,350 between 2002 and 2012.<sup>89</sup>
- The life-expectancy of babies born in the UK is slightly higher than the EU average at 81.1 years. The EU average is 80.1 years.<sup>90</sup>
- Of the 28 EU countries, Spain holds the highest life expectancy for women at 86.1 years, whilst women in Bulgaria have the lowest, at 78.6 years (a difference of 7.5 years). For men, life expectancy is highest in Italy, at 80.3 years, and lowest in Lithuania, at 68.5 years (a difference of 11.8 years).<sup>91</sup>

## Healthy life expectancy

- The **healthy life expectancy** of people living in the UK is 66.1 years for women and 64.2 years for men.
- At age 65, men in the UK can expect to live on average another 10.7 years **in good health**. Women can expect to live 12.1 years **in good health**. For both sexes, this constitutes just under 60% of their expected remaining life span.<sup>92</sup>
- Men aged 65 in the UK can expect to live their last 7.5 years with a disability. For women, the average is 9.7 years<sup>93</sup>
- The gap between the highest and lowest average score for local authority **Disability Free Life Expectancy** in England is 9.3 years for females and 8.5 years for males.<sup>94</sup>
- Across the EU 28, the range for healthy life years at birth for men was between 51.7 years in Latvia and 71.6 years in Malta (19.9 years difference), while that for women was from 54.2 years in Latvia to 72.7 years in Malta (18.5 years).<sup>95</sup>

## Long-term illness

- An estimated 4 million older people in the UK (36% of people aged 65-74 and 47% of those aged 75+) have a limiting longstanding illness. This equates to 40% of all people aged 65+.<sup>96</sup>
- The aging population and increased prevalence of long term conditions have a significant impact on health and social care and may require £5 billion additional expenditure by 2018.<sup>97</sup>
- If nothing is done about age-related disease, there will be over 6.25 million older people with a long-term limiting illness or disability by 2030: nearly 9% of the total population.<sup>98</sup>
- Almost two thirds (59%) of people aged 80 and over in the UK have a disability.<sup>99</sup>
- In the UK, females born in 2009–11 are estimated to live 66.1 years in ‘Good’ health (80.2% of their life) and 64.7 years free from disability (78.5%), and males 64.2 years in ‘Good’ health (81.9% of their life) and 63.9 years free from disability (81.5%)..<sup>100</sup>
- Life expectancy for women in the EU-28 is expected to be over 5 years longer than for men in 2013, at 83.3 years for women and 77.8 years for men. However, on average men spend a greater proportion of their shorter lives free of activity limitation.<sup>101</sup>

## Quality of life

- 24% of people over 65 say they are very satisfied with their health, and 51% say they are fairly satisfied<sup>102</sup>
- 37% are very satisfied and 55% fairly satisfied with their standard of living; this is higher than any other age group except 16-24 year-olds (at 40% and 45%)<sup>103</sup>
- 28% are ‘very satisfied’ with their day-to-day activities; higher than any other age group except 16-24 year-olds (30%)<sup>104</sup>
- 27% are ‘very satisfied’ with their ability to influence what happens in their lives; higher than any other age group except 16-24 year-olds (35%)<sup>105</sup>
- 74% are either very or fairly satisfied with achieving their goals<sup>106</sup>
- 82% said that in the last two weeks, they felt happy or contented either most days or every day; this was the highest for any age group<sup>107</sup>
- 71% said that in the last two weeks, they never felt depressed; this was better than other age groups except 16-24 year olds (76%) and 45-54 year olds (74%)<sup>108</sup>
- According to a survey in December 2014, 2.9 million older people (65+) in Great Britain feel they have no one to turn to for help and support.<sup>109</sup>

## National Health Service

- In 2012/13 there were 2,211,228 emergency admissions of people 60+ at a total cost of over £3.4 billion.<sup>110</sup>

- The number of emergency readmissions (within one month of discharge) for people aged 75+ in English hospitals in 2011/12 was 204,709.<sup>111</sup>
- Each hospital bed costs an average of £303 per day.<sup>112</sup>
- 11 per cent age of the general public say they are confident that older people are treated with dignity in hospital.<sup>113</sup>
- A 2016 NHS benchmarking project found that spending on older people's services as a percentage of overall Trust/LHB turnover ranged from 1-7%, and the average was 3.6%.<sup>114</sup>
- Total cost burden to the NHS for selected health risk factors:<sup>115</sup>
  - Physical inactivity: £0.9-1.0 billion
  - Overweight and obesity: £5.1-5.2 billion
  - Smoking: £2.3-3.3 billion
  - Alcohol intake: £3.2 billion
  - Poor housing: £1.4-2.5 billion
- NHS first year treatment costs due to poor housing (2011 figures)<sup>116</sup>
  - Excess cold: £848m
  - Falls on stairs: £207m
  - Falls on the level: £128m
  - Falls between levels: £84m
  - Fire: £25m
  - Collision: £16m
  - Falls associated with baths: £16m
  - Damp and mould: £16m
  - Hot surfaces: £15m
  - Lead: £14m
  - All hazards: £1.4 billion

## **Hospital care**

- Of the 18.7 million adults admitted to hospital last year, around 7.6 million (41%) were aged 65+.<sup>117</sup>
- Geriatricians make up only 3.6% (mean value) of the consultant workforce<sup>118</sup>
- Between 2004-05 and 2014-15 the number of hospital admissions of people aged 60-74 and 75+ grew by 51.1% and 58.4% respectively<sup>119</sup>
- In 2011, 32% of people aged 65 and over who were admitted to hospital were found to be malnourished at the time of admission.<sup>120</sup> (See more on malnutrition in Health section above).
- In 2010, 21 per cent of adult inpatients in England said that they were not always treated with respect for their dignity. This result has not improved since the first survey in 2002.<sup>121</sup>
- Of people aged over 70 admitted to an acute hospital:<sup>122</sup>
  - 27% have previously diagnosed dementia
  - 50% have cognitive impairment
  - 27% have delirium
  - 24% have possible major depression
  - 8% have definite major depression

## **Malnutrition**

*All figures using accepted BAPEN/NICE/WHO definitions "under 20 BMI, loss of appetite and/or unexplained weight loss".*

