

4.13.3 Unable to manage at least one mobility activity on their own

Outline

Mobility is a key component of independent living; loss of mobility results in individuals requiring support, assistance or aids and adaptations to maintain daily living skills. The 2005 Household Survey demonstrated that fewer men (39%) than women (47%) aged 65 and over reported any difficulty with walking a quarter of a mile. Both prevalence and severity of this problem increased with age. Nationally around 1.3 million people aged 65 and over were estimated to be unable to manage at least one of the mobility activities. This is predicted to rise to nearly 1.9 million in 2025, an increase of over 42%.

Life after retirement can span a number of decades and present very changing needs. Vulnerability to social exclusion among older people increases with age and impairment, for example, the proportion of people who have severe difficulties in accessing essential services (shops, post office and doctor) increases with age. The oldest old, and older people with health problems or disabilities are most likely to be disadvantaged through lack of access to transport. Moreover, risks for older people generally are exacerbated for those in rural areas, and those from black and minority ethnic groups (CRSP 2006).

Data Description

The POPPI system provides estimated population prevalence rates of the 65 and over population based on the ONS population projections and prevalence research of older people unable to manage at least one mobility task on their own, which estimates the rate at 8% of 65-74 year olds, and 24% of men and women aged 75 or over. In order to produce the Northamptonshire district forecasts the locally calculated Northamptonshire Population Model has been applied to the prediction rates.

Key Issues

- In 2008 Northamptonshire is estimated to have had 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, which are the highest numbers across its statistical neighbours. The 65-74 age group is forecast to increase by 36.8% (1,568) by 2015 to around 5,800 while the 75 and over age group is forecast to increase by 16.9% (1,896) by 2015 to almost 13,100 with the overall growth being 22.4%.
- All Northamptonshire districts are estimated to experience increases in the number of older people unable to manage at least one mobility activity on their own between 2008 and 2015, with Daventry recording the largest relative increase of 32.1% (560 people). Northampton is predicted to experience the largest absolute increase of 800 people.

Consequences

There will be an increase in demand for access to transport, aids adaptations and support services to enable people to compensate for a loss of mobility.

Key Documents

Bridgwood, A. 2000. *People Aged 65 and Over: Results of an Independent Study Carried Out on Behalf of the Department of Health as part of the 1998 General Household Survey*. Office for National Statistics: London.

Centre for Research in Social Policy. 2006. *Evidence Base Review on Mobility - Choices and Barriers for Different Social Groups CRSP 554* (Online). Available from:

http://www.crsp.ac.uk/downloads/publications/dft/evidence_base_review_mobility.pdf

Chapter 4: Health and Social Care Need

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

2008	2010	2015	2020	2025
15,464	16,184	18,928	22,016	26,344

Table 4.13.3.1 People aged 65 and over predicted to be unable to manage at least one mobility activity on their own, Northamptonshire. Source: POPPI

