

InformGloucestershire

Older People in Gloucestershire Prevalence of Needs

Release date: July 2020



Key points

- Gloucestershire has a larger proportion of **older population** (age 65+) than nationally. Its older population is also forecast to rise at a faster pace than nationally in the next 25 years, rising from 135,000 to 205,900 people between 2018 and 2043, equivalent to an average increase of 2,800 people per year.
- In 2020, an estimated 28,000 older people in private households have a **long-term illness or disability** that limits their day-to-day activities a lot. The number will increase to nearly 37,000 by 2030, and most of this increase will be in the 75-84 and over-85s age groups.
- Benefit claims data suggest that currently, the most common **long-term health and disabling conditions** among older people that require care and support were arthritis, dementia/neurological disease, heart disease and musculoskeletal disease. Projections for the next 10 years indicate that the biggest increases in numbers would be for cardiovascular disease and obesity.
- The number of older people unable to manage at least one mobility activity on their own is projected to rise from 25,800 to 33,800 between 2020 and 2030. At the same time, the number unable to manage at least one **self-care activity** will increase from 40,000 to 51,800 in the same period.
- In 2018/19, a total of 6,129 people of all ages in Gloucestershire were diagnosed with **dementia**, more than twice the number diagnosed in 2009/10. Modelled data estimates that as of 2020, a total of 9,900 people aged 65+ in Gloucestershire have dementia. This is projected to rise to 13,400 in 2030.
- Studies suggest that the level of unmet social care need is higher among older people on **low incomes** than those on higher incomes. In Gloucestershire, 8 neighbourhood areas were ranked among the national top 10% income deprivations affecting older people. In November 2019, 5,644 people aged 65+ were receiving Guarantee Credit, a state benefit that tops up their weekly income.

Key points (continued)

- **Loneliness** compounds the need for social care because of the link between persistent loneliness and increased health risk. Using national studies, it was calculated that around 6,000 older people in Gloucestershire feel lonely always or often. A local survey reveals that 5% of social care service users aged 65+ had little social contact with people and felt isolated, and a further 15% had some social contact but not enough.
- Modelling suggests that currently around 12,100 older people in Gloucestershire have **depression**, with 3,800 of these suffering from the severe form. Both figures are projected to rise considerably in the next 10 years as the population ages.
- Lack of **access to a car** presents particular problems in areas where public transport services to health care and community facilities are limited. In Gloucestershire, one in five over-65s did not have access to a car according to Census 2011. Among those with a long-term illness or disability that limited their daily activities a lot, the proportion with no access to a car nearly doubled.
- An ONS study suggests older people's **use of the internet** has been consistently lower than the younger age groups, but the proportions using the internet are increasing. However, use of the internet remains low among the over-75s who have a disability, at 41%.
- There are an estimated 20,200 **informal carers aged 65+** in Gloucestershire in 2020, and the number is projected to increase to 25,100 in 2030. The largest rate of increase would be in the number providing 50+ hours of care a week.
- The latest Carer Survey for Gloucestershire suggests that eight in ten **carers aged 65+ receiving council-funded services** were caring for an older person. They were also more likely than those in the general population to provide long hours of care and in poor health.
- The same survey also suggests that **quality of life most adversely impacted on by caring for older people** was around social isolation, lack of encouragement and support, lack of control over life and not doing things they enjoy with their time.

Introduction

- This document provides a broad outline of needs of older people in Gloucestershire that might impact on future demand for social care. The aim is to bring together key evidence to support Gloucestershire County Council and our partner organisations in their understanding of potential social care needs of our most vulnerable adults in the County.
- Since the introduction of the Care Act 2014, as well as identifying need, local authorities are required to identify individuals' strengths – personal, community and social networks – and to maximise those strengths. This will enable people to achieve better outcomes, meeting their needs and improving or maintaining their wellbeing. [Strengths-based analysis](#) on Inform Gloucestershire further provides a baseline understanding of the strengths of the local adult population as well as adult social care service users in Gloucestershire. The [Community](#) theme on Inform Gloucestershire also looks at other characteristics within the population such as social capital and community assets that may mitigate any needs.

Current Older Population in Gloucestershire

- The number of older people aged 65+ in Gloucestershire has increased at a faster rate than nationally in the 10 years to 2018 (28.0% vs 23.2%).
- The County also has a larger proportion of older population than nationally (21.3% vs 18.3%). By 2018, an estimated 135,000 people aged 65 or over were living in Gloucestershire.
- Stroud district currently had the largest older population in Gloucestershire, accounting for nearly a fifth of the County's over-65s population as of 2018.

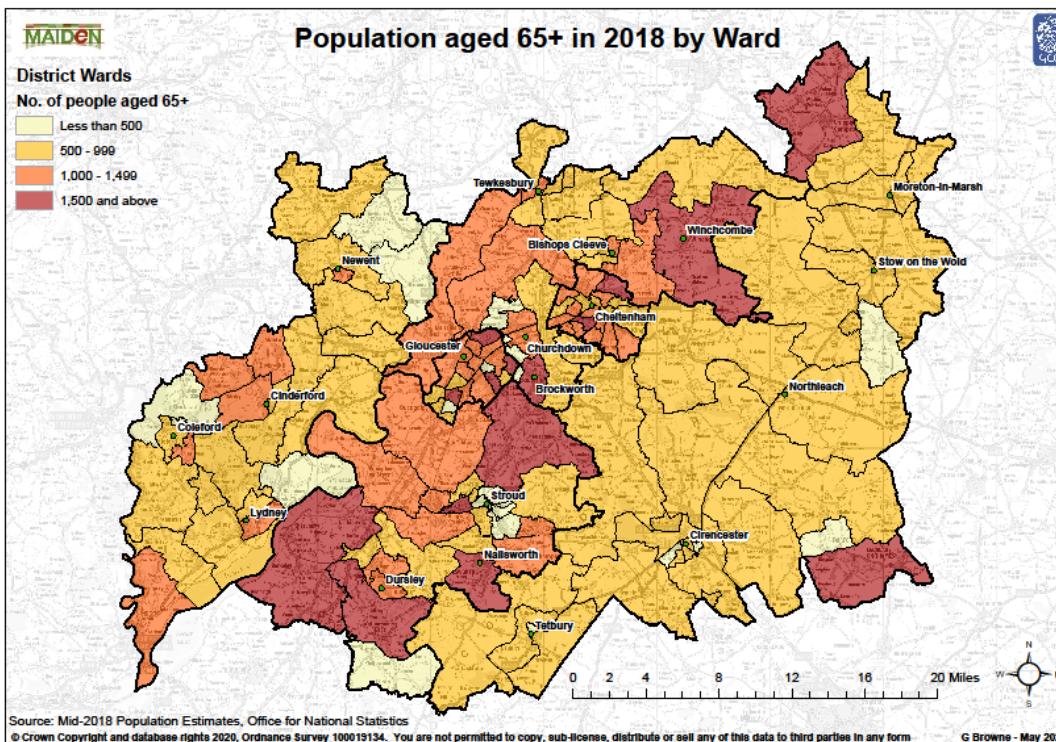
Older population in Gloucestershire Districts, Mid-2018