- Latest estimates suggest 1.3 million people over 65 suffer from malnutrition, and the vast majority (93%) live in the community.<sup>123</sup>
- Nearly one third of all older people admitted to hospital are at risk of malnutrition<sup>124</sup>
- 50% of older people admitted to hospital from care homes were found to be at risk of malnutrition.<sup>125</sup>

- In hospital, screening in winter in 2010 found that the risk of malnutrition was 28% in patients under 60 years old, 32% in those aged 60-79 years and 44% in those 80 years and over.<sup>126</sup>
  -
- Women have a higher prevalence of malnutrition than men in all age groups.<sup>127</sup>
- Of patients in hospital who said they needed help to eat their meals, 17% said that they did not get enough help from staff and 19% only 'sometimes' got enough help<sup>128</sup>
- Specific micronutrient deficiencies are common in older people: for example folate deficiency has been described in 29% of the independent older population and 35% of those in institutional care.<sup>129</sup>
- 22% of people 60+ GB (2009) skipped meals to cut back on food costs<sup>130</sup> (3 million people).
- 42% of people 60+ GB (2009) agreed they struggle to afford essential items e.g. food, gas, electricity<sup>131</sup> (5.8 million).

### **Foot care**

- Over thirty percent of older people say they are unable to cut their own toenails<sup>132</sup>
- More than half of new episodes of foot care are for people aged 65 or over<sup>133</sup>
- There was a fall of 20% in new episodes of foot care in the NHS between 1996/97 and 2003/04<sup>134</sup>
- In a 2008 survey of older people in England, 35% reported that they had needed foot care in the last year. This need increased with age, with half of people aged 85 and over reporting that they had required a service.<sup>135</sup>
- Of the older people surveyed who said they needed foot care, 58% get private care, 35% NHS and 1% Charity<sup>136</sup>

### **Dentistry**

- Official figures on older people needing dentistry are not reported in the quarterly NHS Dental Statistics
- In 2009, 23% of people aged 65+ did not have any natural teeth<sup>137</sup>

### **Falls**

- Falls are the largest cause of emergency hospital admissions for older people, and significantly impact on long term outcomes, e.g. being a major precipitant of people moving from their own home to long-term nursing or residential care.<sup>138</sup>
- 3996 people aged 65+ died from having a fall in 2014 (E&W, latest available data), equating to ten people every day. Of these 2130 were women and 1866 were men.<sup>139</sup>
- Falls account for up to 40% of ambulance call-outs to homes for people aged 65+,<sup>140</sup> costing £115 per callout.<sup>141</sup>
- A falls prevention strategy could reduce the number of falls by 15 – 30%.<sup>142</sup>

### **Osteoporosis**

- About 3 million people in the UK have osteoporosis, and this is responsible for around 300,000 fractures each year.<sup>143</sup>
- One in two women and one in five men over the age of 50 will break a bone mainly as a result of poor bone health.<sup>144</sup>
- A significant number of older people with osteoarthritis also have undiagnosed osteoporosis<sup>145</sup>.

## **Hip fractures**

- Around 70,000-75,000 hip fractures occur in the UK each year. These are mainly due to falls. The annual cost for all hip fractures in the UK, including medical and social care, is about £2 billion.<sup>146</sup>
- A month after suffering a hip fracture 1 in 12 people will have died and only half will have returned home.<sup>147</sup>
- 1 in 3 people who have long-term pain from fractures describe it as severe or unbearable.<sup>148</sup>

## **Sight loss**

- 
- 14% people aged 65+ have **sight loss** which affects their day to day living; this increases to 35% for those aged 75+ and 50% for 90+.<sup>149</sup> This equates to just over 2 million people aged 65+
- People with sight loss are much more likely to have problems with day to day living, feel their quality of life is lower, feel less satisfied with life, have lower confidence, lower levels of wellbeing, and higher levels of depression.<sup>150</sup>
- People with sight loss are also more likely to have poorer health, difficulty accessing health care and other services, live in poverty, and experience discrimination.<sup>151</sup>
- In a 2015 survey, only 51% of people with sight loss said they were in 'good' or 'very good' health, compared with 91% of people with no impairments.<sup>152</sup>
- 47% of people with sight loss said they were able make ends meet with 'some' or 'great' difficulty, compared to only 28% of people with no impairments.<sup>153</sup>

## **Hearing loss**

- More than 70% of over 70 year olds and 40% of over 50 years-old have some form of hearing loss.<sup>154</sup>
- Around one in every 10 UK adults has tinnitus. This increases to 25-30% of over 70 years-old<sup>155</sup>
- Action on Hearing Loss reports also estimates that around 6.7 million people in the UK could benefit from hearing aids.<sup>156</sup> However, they also estimate that only one in 30 does. Reasons why people don't use them include the way the devices look, their quality, or poor after care.<sup>157</sup>
- Evidence suggests that the risk of mental health problems is increased in people with hearing loss due to a range of factors including poor social and support networks, and that people with hearing loss face extra difficulties in accessing the mental health support they may need.<sup>158</sup>

## **Incontinence**

- There are around 3.2 million people over 65 suffering from urinary incontinence in the UK, and the majority are women.<sup>159</sup>
- It has been estimated that more than 50% of care home residents have urinary incontinence<sup>160</sup>
- Estimates suggest 1 in 10 people will be affected by faecal incontinence.<sup>161</sup>
- Faecal incontinence is more common in women than in men.<sup>162</sup>
- Incontinence can also be associated with falls<sup>163</sup> and strokes<sup>164</sup>

## **Heart Disease and Strokes**

- In the UK, more than 25% of all deaths of people aged 65 and over are caused by cardiovascular disease.<sup>165</sup> In Great Britain, estimates suggest that 34.1% of men 65-74 and 28.5% aged 75-plus report having had cardiovascular disease. For women, the figures are 22.5% and 29.8%<sup>166</sup>

- A person's risk of stroke doubles every decade after the age of 55.<sup>167</sup>
- By age 75 1 in 5 women and 1 in 6 men will have had a stroke.<sup>168</sup>
- Strokes are estimated to cost society over £8.9 billion in care and lost productivity<sup>169</sup>
- Stroke occurs around 152,000 times per year in the UK. 74% of strokes occur in people aged 65 and over.<sup>170</sup>

