

Appendix 1: Summary of Findings from Draft Ageing Well

Joint Strategic Needs Assessment

Population, Deprivation and Life Expectancy

There are about 33,000 people living in Swindon over 65, 15% of the total population. 1548 are aged over 90 with double the number of women than men in this age group.

Older people are not evenly across Swindon. The highest proportions are in Chiseldon and Lawn (26.6% of the population aged 65+) and Wroughton and Wichelstowe (25.3%) whereas the lowest are in Priory Vale (4.8%) and St Andrews (5.6%). Sometimes people can feel more isolated in areas which are predominantly younger as there are less facilities and services aimed at older people.

There are low proportions of older people in the new housing estates such as those in the north and west.

2011 Census data indicates 870 people in Swindon were living in care homes, a lower rate than in the south west and England. 88% of these are over 65.

Numbers of older people likely to live alone are projected to increase significantly between now and 2030 (52% increase for those aged 65 to 74 and 70% increase for those aged 75+).

The number of people in Swindon is likely to increase significantly over the next 20 years with the largest percentage increase seen in those over 65. The 85+ age group is projected to have the largest growth rate at 136% from 3823 in 2011 to 9039 in 2031.

Income deprivation affects nearly half of older people in the Manchester Road area of Central ward and Walcot East South West area of Walcot and Park North. Throughout Swindon there are likely to be around 1 in 3 older people eligible for pension credit who are not claiming it based on national rates.

Life expectancy at aged 65 is 18.5 years for men and 21.1 years for women on average. Women tend to live longer but spend more years after age 65 in poorer health.

2011 Census data on how good people rate their health shows 61% of those aged 65 to 74 rate their health as good or very good compared to 28% of those aged 85 and over. One in four people aged 85+ consider their health to be bad or very bad.

Lifestyle, Sexual, Oral and Mental Health

Lifestyle considers weight, alcohol, physical activity and smoking behaviours.

At national level around two thirds of women and three quarters of men aged 65+ are overweight or obese, increasing with age for men but decreasing for women. Swindon is unlikely to be significantly different. Issues around weight and nutrition are more complex as people get older however as being underweight is also a risk to health and medication, changes in appetite and chronic diseases can affect how much and what type of food people eat. Because of increasing numbers of older people in the future

the number of older adults likely to be obese is projected to increase by 53% by 2030. This has implications for both social care and health services.

Although people are less likely to drink alcohol as they get older, nationally the proportion who drink almost every day is increasing. 28% of 85+ men report drinking almost every day compared to 4% of those aged 25-34 although 22% have not drunk alcohol at all in the last 12 months (increasing to 42% of women). In Swindon the rate of hospital admission for alcohol related conditions for those aged over 65 years is higher than the England average, 224.8 admission episodes per 100,000 population against England average of 190.5. This is much higher for men than women.

As people get older they are less likely to be physically active: about one in five of those aged 65+ report taking part in sport in the last month and 47% of people over 65 are classed as inactive (less than 30 minutes of activity per week). Social care data shows people most commonly need help with physical support so maintaining strength and balance for as long as possible is valuable.

In Swindon in 2015 18.7% of adults were current smokers, which is likely to reduce to around 12% of those aged 65-69 and 3% aged 90+ according to national prevalence data. In 2015/16 around 200 people over 65 used local smoking cessation services in Swindon with around 58% achieving a four week quit target. Forecasts suggest less people will smoke in the future with only 4% of those aged 65-74 smoking in 20 years time.

0.6% of people attending a sexual clinic for the first time were over 65 in Swindon with double the number of men than women. National survey data found that 2% of people aged 65-74 had at least one new partner in the last year and there is some evidence that older people are less likely to use condoms than any other age group and that health professional do not perceive older people to be at risk of sexually transmitted diseases.

There is no locally collected data on the proportion of older adults with oral diseases although there is increasing national concern about oral health for people living in care homes. Tooth decay is most likely to affect those aged 25 to 34 and aged 75+ and in the south west 59% of the population experience some gum disease.

