

Later Life in the United Kingdom

May 2012

This factsheet, which is updated on a monthly basis, is the most up-to-date source of publicly available, general information on people in later life in the UK. Wherever possible, figures for the whole UK are quoted. For ease of reading and unless otherwise stated, the term “older” is used here for people aged 65 and over.

If you have any queries or comments, please contact research@ageuk.org.uk

Table of Contents

Overview.....	3
UK Population	3
Population projections.....	3
Within the older population.....	3
Age discrimination.....	4
Health and Wellbeing.....	5
Lifestyle.....	5
Physical activity.....	5
Effects of winter cold.....	5
Life expectancy.....	5
Long-term illness.....	6
Quality of life.....	6
National Health Service.....	6
General practitioners.....	7
Hospital care.....	7
Malnutrition.....	7
Foot care.....	8
Dentistry.....	8
Falls.....	8
Osteoporosis.....	9
Sensory impairment.....	9
Incontinence.....	9
Heart Disease and Strokes.....	9
Arthritis.....	10
Dying.....	10
Mental health.....	10
Dementia.....	10
Home and Care.....	12
Home care.....	12
Residential care.....	12
Older people as carers.....	13
Housing and homelessness.....	13
Elder abuse.....	14
Money Matters.....	15
Pensions.....	15
Savings.....	15

Poverty	15
Spending	16
Fuel poverty	16
Travel and Lifestyle.....	17
Aspirations for later life.....	17
Transport and accessibility.....	17
Community and citizenship	18
Leisure and time use.....	18
Digital inclusion	18
Loneliness	20
Isolation.....	21
Crime.....	21
Work and Learning	22
Employment	22
Learning	22
References	23

Overview

UK Population

- Each year, about 650,000 people turn 65¹
- There are now more people in the UK aged 60 and above than there are under 18²
- There are over 12 million people of state pension age (currently 60 for women and 65 for men), almost 1 in 5 of the UK's total population³
- There are more pensioners than there are children under 16⁴
- There are 10.3 million people aged 65 or over in the UK⁵
- There are well over 21 million people aged 50 years and over, over a third of the total UK population⁶
- For the first time in history, there are now over 14 million people in the UK aged 60 and above.⁷
- Over 1.4 million people are aged 85 or over⁸
- The numbers of centenarians as nearly quadrupled since 1981, from 2,600 to almost twelve thousand in 2009.⁹
- When asked what stage of life they were currently in (given choices), 55% of 60-64 year olds said 'later life or old age', but 43% of them said 'middle adulthood'. For 65-69 year olds, the split was 75% 'later life' and 23% 'middle adulthood'.¹⁰
- Yet people's ideas of when 'later life' started were quite early: in the 60-64 year old group, men said age 61 and women said 64; In the 65-69s, men said 62 and women said 66.¹¹

Population projections

- The number of people aged 60 or over is projected to rise by over 50 per cent in the next 25 years¹²
- The number of people aged 60 or over is expected to pass the 20 million mark by 2031¹³
- The number of people aged 65 years and over is expected to rise by 65% in the next 25 years to over 16.4 million in 2033¹⁴
- The percentage of the total population who are over 60 is predicted to rise from 22% at present to nearly 29% in 2033 and 31% in 2058.¹⁵
- By 2083, about one in three people in the UK will be over 60¹⁶
- The number of people over 85 in the UK is predicted to double in the next 20 years and nearly treble in the next 30¹⁷
- The population over 75 is projected to double in the next 30 years¹⁸
- Nearly one in five people currently in the UK will live to see their 100th birthday (see section on life expectancy below)¹⁹
- However, according to the National Statistician, the UK's population is ageing more slowly than other comparable counties²⁰

Within the older population

- About 3.8 million older people live alone.²¹ 70% of these are women over 65.²²
- Over 2 million people over 75 live alone; 1.5 million of these are women.²³
- 62% of widows (women only) are aged 75 and over²⁴
- Black and minority ethnic (BME) groups make up over 16% of the population of England, but 8% of people in England aged 60 and over²⁵
- Government estimates that between 5 and 7% of the UK population are lesbian, gay or bisexual. On this basis, we estimate there are between 575,000 and 810,000 LGB people over State Pension Age in the UK²⁶
- As of the 2001 Census, there were over 1.5 million people aged 60-74 living in rural England, and 0.8 million aged 75+²⁷

- It is estimated that there are 14 million grandparents, 1.5 million of whom are under 50²⁸

Age discrimination

- 60% of older people in the UK agree that age discrimination exists in the daily lives of older people²⁹
- 53% of adults agree that once you reach very old age, people tend to treat you as a child³⁰
- 52 per cent of older people agree that those who plan services do not pay enough attention to the needs of older people³¹
- 68% of older people agree that politicians see older people as a low priority³²
- 76% of older people believe the country fails to make good use of the skills and talents of older people³³
- 97% of annual travel insurance policies impose an upper age limit for new customers³⁴
- In a study of patients at a stroke unit between 2004 and 2006, only 4 per cent of patients age 75 and above were given an MRI scan, compared to 26 per cent of those under 75³⁵
- 39% of people aged 65+ think businesses have little interest in the consumer needs of older people³⁶

Health and Wellbeing

Lifestyle

- Older adults eat on average 4.4 servings of fruit and vegetables daily; 37% in this age group meet the recommended 5 servings daily (compared with 30% under age 65).³⁷
- 41% of older men and 65% of older women report they have never smoked. 9% of older men and 7% of older women say they are current regular smokers.³⁸
- Women aged 65+: 32% are of normal BMI, 32% 'overweight', and 34% 'obese'. For men this age: only 16% are within normal BMI, 54% are overweight, and 31% obese.³⁹
- 36% of older men and 39% of older women have normal, untreated blood pressure (compared with 80% and 84% of aged 19-64). Only 21% of older men and 23% of older women have controlled hypertension; the rest are uncontrolled or untreated.⁴⁰

Physical activity

- People aged 75-plus are much less likely to report taking the minimum levels of physical activity necessary to achieve health benefits.⁴¹ In English adults aged 65-74, 19% say they meet this minimum level, and only 7% of 75+ adults do.⁴²
- 23% of people over 65 said they had restless sleep on most or every night in the last 2 weeks. This was quite a bit higher than young people (8% of 16-24 year olds), but slightly less than people 45-64. 53% of over 65s said they had any trouble with sleep, which was lower than people in age groups between 35 and 64. 45% of over 65s never had restless sleep.⁴³

Effects of winter cold

- Ill health and death rates increase in the older population in cold weather.⁴⁴
- There is a strong relationship between poor insulation and heating of houses, low indoor temperature and excess winter deaths of older people.⁴⁵
- There were 24,430 excess winter deaths of people aged 65 or over in the UK in 2010/11, a fall of 2,340 compared to the previous winter. 21,800 of those deaths were in England and Wales⁴⁶
- The all age total for the whole UK fell by 620 compared to the previous winter to 28,890.⁴⁷
- The average daily excess winter deaths for people aged 65 is 202 for the UK (over 8 per hour).⁴⁸
- For England and Wales, it is 180 per day (between 7 and 8 per hour).⁴⁹
- It has been estimated that for every degree colder than 20C, mortality rises by one to two percent.⁵⁰
- In the UK, this means that there are about 8,000 deaths a year in the UK for every degree Celsius of winter cold below average.⁵¹
- Deaths from hypothermia are rare, but cold weather and poor heating can contribute to the deaths caused by circulatory diseases (responsible for 41% of all recorded deaths by natural causes) and by respiratory diseases (13%).⁵²
- Heart and circulatory diseases are the largest causes of mortality in adults over 65 (England and Wales)⁵³ and are particularly affected by winter temperature.⁵⁴
- See the extent of fuel poverty and non-decent homes below in the **Fuel Poverty** section

Life expectancy

- Current UK estimates from the Office for National Statistics for female life expectancy *at birth* are 82.3 years and 78.2 years for men.⁵⁵
- UK life expectancy estimates *at the age of 65* are 85.6 for women and 83 for men.⁵⁶

- Projections for 2025 for life expectancy *at 65* are 88.3 for women and 86.1 for men⁵⁷
- A female born in Glasgow City can expect to live 11.7 years less than one born in Kensington and Chelsea. For males, the difference is 13.6 years. The gaps are greater than they were for the previous year⁵⁸
- At age 65, men in the UK can expect to live on average another 10.0 years in good health, which is 55% of their life after 65. Women can expect to live 11.7 years in good health, which is 56.8% of their expected remaining life span.⁵⁹
- Men aged 65 in the UK can expect to live their last 7.4 years with a disability. For women, the average is 9 years⁶⁰
- The United Kingdom had a lower healthy life expectancy at birth (for males and females) and a smaller percentage of life expectancy without disability than the average of the 15 European Union countries in 2003⁶¹
- A baby born in 2011 is almost eight times more likely to reach 100 than one born in 1931.⁶²
- A baby girl born in 2011 has a one in three chance of living to 100 and a baby boy has a one in four chance⁶³

Long-term illness

- An estimated 4 million (36% of people aged 65-74 and 47% of those aged 75+) have a limiting longstanding illness. This equates to 40% of all people aged 65+.⁶⁴
- If nothing is done about age-related disease, there will be over 6 million people with a long-term limiting illness or disability by 2030⁶⁵
- Over two thirds (69%) of people aged 85 and over in the UK have a disability or limiting longstanding illness.⁶⁶
- Males born in the UK in 2006-08 can expect to live 81.7% of their lives without a disability and 80.8% in good health (using the new European EU_SILC definition). Females can expect to live 78.6% of their lives disability-free and 78.7% in good health⁶⁷

Quality of life

- In the UK, 11% of older people describe their quality of life as very poor, quite poor or neither good nor poor⁶⁹
- 24 per cent of older people in the UK reported that their quality of life had got worse over the last year, whereas 9 per cent said it had improved⁷⁰
- However, 24% of people over 65 said they were very satisfied with their health, and 51% said they were fairly satisfied⁷¹
- 37% are very satisfied and 55% fairly satisfied with their standard of living; this is higher than any other age group except 16-24 year-olds (at 40% and 45%)⁷²
- 28% are 'very satisfied' with their day-to-day activities; higher than any other age group except 16-24 year-olds (30%)⁷³
- 27% are 'very satisfied' with their ability to influence what happens in their lives; higher than any other age group except 16-24 year-olds (35%)⁷⁴
- 74% are either very or fairly satisfied with achieving their goals⁷⁵
- 82% said that in the last two weeks, they felt happy or contented either most days or every day; this was the highest for any age group⁷⁶
- 71% said that in the last two weeks, they never felt depressed; this was better than other age groups except 16-24 year olds (76%) and 45-54 year olds (74%)⁷⁷