## **Arthritis**

- There are an estimated 10 million people in the UK suffering from arthritis.<sup>171</sup>

## **Dying**

- Of the 501,424 people who died in England and Wales in 2012, 84 per cent were aged 65 or over; around two thirds were age 75+<sup>172</sup>
- Although over one third of all deaths are people aged 85 and over<sup>173</sup>, only about 15 per cent of people gaining access to specialist palliative care are in this age group<sup>174</sup>
- Research suggests that the most preferred place to die is at home; hospital is the least preferred place.<sup>175</sup>
- According to Dying Matters, around half of people die in hospital each year, despite 70% of people preferring to die at home.<sup>176</sup>
- Of people receiving hospice care that have engaged in advance care planning (ACP), 10% die in hospital compared to 26% of those who have not engaged in ACP.<sup>177</sup>
- A home death rate for people receiving hospice care with ACP is 40% compared to 23% for those who have not engaged in ACP.<sup>178</sup>

## **Mental health**

- In England depression affects 22% of men and 28% of women aged 65 or over.<sup>179</sup>
- The Royal College of Psychiatrists estimates that 85% of older people with depression receive no help at all from the NHS<sup>180</sup>
- Another study estimates that depression affects 40% of older people in care homes<sup>181</sup>
- Worse general health can be associated with depression among older adults<sup>182</sup>, and other risk factors include not living close to friends and family, poor satisfaction with accommodation, and poor satisfaction with finances<sup>183</sup>
- In 2009/10, 140,000 men and 247,000 women over 65 used NHS secondary mental health services.<sup>184</sup> For men, this was 25% of all men accessing services, and for women, 35%.

## **Dementia**

- Dementia is one of the main causes of disability in later life, ahead of some cancers, cardiovascular disease and stroke<sup>185</sup> and is the leading cause of death for women in the UK.<sup>186</sup>
- There are several types of dementia. The most common are Alzheimer's disease (62% of all cases of dementia) and vascular dementia (27%).<sup>187</sup>
- 850,000 people are estimated to be living with dementia in the UK in 2014, of whom 773,502 were aged 65 years or over.<sup>188</sup>
- By 2025, the number is expected to rise to 1.14 million. By 2051, it is projected to exceed 2 million.<sup>189</sup>
- One in three people over 65 will die with a form of dementia.<sup>190</sup>
- It affects 1 person in 6 over 80 and one in three over 95.<sup>191</sup>
- A 2014 survey of 1,000 people with dementia found that:
  - Less than half feel a part of their community
  - 40% have felt lonely recently

- Only 47% said that their carer received any help in caring for them
  - 72% are living with another medical condition or disability as well as dementia
  - Just over half of people say that they are living well with dementia
  - Almost 1 in 10 only leave the house once a month<sup>192</sup>
- 
- Dementia costs the UK approximately £26.3 billion per year, about twice as much as cancer, yet this country spends nearly twelve times as much on cancer research than it does on researching dementia<sup>193</sup>
  - Delaying the onset of dementia by five years would halve the number of deaths from the condition, saving 30,000 lives a year.<sup>194</sup>
  - In many cases, unpaid family carers deliver the bulk of care, affecting their own physical and mental health.<sup>195</sup>
  - Nearly 60% of people worldwide incorrectly believe that Alzheimer's disease is a typical part of aging, and 40% mistakenly think it is not fatal.<sup>196</sup>
  - It has recently been estimated that 27 million of the 36 million people with dementia worldwide are undiagnosed. Evidence also suggests that early diagnosis could save up to £6,254 per person.<sup>197</sup>
  - Recent studies suggest that becoming bilingual, even in later life, may delay the onset of dementia by up to 4.5 years.<sup>198</sup>

## Home and Care

- Only about a third (36%) of people aged 50+ are confident that older people who receive care services, such as help with getting dressed or washing, either at home or in a care home, are treated with dignity and respect.<sup>199</sup>
- The combined care market value for care for older people, including local authority funded, voluntary and private expenditure, is estimated to be worth £22.2 billion, of which £13.4 billion is attributable to residential care and £8.8 billion to non-residential care.<sup>200</sup>
- Approximately 30% of people use some form of local authority funded social care in the last year of life.<sup>201</sup>
- Though hospital use climbs steeply in the last few months of life, social care use shows only a steady increase in the last 12 months.<sup>202</sup>
- The use of social care also differed according to the presence of certain long-term conditions. For example people with mental health problems, falls and injury, stroke, diabetes and asthma tended to use more; those with cancer appeared to use relatively less local authority-funded social care.<sup>203</sup>

### Home care

- In real terms, spending on social care in England has fallen by £770 million since 2010.<sup>204</sup>
- In England, 371,770 people aged 65+ received community-based care and support at home in 2013/14.<sup>205</sup>
- During this same timeframe, 44,015 older people received day care and 22,615 received meals, only half of the number receiving these the previous year. Only 8,840 received short-term residential care (non-respite).<sup>206</sup>
- Of the 2.8 million older people with care related needs, 900,000 currently do not receive any formal support (people aged 65-89 in England).<sup>207</sup>
- By 2012, 85 per cent of local authorities had set their eligibility threshold for adult care at 'substantial' and a further 2 per cent set their threshold at 'critical'.<sup>208</sup> If the national eligibility threshold is set at this level, and no local authorities set more generous criteria, 99,000 older people currently in receipt of care would no longer be eligible for local authority funded care.<sup>209</sup>
- There were 421,557 delayed discharge days attributable to a lack of social care in place (England, 2014/14).<sup>210</sup>
- 57,770 older people in England are receiving direct payments (2012/13).<sup>211</sup>
- When asked in which ways care and support services helped them, the most common answers were personal care (68%), feeling safe and secure (55%), meals (54%), keeping my home clean and comfortable (51%), to have control over daily life (49%), social contact with people I like (42%), and doing things a value and enjoy (33%). There was a marked difference in age groups in the following: personal care – 62% for ages 65-74 vs 73% for ages 85+; meals – 43% for 65-74s and 62% for 85+; feeling safe and secure – 50% for 65-74s and 58% for 85+; doing things I value and enjoy – 37% for 65-74s and 31% for 85+.<sup>212</sup>

