

### 4.13 Vulnerable People over 65 years of age

#### Outline

This chapter focuses on those individuals who do not have a specific social care need or health diagnosis; due to the greatest numbers, this chapter focuses on those who become vulnerable as part of the ageing process; to maintain independence and control over their lives they will require low level community support and preventative services. Additional details regarding older people who have specific diagnosed conditions can be found within the chapter relating to their condition.

The population in Northamptonshire is set to increase significantly due to improving health, the growth due to the Milton Keynes and South Midlands expansion and changes in demographic makeup of the population. Approximately 680,000 people live in the area covered by Northamptonshire PCT. Of these approximately 144,000 are aged 0-15 years; 437,000 are aged 16-64 years and just under 100,000 are aged 65 years and over.

#### Overview of 65 years and over population

The Table below shows that the number of people aged 65 years and over, this is projected to increase significantly (to 162,500) by 2025. This increase in over 65 year population will have a dramatic impact on the projected number of people with increasing support needs within Northamptonshire.

Northamptonshire Population	2008	2010	2015	2020	2025
People aged 65-69	29,500	32,700	42,400	38,800	42,700
People aged 70-74	23,700	25,300	30,400	39,600	36,400
People aged 75-79	19,200	19,400	22,700	27,500	36,000
People aged 80-84	14,500	14,900	15,800	19,200	23,500
People aged 85 and over	13,000	13,800	16,100	18,900	23,900
Total population 65 and over	99,900	106,100	127,400	144,000	162,500

Table 4.13.1 Northamptonshire population aged 65 and over, in five year age bands, projected to 2025<sup>4</sup>

#### Ethnicity

Approximately 97.3% of the Northamptonshire population aged 65 years and over are White. The largest ethnic minority group is Asian/Asian British (1.2% of the 65+ population).

#### Deprivation

The Index of Multiple Deprivation (IMD) is a single index designed to provide an overall measure of deprivation. Northamptonshire PCT has an IMD score of 16.05, making it the second most affluent PCT within the East Midlands. However, this overall relatively affluent score masks pockets of deprivation within the county.

#### State pension and state benefits<sup>5</sup>

Within Northamptonshire a total of 113,980 adults are of pensionable age (this varies from the number previously stated as it includes women aged 60 and over and men aged 65 and over). Of these:

- 37,910 (33%) receive state pension plus at least one other state benefit (i.e. Incapacity, Carer, Income related, Disability, or Bereavement benefit).
- 76,070 (67%) receive state pension only

<sup>4</sup> Source: www.poppi.org.uk

<sup>5</sup> Source: www.poppi.org.uk

**General Health<sup>6</sup>**

- The health of people in Northamptonshire is generally better than the England average.
- There are health inequalities within Northamptonshire by location, gender, level of deprivation and ethnicity. For example, men and women living in Corby on average live shorter lives than those in South Northamptonshire.
- Over the last 10 years deaths from all causes have decreased for men and women in Northamptonshire, and have remained close to the England average. The all age all cause mortality rate (a commonly used measure of general population health) in 2005-7 was 100, the same as that for England as a whole.
- Lifestyle indicators are generally similar to the England average; although the proportion of adults who eat healthily is lower than average.

**Specific Health Problems**

The table below shows the estimated prevalence of specific health problems among people aged 65+ years in Northamptonshire in 2008. In the 2001 Census almost 45% of the elderly population in Northamptonshire defined themselves as suffering from a long term illness that limits their daily activities.

Condition	Number	%
Limiting Long term illness	44,846	44.9%
Depression	9,990 – 14,985	10 - 15%
Severe depression	3,000 – 5,000	3 - 5%
Longstanding health condition caused by a heart attack	7,000	7.0%
Longstanding health condition caused by a stroke	2,560	2.6%
Longstanding health condition caused by bronchitis / emphysema	2,210	2.2%
Predicted to attend A&E due to a fall	6,130	6.1%
Predicted to be admitted to hospital due to a fall	2,100	2.1%
Predicted to have moderate or severe visual impairment	8,770	8.8%
<b>Total population 65 and over</b>	<b>99,900</b>	<b>100%</b>

Table 4.13.2 Prevalence of health problems in Northamptonshire population aged 65+ years<sup>7</sup>

**Self-care and domestic activity problems**

Almost on third of the 65+ population in Northamptonshire are unable to manage at least one self-care activity on their own, and just over one third are unable to manage at least one domestic task. These figures are not mutually exclusive and it is likely that a significant proportion of people have problems with both self care and domestic tasks.