One in four people of all ages will experience a mental health problem at some point in life: risk factors such as caring responsibilities, life events, social isolation, lack of social networks and ill health are likely to be significant factors for older people.

Measures of wellbeing in the Annual Population Survey are similar for Swindon compared to England. National breakdowns show that whilst older people tend to have better satisfaction and happiness ratings than those in midlife those over 80 have the highest percentage reporting low worthwhile scores.

The national Opinion and Lifestyle Survey found that nearly one third of people report high levels of loneliness. Analysis of MOSIAC data in Swindon identified two types most likely to be lonely; people who experience anxiety and depression, and those who have limited contact and are less likely to use the internet.

III health and use of Acute and Emergency Services

Older people are more likely to have multiple conditions with 50% of complex patients, identified by NHS England as those who make up the top 2% spend for a CCG, likely to be over 65+. The average complex patient is likely to have eight admissions per year for three different conditions.

Around 20,000 people in Swindon aged 65+ are likely to have high blood pressure which increases the risk of stroke and heart problems. Around 6000 are likely to have cardiovascular diseases and a similar number arthritis and rheumatism.

Hearing loss affects an estimated 14000 people aged 65+ and sight loss about half this amount. Older people can be reluctant to use sight and hearing aids.

For older men prostate cancer is the most common and for women breast cancer. More people are living with or beyond cancer and other illnesses and the long term effects of this as people live longer are not fully understood although they are likely to be both physical and psychological.

Developing a type of dementia is one of the greatest concerns as people get older both as an individual but also for a partner or loved one. In Swindon around 2200 people aged 65+ are estimated to be living with dementia, around half of which are 85+. Swindon has a dementia strategy focusing on the whole dementia journey from prevention to end of life and an active Dementia Action Alliance.

There were over 25,000 hospital admissions for those aged 65 and over in Swindon CCG in 2014/15, 36.6% of the total admissions. Cancer was the most common cause of admission for the 65 to 79 age group but for the 80 to 84 age group it was eye related conditions, for the 85 to 89 year olds it was circulatory disease and for those aged 90 plus it was respiratory disease.

In 2015/16 there were 11,268 attendances at GWH emergency department for people aged over 65 years who lived in the NHS Swindon CCG area. Half were due to known diseases or injury with the most common categories being 'Injury or other external cause', 'Diseases of circulatory system' and 'Diseases of the respiratory system'.

Social Care

In 2015/16 there were 5543 people using adult social care services with 65% over 65. There is an upward trend in the number of contacts to social care from people of all ages (12898 in 2014/15 and 14068 in 2015/16), with around 50% of these leading to referral and assessment. 54% of all clients have one service with 23% having 3 or more: however a 'service' may also include pieces of equipment.

The most common type of care for people age 65 and over is personal care support where people find it difficult to do physical things on their own. This includes domiciliary care which is offered at home: on 31 March 2016, 742 clients over 65 received this service with highest numbers of people in parts of Wroughton and Highworth.

Social services data shows 337 people aged 65+ living in residential care and 184 living in nursing care: similar numbers to the previous year. However there is increasing demand to find beds, particularly for people on discharge from hospital.

Prevention and Screening

There are a range of services provided by the Community Health and Wellbeing Team which are focused on supporting people to change behaviour and preventing isolation and ill health. These include health ambassadors, the circles of support project, and community navigators: 17%, 100% and 58% of clients respectively were aged over 65. Weight management support is also offered: between 16% and 21% of those who attend Dietbusters or are referred to Weightwatchers are over 65. There are no services specifically for older people although those available welcome all ages. People can also choose to attend Slimming World: 20% of attendees are aged 65 and over.

Older people are routinely offered immunisation against pneumococcal disease, influenza and shingles. Uptake of PPV vaccine for pneumococcal is lower than the England average in Swindon at 65% but update for influenza and shingles is similar to England.