National Health Service

- Two thirds of NHS clients are aged 65 and over but they receive only two fifths of total expenditure⁷⁸
- 9 per cent of people aged 75 and over in England find it very difficult to get to their doctor's surgery⁷⁹

- Nearly one in five (19%) find it very difficult to get to their local hospital⁸⁰
- The number of emergency readmission for people aged 75+ in English hospitals in 2009/10 was 188,138, a rise of 88% since 1999/2000⁸¹
- 64% of older people think health and care staff don't always treat older people with respect for their dignity⁸²

General practitioners

- An opinion poll for Age Concern found that, in 2008 in England, 90% of older people said they had enough time to discuss everything they needed to during appointments with GPs and practice nurses⁸³
- 16% of older people (65+) surveyed said they had experienced some difficulty in making a GP appointment⁸⁴
- The percentage of consultations undertaken as home visits fell from 22% in 1971 to 4% in 2006⁸⁵
- Older people are more likely than other age groups to receive a home visit by a GP. In 2006, 15% of GP consultations for people aged 75 and over were undertaken as home visits⁸⁶

Hospital care

- Up to 60% of older people in hospital have mental health problems or develop them during their stay⁸⁷
- In 2008, 32% of people aged 65 and over who were admitted to hospital were found to be malnourished at the time of admission.⁸⁸ (See more on malnutrition in Health section above).
- In 2007, of people staying in hospital who needed help to eat, 18% said that they did not get enough support⁸⁹
- In 2010, 21 per cent of adult inpatients in England said that they were not always treated with respect for their dignity. This result has not improved since the first survey in 2002.⁹⁰

Malnutrition

All figures using accepted BAPEN/NICE/WHO definitions "under 20 BMI, loss of appetite and/or unexplained weight loss".

- It is estimated that over 1 million older people living in the community are malnourished (10% of people 65+ UK).⁹¹
 - One third of all older people admitted to hospital and care homes are at risk of malnutrition (32% of 65+). For care homes alone, the figure at risk of malnutrition in 2008 was 37%⁹²
 - In winter, about 34% of people admitted to hospital (all ages) are found to be malnourished. This is an over 20% rise from summer and autumn months.⁹³
 - Every ten minutes, someone with malnutrition dies in hospital (all ages).⁹⁴
 - In hospital, screening in winter in 2010 found that the risk of malnutrition was 28% in patients under 60 years old, 32% in those aged 60-79 years and 44% in those 80 years and over.⁹⁵
 - The risk was found to be 37% greater in patients aged 65 years and over than those under 65 years (39% for 65+ compared to 28% for those aged under 65)⁹⁶
- Also:
- Malnourished patients stay an average of 5-10 days longer in hospital.
 - Only just over half of older patients describe their hospital food as good
 - 37% of adult inpatients said they did not get enough help to eat meals and
 - 42% said there were not always enough nurses on duty to care for them⁹⁷
- On discharge from hospital: no figure available.
 - 22% of people 60+ GB (2009) skipped meals to cut back on food costs⁹⁸ (3 million people).
 - 42% of people 60+ GB (2009) agreed they struggle to afford essential items e.g. food, gas, electricity⁹⁹ (5.8 million).

- 7% of 65+ UK (700,000) said they went without food or other essential items last winter (2005/06) because of worries about the cost of heating the home.¹⁰⁰
- 4% of 65+ UK (400,000) said they did so sometimes or always¹⁰¹
- 9% (60+ GB, 2008) said that if they could not meet the cost of fuel in the winter, they would cut back on essentials items such as food, clothes, etc.¹⁰²
- In the winter of 2006/07, over 1 million older people (60+ GB) cut back on food shopping in order to pay for their home heating costs.¹⁰³
- 8% (65+, GB) said that in recent years, they have sacrificed food expenditure in order to buy presents for Christmas.¹⁰⁴

Foot care

- Over thirty percent of older people say they are unable to cut their own toenails¹⁰⁵
- More than half of new episodes of foot care are for people aged 65 or over¹⁰⁶
- There was a fall of 20% in new episodes of foot care in the NHS between 1996/97 and 2003/04¹⁰⁷
- In a 2008 survey of older people in England, 35% reported that they had needed foot care in the last year. This need increased with age, with half of people aged 85 and over reporting that they had required a service.¹⁰⁸
- Of the older people surveyed who said they needed foot care, 58% get private care, 35% NHS and 1% Charity¹⁰⁹

Dentistry

- Official figures on older people needing dentistry are not reported in the quarterly NHS Dental Statistics
- In a recent survey by Age Concern, just over half of the respondents said that they were registered with an NHS dentist. This declined further with age and varied considerably between regions¹¹⁰
- In 2009, 23% of people aged 65+ did not have any natural teeth¹¹¹
- It has been estimated that by 2025 there will still be 20% of older people who have no natural teeth but that up to half of all older people will have retained 21 or more natural teeth¹¹²
- In England and Wales, 7.4m people (of all ages) say they would like to access NHS dentistry, but cannot. Of these, 2.7m say they are not able to access a dentist at all¹¹³
- During the 24 months leading up to 31 March 2008, only 53.3% of the total population of England were seen by an NHS dentist¹¹⁴

Falls

- About a third of all people aged over 65 fall each year (which is equivalent to over 3 million).¹¹⁵
- Hip fractures are the most expensive osteoporosis fracture with estimated costs per patient ranging from £12,000 (1998 figure)¹¹⁶ to £25,424 (2000 figure).¹¹⁷ The latter figure is now routinely updated to £28,000 by some falls teams to reflect increased costs over the past 10 years.
- The combined cost of hospitalisation and social care for hip fractures (most of which are due to falls) is £2 billion a year or £6 million a day¹¹⁸
- Falls represent over half of hospital admissions for accidental injury.¹¹⁹
- Half of those with hip fracture never regain their former level of function and one in five dies within three months.¹²⁰
- Falls are common after strokes, especially among people who are unstable and have poor upper limb strength at hospital¹²¹

Osteoporosis

- One in two women and one in five men over the age of 50 will break a bone mainly as a result of osteoporosis, and three million people are at risk of osteoporosis.¹²²
- 50-70% of women will have an osteoporotic fracture at some time¹²³
- A significant number of older people with osteoarthritis also have undiagnosed osteoporosis¹²⁴.
- Lifetime risk of osteoporotic fracture lies within the range of 40% to 50% in women and 13% to 22% in men, and based on current trends, hip fracture rates might increase in the United Kingdom from 46,000 in 1985 to 117,000 in 2016.¹²⁵
- About 3 million people in the UK have osteoporosis, and this is responsible for around 230,000 fractures each year.¹²⁶
- Of the 70,000 osteoporotic hip fractures each year, about 30% of patients will die within a year due to causes related to the fracture.¹²⁷

Sensory impairment

- In the UK 42% of people over 75 will develop cataracts, and almost 50% will have some symptoms of age-related macular degeneration¹²⁸
- 28% of people aged 65+ have difficulties with their eyesight¹²⁹
- 59% of people aged 75 or over have an eye complaint¹³⁰
- About 6.4 million people aged 65+ have some form of hearing loss¹³¹
- RNID also say about one in 10 adults in the UK would benefit from wearing hearing aids – that's four million people – yet only one in 30 does (about 1.3 million). This would mean that RNID estimates that about 2.6 million people (all ages) need but don't have hearing aids¹³²
- Hearing loss causes difficulties with communication. This, in turn can lead to frustration, low self-esteem, withdrawal and social isolation.
- Nearly two out of three Britons with hearing loss feel socially isolated because of their condition.¹³³
- There is research evidence linking social isolation to depression, poor physical health and premature death.¹³⁴

Incontinence

- There are over 2.5 million people over 60 suffering from urinary incontinence in the UK, and the majority are women.¹³⁵
- It has been estimated that more than 50% of care home residents have urinary incontinence¹³⁶
- In the UK, 1 in 3 older women (65+) experience incontinence. 1 in 7 older men (65+) experience incontinence.¹³⁷
- On a much broader basis, around 14 million people (adults of all ages) are estimated by the Bladder and Bowel Foundation to be affected by some form of bladder problem and 6.5 million affected by some form of bowel problem¹³⁸
- Incontinence can also be associated with falls¹³⁹ and strokes¹⁴⁰
- Faecal incontinence is much rarer. An estimated 7% of older people (65 or over in the UK) living independently and one in three living in residential care or hospital have faecal incontinence. This equates to roughly three quarters of a million older people.¹⁴¹

Heart Disease and Strokes

- Heart and circulatory diseases are the largest causes of mortality in adults over 65 (England and Wales)¹⁴²
- 20.8% of men 65-74 and 28.4% aged 75-plus report ever having had ischemic heart disease. For women, the figures are 10.0% and 19.3%¹⁴³
- 21.4% of people aged 65+ have been diagnosed with coronary heart disease¹⁴⁴
- There are over 100,000 first strokes every year in the UK, and 90% of these affect people over 65 years¹⁴⁵

- About 150,000 people in the UK have a stroke every year,¹⁴⁶ which is estimated to cost society over £8.9 billion in care and lost productivity¹⁴⁷
- Around 60,000 people a year (all ages) are admitted to hospital as an emergency after a stroke¹⁴⁸
- Despite improvements in stroke services over the past decade, 26% of stroke patients do not spend any time in a dedicated stroke unit¹⁴⁹

Arthritis

- There are an estimated 9 million people in the UK suffering from arthritis¹⁵⁰

Dying

- Of the 491,348 people who died in England and Wales in 2009 year, 82.5 per cent were aged 65 or over; 2/3 were age 75+¹⁵¹
- Only 8.5 per cent of those dying of cancer aged over 85 die in a hospice, compared to 20 per cent of all cancer deaths¹⁵²
- Although 33 per cent of all deaths are people aged 85 and over, only 9-15 per cent of people gaining access to specialist palliative care are in this age group¹⁵³
- Deaths from hypothermia are rare, but cold weather and poor heating can contribute to the deaths caused by circulatory diseases (responsible for 41% of all recorded deaths by natural causes) and by respiratory diseases (13%)¹⁵⁴
- Research suggests that the majority of people (between 56 and 74 per cent) express a preference to die at home¹⁵⁵
- Of people over 65 who died, 18% died at home, compared to 31% of people aged 15-64¹⁵⁶

Mental health

- Depression affects 22% of men and 28% of women aged 65 or over. This would be just over 2 million people aged 65+ in England.¹⁵⁷
- The Royal College of Psychiatrists estimates that 85% of older people with depression receive no help at all from the NHS¹⁵⁸
- Another study estimates that depression affects 40% of older people in care homes¹⁵⁹
- Worse general health can be associated with depression among older adults¹⁶⁰, and other risk factors include not living close to friends and family, poor satisfaction with accommodation, and poor satisfaction with finances¹⁶¹
- In 2009/10, 140,000 men and 247,000 women over 65 used NHS secondary mental health services.¹⁶² For men, this was 25% of all men accessing services, and for women, 35%.