	Number	%
Unable to manage at least one self-care activity on own <sup>8</sup>	32,250	32.3%
Unable to manage at least one domestic task on own <sup>9</sup>	35,180	35.2%
Total population 65 and over	99,900	100%

Table 4.13.3 Prevalence of problems with self-care and domestic activity in Northamptonshire population aged 65+ years<sup>10</sup>

<sup>6</sup> Health profile 2008 at [http://www.apho.org.uk/default.aspx?QN=P\\_HEALTH\\_PROFILES](http://www.apho.org.uk/default.aspx?QN=P_HEALTH_PROFILES) – NB relates to whole population, not just elderly

<sup>7</sup> Source: www.poppi.org.uk

<sup>8</sup> Activities include: bathe, shower or wash all over, dress and undress, wash their face and hands, feed, cut their toenails.

<sup>9</sup> Tasks include: household shopping, wash and dry dishes, clean windows inside, jobs involving climbing, use a vacuum cleaner to clean floors, wash clothing by hand, open screw tops, deal with personal affairs.

<sup>10</sup> Source: www.poppi.org.uk

### Key Issues

- In 2008 Northamptonshire is estimated to have had approximately 44,800 people aged 65 or over with a limiting long-term illness, this is the highest number across its statistical neighbours. This population is estimated to increase by 25.8% (11,573) by 2015 to around 56,400. The largest increase will be in the 65-74 age group.
- All Northamptonshire districts are estimated to experience increases in the number of older people with a limiting long-term illness, Daventry recording the largest relative increase of 34.8%. Northampton is predicted to experience the largest absolute increases of 3,117 people.
- It is estimated that approximately 3,000 people aged 65-74 and around 5,800 people aged 75 and over with a moderate or severe visual impairment which are the highest numbers across its statistical neighbours. The 65-74 age group is forecast to increase by 36.9% by 2015 while the 75 and over age group is forecast to increase by 16.9% by 2015.
- It is estimated that approximately 4,300 people aged 65-74 and around 11,200 people aged 75 and over unable to manage at least one mobility activity on their own, this is the highest numbers across its statistical neighbours. The 65-74 age group is forecast to increase by 36.8% by 2015 while the 75 and over age group is forecast to increase by 16.9% by 2015.
- It is estimated that approximately 12,800 people aged 65-74 and around 22,400 people aged 75 and over unable to manage at least one domestic task on their own, which are the highest numbers across its statistical neighbours. The 65-74 age group is forecast to increase by 36.8% by 2015 while the 75 and over age group is forecast to increase by 16.9% by 2015.
- It is estimated that approximately 11,700 people aged 65-74 and 20,500 people aged 75 and over are unable to manage at least one self-care activity on their own, this is the highest numbers across its statistical neighbours. The 65-74 age group is forecast to increase by 36.8% by 2015 while the 75 and over age group is forecast to increase by 16.9% by 2015.

### Consequences

People are living longer, and on average contracting disease later in life, this will often result in people having a range of factors that can reduce their ability to cope without help and support. This is a group of people who with limited support can be helped to maintain independent living and in many cases supported to live healthy and full lives with a low level of services. However if support is not available or appropriate this is a group of people whose condition can deteriorate quickly resulting in a need for high level services. Access to a range of preventative services is important to effectively supporting this group of people

### Key Documents

Age Concern. 2008. *Older People in the United Kingdom. Key facts and statistics 2008* (Online). Available from: <http://www.ageconcern.org.uk/AgeConcern/Documents/Keyfacts2008.pdf>

Association of Public Health Observatories. 2009. *Area Health Profiles* (Online). Available from: [http://www.apho.org.uk/default.aspx?QN=P\\_HEALTH\\_PROFILES](http://www.apho.org.uk/default.aspx?QN=P_HEALTH_PROFILES) –.

Projecting Older People Population Information System. 2009. *POPPI webpages* (Online). Available from: <http://www.poppi.org.uk/>.

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