	Age 65-74	Age 75-84	Age 85+	Older Population Age 65+	District Share of Older Population Age 65+
Gloucestershire	73,376	43,576	18,021	134,973	100.0%
Cheltenham	11,630	7,296	3,593	22,519	16.7%
Cotswold	12,254	7,352	3,154	22,760	16.9%
Forest of Dean	11,969	6,656	2,409	21,034	15.6%
Gloucester	11,675	6,922	2,973	21,570	16.0%
Stroud	14,790	8,612	3,216	26,618	19.7%
Tewkesbury	11,058	6,738	2,676	20,472	15.2%
% by Age, Gloucestershire	54.4%	32.3%	13.4%	100.0%	

Source: Mid-2018 Population Estimates, Office for National Statistics

Current Distribution of Older Population by Ward

- In 2018, there were 15 council wards (shown in red in map) that had at least 1,500 residents who were aged 65 or over, compared to 13 wards in 2017. These were Hucclecote (Gloucester), Longlevens, Campden & Vale, Winchcombe, Prestbury, Abbeydale, Wotton-under-Edge, Grange, Painswick and Upton, Lechlade, Kempsford & Fairford South, Berkeley Vale, Park, Caincross, Brockworth and Nailsworth.

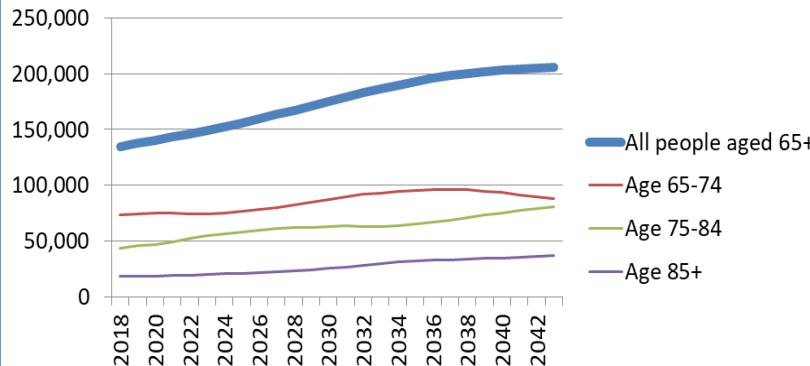


Source: Annual Small Area Population Estimates 2018, Office for National Statistics

Projected Older Population for Gloucestershire

- Projections suggest that older population in Gloucestershire will rise at a faster pace than nationally between 2018 and 2043 (52.5% vs 43.2%), and reach an estimated 205,900 people by 2043.
- The projected increase equates to an average annual increase of 2,800 people aged 65+ over the 25-year period, with the over-75s accounting for most of the increase (2,240 people).

Projections of population aged 65+ in Gloucestershire 2018-2043



(Source: 2018-based Population Projections, Office for National Statistics)

Projections of population aged 65+ in Gloucestershire by age group

	2018	2030	2043	Change 2018-43	% Change 2018-43
All people aged 65+	134,973	175,365	205,865	70,892	52.5%
Age 65-74	73,376	87,182	88,220	14,844	20.2%
Age 75-84	43,576	62,850	80,821	37,245	85.5%
Age 85+	18,021	25,333	36,824	18,803	104.3%

(Source: 2018-based Population Projections, Office for National Statistics)

Projected Older Population for Districts

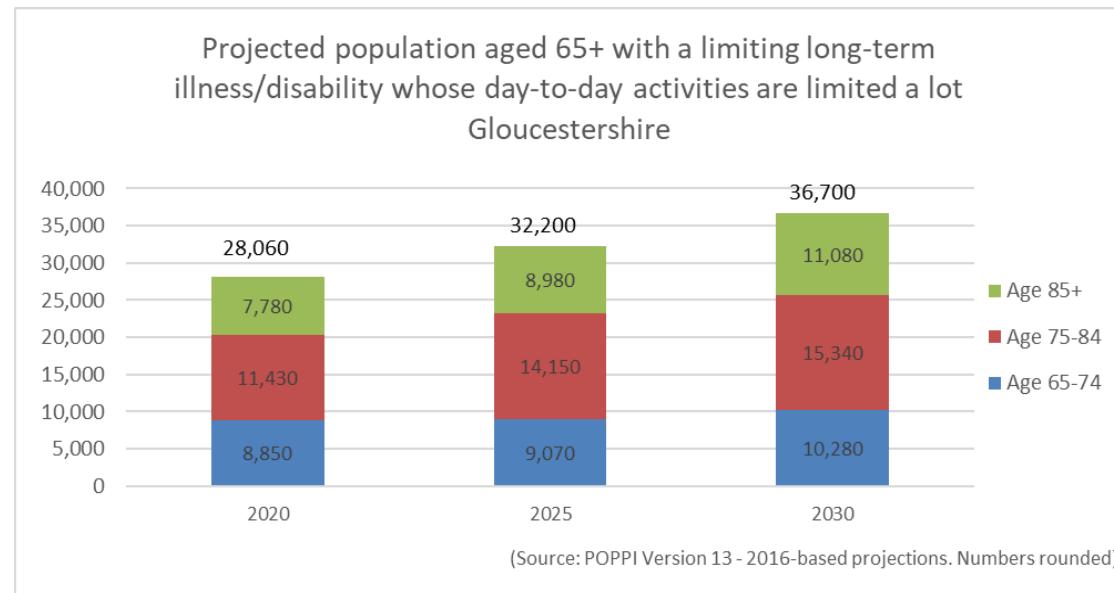
- At a district level, Cotswold is projected to have the greatest increase in the older population in the County between 2018 and 2043, rising by 65.1% and 14,800 people.