### Residential care

- There are an estimated 5,153 nursing homes and 12,525 residential homes in the UK.<sup>213</sup>
- According to the latest Laing and Buisson survey, there are 426,000 elderly and disabled people in residential care (including nursing), approximately 405,000 of whom are aged 65+.<sup>214</sup>
- 93 per cent of nursing home residents and 99 per cent of people in residential homes are aged 65+.<sup>215</sup>
- Only 16% of people aged 85+ in the UK live in care homes.<sup>216</sup>
- The care home resident population for those aged 65 and over has remained almost stable since 2001 with an increase of 0.3%, despite growth of 11.0% in the overall population at this age.<sup>217</sup>

- The gender gap in the older resident care home population has narrowed since 2001. In 2011 there were around 2.8 women for each man aged 65 and over compared to a ratio of 3.3 women for each man in 2001.<sup>218</sup>
- The resident care home population is ageing: in 2011, people aged 85 and over represented 59.2% of the older care home population compared to 56.5% in 2001.<sup>219</sup>
- Most supported housing for older people is 'sheltered' housing (for social rent) and owner-occupied retirement housing (mainly for sale). Across the UK there are nearly 18,000 developments and around 550,000 dwellings (480,000 in England), housing around 5% of the older population.<sup>220</sup>
- The median period from admission to the care home to death is 462 days. (15 months).<sup>221</sup>
- Around 27% of people lived in care homes for more than three years.<sup>222</sup>
- People had a 55% chance of living for the first year after admission, which increased to nearly 70% for the second year before falling back over subsequent years.<sup>223</sup>

### **Older people as carers**

- Nearly 1.4 million people aged 65+ in England and Wales provide unpaid care for a partner, family, or others,<sup>224</sup> but only 77,635 of these (in England) receive any carer-specific support services.<sup>225</sup>
- Carers UK estimate that 58% of carers (all ages) are female.<sup>226</sup>
- An estimated £5.3bn has been wiped from the economy in lost earnings due to people who've dropped out of the workforce to take on caring responsibilities for older or disabled loved ones, including £1 billion in forgone taxes.<sup>227</sup>
- Over a third of carers aged 65+ provide 50 or more hours of informal care each week.<sup>228</sup> Nearly 12% provide 100 hours or more.<sup>229</sup>
- Older people provide informal care estimated to be worth about £11.4 billion per year.<sup>230</sup>
- Nearly two-thirds (65%) of those polled by the Princess Royal Trust for Carers said they had health problems or a disability of their own, while only half of these felt confident lifting the person they care for.<sup>231</sup>
- The respondents also revealed that caring for another person also took its toll mentally, with 68.8% saying being a carer had damaged their psychological wellbeing, and 42.9% reporting that their mental health had worsened in the past year.<sup>232</sup>
- Subsequently, the Princess Royal Trust for Carers wants GPs to provide health checks and screening for depression to carers once a year, and home visits where needed. It also recommends that training and lifting equipment should be provided to carers who need it and that breaks should be funded by the NHS and local councils.<sup>233</sup>

### **Housing and homelessness**

- Poor housing for older people costs NHS at least £634m every year.<sup>234</sup>
- Currently nearly 6 million households are headed by a person aged 65 or over in England. By 2021, this is expected to increase to over 7 million.<sup>235</sup>
- Around one-third of all households are older households. This proportion applies across most regions except for the South West (40 per cent) and London (22 per cent).<sup>236</sup>
- The specialist housing currently on offer does not reflect the choices that most older people make.<sup>237</sup>
- While retirement properties make-up just 2 per cent of the UK housing stock, or 533,000 homes, with just over 100,000 to buy, one in four (25 per cent) over 60s would be interested in buying a retirement property – equating to 3.5 million people nationally.<sup>238</sup>
- If just half of the 58 per cent of over 60s interested in moving (downsizing and otherwise) were able to move, this would release around £356 billion worth of (mainly family-sized) property – with nearly half being three-bedroom and 20 per cent being four-bedroom homes.<sup>239</sup>
- Most older people want a home with at least two bedrooms but most specialist provision has only one bedroom.<sup>240</sup>

- The official definition implies that any single or couple household with three or more bedrooms 'under-occupies'. Of the 8 million under-occupying households, there are nearly as many other (non-older) households as older ones.<sup>241</sup>
- Since 57 per cent of all older households (and 68 per cent of older home-owners) 'under-occupy', the official definition is at odds with older people's views and preferences.<sup>242</sup>
- Death is more important than downsizing in 'releasing' larger homes: 85 per cent of homes with three or more bedrooms are 'released' by older people due to death rather than a move to a smaller home.<sup>243</sup>
- An older person's health can benefit from a move to more suitable housing as long as it is an informed choice and they remain in control. 'Staying put' can also be the right choice.<sup>244</sup>
- 76 per cent of older households are owner-occupiers and most own outright; 18 per cent are housing association or council tenants, while 6 per cent are private sector tenants.<sup>245</sup>
- 42 per cent of older households aged 55 to 64 are single, and this proportion increases with age.<sup>246</sup>
- About 7 per cent of older households (530,000) live in specialist housing where a lease or tenancy restricts occupation to people aged over 55, 60 or 65. Most of these schemes are provided by housing associations and offer special facilities, design features and on-site staff. Around 10 per cent of specialist dwellings are in schemes offering care as well as support.<sup>247</sup>
- 93 per cent of older people live in mainstream housing. As well as 'ordinary' housing, this includes housing considered especially suitable for older people due to dwelling type (e.g. bungalows), design features (including 'lifetime homes') or adaptations (e.g. stair lifts).<sup>248</sup>
- Over two thirds (71%) of householders aged 65+ own homes outright without a mortgage<sup>249</sup>
- 19.9% of the homes occupied by older people (60+) in England fail the decent homes standard (just over 1.7 million households)<sup>250</sup>
- Over three quarters of a million people aged 65 and over need specially adapted accommodation because of a medical condition or disability and 145,000 of them report living in homes that do not meet their needs<sup>251</sup>
- There are currently an estimated 600,000 older people in sheltered housing in England<sup>252</sup>
- More than 20 per cent of individuals aged 50 or older in England, have no housing wealth at all.<sup>253</sup>
- Sixty-seven per cent (1.1 m people) of older people living in poverty are owner occupiers.<sup>254</sup>
- There is a strong relationship between poor insulation and heating of houses, low indoor temperature and excess winter deaths of older people.<sup>255</sup>
- One in five homes (19.9%) occupied by older people in England fail the decent homes standard (1.7 million households)<sup>256</sup>
- The UK has some of the worst levels of home energy efficiency in Europe.<sup>257</sup>
- It is estimated that up to 42,000 older people are unofficially homeless in England and Wales<sup>258</sup>
- However, 97% of over 65s were satisfied with their accommodation; 59% were 'very satisfied'; these figures are the highest for any age group.<sup>259</sup>

