

InformGloucestershire

Adults with Physical Disabilities in Gloucestershire Prevalence of Needs

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Gloucestershire
COUNTY COUNCIL

Key points

- In the 10-year period 2008 to 2018, Gloucestershire's **adult population** (aged 18+) saw an increase of nearly 40,300 people, with the over-65s accounting for nearly three-quarters of the growth. Long-term projections suggest that the majority of the growth of the adult population in Gloucestershire will continue to be driven by older people.
- In 2020 an estimated **3,400** people aged 18 to 64 years in Gloucestershire have a **severe personal care need** as a result of a physical disability and an estimated **15,600** people have a **moderate care need** as a result of a physical disability.
- The number of people in Gloucestershire aged 18 to 64 years with severe or moderate personal care needs is expected to **increase slightly between 2020 and 2025** and then **to fall slightly between 2025 and 2030**. Most of the increase between 2020 and 2025 is expected to be in the 55-64 age group.
- Estimates suggest that in 2020 **Gloucester and Stroud** districts have the **largest numbers** of people of working age with a moderate or severe personal care need due to a physical disability. The net change between 2020 and 2030 in both categories of care needs is expected to be a slight increase in Gloucester, Stroud and Tewkesbury and a slight decrease in Cheltenham, Cotswold and the Forest of Dean.
- Just over **29,300** adults were claiming a disability benefit for a physical disability or health condition in Gloucestershire in August 2019, an increase of 2.1% from August 2018; around **10,500** of these claims were for people aged 16-64 years and around **18,800** for people aged 65 years and over.
- For both working-age and older people in Gloucestershire, **arthritis and other musculoskeletal diseases** were the most common physical disabling conditions for claiming disability benefits.

Key points

- Estimates suggest **little change** in Gloucestershire over the next ten years in the number of people aged 18 to 64 years with **diabetes, severe hearing loss, visual impairment or health conditions caused by stroke**, as the working-age population is expected to have low growth. However, the number of people diagnosed with these conditions may increase as awareness of conditions and diagnosis improves.
- The number of **older people with long-term health conditions** in Gloucestershire is projected to **increase significantly** over the next ten years as the number of older people in the population increases. **Cardiovascular disease and obesity** are projected to have the largest increase in numbers. There are an estimated **44,700** people aged 65 and over with cardiovascular disease and **42,600** people aged 65 and over who are obese in Gloucestershire in 2020. These numbers are projected to increase by 27% and 25% respectively over the next ten year.
- **More than half of carers** in England providing physical support or sensory support are **full-time carers** providing care for at least 35 hours each week, and over a third provide care for 100 hours or more a week.
- Over **three-fifths** of carers in England providing physical support or sensory support have a **long-standing illness or disability** themselves.
- A **quarter of carers** providing sensory support and a **fifth of carers** providing physical support say they **have no encouragement or support**. Carers providing sensory support were the most likely of all carers to say they had no encouragement.
- Around **two-thirds** of carers in England providing physical support and carers providing sensory support say they **do not have enough social contact with people**; around **four-fifths** have **difficulty finding time to do the things they enjoy** and **over two fifths** have **difficulty looking after themselves**.

Introduction

- This document provides a broad outline of needs of adults with physical disabilities in Gloucestershire that might have an 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, thereby meeting their needs and improving or maintaining their wellbeing. [Strengths-based analysis](#) on Inform Gloucestershire provides a baseline understanding of the strengths of the local adult population as well as adult social care service users. 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.
- For the purposes of this document, physical disabilities include sensory impairment.

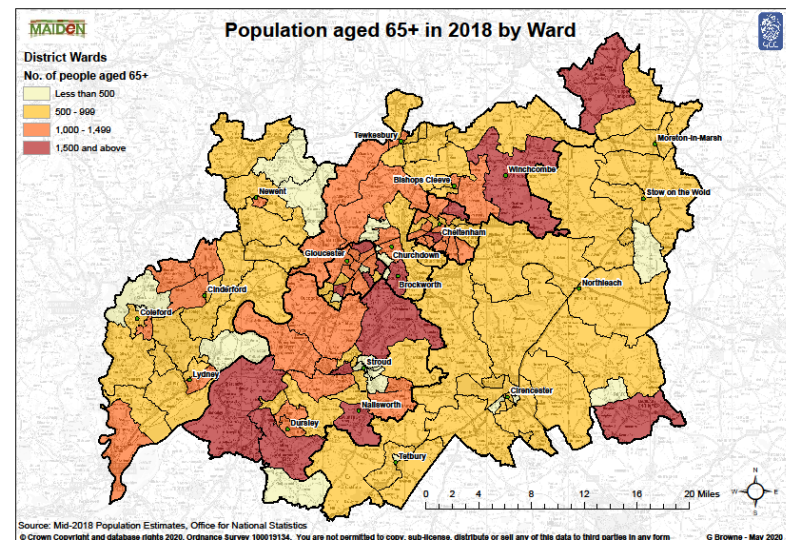
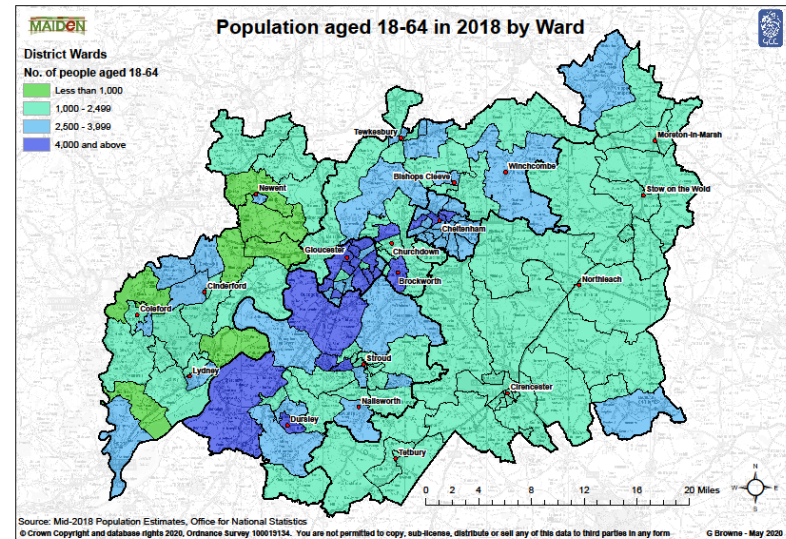
Current Adult Population in Gloucestershire