Dementia

- Dementia is one of the main causes of disability in later life, ahead of some cancers, cardiovascular disease and stroke.¹⁶³
- Dementia costs the UK approximately £23 billion per year, about twice as much as cancer, yet this country spends nearly twelve times as much on cancer research than it does on researching dementia¹⁶⁴
- Over 820,000 people are estimated to be suffering from late onset dementia in the UK in 2010¹⁶⁵
- By 2025, the number is expected to rise to one million. By 2051, it is projected to exceed 1.7 million¹⁶⁶
- One in three people over 65 will die with a form of dementia.¹⁶⁷
- It affects 1 person in 6 over 80 and one in three over 95¹⁶⁸
- Up to 25% of all hospital beds are occupied with older patients with dementia and they stay in hospital for longer than others with similar conditions¹⁶⁹

- Each hospital could save an average £6 million a year by correctly identifying dementia patients, providing more appropriate and timely care, thus reducing length of stay and improving health outcomes¹⁷⁰
- There are several types of dementia. The most common are Alzheimer's disease (62% of all cases of dementia) and Vascular dementia (27%)¹⁷¹
- There are currently 465,000 people with Alzheimer's in the UK and it is estimated that a further 62,000 people are developing Alzheimer's each year¹⁷²
- It has recently been estimated that 27 million of the 36 million dementia sufferers worldwide are undiagnosed. The report also suggests that early diagnosis could save up to £6,254 per person.¹⁷³

Home and Care

Home care

- In England, 453,000 people received home care services in 2009¹⁷⁴
- Between 2000 and 2008, the number of households in England receiving home care services has decreased by 18%¹⁷⁵
- In England, only 50,600 households were receiving low level care in 2009 – 2 hours or less per week¹⁷⁶
- Of the 2 million older people with care related needs, 800,000 currently do not receive any formal support¹⁷⁷
- 1.5 million people in England have care and support needs that the state does not meet¹⁷⁸
- It is estimated that around 6,000 older people with high support needs and 275,000 with less intensive needs receive no care at all, from state or informal sources¹⁷⁹
- In 2007-08, eligibility criteria for adult social care in England was set at a level considered “substantial” by 70% of councils, and at “critical” by a further 2%¹⁸⁰
- About 410,000 older people in the UK have an unmet need for help with practical household jobs¹⁸¹
- 54,840 older people in England are receiving direct payments¹⁸²
- In a recent survey, 90% of people aged 65+ who receive adult social care and support services said they are satisfied with the services.¹⁸³
- 55% of people aged 65+ who receive adult social care and support services said quality of life was “good” to “so good it couldn’t be better”; 35% said it was alright; only 10% said it was bad.¹⁸⁴
- 74% said they had complete or adequate control in their daily lives; 21% said they have some but not enough, and 5% felt they had no control.¹⁸⁵
- 64% said they get all the food and drink they want, an additional 32% feel they get adequate amounts, and 4% report they do not get enough food and drink, with 1% saying they feel their health is affected.¹⁸⁶
- 95% said they felt safe, with people aged 85+ feeling safer than those 65-74 (96% vs. 92%).¹⁸⁷
- 79% said they have adequate or as much social contact as they want; 17% felt they had some social contact but not enough, and 4% said they had little contact and felt socially isolated. The younger old – 65-74 – were more likely to report social isolation than the oldest old – 85+ (5.5% vs 3.1%).¹⁸⁸
- 54% said having help made them feel better about themselves, 32% said it did not affect the way they felt about themselves, and 13% reported this sometimes or often made them feel negative about themselves.¹⁸⁹
- When asked in which ways care and support services helped them, the most common answers were personal care (68%), feeling safe and secure (55%), meals (54%), keeping my home clean and comfortable (51%), to have control over daily life (49%), social contact with people I like (42%), and doing things a value and enjoy (33%). There was a marked difference in age groups in the following: personal care – 62% for ages 65-74 vs 73% for ages 85+; meals – 43% for 65-74s and 62% for 85+; feeling safe and secure – 50% for 65-74s and 58% for 85+; doing things I value and enjoy – 37% for 65-74s and 31% for 85+.¹⁹⁰

Residential care

- In 2010, there were 18,255 Care Quality Commission (CQC) -registered care homes in England, 13,869 of which were residential homes, 4,363 nursing homes and 23 non-medical care homes. The total number of places was just over 460,000. Both of these figures show a slight decline on previous years.¹⁹¹
- As some of these places were for people aged under 65 or unoccupied, it is estimated that about 400,000 people aged 65+ are in care homes in England¹⁹²

- The residential care market is estimated to be £14 billion, of which the private (for-profit) sector is worth £9.9 billion and the value of the voluntary /not-for-profit sector is a further £1.9 billion. The public sector accounts for the remaining £2.2 billion,¹⁹³
- The UK average annual fee for a single room in a private residential home is £26,104 (£502 per week). For a nursing home, it is £36,296 (£698 per week)¹⁹⁴
- On average, weekly fees for residential care in England in 2008 were £60 higher than the standard council payment¹⁹⁵

Older people as carers

- Around 6.4 million people provide unpaid care in the UK (all ages)¹⁹⁶
- About 960,000 people aged 65+ provide unpaid care for a partner, family, or others,¹⁹⁷ but only 93,000 of these receive any carer-specific support services.¹⁹⁸
- Carers UK estimate that 58% of carers (all ages) are female.¹⁹⁹
- A fifth of all carers (20%) aged 75+ provide 50 or more hours of informal care each week²⁰⁰
- 2.8m people aged 50 and over provide unpaid care and 5% of people aged 85+ provide unpaid care²⁰¹
- In 2006, among families where the mother was in work, 31% of lone parents and 32% of parent couples relied on grandparents for informal child care²⁰²
- There are estimated to be 600,000 people in the UK acting as the main carers for people with dementia²⁰³
- Recent research has estimated that older carers (aged over 60) in the UK are providing up to £4bn in unpaid volunteering and up to £50bn in unpaid family care²⁰⁴
- Carers UK estimate that carers (of all ages) are currently (2011) saving the UK economy £119 billion a year (or £2.3 billion a week. This compares to a total annual cost of the NHS of £98.8 billion(or £1.9 billion a week)²⁰⁵
- A quarter (26%) of care recipients aged 85 or over need continuous care²⁰⁶
- *Grandparents plus* estimate that there are 25,000 grandparents over the age of 65 raising 30,000 grandchildren in the UK and that, if the children they are caring for were in independent foster care it would cost £1.4 billion in care costs alone each year.²⁰⁷
- Research carried out by the Princess Royal Trust for Carers¹ discovered that almost 70% of carers aged 60 and over said that looking after someone else had damaged their health.²⁰⁸
- Nearly half (49.2%) admitted that their health has deteriorated in the last year because of their caring duties.²⁰⁹
- Nearly two-thirds (65%) of those polled said they had health problems or a disability of their own, while only half of these felt confident lifting the person they care for.²¹⁰
- The respondents also revealed that caring for another person also took its toll mentally, with 68.8% saying being a carer had damaged their psychological wellbeing, and 42.9% reporting that their mental health had worsened in the past year.²¹¹
- Subsequently, the Princess Royal Trust for Carers wants GPs to provide health checks and screening for depression to carers once a year, and home visits where needed. It also recommends that training and lifting equipment should be provided to carers who need it and that breaks should be funded by the NHS and local councils.²¹²

Housing and homelessness

- As of the year 2000, 90% of older people were living in 'mainstream housing'. The remainder lived in care homes and supported housing²¹³
- Over two thirds (71%) of householders aged 65+ own homes outright without a mortgage²¹⁴
- 35% of the homes occupied by older people (60+) in England fail the decent homes standard (approximately 2.7 million households)²¹⁵

¹ The Trust surveyed 639 carers aged between 60 to 94.

- Over three quarters of a million people aged 65 and over need specially adapted accommodation because of a medical condition or disability and 145,000 of them report living in homes that do not meet their needs²¹⁶
- Older people are expected to account for 48% of the net growth in households up to 2026²¹⁷
- There are currently an estimated 600,000 older people in sheltered housing in England²¹⁸
- It is estimated that up to 42,000 older people are unofficially homeless in England and Wales²¹⁹
- However, 97% of over 65s were satisfied with their accommodation; 59% were 'very satisfied'; these figures are the highest for any age group.²²⁰

Elder abuse

- Approximately 342,000 older people living in private households in the UK are abused each year. We estimate that, taking into account care homes, up to 500,000 older people in the UK are abused each year (roughly 5% of the older population)²²¹
- Every hour, over 50 older people are neglected or abused in their own homes by family members, friends, neighbours or care workers²²²
- In a study based on 10,000 phone calls to a help-line up to 2004, the proportion of calls concerning the different types of elder abuse identified was as follows: psychological (34 per cent), financial (20 per cent), physical (19 per cent), sexual (3 per cent). 44 per cent of callers reported multiple abuse²²³

Money Matters

72% of over-65s said they were satisfied with their future financial security, higher than any other age group²²⁴

Pensions

- 23 per cent of all adults in Great Britain in 2008 are in receipt of a state pension. Of those who are at state pension age or above, 95 per cent are estimated to be in receipt of a state pension²²⁵
- The average (median) income for pensioners is £256 a week (£367 for pensioner couples and £180 for single pensioners)²²⁶
- In May 2010, there were nearly 12.5 million claimants of state pension²²⁷
- In 2010/11, the full Basic State Pension is £97.65 for single pensioners and £156.15 for pensioner couples²²⁸
- The UK spends about 5% of its Gross Domestic Product on pension benefits, less than most other European countries²²⁹
- 46% of pensioner couples and 73% of single pensioners receive over half their income from state pensions and benefits²³⁰
- 5% of pensioner couples and 16% of single pensioners have no source of income other than the state pension and benefits²³¹

Savings

- 28 per cent of pensioner couples have less than £1,500 in savings. For single male and single female pensioners, the figure is 40%.²³²
- 4 per cent of people aged 85 and over have no bank or post office account, and 3% of households where the head is 85-plus²³³
- Over a quarter (26%) of single female pensioners have no savings at all. For single male pensioners, it is 28% and for pensioner couples, it is 17%²³⁴
- 56% of employees are covered by a non-state pension scheme²³⁵

Poverty

- 1.8 million pensioners (16%) live below the poverty line (a weekly income of £124 for single pensioners and £214 for a couple).²³⁶
- Of these, 1 million (8%) live in severe poverty (below the 50% median line).²³⁷
- 9% of pensioners aged 65+ in the UK are materially deprived. That is, they do not have certain goods, services, or experiences because of financial, health-related, or social isolation barriers. 2% of pensioners are both in material deprivation and low income.²³⁸
- Between £3.7 and £5.5 billion of means-tested benefits that should rightfully go to older people in GB went unclaimed in 2009-10.²³⁹
- 1.2 – 1.6 million people older people in GB eligible for Pension Credit are not taking up their entitlement. This equates to missing out on a (mean) average of £34.²⁴⁰
- 8% of pensioners are in persistent poverty (below the poverty line for at least 3 out of the last 4 years in GB).²⁴¹
- Pensioners from black and minority ethnic (BME) groups are more likely to be in poverty than white pensioners. This is especially true of Pakistani and Bangladeshi pensioners – 46% of whom are in poverty.²⁴²
- For single pensioners mainly reliant on state pension, average disposable weekly income is £144²⁴³
- One in six pensioners in rural districts lives in low income. This proportion is similar to that in urban districts.