## ***Elder abuse***

- Approximately 342,000 older people living in private households in the UK are abused each year. We estimate that, taking into account care homes, up to 500,000 older people in the UK are abused each year (roughly 5% of the older population)<sup>260</sup>
- Every hour, over 50 older people are neglected or abused in their own homes by family members, friends, neighbours or care workers<sup>261</sup>
- In a study based on 10,000 phone calls to a help-line up to 2004, the proportion of calls concerning the different types of elder abuse identified was as follows: psychological (34 per cent), financial (20 per cent), physical (19 per cent), sexual (3 per cent). 44 per cent of callers reported multiple abuse<sup>262</sup>
- According to a survey in December 2014, 2.9 million older people (65+) in Great Britain feel they have no one to turn to for help and support.<sup>263</sup>

## Money Matters

- 29% of older people in GB say they are living comfortably, whereas 26% are 'just about getting by' or finding it difficult.<sup>264</sup>
- 74% of older people in GB say that compared to last year, they are doing the same financially; 7% are better off, but 19% are worse off.<sup>265</sup>
- Over one third of people aged 60+ are worried about the cost of living, 27% are worried about the cost of food, and 41% are worried about the cost of heating their homes this winter.<sup>266</sup>
- 20% of people aged 50-64 are concerned about being made redundant or becoming unemployed in the next six months, and 26% are worried about the security of their income over the next six months.<sup>267</sup>

## Pensions

- In the last reported year (2012/13), the average (median) net income after housing costs for pensioners was £282 a week (£404 for pensioner couples and £238 for single pensioners).<sup>268</sup>
- In August 2013, there were over 12.8 million claimants of state pension.<sup>269</sup>
- In 2013/14, the full Basic State Pension was £110.15 for single pensioners and £176.15 pensioner couples.<sup>270</sup>
- 97% of all pensioners are in receipt of state pension in 2012/13. Of recently retired pensioners, 95% are in receipt of state pension.<sup>271</sup>
- 33% of adults are currently contributing to a non-state pension.<sup>272</sup>
- The UK currently spends about 7% of its gross domestic product on pension benefits.<sup>273</sup>
- 48% of pensioner couples and 74% of single pensioners receive over half their income from state pensions and benefits.<sup>274</sup>
- 7% of pensioner couples and 22% of single pensioners have no source of income other than the state pension and benefits.<sup>275</sup>

## Poverty

- 1.6 million pensioners (14%) live below the poverty line, with incomes less than £224 per week after housing costs (AHC).<sup>276</sup>
- Of these, 900,000 (7%) live in severe poverty (below the 50% median line AHC).<sup>277</sup>
- 8% of pensioners aged 65+ (about 900,000) in the UK are materially deprived. That is, they do not have certain goods, services, or experiences because of financial, health-related, or social isolation barriers.<sup>278</sup>
- According to the latest DWP statistics, nearly a million pensioners (9%) would not be able to replace a cooker if it broke down.<sup>279</sup>
- Around £3.7 billion of means-tested income-related benefits that should rightly go to older people in GB went unclaimed in 2013/14.<sup>280</sup>
- Only about 63% of people eligible are taking pension credit in GB.<sup>281</sup>
- If all means tested benefit entitlements were taken up, pensioner poverty in 2011 would have been 9 per cent, rather than 15 per cent.<sup>282</sup>
- Lack of access to essential services (e.g. insurance, internet and transport and, increasingly for this age group, care and help in the home) accompanies poverty-level income.<sup>283</sup>
- In 2012, nearly 10% of people aged 65+ said they are having difficulty or struggling to manage their income.<sup>284</sup>
  - 34% said they can only just afford to buy the basics.<sup>285</sup>
  - 86% were concerned about the impact rising energy / fuel bills will have on themselves.<sup>286</sup>
  - 42% have turned down the heating to reduce bills, even though they were not warm enough.<sup>287</sup>

- 14% have gone to bed to keep warm and save heating costs, even though they weren't tired.<sup>288</sup>
- 12% have lived in just one room to save heating costs.<sup>289</sup>
- 22% have bought less food than they wanted because it was too expensive, and 27% cut down on food like meat and fresh produce.<sup>290</sup>
- 20% of people aged 60+ in Great Britain (2.8 million people) owe money. 7% (nearly 1 million) have outstanding mortgage debt, 12% (nearly 1.7 million) owe money on credit cards, and 3% (about 400,000) have a bank loan.<sup>291</sup>
- Pensioners from black and minority ethnic groups (BME) are more likely to be in poverty than white pensioners. This is especially true of Asian pensioners, 31% of whom are in absolute low income range.<sup>292</sup>
- For single pensioners mainly reliant on state pension, average disposable weekly income is £174.<sup>293</sup>
- One in six pensioners in rural districts lives in low income. This proportion is similar to that in urban districts.<sup>294</sup>
- 600,000 pensioners in low-income households and two-fifths of the total live in rural districts.<sup>295</sup>

## Spending

- Average weekly expenditure for households headed by someone aged 65 - 74 is £453. This figure decreases for households headed by someone over the age of 75 to £288.<sup>296</sup>
- On average 75+ households spend more of their total expenditure on fuel: 17% compared to an all age average of 14%.<sup>297</sup>
- The average weekly expenditure for one-person households mainly dependent on state pensions is £168.<sup>298</sup>
- The total spending by households headed by someone aged 65+ was £145 billion (2013). This can be compared to £128 bn (2012), £121bn (2011), £109 bn (2010) and £102 bn in 2009 - an increase of 33% in five years (not adjusted for inflation).<sup>299</sup>