- In the 10-year period to 2018, Gloucestershire's adult population (aged 18+) saw an increase of nearly 40,300 people, with the over-65s accounting for nearly three-quarters of the growth.
- By 2018, a total of 505,400 people aged 18 or over were living in Gloucestershire. Across the County, just over a quarter (26.7%, 135,000 people) of the adult population were over-65s.
- Currently, Gloucester City had the largest adult population in the County (100,300 people), driven by a large number of 18-64 year olds. Stroud district had the largest number of the older population (26,600 people) in the County.

Adult Population in Gloucestershire Districts, Mid-2018				
	Adult population			District share of adult population Aged 18+
	Aged 18-64	Aged 65+	Aged 18+	
Gloucestershire	370,449	134,973	505,422	100.0%
Cheltenham	71,291	22,519	93,810	18.6%
Cotswold	49,933	22,760	72,693	14.4%
Forest of Dean	49,133	21,034	70,167	13.9%
Gloucester	78,727	21,570	100,297	19.8%
Stroud	68,391	26,618	95,009	18.8%
Tewkesbury	52,974	20,472	73,446	14.5%
% by Age Gloucestershire	73.3%	26.7%	100.0%	
Source: Mid-2018 Population Estimates, Office for National Statistics				

Current Distribution of Adult Population by Ward

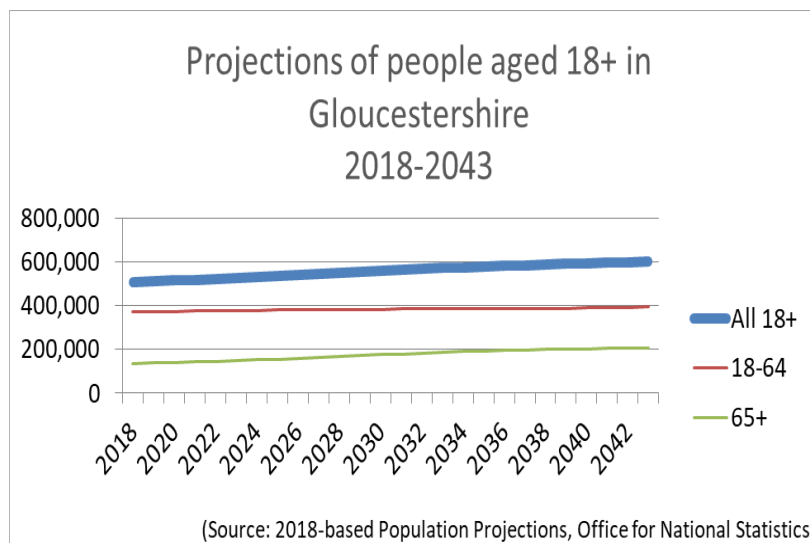
- In 2018, there were 22 council wards that had more than 4,000 residents who were aged 18 or over. Most of the areas with the highest numbers of adults were in Gloucester City. The top 10 areas were Barton and Tredworth, Moreland, Matson and Robinswood, Barnwood, Abbeydale, Abbeymead, Longlevens, Westgate, St Paul's and St Peter's.
- In the same year, there were 15 council wards that had at least 1,500 residents aged over-65. 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 Adult Population for Gloucestershire

- Latest projections suggest that adult population in Gloucestershire will rise between 2018 and 2043, but different age groups are forecast to grow at different rates.
- The 18-64 year-olds are projected to rise moderately, by 6.6% in the 25-year period and reach 394,900 people by 2043, while older people aged 65+ are expected to increase by 52.5% and reach an estimated 205,900 people in the same period.
- The projections are equivalent to an average annual increase of 980 people aged 18-64, and 2,800 people aged 65+ over the 25-year period.



	2018	2030	2043	change 2018-43	% change 2018-43
All 18+	505,422	559,200	600,799	95,377	18.9%
18-64	370,449	383,835	394,934	24,485	6.6%
65+	134,973	175,365	205,865	70,892	52.5%

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

Projected Adult Population for Districts

- At a district level, Tewkesbury Borough is projected to have the greatest increase in population aged 18-64 in the County between 2018 and 2043, rising by 21.3% and by 11,300 people.
- At the same time, Cotswold is projected to have the greatest increase in the older population aged 65+ between 2018 and 2043, rising by 65.1% and by 14,800 people.