- 600,000 pensioners in low-income households - two-fifths of the total - live in rural districts.²⁴⁴

Spending

- Average weekly expenditure for one-person households mainly dependent on state pensions is £164.70, which is £20 *more* than the average weekly disposable income for that group²⁴⁵
- Households headed by someone aged 65+ contribute about £109 billion of spending power every year²⁴⁶
- On average, 75+ households spend more of their annual expenditure on housing and fuel: over 17%, compared to an all-age average of 12.5%²⁴⁷

Fuel poverty

- According to the latest official figures²⁴⁸, there are over three million older people (aged 60 or over) in fuel poverty in England, nearly 1.2 million of whom live alone²⁴⁹
- Figures for the UK show 4.8 million people aged 60+ living in fuel poverty. These estimates do not include recent price rises.²⁵⁰
- In 2009, fuel bills averaged £1,239 a year²⁵¹
- Between 2003 and 2009, average household gas bills doubled and average electricity bills rose by 60%²⁵²
- 36% of people 60 or over in GB sometimes stay or live in just one heated room of their home to save money.²⁵³
- Nearly one in three of the oldest households in England (where the oldest person is aged 75+) live in housing which has failed the official decent homes standard.²⁵⁴
- One in eight of these 75+ households live in housing which fail the decent homes standard because of sub-standard heating and insulation.²⁵⁵
- Older people in private rented housing are most at risk of living in non-decent homes.²⁵⁶
- People in later life in the UK are more likely to worry about the cost of heating in winter than in comparable European countries. They are also more likely to turn heating off to save money, wear outdoor clothing inside and go to bed early to save on heating costs.²⁵⁷
- A higher proportion of people dread the winter in the UK than in Sweden.²⁵⁸
- More people in later life in the UK also feel cold in their own homes than in Sweden or Germany.²⁵⁹
- See more about the physical effects of the cold in the **Health and Wellbeing** section in the fact sheet

Travel and Lifestyle

Aspirations for later life

- Looking particularly at those aged 50 to 59 – that is, those in the decade leading up to when they are 60 or more – only around half (53 per cent) said they had hopes or ambitions. This, therefore, shows that a significant proportion (47 per cent) of this group had either not thought about it that much or not thought about it at all.²⁶⁰
- The most common aspiration was for leisure activities and hobbies (81 per cent).²⁶¹
- Of those who had started to think about what they might do when they were over 60, a third (35 per cent) had estimated their pension income and started to save money (32 per cent).²⁶²
- Other than maintaining their health and independence, respondents were most likely to choose having a circle of friends they see frequently as being important to them when they are 60 or older.²⁶³
- About half of respondents (53 per cent) were interested in formal volunteering when aged 60 or more. A third (33 per cent) were interested in informal volunteering and a further third (31 per cent) were not interested in either.²⁶⁴
- Just over three-quarters (76 per cent) of those interested in learning post-60 wanted to do so ‘just for the pleasure of learning’. This was more true of younger respondents than of older ones.²⁶⁵
- Among those with aspirations of undertaking leisure or cultural activities, travel was the most common aspiration (82 per cent). Those in higher income quintiles were more likely to say this, while those aged over 65 were least likely to mention this.²⁶⁶
- Just under three-quarters (73 per cent) said they expected to care for a family member when they themselves were 60 or older. Younger respondents were most likely to say this.²⁶⁷
- Almost all respondents (98 per cent) were doing at least one activity to maintain their long-term health, and the most common of these were avoiding smoking, getting out of the house as often as possible, eating fruit and vegetables and taking regular exercise.²⁶⁸
- Respondents who did nothing to maintain their long-term health were more likely to be in younger age groups, male and of lower socio-economic status. The most common reason for not doing any health maintaining behaviours was because people did not believe this would make any difference.²⁶⁹
- People who took part in more health-maintaining and independence-maintaining behaviours were less likely to feel isolated and more likely to feel that their community was a good one to grow old in.²⁷⁰

Transport and accessibility

- Just over half (52%) of people aged 70+ in Great Britain have a full car driving licence²⁷¹
- 40% of people aged 60 or over in GB use local bus services at least once a week²⁷²
- In 2010 the take-up rate of concessionary fares by people aged 60+ in Great Britain rose to 78% (82% of females and 74% of males)²⁷³
- 18% of adults aged 60-69 have a mobility difficulty, and 38% of adults aged 70+ do. This is compared to 12% of everyone aged 16 and over.²⁷⁴
- In England, 10% of those aged 75-plus say they have very difficult access to a corner shop; 10% to a supermarket; 10% to a post office; 9% to a doctor’s surgery; and 16% to a local hospital²⁷⁵
- 57% of rural households are within 13 minutes’ walk of an hourly or better bus service²⁷⁶

- 28% of rural households do not have access to a supermarket within 4km²⁷⁷

Community and citizenship

- 31% of people aged 65-74 and 21% of 75+ in England are participating in formal volunteering at least once a month. The average for all ages is 37%²⁷⁸
- Nearly 4.9 million people aged 65 and over in England (58%) take part in volunteering or civic engagement²⁷⁹
- People aged 65+ say that the top benefits of volunteering are 'meeting people and making friends' (91%), 'gets me out of myself' (82%), 'makes me feel needed' (76%), and 'gives me more confidence' (68%)²⁸⁰
- Other benefits of volunteering are:
 - gives a role in life and a sense of being needed and respected,^{281, 282, 283, 284, 285}
 - decreases mortality and improves self-rated health,^{286, 287, 288, 289, 290, 291}
 - increases mental health and decreases depression,^{292, 293, 294, 295, 296, 297}
 - reduces stress and increases life satisfaction,^{298, 299}
 - provides social support and interaction,³⁰⁰
 - healthy behaviours and the ability to cope with one's own illness,³⁰¹
 - provides a positive transition from work to retirement.³⁰²
- In the 2005 general election, voting was more common with increasing age: 75% of people aged 65+ voted, as opposed to 37% of those aged 18-24.³⁰³
- 87% of people aged 65+ feel they belong strongly to their neighbourhood, compared to 77% of all adults in England³⁰⁴
- However, 30% of people 65-74 and 29% of people 75+ feel they can affect decisions in their local area, as opposed to 38% of adults in England³⁰⁵
- 78% of people over 65 said they were satisfied with feeling they were part of a community (30% were 'very satisfied'), which was higher than any other age group.³⁰⁶
- 93% of over 65s said they were satisfied they where they lived was a quiet environment (49% were 'very satisfied'), which was higher than any other age group.³⁰⁷
- 94% of over 65s said they were satisfied with the area in which they lived (54% were 'very satisfied'), which was higher than any other age group.³⁰⁸
- 91% of people over 65 said that having public gardens, parks, commons, or other green spaces nearby was important; this was similar to other ages.³⁰⁹
- Although they visited public gardens and other green spaces less often than other age groups, 83% of over 65s said they go to these places.³¹⁰

Leisure and time use

- People aged 65 and over spend on average three and three quarters hours a day watching TV (or DVD/Video)³¹¹
- Over-65s are estimated to spend an average of 80% of their time in the home - 90% for people over 85³¹²
- 73% of over-65s said they were involved in leisure activities and hobbies in the last 2 weeks³¹³
- 76% of over-65s said they are satisfied with their leisure activities and hobbies; 34% were 'very satisfied', which was higher than any other age group except 16-24 year olds (35%)³¹⁴
- 48% of over-65s are active in social activities in their local area, though this is less than other age groups³¹⁵

Digital inclusion

- The official number of people described as "digitally excluded" is 17 million (all ages)³¹⁶

The issue of internet use is especially important for older people, because more and more services are moving online. For example, a report, "Online government services and the offline older

generation,³¹⁷ concludes that the direction of travel within government is, definitively, to move resources online:

- At least three quarters of local government officers and local councillors think the use of the council website will increase over the next year.³¹⁸
- The majority of Councillors say that their councils are encouraging more people to use the council website for information on local service.³¹⁹
- 86% of councillors agree that having more people using the internet to access services saves their council money.³²⁰

The research also reveals the attitude of the over 60s to online services.

- More than 70% of older people say that if more services were provided on the internet, they would still visit or phone their local council to receive services.³²¹
- A similar percentage also disagree with the notion that, 'if more council services were provided online I would use the internet more'.³²²
- To date, the research indicates that only 15% of older people have used a local council website to find information.³²³

There are 3 major sources of information about internet and digital use by older people; we've listed these separately below for clarity.