Screening for abdominal aortic aneurysms (AAA), breast cancer and bowel cancer covers older people although for specific age ranges. Take up is similar to the English average for AAA, better for breast cancer and significantly worse for bowel cancer.

Sight tests are free for those over 60 and around half of people have an NHS test annually. People with hearing loss are less likely to seek help: on average people wait 10 years before seeking help and it is estimated three times as many people could benefit from hearing aids as have them.

Staying Independent

Transport is very important for ageing well. The proportion of households without a car increases from 15% for those aged 65 to 69 to 66% of those aged 85 and over. People over 65 account for 85% of customers on the concessionary travel database and all people reaching state pension age are eligible for a free bus pass.

At the last census in 2011 two thirds of households aged over 65 owned their own home outright, reducing to 61% of those over 85. Nearly one in five households over the age of 85 years live in homes rented from Swindon Borough Council. People want different things from housing: adaptability is more important than type. Level access to showers and stair lifts are the most common disability facilities grant adaptations with council tenants having £900,000 worth of work in 2015/16 including showers, door widening, ramps, paths and conversions.

In Swindon, 90.4% of people have used the internet in the last three months and 9.3% have never used it or used it more than three months ago. National data found 56.5% of people over 75 never used the internet in 2016 but this has been falling year on year. Swindon Borough Council's primary source for information sharing is the MyCareMySupport website: 'Support at home' and 'Getting out and about' are the most frequently accessed pages in the marketplace.

Part of Ageing Well is about feeling valued and for some older people this is from providing care and/or volunteering. Around one in seven older people in Swindon are providing unpaid care according to the census. It is estimated that the 4520 people aged 65+ who provide unpaid care will increase to 7000 by 2030. This includes around 780 people aged 85 and over. Over 36% of people aged 65+ nationally participate in voluntary activities at least once a month: a significant workforce and valuable contribution to society and community.

17.4% of people aged 55+ take part in sport at least once a week in Swindon, and one in five had participated in any sport during the last 28 days which has been declining in recent years. Nationally the most popular sports for those aged 65 and over are swimming, fitness and conditioning, and golf. 29.3% of people over 65 said they would like to do more sport.

Swindon has a wide range of sports facilities including 21 swimming pools, and over 20 squash courts and tennis courts. There are also a range of walking groups aimed at different abilities, exercise on referral, balance and safety, gym sessions, chair based exercise and exercise aimed at people with different health conditions.

Understanding People's Views

The Swindon residents' survey found that the most important things in making somewhere a good place to live for people aged 65+ were health services, clean streets, public transport and the level of crime.

28% of those aged 65 and over were very satisfied with their local area as a place to live and older people were more likely to be satisfied with services provided by the Council.

Focus groups across Swindon found that 'Ageing well' was perceived to be about maintaining mental health and wellbeing, watching out for your neighbours and being content.

Mental wellbeing was important to all age groups, but this evolved through the different life stages. For the youngest age group (50-64), mental wellbeing was about maintaining relationships through work, friends and family i.e. socialising, being busy. For those aged 65 to 79 there were similar themes but the concept of mental wellbeing began to shift towards mentally preparing yourself for old age, maintaining mobility to get out and about, and being positive about ageing. With the oldest age group (80+), mental wellbeing also focused on getting out and exercise but shifted even more to maintaining independence and accepting assistance.

Younger older people had some concern about the perception of growing older and how society views older people.

Views on Swindon varied significantly although a majority of people had good things to say about Swindon in general as a place to live. This ranged from good places to visit such as green spaces for walks, cycling, and shops, to Swindon being well connected.

There was a difference in views in terms of knowledge and participation in things going on in the town. This was less about there not being enough going on and more about lack of awareness and poor communication.

There was also a view that needs change over time and as people get older they need to both recognise that things may be more difficult but also that there should activities available that are at different levels.