Projections of adult population in Gloucestershire Districts, by broad age group

	2018		2030		2043		No. change 2018-2043		% change 2018-2043	
	Age 18-64	Age 65+	Age 18-64	Age 65+	Age 18-64	Age 65+	Age 18-64	Age 65+	Age 18-64	Age 65+
Gloucestershire	370,449	134,973	383,835	175,365	394,934	205,865	24,485	70,892	6.6%	52.5%
Cheltenham	71,291	22,519	69,534	28,374	69,594	32,759	-1,697	10,240	-2.4%	45.5%
Cotswold	49,933	22,760	54,018	31,074	55,971	37,571	6,038	14,811	12.1%	65.1%
Forest	49,133	21,034	50,203	26,888	51,700	30,675	2,567	9,641	5.2%	45.8%
Gloucester	78,727	21,570	79,784	28,191	81,491	32,958	2,764	11,388	3.5%	52.8%
Stroud	68,391	26,618	70,315	33,704	71,896	39,295	3,505	12,677	5.1%	47.6%
Tewkesbury	52,974	20,472	59,981	27,134	64,282	32,607	11,308	12,135	21.3%	59.3%

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

What is Physical Disability?

The **World Health Organisation (WHO)** defines disability as an umbrella term, covering impairments, activity limitations and participation restrictions.

Disability is therefore not just a health problem but a complex phenomenon, reflecting the interaction between features of a person's body and features of the society in which he or she lives .

This social model of disability therefore makes the distinction between impairment and disability, and considers that disability is caused by the way society is organised, rather than a result of a person's impairment.

The focus of this approach is on removing barriers that restrict life choices for disabled people, with the aim to improve life experiences of people with impairment.

The **Equality Act 2010** defines a disability as a physical or mental condition which has a substantial and long-term impact on a person's ability to do normal day to day activities.

Broadly speaking, physical disabilities (or impairments using the WHO terminology) can be caused by congenital anomalies or acquired in later life.

Congenital disability

A congenital anomaly is a medical condition that is present at or before birth, and can be developed during the foetal stage of development or because of genetic reasons. Congenital anomalies can result in long-term disability. While approximately 50% of congenital anomalies cannot be linked to a specific cause, some factors are known to increase risk of anomalies. These include advanced maternal age, genetic mutations, maternal infections, maternal nutritional deficiency and maternal exposure to harmful substance (in particular tobacco, alcohol and drug use) during pregnancy.

Acquired disability

Acquired disabilities commonly arise from accidents, illness, working conditions that expose a person to an unhealthy environment, or repetitive physical stresses.

Mobility impairment

- It is estimated that just under 21,700 people aged 18-64 years will have impaired mobility due to a physical disability or health condition in Gloucestershire in 2020, of whom over half (12,292) will be aged 55 to 64 years.
- The number of people aged 18-64 years in Gloucestershire with a mobility impairment is projected to increase by around 790 people (4%) between 2020 and 2025 and to fall by around 410 people (2%) between 2025 and 2030, leading to an overall rise between 2020 and 2030 of around 380 people.
- Most of the increase between 2020 and 2025 is projected to be in the 55-64 age group whilst the number of people in the 45-54 age group is projected to fall in the same period.
- Most of the fall between 2025 and 2030 is projected to be in the 55-64 age group.
- Overall, from 2020 to 2030, the 55-64 year age group is predicted to have the largest numeric increase whilst the 45-54 age group is projected to have the largest numeric fall.

	population aged 18 to 64 years with a mobility impairment due to a physical disability or health condition, Gloucestershire					
age group	estimated number of people			projected change in number of people		
	2020	2025	2030	2020-2025	2025-2030	2020-2030
18-24	462	459	515	-3	56	53
25-34	718	702	669	-16	-33	-49
35-44	3,735	3,935	3,985	200	50	250
45-54	4,480	4,065	4,015	-415	-50	-465
55-64	12,292	13,314	12,880	1,022	-434	588
Total	21,687	22,475	22,064	788	-411	377

Source: PANSI v13.0

Moderate care needs due to a physical disability or health condition

- It is estimated that around **15,600** people aged 18-64 years in Gloucestershire will have a moderate personal care need due to a physical disability or health condition, of whom half will be aged 55 to 64 years (a moderate care need means the task can be performed with some difficulty).
- The number of people aged 18-64 years with a moderate personal care need caused by a physical disability is projected to increase by around **330** people (2%) between 2020 and 2025 and to fall by around **300** people (2%) between 2025 and 2030 .
- Most of the increase between 2020 and 2025 is projected to be in the 55-64 age group whilst the number of people in the 45-54 age group is projected to fall in the same period.
- Most of the fall between 2025 and 2030 is projected to be in the 55-64 age group
- Overall, from 2020 to 2030, the 55-64 year age group is predicted to have the largest numeric increase whilst the 45-54 age group is projected to have the largest numeric fall.

	population aged 18 to 64 years with a moderate personal care need due to a physical disability or health condition, Gloucestershire					
	estimated number of people			projected change in number of people		
	2020	2025	2030	2020-2025	2025-2030	2020-2030
18-24 yrs	277	275	309	-2	34	32
25-34 yrs	1,005	983	937	-22	-46	-68
35-44 yrs	2,166	2,282	2,311	116	29	145
45-54 yrs	4,390	3,984	3,935	-406	-49	-455
55-64 yrs	7,726	8,369	8,096	643	-273	370
Total	15,566	15,893	15,588	327	-305	22

Source: PANSI v13.0

Severe care needs due to a physical disability or health condition

- It is estimated that around 3,400 people aged 18 to 64 years will have severe personal care needs due to a physical disability or health condition in Gloucestershire in 2020, 44% of whom will be aged 55 to 64 years (a severe personal care need is one where the task requires someone else to help).
- The number of 18-64 year-olds with a serious personal care need caused by a physical disability is projected to increase by around 50 people (1%) between 2020 and 2025 and to drop by around 50 people (1%) between 2025 and 2030.
- Most of the increase between 2020 and 2025 is projected to be in the 55-64 age group whilst the 45-54 age group is projected to fall in the same period.
- Most of the fall between 2025 and 2030 is projected to be in the 55-64 age group.