From Ofcom

Internet

- Among those aged 65-74, over half of this age group (55%) have internet access at home. However, still only a small minority (26%) of those aged 75+ have the internet at home. Around 85% of those aged 25-54 do.³²⁴
- It is notable, however, that broadband take-up among older age groups has increased significantly in the past two years.³²⁵
- Of those who do use the internet, self-reported hours of internet use is significantly lower among adults aged 65+ at 6.7 hours per week vs. 14.2 hours for all ages.³²⁶
- For most over-65s without internet access the main reason is a lack of interest: 31% said that the main reason for not having internet access was that they had no need for it, with 24% saying they were too old to use the internet and 17% saying they did not want a computer. A significant minority (15%) said that their main reason was they did not know how to use the internet / a computer, and 3% said that it was too expensive.³²⁷
- People aged 65+ are most likely to focus on the informational element of the internet, and less likely to nominate reasons such as relaxation or pastime, or indeed to keep up to date with the news.³²⁸
- 12% of 65-74s and 5% of over-75s claimed that their households used social networking sites, versus 46% of all adults (16+).³²⁹
- Younger users aged 16-24 are far more likely than older people to say that they are confident doing creative things online such as making blogs, sharing photos and uploading short videos (73% say they are very confident, compared to 18% of those aged 65+).³³⁰
- Younger users aged 16-24 are also more likely to say they are very confident in judging whether a website is truthful (58% vs. 21% for older people aged 65+). Users aged 65 and over are more likely to say they are not confident (24% vs. 12% for all).³³¹
- There is a strong relationship between privacy concerns and the age of the internet user; users aged 16-24 are far more likely than those aged 65+ to say that they would be happy to share photos online (61% vs. 14%), while older users are less confident in judging whether a website is truthful (58% of 16-24s vs. 21% of over-65s).³³²
- In Q1 2011, 35% of adults claimed to use the internet for viewing catch-up television services. Younger adults and men are more likely to use catch-up; but growth has been fastest since 2009 among people over 65, with 25% claiming to now use catch-up.³³³
- Unlike other connected devices, e-readers are as popular with older age-groups as younger age-groups: 4% of 16-24s and 4% of 55-64s claimed to own an e-reader while take-up was highest among 35-54s (6%).³³⁴

Mobile phones

- Younger adults are more likely to have a mobile phone (98%) whereas only 64% of over 65s (51% of over 75s) have one³³⁵
- Younger adults aged 16-24 are much more likely to have a mobile phone than a fixed line and older people, particularly those aged 75+, are far more likely to have a fixed line (94%) than a mobile (61%). However, 85% of people aged 65-74 live in a household with a mobile.³³⁶
- While 32% of those aged 16-24 are in mobile-only households, this falls to 5% for 65-74 and 4% of those aged 75+.³³⁷
- Smartphones: 27% of adults aged 16+ have a smartphone, compared with just 7% of people aged 55+.³³⁸
- Older people (aged 65+) are the most likely to have their mobile phone switched on only when they need to use it (23%) or generally switched off (24%).³³⁹
- Over half of all adults under the age of 34 use the internet on mobile phones, compared to just 2% of over-65s.³⁴⁰

Digital TV and Radio

- People aged 65+ make up 18% of the UK population, but 44% of those with analogue-only TV, and 11% of those with digital cable.³⁴¹
- Older listeners are less likely to listen through a digital radio platform. For listeners under 64, at least half claim to listen to digital radio on a monthly basis. In the 65-74 age group the figure falls to 42%, and to 25% for the over-75s.³⁴²

From Office of National Statistics

- Nearly 6 million older people (about 58% of people aged 65 and over) in the UK have never used the internet³⁴³
- 3.2 million people aged 65+ in the UK have used the internet in the last 3 months, over half of whom used it every day or almost every day.³⁴⁴
- 27% of people aged 65+ in the UK have made a purchase online in the last 12 months, compared to 22% last year (2010)³⁴⁵
- Of the people aged 65+ who have made a purchase online in the last year, the most common items were: travel (29%), holiday accommodation (26%), books, magazines and newspapers or e learning materials (28%), clothes and sports goods (26%) and household goods (21%).³⁴⁶

From Myfriendsonline survey

- Within the 65+ population there are other marked difference, for instance social class (the DE group being more than twice as likely as the AB group for the same age range to be offline (85% compared to 40%)³⁴⁷
- There are also a gender difference. 65+ are more likely than women to be currently online (39% compared to 26%)³⁴⁸
- There are other patterns: people 65+ in Scotland and NI are less likely to be online than their counterparts in Wales and England, and single people 65+ are less likely to be online than other households³⁴⁹

Loneliness

- Half of all people aged 75 and over live alone³⁵⁰
- Just over 700,000 (7%) of people aged 65 or over in the UK say they are always or often feel lonely³⁵¹
- 36% of people aged 65 and over in the UK feel out of touch with the pace of modern life and 9% say they feel cut off from society³⁵²
- Half of all older people (about 5 million) consider the television as their main form of company³⁵³
- Over 500,000 older people spent Christmas Day alone in 2006³⁵⁴

- 70% of over 65s said they never felt lonely in the last 2 weeks, which was the lowest amount for any age group (other ages ranged from 73%-79% saying they never felt lonely). 8% said they felt lonely most or all days during the last 2 weeks, which was the highest for any age group (3%-5% of other ages were).³⁵⁵
- 86% of over 65s say they are satisfied with their personal relationships. This is the lowest of all age groups.³⁵⁶
- Only 46% of over 65s said they spent time together with their family on most or every day, compared to 65-76% for other ages. 12% of over 65s said they never spent time with their family.³⁵⁷
- Over 65s also spent less time with friends: only 35% spent time with friends most or every day in the last 2 weeks, and 12% never did.³⁵⁸
- People who took part in more health-maintaining and independence-maintaining behaviours were less likely to feel isolated and more likely to feel that their community was a good one to grow old in.³⁵⁹
- 17% of have less than weekly contact with family, friends and neighbours³⁶⁰

Isolation

- 12% of older people feel trapped in their own home³⁶¹
- 6% of older people (nearly 600,000) leave their house once a week or less³⁶²
- Nearly 200,000 older people in the UK do not receive the help they need to get out of their house or flat³⁶³
- 17% of older people have less than weekly contact with family, friends and neighbours³⁶⁴
- 11% have less than monthly contact³⁶⁵

Crime

- 8% of people aged 60+ in England and Wales say they live in fear of crime³⁶⁶
- 90% of over-65s said they never felt unsafe or threatened during the last two weeks³⁶⁷
- As an age group, the 75+ group is *least* likely to have a high level of worry about burglary, car crime and violent crime. 65-74 is also less likely than the average to have a high level of worry about car crime and violent crime³⁶⁸
- Older people (65+) are most likely to feel that crime is increasing “a lot” in the *country as a whole*. However, older people are no more likely to perceive a similar increase of crime at a *local level*³⁶⁹
- There were 10,635 recorded distraction burglary crimes in 2007-08³⁷⁰

Work and Learning

Employment

- 7,368,000 people aged from 50 to State Pension Age (SPA, currently 60 for women and 65 for men) are in employment³⁷¹
- 849,000 people aged 65 or over were employed in July – September 2011, a rise of 0.1 per cent over the last year; this is about 3% of the UK labour force³⁷²
- The employment rate for 50 to SPA is 65% and for SPA+ it is 8.4%³⁷³
- The latest figures (Jul-Sep 2011) show the unemployment rate for people aged 50+ in the UK is 4.7%³⁷⁴
- In October 2011, 241,100 people aged 50 or over claimed Jobseekers Allowance.³⁷⁵
- Median hourly pay for workers in their 50s is £12.00 and £10.00 for workers aged 60+, as opposed to £13.03 for workers in their 30s³⁷⁶
- There has been a trend of people leaving the workforce (presumably for retirement) later. For men, the estimate of average age of withdrawal increased from 63.8 years in 2004 to 64.5 in 2009. For women, it increased from 61.2 years in 2004 to 62.0 years in 2009³⁷⁷
- 65% of older people believe age discrimination still exists in the workplace³⁷⁸
- 18.1% of employees in the UK aged between 50 and retirement age have received job-related training in the last four weeks, as opposed to 25.8% aged 25-34 and 38.7% aged 35-49.³⁷⁹

Learning

- 17% of 65-74 year-olds and 13% of those aged 75+ have taken part in learning in the last three years³⁸⁰
- 168,000 people aged 60+ in England participated in state-funded learning in 2007-08³⁸¹
- 80% of those 65+ engaged in learning report that they do so for personal and leisure interests.³⁸²

References

- ¹ *National population projections, 2008-based*, Office for National Statistics, 2009
- ² Mid-2010 Population Estimates UK Office for National Statistics, 2011
- ³ Mid-2010 Population Estimates UK Office for National Statistics, 2011
- ⁴ Mid-2010 Population Estimates UK Office for National Statistics, 2011
- ⁵ Mid-2010 Population Estimates UK Office for National Statistics, 2011
- ⁶ Mid-2010 Population Estimates UK Office for National Statistics, 2011
- ⁷ Mid-2010 Population Estimates UK Office for National Statistics, 2011
- ⁸ Mid-2010 Population Estimates UK Office for National Statistics, 2011
- ⁹ *National population projections, 2009-based*, Office for National Statistics, 2010
- ¹⁰ *Aspirations for later life*. Humphrey, A., Lee, L., and Green, R., for the Department for Work and Pensions, 2011
- ¹¹ *Aspirations for later life*. Humphrey, A., Lee, L., and Green, R., for the Department for Work and Pensions, 2011
- ¹² *National population projections, 2008-based*, Office for National Statistics, 2009
- ¹³ *National population projections, 2008-based*, Office for National Statistics, 2009
- ¹⁴ *National population projections, 2008-based*, Office for National Statistics, 2009
- ¹⁵ *National population projections, 2008-based*, Office for National Statistics, 2009
- ¹⁶ *National population projections, 2008-based*, Office for National Statistics, 2009
- ¹⁷ *National population projections, 2008-based*, Office for National Statistics, 2009
- ¹⁸ *National population projections, 2008-based*, Office for National Statistics, 2009
- ¹⁹ Department of Work and Pension estimate based on ONS population projections, DWP press release, 30 December 2010
- ²⁰ *Population Trends 42*, Office for National Statistics, December 2010
www.statistics.gov.uk/populationtrends/ptissue
- ²¹ *General Lifestyle Survey 2010* (Table 3.3), ONS 2012, and Office for National Statistics mid-2010 Population Estimates (2011). NB Unless otherwise stated, all "older people" statistics refer to age 65 and over
- ²² *Labour Force Survey*, ONS, 2011
- ²³ *Labour Force Survey*, ONS, 2011
- ²⁴ *General Lifestyle Survey 2009* (Table 5.2), ONS, 2011
- ²⁵ Estimated resident population by ethnic group, age and sex, mid-2007, (experimental statistics) Table EE4, Office for National Statistics, 2009 (Office for National Statistics ethnic classification: BME is defined by ONS as all groups except White British)
- ²⁶ Stonewall website, <http://www.stonewall.org.uk>; and mid-2007 Population Estimates Office for National Statistics, 2008
- ²⁷ *Rural Disadvantage: Taking forward our study on rural disadvantage*, Commission for Rural Communities, 2005
- ²⁸ *The Poor Relation? Grandparental care: where older people's poverty and child poverty meet*, Grandparents Plus/ EHRC, 2009
- ²⁹ *One Voice: Shaping our ageing society*, Age Concern and Help the Aged, 2009
- ³⁰ *One Voice: Shaping our ageing society*, Age Concern and Help the Aged, 2009
- ³¹ *One Voice: Shaping our ageing society*, Age Concern and Help the Aged, 2009
- ³² *One Voice: Shaping our ageing society*, Age Concern and Help the Aged, 2009
- ³³ *One Voice: Shaping our ageing society*, Age Concern and Help the Aged, 2009
- ³⁴ De facto research on age restrictions in insurance for Help the Aged, November 2008
- ³⁵ Study of 379 stroke patients by researchers based in Mayday Hospital Croydon published in Postgraduate Medical Journal, April 2009
- ³⁶ 2011 ICM Research Agenda for Life Survey for Age UK (November 2010)
- ³⁷ *National Diet and Nutrition Survey: Headline results from Years 1 and 2 (combined) of the Rolling Programme, 2008/9 - 2009/10*. Department of Health, 2011
- ³⁸ *National Diet and Nutrition Survey: Headline results from Years 1 and 2 (combined) of the Rolling Programme, 2008/9 - 2009/10*. Department of Health, 2011
- ³⁹ *National Diet and Nutrition Survey: Headline results from Years 1 and 2 (combined) of the Rolling Programme, 2008/9 - 2009/10*. Department of Health, 2011