Projections of people aged 65+ in Gloucestershire Districts					
	2018	2030	2043	No. change 2018-2043	% change 2018-2043
Gloucestershire	134,973	175,365	205,865	70,892	52.5%
Cheltenham	22,519	28,374	32,759	10,240	45.5%
Cotswold	22,760	31,074	37,571	14,811	65.1%
Forest	21,034	26,888	30,675	9,641	45.8%
Gloucester	21,570	28,191	32,958	11,388	52.8%
Stroud	26,618	33,704	39,295	12,677	47.6%
Tewkesbury	20,472	27,134	32,607	12,135	59.3%

Source: 2018-based Population Projections, Office for National Statistics

General Health and Disability of Older People in Gloucestershire

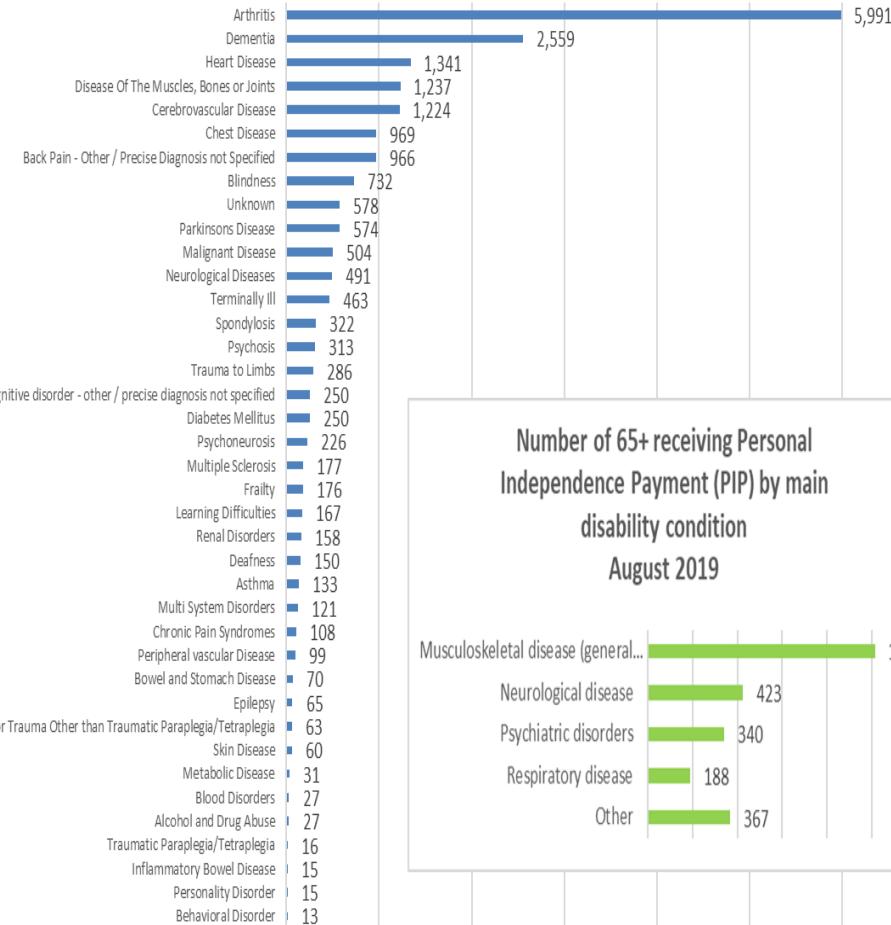
- Census 2011 shows that among the population aged 65+ in private households in Gloucestershire, 11.1% were in bad or very bad health, and 21.1% had a long-term illness/disability that limited their day-to-day activities a lot.
- The POPPI model forecasts that:
 - in 2020, about 28,000 older people in private households have a long-term illness or disability that limits their day-to-day activities a lot
 - the number will increase to nearly 37,000 by 2030
 - most of this increase will be in the 75-84 and over-85s age groups



Current Benefit Claims for a Disabling Condition

- As of August 2019, nearly 21,000 people aged 65+ in Gloucestershire were claiming Attendance Allowance (AA) or Disability Living Allowance (DLA) for a disability or long-term health condition.
- The largest number of claims was for arthritis (5,991 people), accounting for 28.5% of all claims, followed by dementia (2,559 people, 12.2%).
- There was an additional 2,330 older people receiving Personal Independence Payment (PIP) for a long-term health condition. The most common conditions were musculoskeletal disease (1,015 people, 43.5%) and neurological disease (355 people, 18.1%).