age group	population aged 18 to 64 years with a severe personal care need due to a physical disability or health condition, Gloucestershire					
	estimated number of people			projected change in number of people		
	2020	2025	2030	2020-2025	2025-2030	2020-2030
18-24 yrs	185	184	206	-1	22	21
25-34 yrs	287	281	268	-6	-13	-19
35-44 yrs	448	472	478	24	6	30
45-54 yrs	986	894	883	-92	-11	-103
55-64 yrs	1,493	1,617	1,564	124	-53	71
Total	3,398	3,448	3,399	50	-49	1

Source: PANSI v13.0

Care Needs at District Level

At district level, the PANSI model predicts that the number of people aged 18-64 years with a moderate personal care need or a severe personal care need in 2020 will be greatest in Gloucester followed by Stroud.

The general trend is predicted to be growth in the number of people with moderate and severe care needs from 2020 to 2025 and then a fall from 2025 to 2030, although these changes are small. Overall, from 2020 to 2030 the number of people with moderate and severe care needs is predicted to increase slightly in Gloucester, Stroud and Tewkesbury and to decrease slightly in Cheltenham, Cotswold and Forest of Dean. The overall percentage changes in each district are small (less than 3%)

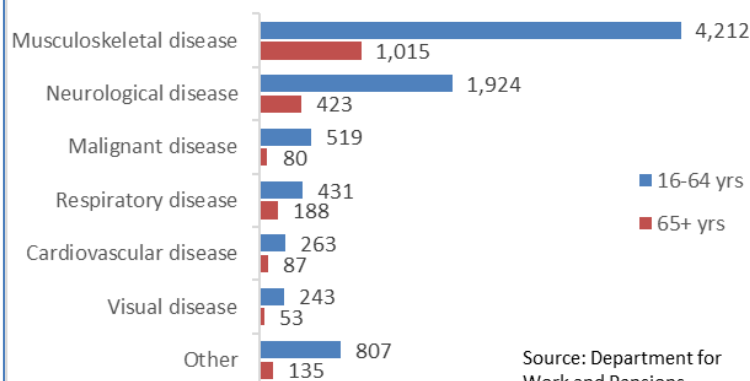
		Population aged 18 to 64 years with personal care needs due to a physical disability or health condition, Gloucestershire					
		Estimated number of people			Projected change in number of people		
		2020	2025	2030	2020-2025	2025-2030	2020-2030
Moderate personal care needs	Cheltenham	2,733	2,765	2,680	32	-85	-53
	Cotswold	2,226	2,243	2,185	17	-58	-41
	Forest of Dean	2,179	2,225	2,139	46	-86	-40
	Gloucester	3,135	3,225	3,214	90	-11	79
	Stroud	3,041	3,104	3,073	63	-31	32
	Tewkesbury	2,247	2,335	2,308	88	-27	61
Severe personal care needs	Cheltenham	609	614	600	5	-14	-9
	Cotswold	480	481	470	1	-11	-10
	Forest of Dean	472	477	461	5	-16	-11
	Gloucester	694	710	711	16	1	17
	Stroud	656	666	661	10	-5	5
	Tewkesbury	486	502	498	16	-4	12

Source: PANSI v13.0

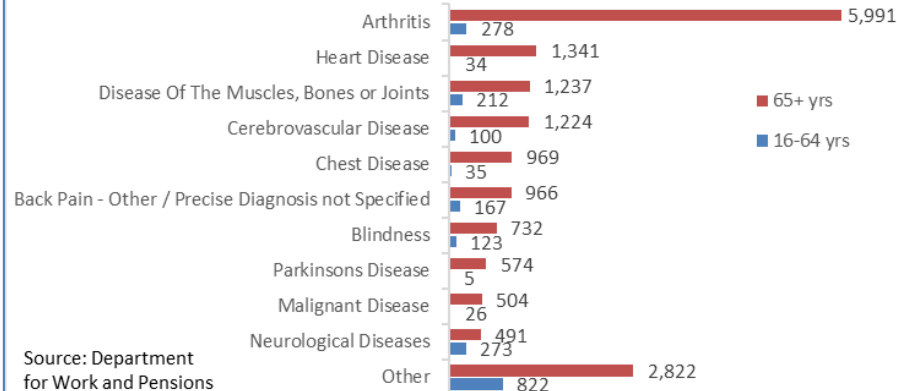
Disability Benefit Claims

- The total number of disability benefit claims in Gloucestershire by people aged 16 years and over, which were due to a physical disability or long-term health condition was just over **29,300** in August 2019, an increase of 2.1% on the number of claims in August 2018. Approximately **10,500** of these claims (36%) were by people aged 16-64 years and **18,800** claims (64%) by people age 65 years and over.
- Around **10,400** of these disability claims were for Personal Independence Payments (PIP), the majority of which were for people aged 16-64 years (this benefit is paid to people whose health conditions develop before the age of 65). Musculoskeletal disease was the most common condition for both the 16-64 and 65+ age groups followed by neurological disease. Malignant disease was the third most common condition for the 16-64 age group, and respiratory disease for the 65 and over age group.
- Around **18,300** of these claims were for Disability Living Allowance (DLA) or Attendance Allowance, the majority of which were for people aged 65 years and over. Amongst these claims, arthritis was by far the most common condition for people aged 65 years or over, followed by heart disease, disease of the muscles/bones or joints, and cerebrovascular disease. Arthritis was also the most common condition for people aged 16 to 64 years, followed by neurological diseases, and disease of the muscles/bones or joints.