-
- ⁴⁰ *National Diet and Nutrition Survey: Headline results from Years 1 and 2 (combined) of the Rolling Programme, 2008/9 - 2009/10*. Department of Health, 2011
- ⁴¹ Government recommendation defined as averaging at least 30 minutes a day, at least 5 days a week, of at least moderate intensity.
- ⁴² *Health Survey for England Adult Trend Tables 2008*, National Statistics, 2009
- ⁴³ *Survey of public attitudes and behaviours towards the environment*. Department for Environment, Food and Rural Affairs (Defra), 2011
- ⁴⁴ The Health Impacts of Cold Homes and Fuel Poverty <http://www.marmotreview.org/reviews/cold-homes-and-health-report.aspx>
- ⁴⁵ The Health Impacts of Cold Homes and Fuel Poverty <http://www.marmotreview.org/reviews/cold-homes-and-health-report.aspx>
- ⁴⁶ Aggregate of figures for 65 and over excess winter death statistics, from ONS (England and Wales), GROS (Scotland), and NISRA (Northern Ireland), 2010/2011
- ⁴⁷ Aggregate of figures for 65 and over excess winter death statistics, from ONS (England and Wales), GROS (Scotland), and NISRA (Northern Ireland), 2010/2011
- ⁴⁸ Age UK estimate based on EWD aggregate figures. The winter period is defined by the Office for National Statistics as December to March (121 days in a non-leap year such as 2011)
- ⁴⁹ *News release*, Office for National Statistics, 2011
- ⁵⁰ *Addressing Excess Winter Deaths*, Help the Aged, 2001
- ⁵¹ *Addressing Excess Winter Deaths*, Help the Aged, 2001
- ⁵² Based on *Annual Abstract of Statistics*, Office for National Statistics, 2003
- ⁵³ *Death registrations in England and Wales 2009*, Office for National Statistics 2011 <http://www.statistics.gov.uk/StatBase/Product.asp?vlnk=14409>.
- ⁵⁴ The Health Impacts of Cold Homes and Fuel Poverty <http://www.marmotreview.org/reviews/cold-homes-and-health-report.aspx>
- ⁵⁵ Life expectancy at birth and at age 65 by local areas in the United Kingdom, 2008–10, Office for National Statistics, October 2011
- ⁵⁶ Life expectancy at birth and at age 65 by local areas in the United Kingdom, 2008–10, Office for National Statistics, October 2011
- ⁵⁷ GAD Period expectations of life (years), 2006-based projections, www.gad.gov.uk
- ⁵⁸ *Life expectancy at birth and at age 65 by local area in the United Kingdom, 2006-08*, *Statistical Bulletin*, Office for National Statistics, 2009
- ⁵⁹ *Health expectancy at birth and at age 65 in the United Kingdom, 2007-09*, *Statistical Bulletin*, Office for National Statistics, 2011
- ⁶⁰ *Health expectancy at birth and at age 65 in the United Kingdom, 2007-09*, *Statistical Bulletin*, Office for National Statistics, 2011
- ⁶¹ *Europe in figures: Eurostat yearbook 2008*, European Communities, 2008
- ⁶² *Differences in life expectancy between those aged 20,50 and 80 – in 2011 and at birth*, James Evans, DWP ad hoc research series http://statistics.dwp.gov.uk/asd/asd1/adhoc_analysis/2011/diffs_life_expectancy_20_50_80.pdf
- ⁶³ *Differences in life expectancy between those aged 20,50 and 80 – in 2011 and at birth*, James Evans, DWP ad hoc research series http://statistics.dwp.gov.uk/asd/asd1/adhoc_analysis/2011/diffs_life_expectancy_20_50_80.pdf
- ⁶⁴ The estimate is for the UK, based on Great Britain data from the *General Lifestyle Survey 2009*, Office for National Statistics, 2011
- ⁶⁵ Own estimate based on *General Lifestyle Survey 2008*, *ONS 2010* and *mid-2008 based population projections*, *ONS 2009*
- ⁶⁶ *Family Resources Survey 2007/8*, Department for Work and Pensions, 2009
- ⁶⁷ *Survey of public attitudes and behaviours towards the environment*. Department for Environment, Food and Rural Affairs (Defra), 2011
- ⁶⁸ *Health expectancy at birth and at age 65 in the United Kingdom, 2006-08*, *Statistical Bulletin*, Office for National Statistics, 2010
- ⁶⁹ ICM Research survey for *One Voice*, 2008
- ⁷⁰ *One Voice: Shaping our ageing society*, Age Concern and Help the Aged, 2009
- ⁷¹ *Survey of public attitudes and behaviours towards the environment*. Department for Environment, Food and Rural Affairs (Defra), 2011
- ⁷² *Survey of public attitudes and behaviours towards the environment*. Department for Environment, Food and Rural Affairs (Defra), 2011

- ⁷³ *Survey of public attitudes and behaviours towards the environment*. Department for Environment, Food and Rural Affairs (Defra), 2011
- ⁷⁴ *Survey of public attitudes and behaviours towards the environment*. Department for Environment, Food and Rural Affairs (Defra), 2011
- ⁷⁵ *Survey of public attitudes and behaviours towards the environment*. Department for Environment, Food and Rural Affairs (Defra), 2011
- ⁷⁶ *Survey of public attitudes and behaviours towards the environment*. Department for Environment, Food and Rural Affairs (Defra), 2011
- ⁷⁷ *Survey of public attitudes and behaviours towards the environment*. Department for Environment, Food and Rural Affairs (Defra), 2011
- ⁷⁸ *A Recipe for care – Not a Single Ingredient*, Philp, I, Department of Health 2007
- ⁷⁹ *Housing in England 2006/07* (Table 7.6), DCLG, 2008
- ⁸⁰ *Housing in England 2006/07* (Table 7.6), DCLG, 2008.
- ⁸¹ *Emergency Readmissions to Hospital within 28 Days of Discharge from Hospital: adults (persons) of ages 75+* (IC NHS Indicator Portal), Outcomes, Readmissions
- ⁸² ICM Research Pain and Dignity survey, 2008
- ⁸³ Poll by BMRB for Age Concern in *Primary Concerns*, Age Concern Policy Unit, 2008
- ⁸⁴ Poll by BMRB for Age Concern in *Primary Concerns*, Age Concern Policy Unit, 2008
- ⁸⁵ *Primary Concerns*, Age Concern Policy Unit, 2008
- ⁸⁶ *Primary Concerns*, Age Concern Policy Unit, 2008
- ⁸⁷ *Raising the Standard: Specialist services for older people with mental illness*, Royal College of Psychiatrists, 2006
- ⁸⁸ *Nutrition Screening Survey in the UK in 2008*, BAPEN (British Association for Parenteral and Enteral Nutrition), 2009 and *The MUST report*, BAPEN, 2003
- ⁸⁹ *National NHS patient survey programme: Survey of adult inpatients 2008*, Care Quality Commission, 2009
- ⁹⁰ *Survey of adult inpatients 2010*. Full national results with historical comparisons, Care Quality Commission, 2011
- ⁹¹ *Malnutrition in Older People in the Community; Policy recommendations for Change*, European Nutrition for Health Alliance/ BAPEN/ ILC-UK 2006 http://www.bapen.org.uk/pdfs/malnut_in_the_community.pdf.
- ⁹² *Nutrition Screening Survey in the UK in Winter 2010*, BAPEN 2011
- ⁹³ BAPEN press release, 1 November 2010, http://www.bapen.org.uk/res_press_rel_2010conf5.html
- ⁹⁴ Calculation based on *Nutrition Action Plan Delivery Board End of Year Progress Report*, August 2009 (published February 2010) quoting Stratton RJ, King CL, Stroud MA, Jackson AA, Elia M. 'Malnutrition Universal Screening Tool' predicts mortality and length of hospital stay in acutely ill elderly. *Br J Nutr* 2006;95:325-30 and Stratton RJ, Elia M. Deprivation linked to malnutrition risk and mortality in hospital. *Br J Nutr* 2006;96:870-6.
- ⁹⁵ *Nutrition Screening Week Survey 2010 : Hospital Survey UK*, BAPEN, 2011
- ⁹⁶ *Nutrition Screening Week Survey 2010 : Hospital Survey UK*, BAPEN, 2011
- ⁹⁷ *Nutrition Screening Survey in the UK in 2008*, BAPEN (British Association for Parenteral and Enteral Nutrition), 2009
- ⁹⁸ ICM Cut Backs Survey, 2009
- ⁹⁹ ICM Cut Backs Survey, 2009
- ¹⁰⁰ Ipsos/MORI "Behaviour and attitudes to keeping warm in the winter" survey for British Gas/ Help the Aged partnership, 2006
- ¹⁰¹ Ipsos/MORI "Behaviour and attitudes to keeping warm in the winter" survey for British Gas/ Help the Aged partnership, 2006
- ¹⁰² ICM Winter Fuel Bills Survey, 2008
- ¹⁰³ ICM Winter Costs Survey, 2007
- ¹⁰⁴ ICM Christmas Spending Survey (Barclays), 2007
- ¹⁰⁵ *Feet for Purpose? Age Concern*, 2007
- ¹⁰⁶ *Feet for Purpose? Age Concern*, 2007
- ¹⁰⁷ *Feet for Purpose? Age Concern*, 2007
- ¹⁰⁸ *Primary Concerns*, Age Concern Policy Unit, 2008
- ¹⁰⁹ *Primary Concerns*, Age Concern Policy Unit, 2008
- ¹¹⁰ *Primary Concerns*, Age Concern Policy Unit, 2008
- ¹¹¹ *Adult Dental Health Survey 2009 – First Release*. NHS Information Centre, 2010
- ¹¹² *Primary Concerns*, Age Concern Policy Unit 2008