## Fuel poverty

- According to official statistics (HBAI), about 700,000 pensioners (6%) say they do not have a damp-free house and just under half a million (4%) do not think they keep their homes adequately warm.<sup>300</sup>
- Under the new fuel poverty definition, there are 542,000 older households (where the oldest person is aged 60+) in England in fuel poverty in the latest reported year (2013). This equates to about 1 million people aged 60+.<sup>301</sup>
- In 2014, the average "Big Six" energy providers' standard tariff fuel bill was £1,265 compared to £472 in 2004, a rise of 168 per cent in ten years.<sup>302</sup>
- Last winter, 12.5 million older people across Britain received the Winter Fuel Payment.<sup>303</sup>
- Households where the oldest person was aged 75 or over are the most likely to be in homes with poor energy efficiency compared with other households.<sup>304</sup>
- Nearly one in three of the oldest households in England (where the oldest person is aged 75+) live in housing which has failed the official decent homes standard.<sup>305</sup>
- One in eight of these 75+ households live in housing which fail the decent homes standard because of sub-standard heating and insulation.<sup>306</sup>
- Older people in private rented housing are most at risk of living in non-decent homes.<sup>307</sup>
- The UK has the highest rate of fuel poverty and highest rate of excess winter deaths in Europe,<sup>308</sup> and is near the bottom of the other league tables on affordability of space heating (14 out of 15), share of household expenditure spent on energy (11 out of 13), homes in poor state of repair (11 out of 15), thermal performance (6 out of 8), and the gap between current thermal performance and what the optimal level of insulation should be in each country (7 out of 8). Overall, no other country of the 16 assessed performs as poorly as the UK across the range of indicators.<sup>309</sup>
- Over 6 million older people (55% of people aged 65+ in the UK) are concerned about the increasing cost of energy bills in the winter.<sup>310</sup>

- 28% of older people (3 million people aged 65+ in the UK) say they are worried about staying warm in their homes in the winter<sup>311</sup>
- Nearly 1 million people aged 65 and over have had to cut back on food shopping over recent years to cover the cost of utility bills.<sup>312</sup>
- 14% have gone to bed to keep warm and save heating costs, even though they weren't tired.<sup>313</sup>
- 12% have lived in just one room to save heating costs.<sup>314</sup>
- Age UK has calculated that the cost of cold homes to the NHS in England arising from the increase in hospital admissions and additional GP consultations is around £1.36 billion per year.<sup>315</sup>

See more about the physical effects of the cold in the **Health and Wellbeing** section in the fact sheet

## Travel and Lifestyle

### ***Aspirations for later life***

- Looking particularly at those aged 50 to 59 – that is, those in the decade leading up to when they are 60 or more – only around half (53 per cent) said they had hopes or ambitions. This, therefore, shows that a significant proportion (47 per cent) of this group had either not thought about it that much or not thought about it at all.<sup>316</sup>
- The most common aspiration was for leisure activities and hobbies (81 per cent).<sup>317</sup>
- Of those who had started to think about what they might do when they were over 60, a third (35 per cent) had estimated their pension income and started to save money (32 per cent).<sup>318</sup>
- Other than maintaining their health and independence, respondents were most likely to choose having a circle of friends they see frequently as being important to them when they are 60 or older.<sup>319</sup>
- About half of respondents (53 per cent) were interested in formal volunteering when aged 60 or more. A third (33 per cent) were interested in informal volunteering and a further third (31 per cent) were not interested in either.<sup>320</sup>
- Just over three-quarters (76 per cent) of those interested in learning post-60 wanted to do so 'just for the pleasure of learning'. This was more true of younger respondents than of older ones.<sup>321</sup>
- Among those with aspirations of undertaking leisure or cultural activities, travel was the most common aspiration (82 per cent). Those in higher income quintiles were more likely to say this, while those aged over 65 were least likely to mention this.<sup>322</sup>
- Just under three-quarters (73 per cent) said they expected to care for a family member when they themselves were 60 or older. Younger respondents were most likely to say this.<sup>323</sup>
- Almost all respondents (98 per cent) were doing at least one activity to maintain their long-term health, and the most common of these were avoiding smoking, getting out of the house as often as possible, eating fruit and vegetables and taking regular exercise.<sup>324</sup>
- Respondents who did nothing to maintain their long-term health were more likely to be in younger age groups, male and of lower socio-economic status. The most common reason for not doing any health maintaining behaviours was because people did not believe this would make any difference.<sup>325</sup>
- People who took part in more health-maintaining and independence-maintaining behaviours were less likely to feel isolated and more likely to feel that their community was a good one to grow old in.<sup>326</sup>

### ***Transport and accessibility***

- Between 1995/97 and 2013 the proportion of people in Great Britain aged 70+ holding a licence increased from 38% to 62%.<sup>327</sup>
- 40% of people aged 60 or over in GB use local bus services at least once a week.<sup>328</sup>
- In 2013 the take-up rate of concessionary fares by people aged 60+ in Great Britain was 76% (79% of females and 73% of males).<sup>329</sup>
- In 2013, the concessionary bus pass scheme delivered more than 1.2 billion trips to 12 million pass holders in Britain (both disabled and older people).<sup>330</sup>
- A cost-benefit analysis on the concessionary travel for older and disabled people shows that the scheme delivers excellent value for money with each £1 spent generating at least £2.87 in benefits. Half of the benefits accrue directly and immediately to concessionary travellers themselves, around 20% of the benefits to other bus passengers and other road users from transport network improvements, and the rest to the wider community from wider economic and social impacts and in particular from improvements in health and wellbeing.<sup>331</sup>
- Around 25% of bus journeys taken by people aged 65+ are for medical appointments.<sup>332</sup>
- 18% of adults aged 60-69 have a mobility difficulty, and 38% of adults aged 70+ do. This is compared to 12% of everyone aged 16 and over.<sup>333</sup>

- In the UK, 11% of those aged 65+ say they find it difficult to access a corner shop; 12% find it difficult to get to their local supermarket; 14% to a post office; 12% to their doctor's surgery; and 25% to their local hospital<sup>334</sup>
- 57% of rural households are within 13 minutes' walk of an hourly or better bus service<sup>335</sup>
- 28% of rural households do not have access to a supermarket within 4km<sup>336</sup>