Number of people entitled to Personal Independence Payment (PIP), by age and physical health condition, Gloucestershire, August 2019



Number of people aged 16 and over entitled to Disability Living Allowance or Attendance Allowance, by age and physical health condition, August 2019



Adults with common health conditions and projections for 2020 to 2030.

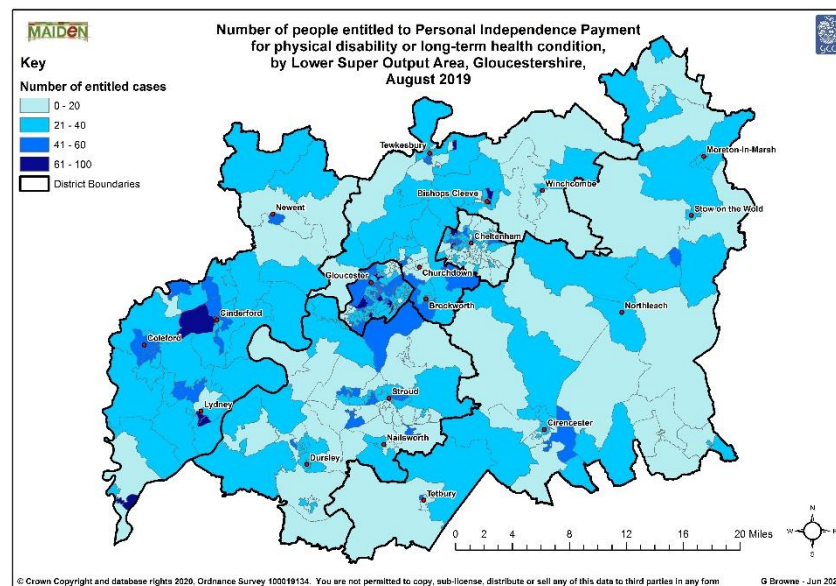
Projections indicate that from 2020 to 2030 there will be only small changes change in the underlying number of working age people in Gloucestershire with diabetes, severe hearing loss, visual impairment or health conditions caused by stroke. However, the number of people diagnosed with these conditions may increase as awareness of conditions and diagnosis improves.

By contrast, the number of people aged 65+ with long-term health conditions is projected to increase significantly as the number of older people in the population increases. Amongst the conditions listed above, numeric increases will be largest for cardiovascular disease and obesity (increase of 12,300 and 10,600 people respectively). The percentage increase will be largest for people with severe hearing loss (increase of 42% or 4,700 people).

		Estimated number of people		Projected change 2020 -2030	
	Health Condition	2020	2030	number	%
Age 18 to 64 years	diabetes	13,215	13,161	-54	-0.4%
	severe hearing loss	2,332	2,446	73	3%
	longstanding health condition caused by stroke	1,245	1,241	-29	-2%
	visual impairment	241	241	0	0%
Age 65 years and over	cardiovascular disease	44,671	56,933	12,262	27%
	obesity	42,602	53,249	10,647	25%
	bladder problem at least once a week	23,018	29,430	6,412	28%
	diabetes	17,470	21,927	4,457	26%
	moderate or severe visual impairment	12,342	16,021	3,679	30%
	severe hearing loss	11,237	15,940	4,703	42%
	longstanding health condition caused by bronchitis and emphysema	2,372	2,991	619	26%

Prevalence in Local Super Output Areas: Personal Independence Payment claims

District	LSOA	number of claims	District	LSOA	number of claims
Cheltenham	St Mark's 1	68	Gloucester	Podsmead 1	96
	Springbank 2	65		Tuffley 4	75
	Oakley 2	49		Matson and Robinswood 5	73
	Oakley 3	49		Matson and Robinswood 1	70
	St Paul's 2	48		Kingsholm and Wotton 3	67
	Oakley 1	47		Matson and Robinswood 6	62
	Swindon Village 2	45		Barton and Tredworth 7	56
	Hesters Way 3	45		Matson and Robinswood 4	56
	Springbank 1	44		Kingsway 3	56
	St Mark's 3	43		Kingsholm and Wotton 2	53
Cotswold	Hesters Way 2	42		Barton and Tredworth 5	53
	Tetbury with Upton 1	53		Barton and Tredworth 1	52
	Siddington and Cerney 2	45		Moreland 3	49
Forest of Dean	Bourton Village 1	43		Moreland 4	49
	Lydney East 1	72		Westgate 2	48
	Cinderford West 1	71		Quedgeley Fieldcourt 6	48
	Lydney East 3	64		Westgate 1	47
	Tidenham 1	61		Barton and Tredworth 4	47
	Cinderford West 3	57		Coney Hill 2	47
	Bream 1	57		Coney Hill 3	47
	Cinderford East 2	55		Podsmead 2	47
	Coleford East 2	54		Grange 3	45
	Coleford Central 1	53		Westgate 4	44
	Lydbrook and Ruardean 1	50		Coney Hill 1	43
	Littledean and Ruspidge 2	49		Barton and Tredworth 2	42
	Mitcheldean and Drybrook	48		Barnwood 6	42
	Newent Central 1	44	Stroud	Slade	55
	Pillowell 1	44		Cainscross 4	54
	Coleford Central 2	43		Stonehouse 4	50
	Coleford East 1	43		The Stanleys 1	45
	Coleford East 3	43		Minchinhampton 2	44
	Newent Central 2	41		Stonehouse 2	43
	Cleeve St Michael's 1	70		Valley	42
	Northway 1	61		Painswick and Upton 4	41
Tewkesbury	Tewkesbury Prior's Park 2	59		Cainscross 2	41
	Brockworth 2	51		Cam West 3	41
	Hucclecote	50	Source: Department for Work and Pensions		
	Churchdown St John's 1	49			
	Shurdington	47			
	Brockworth 1	44			