Number of people aged 65+ receiving Attendance Allowance (AA) or Disability Living Allowance (DLA) by main disability condition
Gloucestershire, August 2019



(Source: Stat-Xplore, DWP)

Health Conditions – Projected numbers

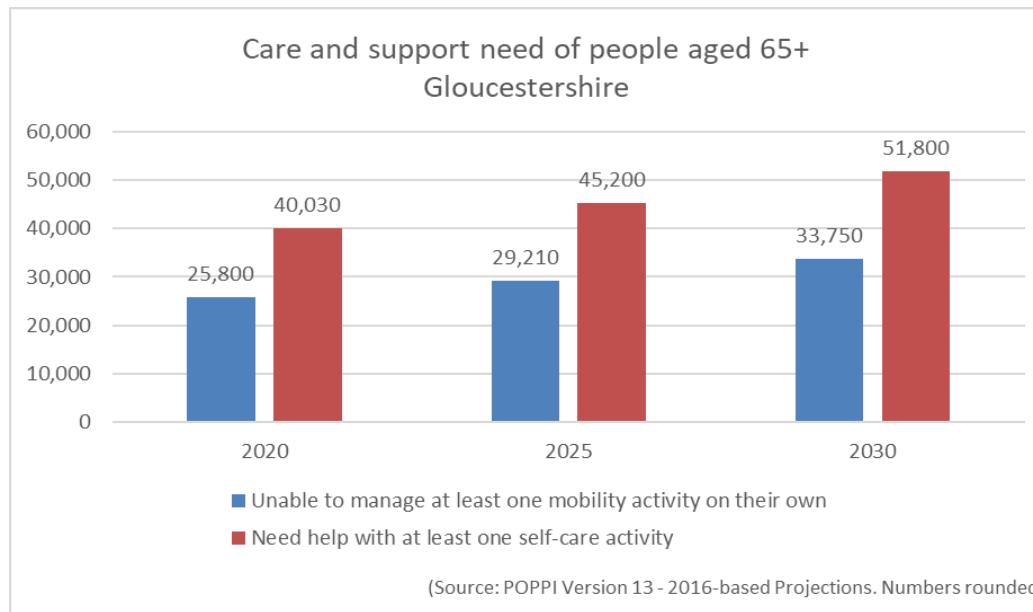
- The table below shows a selection of the more common health conditions among older people in Gloucestershire.
- The number of older people with these conditions is expected to increase between 2020 and 2030 as the number of older people grows. The biggest rate of increase is for those with severe hearing loss (up 42%). The biggest increases in numbers are cardiovascular disease (up 12,300) and obesity (up 10,650).

Projected prevalence of selected health conditions of people aged 65+ Gloucestershire				
	2020	2030	Projected Increase 2020-2030	
			%	number
Cardiovascular disease	44,670	56,930	27.4	12,260
Obesity: BMI of 30 or more	42,600	53,250	25.0	10,650
Bladder problem at least once a week	23,020	29,430	27.8	6,410
Diabetes	17,470	21,930	25.5	4,460
Moderate or severe visual impairment	12,340	16,020	29.8	3,680
Depression	12,080	15,200	25.8	3,120
Severe hearing loss	11,240	15,940	41.8	4,700
Dementia	9,910	13,370	34.9	3,460
Severe depression	3,810	4,920	29.1	1,110
Bronchitis	2,370	2,990	26.2	620

(Source: POPPI version 13 - 2016-based projections. Numbers rounded)

Care and Support Needs

- Using results from Living in Britain Survey, the POPPI model estimates that:
 - about 25,800 people aged 65 and over in Gloucestershire are unable to manage at least one mobility activity on their own* in 2020. The number is projected to increase to 33,800 in 2030
 - about 40,000 older people are unable to manage at least one self-care activity on their own** in 2020. The number is predicted to increase to 51,800 in 2030



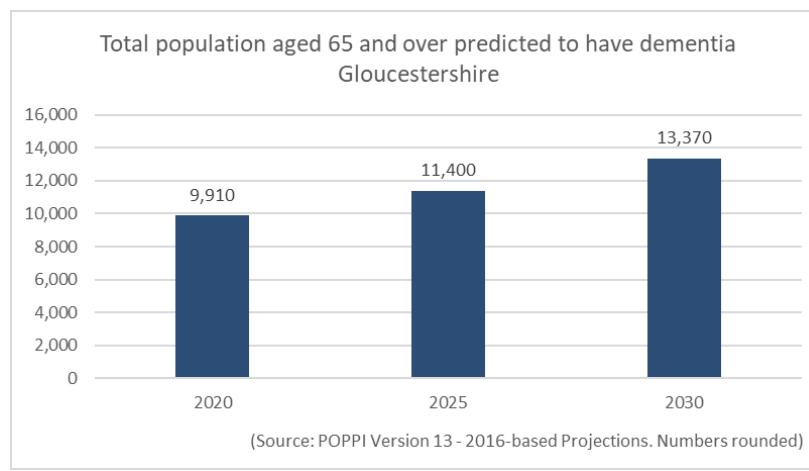
- Mobility activities include going out of doors and walking down the road; getting up and down stairs; getting around the house on the level; getting to the toilet; and getting in and out of bed.

** Self-care activities include bathe, shower or wash all over; dress and undress; get in and out of bed; feed; and take medicines.

Dementia

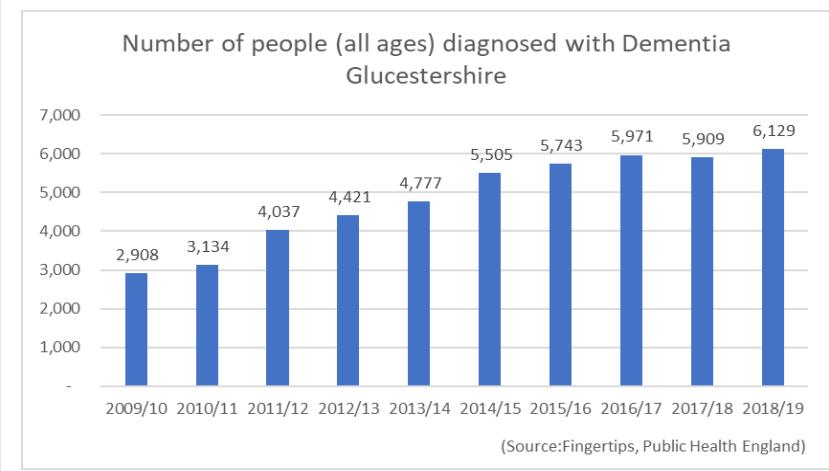
Prevalence and projections

- The likelihood of developing dementia increases significantly with age. Nationally, one in six people aged 80 and over are estimated to have dementia.
- The POPPI model estimates that as of 2020, a total of 9,900 people aged 65+ in Gloucestershire have dementia. This is projected to rise to approximately 13,400 in 2030.