- ¹¹³ Care Quality Commission website "Access to primary dental care"
<http://www.cqc.org.uk/guidanceforprofessionals/healthcare/nhsstaff/annualhealthcheck2008/09/qualityofservices/exis/accesstoprimarydentalservices.cfm>
- ¹¹⁴ Care Quality Commission website "Access to primary dental care"
<http://www.cqc.org.uk/guidanceforprofessionals/healthcare/nhsstaff/annualhealthcheck2008/09/qualityofservices/exis/accesstoprimarydentalservices.cfm>
- ¹¹⁵ *Epidemiology of falls*. Masud T, Morris RO., Age and Ageing, 30-S4:3-7, 2001
- ¹¹⁶ *The cost of treating osteoporotic fractures in the United Kingdom female population*. Dolan, P and Torgerson, DJ, Osteoporosis International, Volume 8, Number 6; 1998
- ¹¹⁷ *The economic cost of hip fracture in the UK*. Parrott, Steve (2000).
Commissioned by Health Promotion England on behalf of the Department of Trade and Industry from the Centre for Health Economics, University of York. This estimated the costs of a single hip fracture patient assumed to survive following a fracture and spending a year in long stay residential care. It excludes possible costs incurred by the family in caring for the patient or associated travel costs of the patient travelling to a health care provider
- ¹¹⁸ *The National Hip Fracture Database National Report 2011*; by British Orthopaedic Association, with the Information Centre and NHS. 2011
- ¹¹⁹ London Health Observatory. Accessed 05/10/10, at
http://www.lho.org.uk/LHO_Topics/Health_Topics/Diseases/AccidentsInjury.aspx
- ¹²⁰ *Reducing falls and resulting hip fractures among older women*. Stevens JA, Olson S., MMWR Recomm Rep. 2000 Mar 31;49(RR-2):3-12, 2000. <http://www.ncbi.nlm.nih.gov/pubmed/15580729>
- ¹²¹ *Predicting people with stroke at risk of falls*. Ashburn, A, Hyndman, D, Pickering, R., Age and Ageing, 37(3), 270-276, 2008
- ¹²² *National Osteoporosis Society Annual Report 2007*
- ¹²³ Research into Ageing factsheets updated from Dementia UK, LSE, King's College and Alzheimer's Society, 2007
- ¹²⁴ *The prevalence of osteoporosis in patients with severe hip and knee osteoarthritis awaiting joint arthroplasty*. Lingard, EA, Mitchell, SY, & Francis, RM, Age and Ageing, 39(2), 234-238, 2010
- ¹²⁵ Dennison E, Mohamed MA, Cooper C. 2006. Epidemiology of osteoporosis, *Rheum Dis Clin North Am*, 32(4): 617-29.
- ¹²⁶ NHS Choices, <http://www.nhs.uk/conditions/osteoporosis/Pages/Introduction.aspx>, access 9 January 2012
- ¹²⁷ NHS Choices, <http://www.nhs.uk/conditions/osteoporosis/Pages/Introduction.aspx>, access 9 January 2012
- ¹²⁸ http://www.cks.nhs.uk/cataracts/background_information/prevalence.
- ¹²⁹ *General Household Survey*. ONS, 2001
- ¹³⁰ *General Lifestyle Survey 2008*, Table 7.12. ONS, 2011
- ¹³¹ *Facts and figures on deafness and tinnitus*, Action on Hearing Loss Information, July 2011
- ¹³² RNID website http://www.rnid.org.uk/information_resources/need_hearing_aids/
- ¹³³ Specsavers survey of 700 customers, 2009
- ¹³⁴ *Healthy Ageing Evidence review*, Age UK, 2010
- ¹³⁵ *Storage symptoms of the bladder: Prevalence, incidence and need for services in the UK*. McGrother, C.W, BJU International, 93: 763-769, 2004
- ¹³⁶ *Prevalence and detection of urinary incontinence among older medicaid recipients*. **Adelmann, P.K.**, Journal of Health Care for Poor and Underserved; 15, 99-112, 2004; *Prevalence of urinary incontinence among institutionalized patients: A cross-sectional epidemiological study in a midsized city in northern Italy*. **Aggazzotti, G. et al**, Urology, 56: 2, 245-249, 2000; and *Prevalence and incidence of urinary incontinence of Swiss nursing home residents at admission and after six, 12 and 24 months*. **Saxer, S. et al**, Journal of Clinical Nursing, 17: 18, 2490-2496, 2008
- ¹³⁷ *Systematic review and evaluation of methods of assessing urinary incontinence*. Martin et al., Health Technology Assessment, 10(6):1-132, 2006
- ¹³⁸ *Dispelling the Myths: The truth about bladder and bowel disorders*, Bladder and Bowel Federation, 2008
<http://www.bladderandbowelfoundation.org/files/Dispelling%20Myths%20booklet%20website%20pdf%20June%202010.pdf>
- ¹³⁹ *Living with urinary incontinence - a longitudinal study of older women*. Byles, J, Millar, CJ, & Sibbritt, DW. Age and Ageing, 38(3), 333-338, 2009
- ¹⁴⁰ *Urinary incontinence in stroke - results from the UK National Sentinel Audits of Stroke*. Wilson, D, Lowe, D, & Hoffman, A. Age and Ageing, 37(5), 542-546, 2008
- ¹⁴¹ *Faecal incontinence*. Kamm MA, BMJ, 316(7130):528-32, 1998. N.B. This is a very rough estimate based on a study conducted more than ten years ago and should be treated with caution.
- ¹⁴² *Death registrations in England and Wales*. Office for National Statistics (ONS), 2009. Available at <http://www.statistics.gov.uk/StatBase/Product.asp?vlnk=14409>.
- ¹⁴³ *Health Survey for England Adult Trend Tables 2006*, National Statistics, 2008

- ¹⁴⁴ *Compression Or Expansion Of Disability? Forecasting Future Disability Levels Under Changing Patterns Of Diseases*. Final report. Carol Jagger et al., for University of Leicester, 2006
- ¹⁴⁵ The Stroke Association. Accessed 07/10/10 at <http://www.inspire-us.info/Stroke%20Association.htm>
- ¹⁴⁶ The Stroke Association. Accessed 07/10/10 at http://www.stroke.org.uk/about_us/
- ¹⁴⁷ *Cost of stroke in the United Kingdom*. Saka, O, McGuire, A, & Wolfe, C. *Age and Ageing*, 38(1): 27-32, 2009
- ¹⁴⁸ NHS Information Centre NCHOD database Emergency Admissions Stroke [http://www.nchod.nhs.uk/NCHOD/compendium.nsf/2217490fcc66bd94802573a30020fcd6/be5a9aa1bf812727802577fb002d70c4/\\$FILE/10C_528ISR7CP_09_V1_D.xls](http://www.nchod.nhs.uk/NCHOD/compendium.nsf/2217490fcc66bd94802573a30020fcd6/be5a9aa1bf812727802577fb002d70c4/$FILE/10C_528ISR7CP_09_V1_D.xls) based on 2006-2009 data
- ¹⁴⁹ National Sentinel Stroke Audit Phase II (clinical audit) 2008, Royal College of Physicians, 2009
- ¹⁵⁰ Arthritis UK website <http://www.arthritiscare.org.uk/Home>
- ¹⁵¹ *Mortality statistics: Deaths registered in 2009*, Office for National Statistics, 2010
- ¹⁵² *Dying in Older Age*, Help the Aged, 2005
- ¹⁵³ Professor David Oliver's presentation to the British Geriatric Society, November 2010 http://www.bgs.org.uk/powerpoint/aut10/oliver_equality.pdf
- ¹⁵⁴ Based on *Annual Abstract of Statistics* (figures for 2001), Office for National Statistics, 2003
- ¹⁵⁵ *End of life care*, National Audit Office, 2008
- ¹⁵⁶ Review of the *Mortality Statistics in England and Wales*, Office of National Statistics, 2009
- ¹⁵⁷ Depression is defined as a high score on the GDS10 (Geriatric Depression Scale), *Health Survey for England 2005: Health of Older People*, IC NHS 2007
- ¹⁵⁸ Royal College of Psychiatrists press release, 29 October 2009
- ¹⁵⁹ *Depression and Older People: Towards securing well-being in later life*, Help the Aged, 2004
- ¹⁶⁰ *General health status and vascular disorders as correlates of late-life depressive symptoms in a national survey sample*. Stewart, R, & Hirani, V. *International Journal of Geriatric Psychiatry*, 25(5): 483-488, 2010
- ¹⁶¹ *Depressive symptoms in the very old living alone - prevalence, incidence and risk factors*. Wilson, K, Mottram, P, Sixsmith, A. *International Journal of Geriatric Psychiatry*, 22(4): 361-366, 2007
- ¹⁶² Mental Health Minimum Dataset, *Citizenship Survey*, Health and Social Care Information Centre, NHS, 2011 <http://www.communities.gov.uk/publications/corporate/statistics/citizenshipsurveyq2201011>
- ¹⁶³ Department of Health press release 5 November 2009 <http://www.wired-gov.net/wg/wg-news-1.nsf/ifi/408275>
- ¹⁶⁴ *The economic burden of dementia and associated research funding in the United Kingdom*. Alzheimer's Research Trust, 2010
- ¹⁶⁵ *The economic burden of dementia and associated research funding in the United Kingdom*. Alzheimer's Research Trust, 2010
- ¹⁶⁶ *Dementia UK*, The Alzheimer's Society, 2007. Late onset dementia is dementia first diagnosed at or after the age of 65
- ¹⁶⁷ *Dementia UK*, The Alzheimer's Society, 2007. (adapted from Alzheimer Society News release 19 January 2009)
- ¹⁶⁸ *Dementia UK*, Knapp et al, Report for the Alzheimer's Society, 2007
- ¹⁶⁹ *Counting the cost: Caring for people with dementia on hospital wards*. Alzheimer's Society, 2009
- ¹⁷⁰ *Improving services and support for people with dementia*. National Audit Office, 2007
- ¹⁷¹ *Dementia UK*, Knapp et al, Report for the Alzheimer's Society, 2007
- ¹⁷² Alzheimer Society press release *Victory for people with Alzheimer's* 18 January 2011
- ¹⁷³ *The World Alzheimer's Report 2011: The benefits of early diagnosis and intervention*. Alzheimer's Disease International, 2011
- ¹⁷⁴ *Community Care Statistics 2009-10: Social Services Activity Report, England*, IC NHS, April 2011, table 3.2 http://www.ic.nhs.uk/webfiles/publications/009_Social_Care/caresstats0910asrfinal/Community_Care_Statistics_200910_Social_Services_Activity_Report_England.pdf
- ¹⁷⁵ *Community Care Statistics 2008: Home care services for adults, England*, NHS, 2009 (Table 5)
- ¹⁷⁶ *Community Care Statistics 2008-09: Social Services Activity Report, England* National Tables (revised), IC NHS, April 2011, Table H1.1
- ¹⁷⁷ *Care in Crisis*, Age UK, 2011 <http://www.ageuk.org.uk/Documents/EN-GB/Campaigns/Care%20in%20Crisis%20-%20FINAL.pdf?dtrk=true>
- ¹⁷⁸ *The state of social care 2006-07*, Commission for Social Care Inspection (CSCI), 2008
- ¹⁷⁹ *The state of social care 2006-07*, Commission for Social Care Inspection (CSCI), 2008
- ¹⁸⁰ *The state of social care in England 2007-08*, CSCI, 2009
- ¹⁸¹ *One Voice: Shaping our ageing society*, Age Concern and Help the Aged, 2009