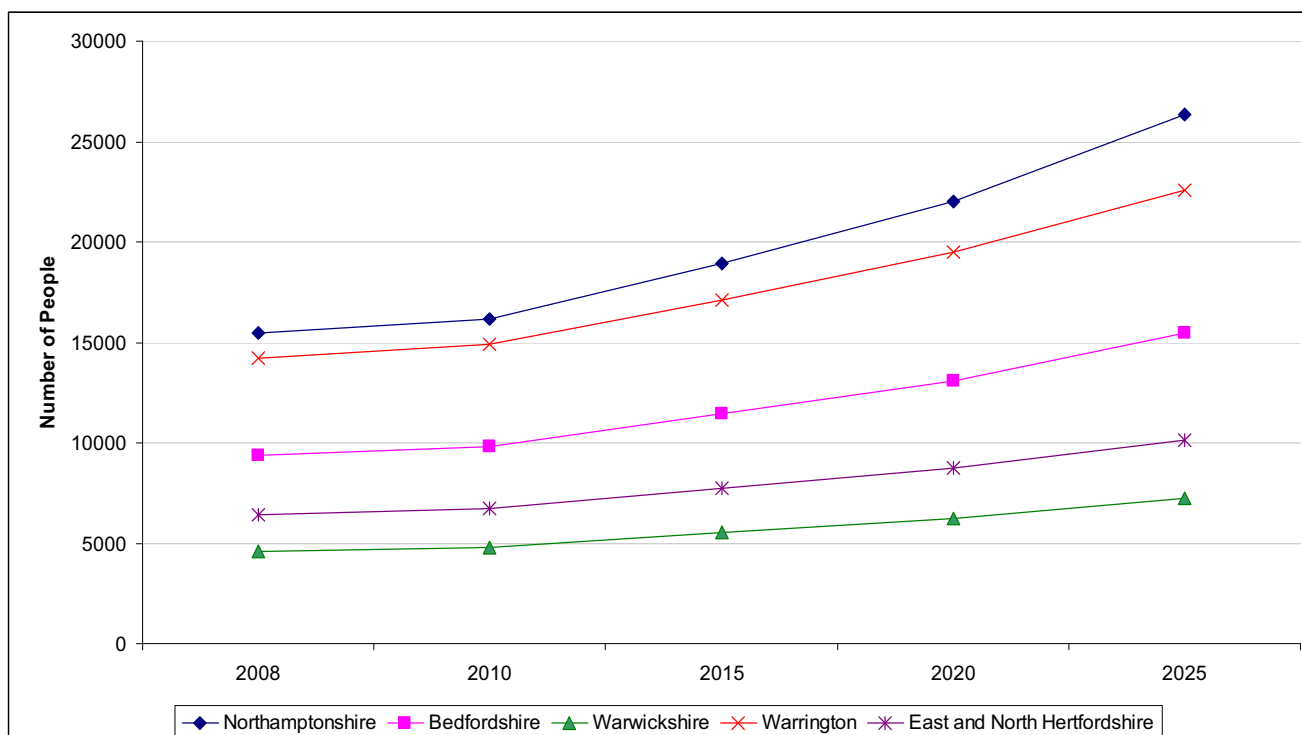


Figure 4.13.3.1 Total Population aged 65 and over predicted to be unable to manage at least one mobility task on their own – Northamptonshire and Most Similar PCTs - 2008 to 2025, Source: POPPI

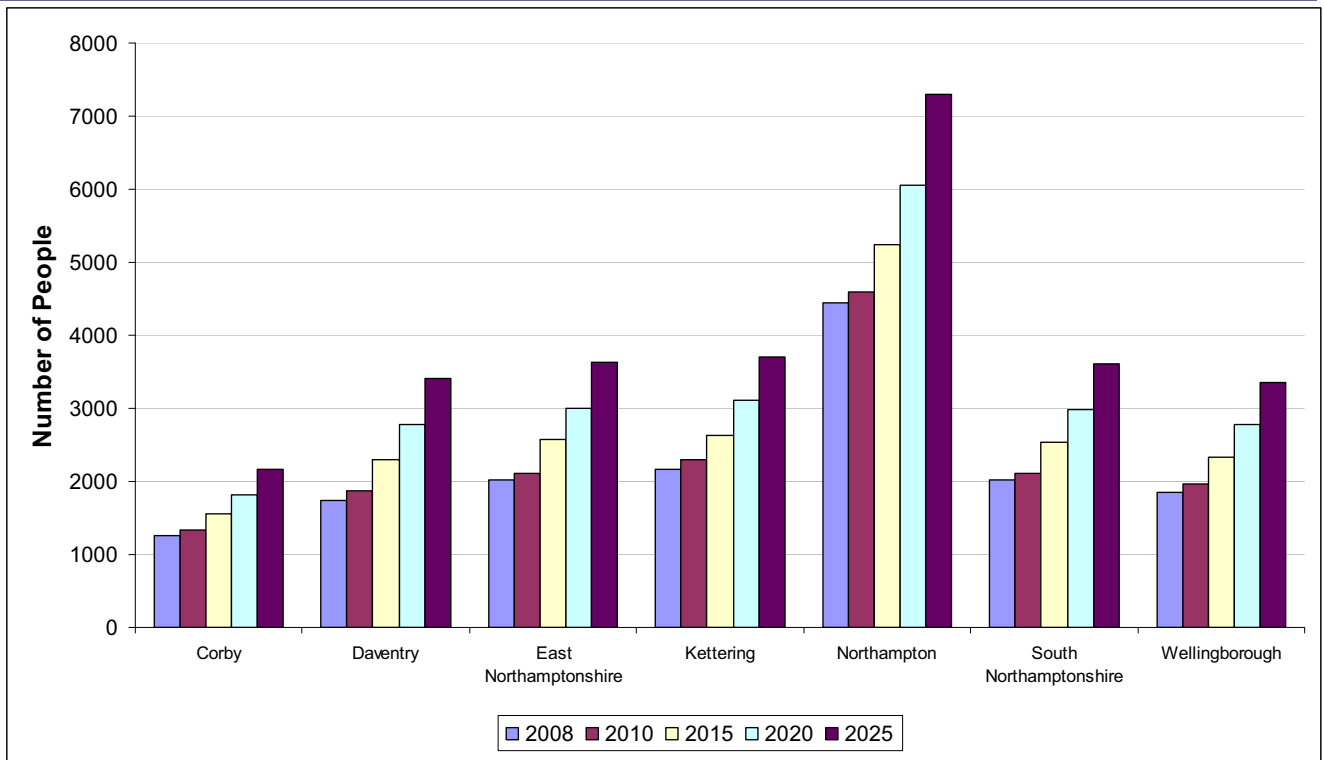


Figure 4.13.3.2 Total Population aged 65 and over predicted to be unable to manage at least one mobility task on their own – Northamptonshire Districts - 2008 to 2025, Source: POPPI