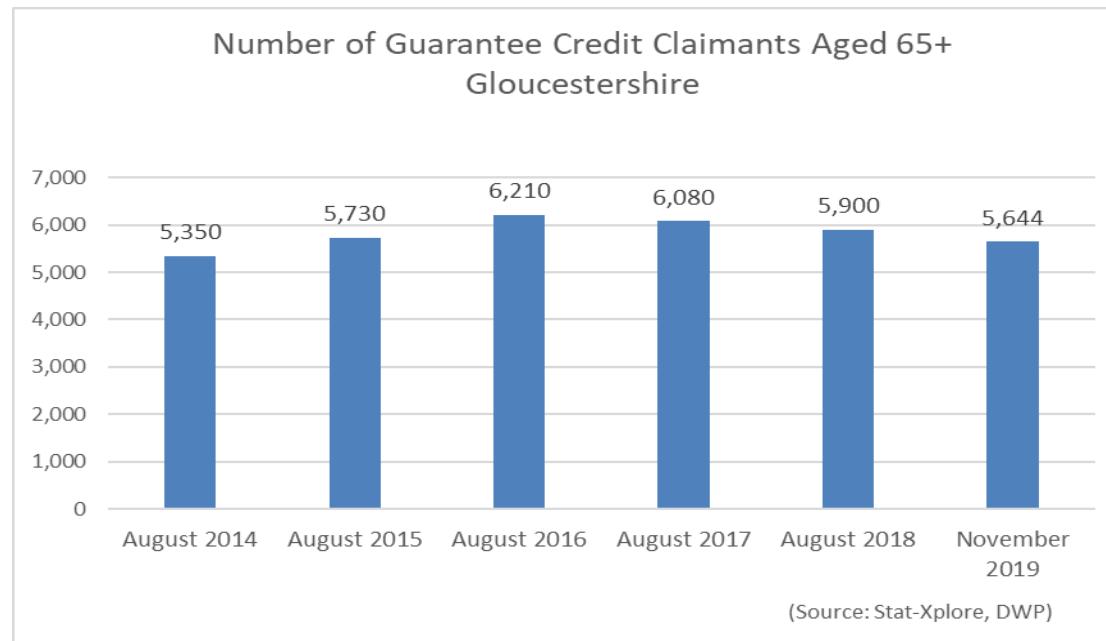
Diagnosed cases

- The latest figures from Public Health England indicate that in 2018/19, a total of 6,129 people of all ages in Gloucestershire were diagnosed with dementia.
- This was more than twice the number diagnosed in 2009/10 (2,908 people).



Low Incomes

- The level of unmet social care need is higher among older people on low incomes than those on higher incomes*.
- People aged 80+, single women, tenants (in both private and social sectors) and pensioners from Black and Minority Ethnic backgrounds are at greater risk of falling into poverty**.
- In Gloucestershire, a total of 5,644 people aged 65+ were receiving Guarantee Credit as of November 2019, to top up their weekly income to £173.75 for a single person and £265.20 for couples. The number represented a continuous decrease since 2016, in line with the national trend.