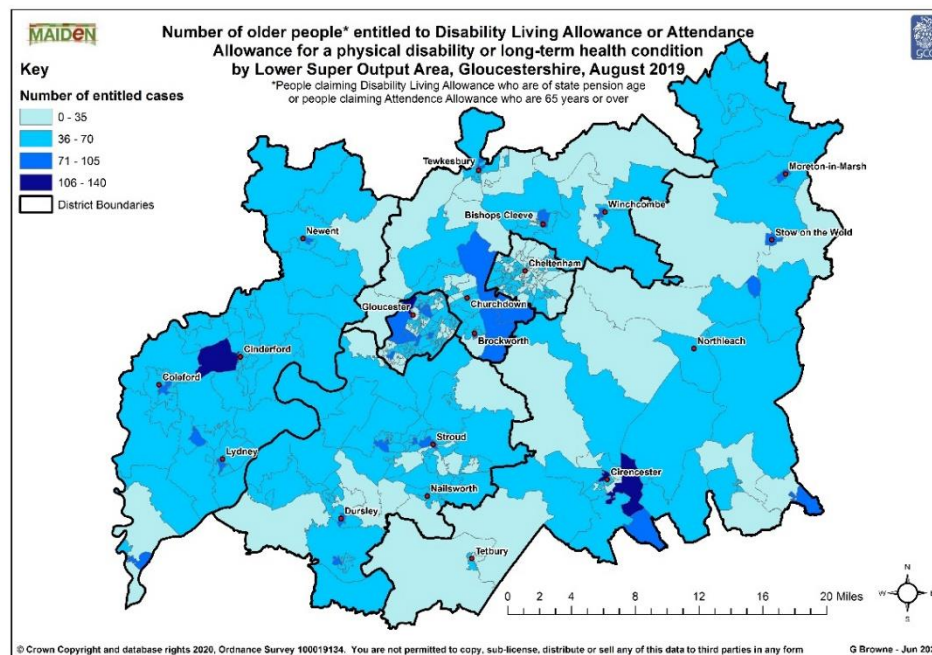
The map above shows the Personal Independence Payment claims for a physical health condition or disability at Local Super Output Area level in Gloucestershire; the majority of these claims are made by **people aged 16 to 64 years**.

The table lists the areas which are in the top 2 bands on the map, i.e. areas with 61-100 claims (dark blue) and areas with 41 to 60 claims (royal blue). Just over a third of these areas are in Gloucester, and just under a quarter are in the Forest of Dean.

Prevalence in Local Output Areas: Disability Living Allowance and Attendance Allowance claims by older people

	LSOA	number of claims
Cotswold	Siddington and Cerney 2	119
	St. Michael's 1	117
	Stow	104
	Moreton West	81
	Lechlade Kempsford and Fairford South 4	80
	South Cerney Village	76
	Bourton Village 1	73
Forest of Dean	Cinderford West 1	106
	Coleford Central 1	105
	Lydney East 3	97
	Tidenham 1	85
	Newent Central 2	83
	Bream 1	71
Gloucester	Westgate 4	137
	Quedgeley Fieldcourt 1	98
	Matson and Robinswood 4	91
	Kingsholm and Wotton 3	83
	Podsmead 2	83
	Kingsholm and Wotton 4	80
	Westgate 2	76
	Podsmead 1	71
	Tuffley 1	71
Stroud	Dursley 3	84
	Stonehouse 1	77
	Wotton-Under-Edge 4	74
	Cainscross 4	72
	Central	72
Tewkesbury	Brockworth 1	100
	Cleeve St Michael's 1	96
	Shurdington	95
	Tewkesbury Town with Mitton 2	85
	Cleeve St Michael's 2	85
	Badgeworth	73
	Winchcombe 2	72

Source: Department of Work and Pensions



The map above shows the number of Attendance Allowance and Disability Living Allowance claims by **older people** at Local Super Output Area level. The table lists the areas which are in the top 2 bands on the map, i.e. areas with 106-140 claims (dark blue) and areas with 71 to 105 claims (royal blue). None of these areas are in Cheltenham District.

Complex Care Needs

A report by Sport England, published in 2017, highlights overlapping impairments amongst people with disabilities. The table below summarises some of the common combinations of impairments.

Percentage of disabled people with more than one impairment

Hearing and Long-term pain	Visual and Long-term pain	Mental health condition and Long-term health condition
33.8%	32.2%	33.8%
Mental Health Condition and Long-term pain	Long-term health condition and Mobility	Long-term health condition and Long-term pain
30.2%	13.3%	58.9%
Long-term health condition and breathing	Mobility and Long-term pain	Dexterity and Long-term pain
7.6%	50.9%	54.2%