## **Community and citizenship**

- 29.0% of people aged 65-74 and 17.6% of 75+ in England have participated in volunteering in the 12 months to June 2012. The average for all ages is 23.9%<sup>337</sup>
- This equates to just over 2.5 million volunteers aged 65+ in England<sup>338</sup>
- Nearly 4.9 million people aged 65 and over in England (58%) take part in volunteering or civic engagement<sup>339</sup>
- People aged 65+ say that the top benefits of volunteering are 'meeting people and making friends' (91%), 'gets me out of myself' (82%), 'makes me feel needed' (76%), and 'gives me more confidence' (68%)<sup>340</sup>
- Other benefits of volunteering are:
  - gives a role in life and a sense of being needed and respected,<sup>341, 342, 343, 344, 345</sup>
  - decreases mortality and improves self-rated health,<sup>346, 347, 348, 349, 350, 351</sup>
  - increases mental health and decreases depression,<sup>352, 353, 354, 355, 356, 357, 358</sup>
  - reduces stress and increases life satisfaction,<sup>359, 360</sup>
  - provides social support and interaction,<sup>361</sup>
  - healthy behaviours and the ability to cope with one's own illness,<sup>362</sup>
  - provides a positive transition from work to retirement.<sup>363</sup>
- In the 2005 general election, voting was more common with increasing age: 75% of people aged 65+ voted, as opposed to 37% of those aged 18-24.<sup>364</sup>
- In 2010, 27% of 18-24 year olds said they would be likely to vote in an immediate general election, compared to 80% of people aged 75 or over.<sup>365</sup>
  - 83% of adults aged 65-74 and 81% of those 75+ feel they belong strongly to their neighbourhood<sup>366</sup>
- However, 30% of people 65-74 and 29% of people 75+ feel they can affect decisions in their local area, as opposed to 38% of adults in England<sup>367</sup>
- 78% of people over 65 said they were satisfied with feeling they were part of a community (30% were 'very satisfied'), which was higher than any other age group.<sup>368</sup>
- 93% of over 65s said they were satisfied they where they lived was a quiet environment (49% were 'very satisfied'), which was higher than any other age group.<sup>369</sup>
- 94% of over 65s said they were satisfied with the area in which they lived (54% were 'very satisfied'), which was higher than any other age group.<sup>370</sup>
- 91% of people over 65 said that having public gardens, parks, commons, or other green spaces nearby was important; this was similar to other ages.<sup>371</sup>
- Although they visited public gardens and other green spaces less often than other age groups, 83% of over 65s said they go to these places.<sup>372</sup>

## **Leisure and time use**

- People aged 65 and over spend on average three and three quarters hours a day watching TV (or DVD/Video)<sup>373</sup>
- Over-65s are estimated to spend an average of 80% of their time in the home - 90% for people over 85<sup>374</sup>
- 73% of over-65s said they were involved in leisure activities and hobbies in the last 2 weeks<sup>375</sup>
- 76% of over-65s said they are satisfied with their leisure activities and hobbies; 34% were 'very satisfied', which was higher than any other age group except 16-24 year olds (35%)<sup>376</sup>
- 48% of over-65s are active in social activities in their local area, though this is less than other age groups<sup>377</sup>

## **Digital inclusion**

The issue of internet use is especially important for older people, because more and more services are moving online. For example, a report, "Online government services and the offline older generation,"<sup>378</sup> concludes that the direction of travel within government is, definitively, to move resources online.

There are 2 major sources of information about internet and digital use by older people; we've listed these separately below for clarity.

### **From Office of National Statistics**

- In 2015, 4.5 million people aged 65 and over have never been online (39% of this age group).<sup>379</sup>
- 42% of people 65+ use the internet daily and 14 % weekly. This compares to 73% daily and 10% weekly amongst all age groups. This is also has greatly increased since 2006, when only 9% of people aged 65+ used the internet daily, and 8% used it weekly.<sup>380</sup>
- 'Single adult aged 65+' households are the most likely to not have internet access (59%). In contrast, 80% of households with 2 people, 1 aged 65+, have internet access, as do 84% of all households.<sup>381</sup>
- Reasons for households not having Internet access (2014):<sup>382</sup>
  - 53% - Don't need Internet (not useful, not interesting, etc.)
  - 32% - Lack of skills
  - 12% - Equipment costs too high
  - 11% - Access costs too high
- 11% of people aged 65+ access the internet on their mobile phones. This has increased from 2% in 2010, and compares with 58% of all adults.<sup>383</sup>
- The most common internet activities for the 65+ group are:<sup>384</sup>
  - Sending/receiving emails (49%)
  - Finding information about goods and services (44%)
  - Reading or downloading online news, newspapers or magazines (24%)
  - Internet banking (23%)
  - Using services related to travel or travel related accommodation (22%)
  - Conversely, only 13% use it for social media, compared with 54% of all adults, and 91% of the 16-24 age group.

### **From Ofcom**

- Among those aged 65-74, two-thirds of this age group have internet access at home. However, still only about a third (32%) of those aged 75+ have the internet at home. Around 94% of those aged 16-24 do.<sup>385</sup>
- 14% of those aged 65-74 and 4% of those aged 75+ have a smartphone, compared with 61% of all ages of adults.<sup>386</sup>
- Broadband take-up among older age groups has increased significantly in the past two years. Of those aged 65 to 74, between 2010 and 2014 broadband take-up has increased from 46% to 64% and amongst those aged 75+ from 21% to 30%.<sup>387</sup>
- Of those who do use the internet, self-reported hours of internet use is significantly lower among adults aged 65+ at 5 hours per week for men and 4.7 hours a week for women.<sup>388</sup>
- For most people without internet access the main reason is a lack of interest: 82% said that the main reason for not having internet access was that they had no need for it, and 32% said that it was too expensive. A significant minority (16%) said that their main reason was they did not know how to use the internet / a computer.<sup>389</sup>
- Amongst those aged 65 to 74, 33 per cent do not intend to acquire internet access at home and this increases to 66 per cent in the 75+ age group. This compares with 8.9 per cent of those aged between 16 and 64.<sup>390</sup>