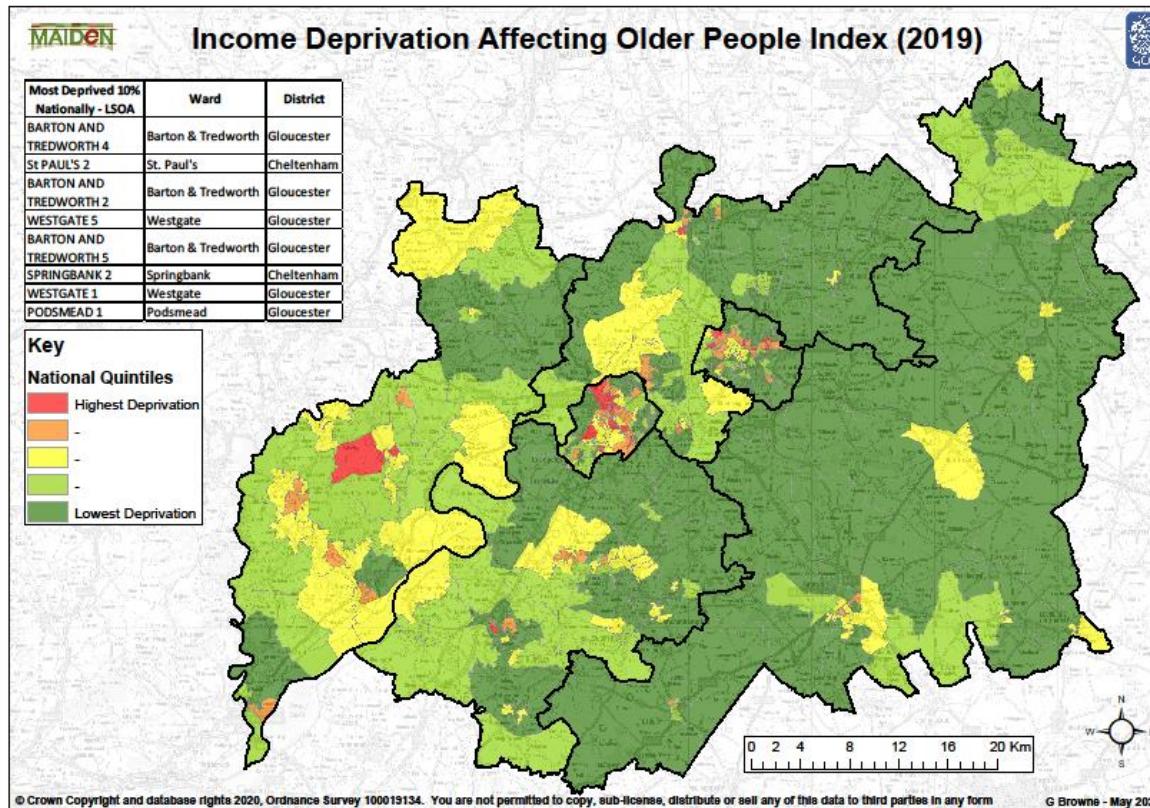


* Source: Living Longer – How Our Population Is Changing and Why It Matters, Office for National Statistics, August 2018

** Source: Poverty in Later Life, Age UK, April 2018

Low Incomes at local level

- In 2019, 8 neighbourhood areas in Gloucestershire were ranked among the national top 10% income deprivation affecting older people.
- In total, about 1,450 people aged 65+ lived in these areas, representing 1.1% of the County's older population. The following map highlights these 8 areas (in red): six of these are in Gloucester and two in Cheltenham.



Mental health - Loneliness

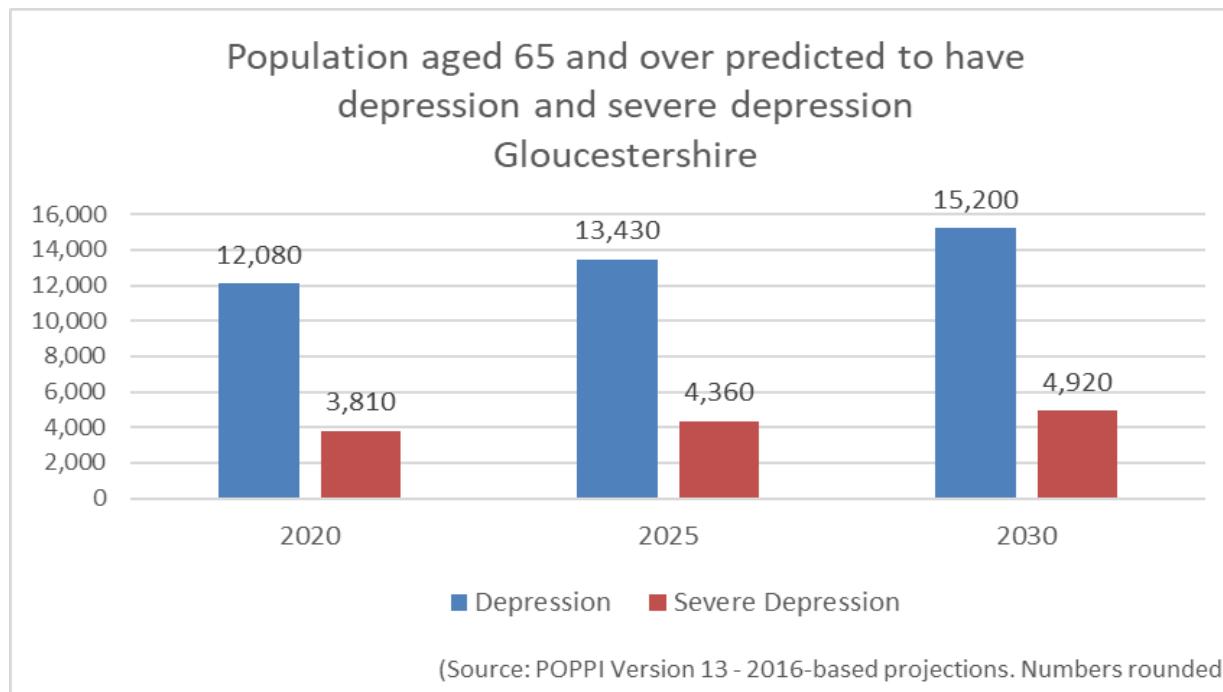
- Loneliness compounds the need for social care because of the link between persistent loneliness and increased health risk.
- A recent national survey suggests that 4% of people aged 65-74 and 5% of the over-75s felt lonely always or often*. The proportions can be translated into around 6,000 people aged 65+ in Gloucestershire who feel lonely always or often.
- The same survey also suggests that people of all ages with a limiting long-term illness or disability were more likely to feel lonely always or often than those without, and were less likely to have support networks.
- A study by Age UK** concluded that the three biggest risk factors associated with chronic loneliness among the over-65s are
 - poor health
 - relationship status
 - living alone
- In Gloucestershire, Adult Social Care Service User Survey (2018/19) for Gloucestershire suggests that 5% of social care service users aged 65+ had little social contact with people and felt isolated, and a further 15% had some social contact but not enough.

* Source: Community Life Survey 2018-19, Department for Digital, Culture, Media and Sport