Source: Sports England

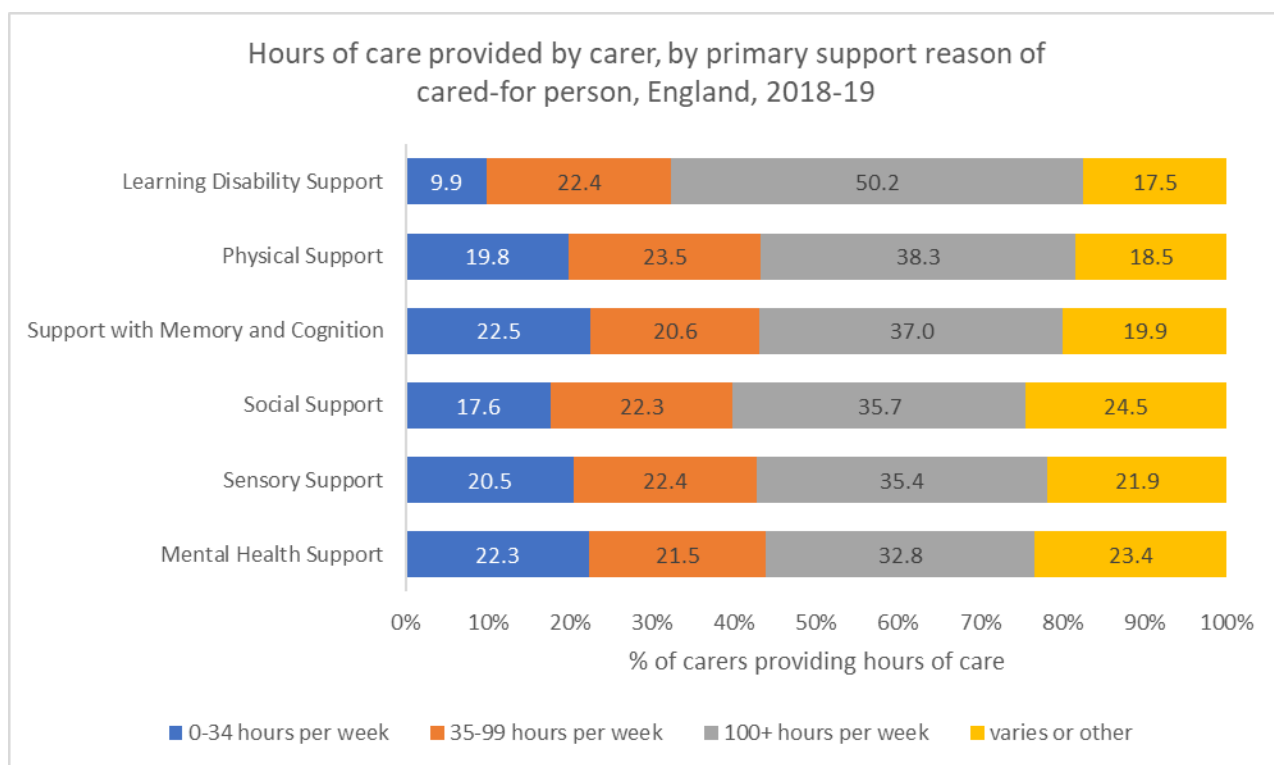
Caring for people who have a physical disability

A survey of carers by Gloucestershire County Council has been carried out every two years since 2012 as part of a national survey with the data submitted to the Department of Health. However, as the number of respondents caring for people with physical disability or sensory impairment is not large enough for a robust analysis, results for England are used here instead to look at three areas relating to carers who are caring for people with physical disabilities: the hours of care given by carers, the health of carers and the quality of life of carers.

The survey analyses carers by the type of support they give: the two types most relevant to this report are carers providing physical support and carers providing sensory support.

Caring for people who have a physical disability: hours of care

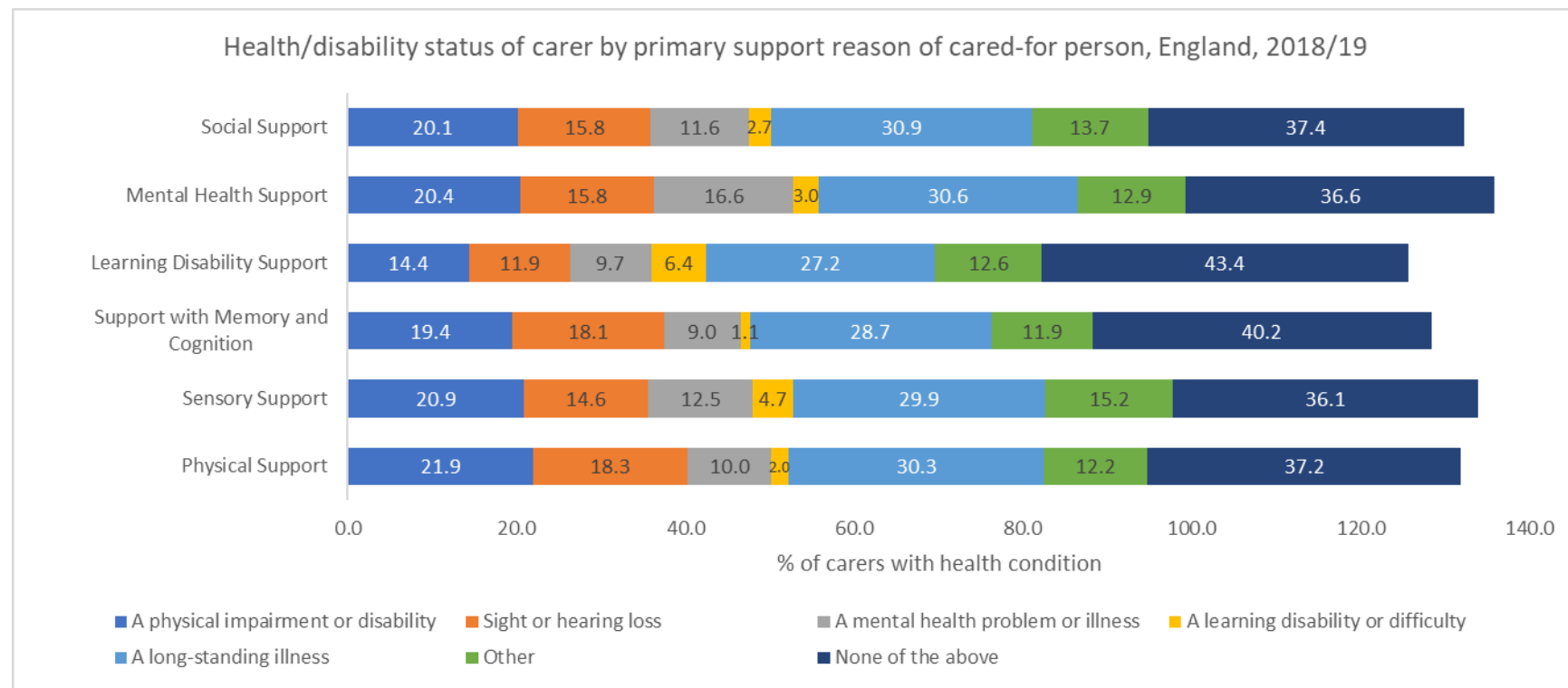
- Amongst carers providing physical support, 61.8% provided care for at least 35 hours a week, with 38.3% providing 100 hours or more per week.
- Amongst carers providing sensory support, 57.8% provided care for at least 35 hours per week, with 35.4% providing 100 hours or more per week.