## Loneliness

- Loneliness and social isolation are linked to around a 30 per cent increased risk of having a stroke or developing coronary artery disease<sup>391</sup>
- A 2015 study has indicated that loneliness can increase your risk of premature death by up to a quarter.<sup>392</sup>
- In April 2014, over 1 million older people say they are always or often feel lonely (10% of people aged 65+). 13 per cent of people aged 75 or over said they were always or often lonely<sup>393</sup>
- Loneliness can be as harmful for our health as smoking 15 cigarettes a day<sup>394</sup>
- People with a high degree of loneliness are twice as likely to develop Alzheimer's than people with a low degree of loneliness<sup>395</sup>
- 41% of people aged 65 and over in the UK feel out of touch with the pace of modern life and 12% say they feel cut off from society<sup>396</sup>
- Nearly half of older people (49% of 65+ UK) say that television or pets are their main form of company<sup>397</sup>
- Over a third of older people (37% or about over 4 million) consider the television as their main form of company<sup>398</sup>
- One in eight (12%) say that pets are their main form of company<sup>399</sup>
- 5% (500,000) people aged 65+ in the UK say they spent Christmas Day 2010 alone<sup>400</sup>
- 70% of over 65s said they never felt lonely in the last 2 weeks, which was the lowest amount for any age group (other ages ranged from 73%-79% saying they never felt lonely). 8% said they felt lonely most or all days during the last 2 weeks, which was the highest for any age group (3%-5% of other ages were).<sup>401</sup>
- 86% of over 65s say they are satisfied with their personal relationships. This is the lowest of all age groups.<sup>402</sup>
- Only 46% of over 65s said they spent time together with their family on most or every day, compared to 65-76% for other ages. 12% of over 65s said they never spent time with their family.<sup>403</sup>
- Over 65s also spent less time with friends: only 35% spent time with friends most or every day in the last 2 weeks, and 12% never did.<sup>404</sup>
- People who took part in more health-maintaining and independence-maintaining behaviours were less likely to feel isolated and more likely to feel that their community was a good one to grow old in.<sup>405</sup>

## Isolation

- 3.5 million people aged 65+ live alone.<sup>406</sup>
- Over 2 million, or nearly half (49%), of all people aged 75 and over live alone<sup>407</sup>
- 9% of older people feel trapped in their own home<sup>408</sup>
- 6% of older people (nearly 600,000) leave their house once a week or less<sup>409</sup>
- 30% say they would like to go out more often<sup>410</sup>
- According to research for DWP, nearly a quarter (24%) of pensioners do not go out socially at least once a month<sup>411</sup>
- Nearly 200,000 older people in the UK do not receive the help they need to get out of their house or flat<sup>412</sup>
- 17% of older people have less than weekly contact with family, friends and neighbours<sup>413</sup>
- 11% have less than monthly contact<sup>414</sup>
- According to a survey in December 2014, 2.9 million older people (65+) in Great Britain feel they have no one to turn to for help and support.<sup>415</sup>

## Crime

- The percentage of older people who say they have a high level of worry about crime (by age group and type): Burglary 12% (65-74) and 10% (75+); Violent crime 12% (65-74) and 10% (75+)<sup>416</sup>

- 90% of over-65s said they never felt unsafe or threatened during the last two weeks<sup>417</sup>
- As an age group, the 75+ group is *least* likely to have a high level of worry about burglary, car crime and violent crime. 65-74 is also less likely than the average to have a high level of worry about car crime and violent crime<sup>418</sup>
- Older people (65+) are most likely to feel that crime is increasing “a lot” in the *country as a whole*. However, older people are no more likely to perceive a similar increase of crime at a *local level*<sup>419</sup>
- There were 10,635 recorded distraction burglary crimes in 2007-08<sup>420</sup>

## Work and Learning

### Employment

- During Sept-Nov 2014, there were 8.42 million people aged 50-64 and 1.13 million people aged 65 and over in employment; together, this was 29% of 'economically active' people aged 16+.<sup>421</sup>
- Out of 10.2 million people aged between 50 and the state pension age, 2.9 million (28%) are out of work.<sup>422</sup>
- Of the 2.9 million, only 0.7 million see themselves as "retired", yet 1.7 million think it is unlikely that they will ever work again.<sup>423</sup>
- Over half of men and women have already stopped working by the year before they reach state pension age.<sup>424</sup>
- On average, men leave the labour market earlier now than they did in the 1950s and 1960s, and often this is not a planned early retirement, but people forced out of work by circumstances beyond their control.<sup>425</sup>
- 47% of unemployed older people have been out of work for a year or more compared to only 33% of unemployed 18-24 year olds.<sup>426</sup>
- Median hourly pay for workers in their 50s is £12.00 and £10.00 for workers aged 60+, as opposed to £13.03 for workers in their 30s.<sup>427</sup>
- There has been a trend of people leaving the workforce (presumably for retirement) later. For men, the estimate of average age of withdrawal increased from 63.8 years in 2004 to 64.5 in 2009. For women, it increased from 61.2 years in 2004 to 62.0 years in 2009.<sup>428</sup>
- 65% of older people believe age discrimination still exists in the workplace.<sup>429</sup>
- 18.1% of employees in the UK aged between 50 and retirement age have received job-related training in the last four weeks, as opposed to 25.8% aged 25-34 and 38.7% aged 35-49.<sup>430</sup>
- Today, over 1.87 million people aged 50+ work for themselves.<sup>431</sup>

### Learning

- 20% of 65-74 year-olds and 12% of those aged 75+ consider themselves learners.<sup>432</sup>
- 168,000 people aged 60+ in England participated in state-funded learning in 2007-08.<sup>433</sup>
- 80% of those 65+ engaged in learning report that they do so for personal and leisure interests.<sup>434</sup>

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	2010	2011	2012	2013	Annual Average
<b>TOTAL</b>	1,850	1,901	1,754	1,713	1,805

Source: Annual Road Fatalities GB, Department for Transport <https://www.gov.uk/government/publications/annual-road-fatalities>

The EWD figure is almost exactly 15 times the number of RTFs: 27,085 EWD/1,805 RTA fatalities = 15.0055

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