** Source: Predicting the prevalence of loneliness at older ages, Age UK

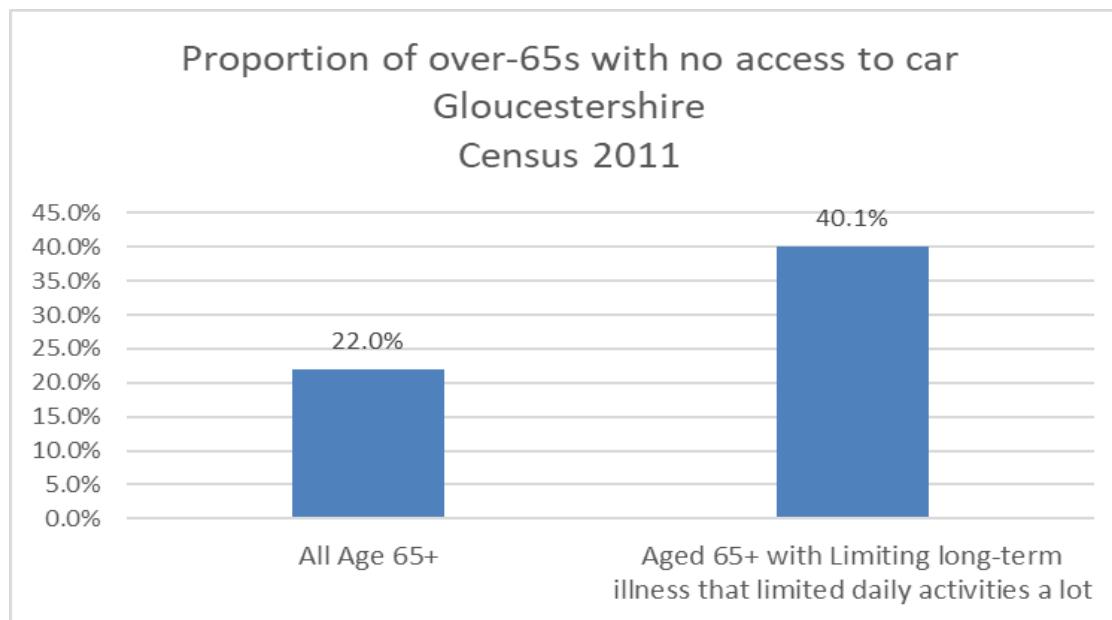
Mental health - Depression

- The POPPI model estimates that around 12,100 older people in Gloucestershire have depression as of 2020, with 3,800 of these suffering from the severe form.
- Both figures are projected to rise considerably in the next 10 years as the population ages.



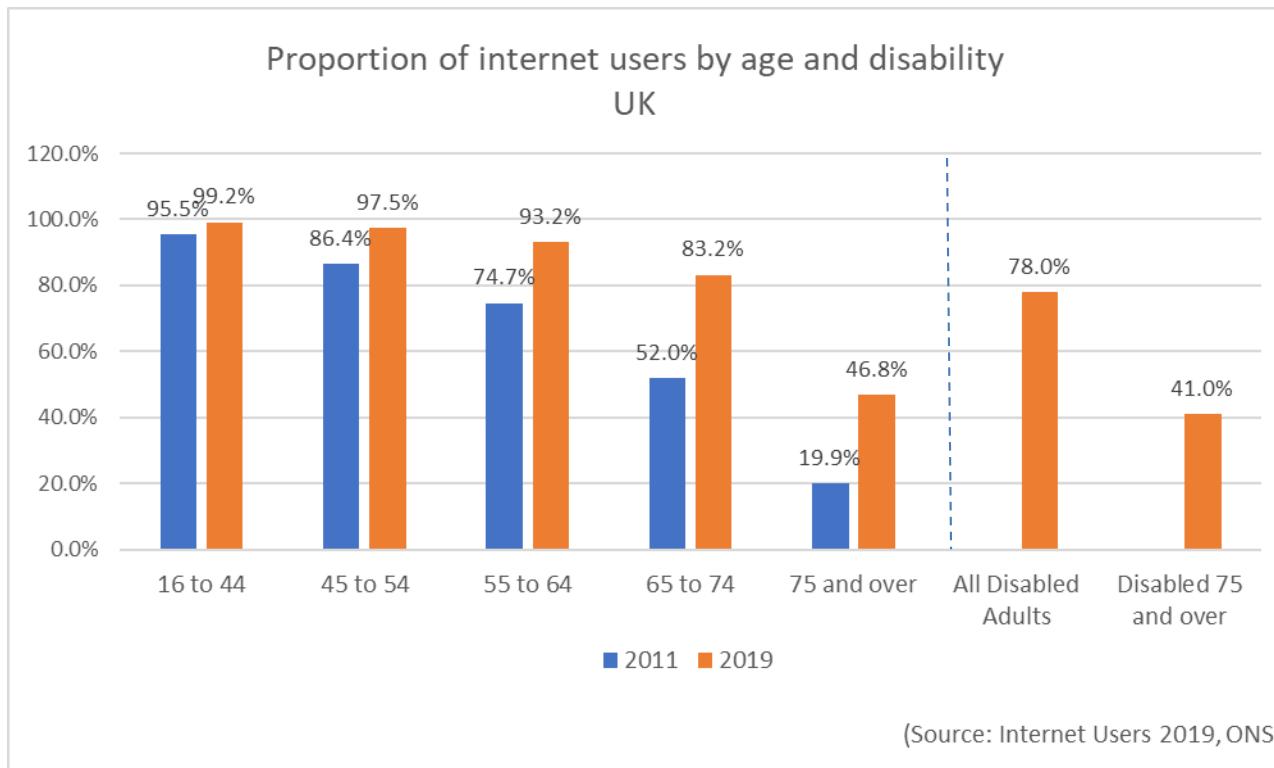
Access to Services – by Car

- Lack of access to a car presents particular problems in areas where public transport services to health care and community facilities are limited.
- In Gloucestershire, one in five over-65s did not have access to a car according to Census 2011.
- Among those with a long-term illness or disability that limited their daily activities a lot, the proportion with no access to a car nearly doubled, to 40.1%.



Access to Services – by Internet

- An ONS study suggests that older people have been consistently less likely to use the internet than the younger age groups. However, the proportions of older people using the internet are increasing.
- Among the over-75s who have a disability, however, the use of the internet remains low, at 41%.