Source: NHS Digital, Survey of Adult Carers, England, 2018/19

Caring for people who have a physical disability: health of carer

- 62.8% of carers providing physical support and 63.9% of carers providing sensory support had a disability or long-standing illness themselves.
- The most common problem amongst both groups of carers was a long-standing illness, followed by a physical impairment or disability.
- Carers providing physical support were the most likely out of all the groups of carers to have a physical impairment or disability themselves (21.9% of this carers in this group).



Source: NHS Digital, Survey of Adult Carers, England, 2018/19

Caring for people who have a physical disability: quality of life

Personal Safety

- Carers providing sensory support and carers providing physical support were the most likely out of all groups to say they had no worries about their personal safety.
- Nonetheless, 17.2% of carers providing sensory support and 17.5% of carers providing physical support had some worries or were extremely worried about their personal safety.

Looking after myself

- Over half of carers providing sensory support and carers providing physical support said they looked after themselves with carers providing sensory support being the most likely of all groups of carers to say this.
- 16.4% of carers providing sensory support and 18.5% of carers providing physical support said they were neglecting themselves and a further 28.3% of carers providing sensory support and 29.8% of carers providing physical support said they were not able to look after themselves well enough.

Encouragement and support

- 25.0% of carers providing sensory support and 20.2% of carers providing physical support said they had no encouragement or support. Carers providing sensory support were the most likely of all groups of carers to say they had no encouragement or support.
- 42.9% of carers providing sensory support and 44.4% of carers providing physical support said they had some encouragement but not enough.

Source: NHS Digital, Survey of Adult Carers, England, 2018/19

Caring for people who have a physical disability: quality of life

Social Contact

- 16.8% of carers providing sensory support and 18.0% of carers providing physical support said they had little social contact and felt socially isolated.
- 49.1% of carers providing sensory support and 49.6% of carers providing physical support said they had some social contact but not enough.

Control over daily life

- 13.6% of carers providing sensory support and 15.7% of carers providing physical support said they had no control over their daily life.
- 60.0% of carers providing sensory support and 61.4% of carers providing physical support said they had some control over their daily life but not enough.

Doing things with my time

- 16.0% of carers providing sensory support and 17.5% of carers providing physical support said they didn't do anything they valued or enjoyed with their time.
- 63.7% of carers providing sensory support and 65.6% of carers providing physical support said they did some things they valued or enjoyed with their time, but not enough.

The PANSI and POPPI models

The PANSI (Projecting Adult Needs and Service Information) and POPPI (Projecting Older People Population Information) models have been developed by The Institute for Public Care at Oxford Brookes University. Prevalence rates from research have been applied to the Office for National Statistics 2016-based population projections to provide estimates of the numbers of people with certain health conditions or disabilities and the number of people with care needs.

Some of the models were updated in 2020 to reflect prevalence rates from more recent research than the earlier models:

- POPPI Cardiovascular Disease replaces the previous POPPI Heart Attack and Stroke models; cardiovascular disease is defined as ever having any doctor diagnosed heart attack, angina, heart murmur, abnormal heart rhythm or stroke;
- the POPPI Obesity Model has been updated with revised prevalence rates from the Health Survey for England 2018; this has resulted in higher estimates than the previous model.

Disability Benefits (pages 14 and 16-17)

People with physical disabilities or long-term health conditions may be eligible for one of three non-means tested disability benefits if they have difficulties with mobility or daily living activities.

Personal Independence Payment (PIP) is a benefit for people aged 16 or over who are below state pension age when they make the claim for benefit. It is made of up two parts, 'daily living' and 'mobility', and one or both parts may be claimed depending on the type of difficulties the claimant has. Within each part there are two rates which relate to the level of difficulty experienced. People who are receiving PIP before they reach state pension age can continue to receive PIP after they reach state pension age. People who develop physical disabilities or health conditions after they reach state pension age are not eligible for PIP but may be eligible for Attendance Allowance (AA).

Attendance Allowance (AA) is a benefit for people over state pension age with disabilities/long-term health conditions who have care needs; it is paid at two rates depending on the level of need.

Disability Living Allowance (DLA) was a benefit for disabled people who were aged under 65 when they made the claim and who needed help with mobility or care. DLA for adults (aged 16-64) is currently being replaced by Personal Independence Payment (PIP) and new claims for DLA for adults can therefore no longer be made.