Older Carers in the Population

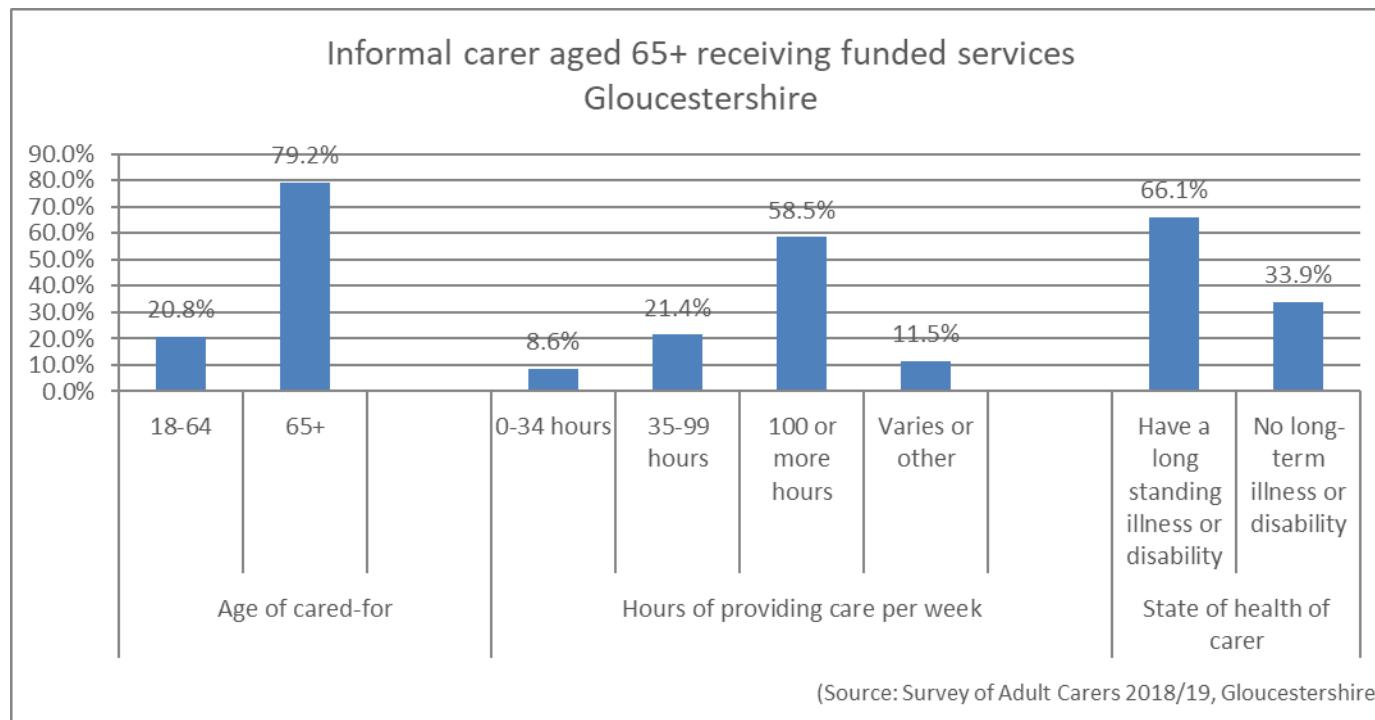
- Basing on Census 2011 data, the POPPI model estimates that in 2020, there are around 20,200 informal carers aged 65+ in Gloucestershire, increasing to 25,100 in 2030. The largest rate of increase would be in the number providing long hours of care, i.e. 50+ hours a week (up by 26.6%).
- GCC in-house projections estimate that as of 2020, there are around 1,770 older carers in Gloucestershire who are in bad or very bad health, and the number is projected to increase to about 2,200 by 2030.

Older people providing unpaid care in Gloucestershire				
	2020	2030	Change 2020-2030	% change 2020-2030
All unpaid carers aged 65+	20,157	25,077	4,920	24.4%
Hours of care provision per week				
less than 20 hours	11,155	13,720	2,565	23.0%
20-49 hours	2,270	2,834	564	24.8%
50 hours or more	6,732	8,523	1,791	26.6%
In poor or very poor health	1,774	2,207	433	24.4%

(Source: POPPI version 13 - 2016-based projections. GCC in-house projections for health. Numbers rounded)

Older Carers Receiving Council-Funded Services

- Among carers aged 65+ who received council-funded services in Gloucestershire, Carer Survey (2018/19) results for Gloucestershire suggest that they were more likely than those in the general population to provide long hours of care and in poor health:
 - 58.5% provided at least 100 hours of care per week
 - 66.1% had a long-standing illness or disability
 - 79.2% of those they cared for were also older people



Caring for Older People and Impact on Quality of Life

- A survey of carers who received services funded by Gloucestershire County Council suggests that
 - 78.3% of carers who cared for older people (over-65s) were over-65s themselves
 - 73.3% of carers caring for older people were full-time carers, providing at least 35 hours of care each week.
 - 51.3% provided more than 100 hours of informal care each week
 - 70.4% had a long-term illness or disability themselves
 - Quality of life most adversely impacted on due to their caring for older people were:
 - little social contact and feel socially isolated (18.8%)
 - lack of encouragement and support (18.5%)
 - lack of control over own daily life (18.5%)
 - not doing anything they valued or enjoyed with their time (18.2%)
 - neglecting themselves (15.5%)

Notes

Disability Benefits (Slide 10)

Attendance Allowance (AA) is a benefit for people over state pension age who have care needs as a result of a disability or long term health condition. It is paid at two rates depending on the level of need, and does not cover mobility needs.

Disability Living Allowance (DLA) is a non-means tested benefit for disabled people who need help with mobility or care and who are aged under 65 when they make the claim; if their mobility and care needs continue after they turn 65 they will continue to receive DLA. It provides a non-contributory, non means-tested and tax-free contribution towards the disability-related extra costs of severely disabled people who claim help with those costs before the age of 65.

Personal Independence Payment (PIP) is a benefit for people aged 16 or over who have not reached state pension age when they make the claim. From April 2013, PIP started replacing Disability Living Allowance (DLA) for people of working age. If people are awarded PIP before they are of state pension age, they will continue to receive it after.