- ¹⁸² *Community Care Statistics 2010-11: Social Services Activity Report, England*, IC NHS
http://www.ic.nhs.uk/webfiles/publications/009_Social_Care/carestats1011ssa/Annex_A_National_Tables.xls
 Table 2s.1
- ¹⁸³ *Personal Social Services Adult Social Care Survey, England - Provisional 2010-11*. NHS Information Centre, 2011
- ¹⁸⁴ *Personal Social Services Adult Social Care Survey, England - Provisional 2010-11*. NHS Information Centre, 2011
- ¹⁸⁵ *Personal Social Services Adult Social Care Survey, England - Provisional 2010-11*. NHS Information Centre, 2011
- ¹⁸⁶ *Personal Social Services Adult Social Care Survey, England - Provisional 2010-11*. NHS Information Centre, 2011
- ¹⁸⁷ *Personal Social Services Adult Social Care Survey, England - Provisional 2010-11*. NHS Information Centre, 2011
- ¹⁸⁸ *Personal Social Services Adult Social Care Survey, England - Provisional 2010-11*. NHS Information Centre, 2011
- ¹⁸⁹ *Personal Social Services Adult Social Care Survey, England - Provisional 2010-11*. NHS Information Centre, 2011
- ¹⁹⁰ *Personal Social Services Adult Social Care Survey, England - Provisional 2010-11*. NHS Information Centre, 2011
- ¹⁹¹ *Social care provision in England, Headline Statistics*, Care Quality Commission, 1 July 2010. Occupancy and percentage 65+ estimated from Laing and Buisson Care of Elderly Market Survey 2010
- ¹⁹² *Social care provision in England, Headline Statistics*, Care Quality Commission, 1 July 2010.
- ¹⁹³ *Care of Elderly People UK Market Survey 2010*, Laing and Buisson, 2010
- ¹⁹⁴ *Care of Elderly People UK Market Survey 2010*, Laing and Buisson, 2010
- ¹⁹⁵ Calculation based on Laing and Buisson, *Care of Elderly People UK Market Survey 2008*, and Community Care Market News *Annual Survey of UK Local Authority Baseline Fee Rates 2008/9*, Laing and Buisson, 2008
- ¹⁹⁶ *Valuing Carers – Calculating the value of carers’ support*. Carers UK, 2011
- ¹⁹⁷ Population Projections for Older People tool, Department of Health,
<http://www.poppi.org.uk/index.php?pageNo=328&PHPSESSID=rndakldr048cl0k54g0d3otp10&sc=1&loc=8640&np=1m> 2010
- ¹⁹⁸ *Community Care Statistics 2009-10: Social Services Activity Report, England*, IC NHS, April 2011
http://www.ic.nhs.uk/webfiles/publications/009_Social_Care/carestats0910asrfinal/Community_Care_Statistics_200910_Social_Services_Activity_Report_England.pdf table 6.2
- ¹⁹⁹ *Ten Facts about carers*, Carers UK website 2010
- ²⁰⁰ *Family Resources Survey 2009/10*, Department of Work and Pensions, 2011
- ²⁰¹ *Focus on Older People*, Office for National Statistics, 2004
- ²⁰² *Social Trends No. 39*, Office for National Statistics 2009
- ²⁰³ Alzheimer’s Society press release, 18 August 2010
- ²⁰⁴ *Future of Retirement*, Leeson, G and Harper, S, HSBC 2007
- ²⁰⁵ *Valuing Carers – Calculating the value of carers’ support*. Carers UK, 2011
- ²⁰⁶ *Family Resources Survey 2009/10*, Department of Work and Pensions, 2011 (table 5.5, persons)
- ²⁰⁷ *Too old to care? Grandparents Plus 2011*
- ²⁰⁸ *Always on call, always concerned: A survey of the experiences of older carers*. The Princess Royal Trust for Carers, 2011
- ²⁰⁹ *Always on call, always concerned: A survey of the experiences of older carers*. The Princess Royal Trust for Carers, 2011
- ²¹⁰ *Always on call, always concerned: A survey of the experiences of older carers*. The Princess Royal Trust for Carers, 2011
- ²¹¹ *Always on call, always concerned: A survey of the experiences of older carers*. The Princess Royal Trust for Carers, 2011
- ²¹² *Always on call, always concerned: A survey of the experiences of older carers*. The Princess Royal Trust for Carers, 2011
- ²¹³ *Quality and choice for older people’s housing: a strategic framework*, Department of the Environment, Transport and the Regions, 2000
- ²¹⁴ *English Housing Survey 2010-11*, Communities and Local Government, 2012
- ²¹⁵ *English House Condition Survey 2007 Annual Report*, Communities and Local Government, 2009
- ²¹⁶ *Housing in England 2006/07*, Communities and Local Government, 2008
- ²¹⁷ *Impact Assessment for Homes for the future: more affordable, more sustainable*, Communities and Local Government, 2007
- ²¹⁸ Press release: *Millions invested to create new wave of silver surfers*, 13 January 2010, Communities and Local Government website 2010
<http://nds.coi.gov.uk/content/detail.aspx?NewsAreald=2&ReleaseID=410290&SubjectId=2>
- ²¹⁹ *Understanding Older Homeless People*. Crane, M., Open University Press, 1999
- ²²⁰ *Survey of public attitudes and behaviours towards the environment*. Department for Environment, Food and Rural Affairs (Defra), 2011

- ²²¹ UK estimate adapted from “*UK Study of Neglect and Abuse of Older People, Prevalence Survey Report*”, M. O’Keefe et al. for Department of Health and Comic Relief, 2007 and “*Elder abuse in Britain*”, J. Ogg and G. Bennett, *BMJ* Vol. 305, October 1992
- ²²² UK estimate adapted from “*UK Study of Neglect and Abuse of Older People, Prevalence Survey Report*”, M. O’Keefe et al. for Department of Health and Comic Relief, 2007 and “*Elder abuse in Britain*”, J. Ogg and G. Bennett, *BMJ* Vol. 305, October 1992
- ²²³ *Hidden Voices*, Action on Elder Abuse and Help the Aged, 2004
- ²²⁴ *Survey of public attitudes and behaviours towards the environment*. Department for Environment, Food and Rural Affairs (Defra), 2011
- ²²⁵ Work and Pensions Longitudinal Study, May 2008 and ONS population projections (from Parliamentary Written Question answered by Rosie Winterton, 11 May 2009)
- ²²⁶ *Pensioner Income Series 2009/10*, DWP 2011, Table 2.1
- ²²⁷ From *DWP tabulation tool*, <http://83.244.183.180/100pc/tabtool.html> accessed December 2010
- ²²⁸ Department for Work and Pensions website www.dwp.gov.uk
- ²²⁹ *OECD Fact Book 2005* (OECD, 2006)
- ²³⁰ *Pensioners Income Series 2008/9*, DWP, 2010 Table 3.1
- ²³¹ *Pensioners Income Series 2008/9*, DWP, 2010 Table 3.1
- ²³² *Family Resources Survey 2008/9*, Department for Work and Pensions, 2010
- ²³³ *Family Resources Survey 2009/10*, Department for Work and Pensions, 2011
- ²³⁴ *Family Resources Survey 2008/9*, Department for Work and Pensions, 2010
- ²³⁵ *Family Resources Survey 2008/9*, Department for Work and Pensions, 2010
- ²³⁶ *Households Below Average Income 2009/10*, Chapters 2 and 6, DWP, 2011 (figures quoted after housing costs)
- ²³⁷ *Households Below Average Income 2009/10*, Chapters 2 and 6, DWP, 2011
- ²³⁸ *Households Below Average Income 2009/10*, Chapters 2 and 6, DWP, 2011
- ²³⁹ *Income Related Benefits Estimates of Take-up in 2009/10*, Department for Work and Pensions, 2012
- ²⁴⁰ *Income Related Benefits Estimates of Take-up in 2009/10*, Department for Work and Pensions, 2012
- ²⁴¹ *Households Below Average Income 2009/10*, Chapter 7, DWP, 2011 (figures quoted after housing costs)
- ²⁴² *Households Below Average Income 2009/10*, Chapter 6, DWP, 2011 (figures quoted after housing costs)
- ²⁴³ *Family Spending 2008*, Table A40, Office for National Statistics, 2008
- ²⁴⁴ *Indicators of poverty and social exclusion in rural England*, Commission for Rural Communities/ New Policy Institute, 2009
- ²⁴⁵ *Pension Trends* (Chapter 4), ONS, 2009
- ²⁴⁶ *Family Spending 2010*, ONS 2011, Table A11
- ²⁴⁷ *Family Spending 2010 edition*, Office for National Statistics, 2010
- ²⁴⁸ 2012 updated estimate based on Trends in Fuel Poverty England 2009, DECC 2011
<http://www.decc.gov.uk/assets/decc/Statistics/fuelpoverty/2182-trends-fuel-poverty-england-2003-2009.xls>
Table 17 N.B. The time lag is unavoidable, and these are accepted as the latest available estimates.
- ²⁴⁹ 2012 updated estimate based on Trends in Fuel Poverty England 2009, DECC 2011
<http://www.decc.gov.uk/assets/decc/Statistics/fuelpoverty/2182-trends-fuel-poverty-england-2003-2009.xls>
Table 15
- ²⁵⁰ UK Fuel Poverty Monitor. Fuel poverty: the state of the nations 2011, NEA and Energy Action Scotland, September 2011 <http://www.nea.org.uk/assets/PDF-documents/Monitor-2011-small.pdf>
- ²⁵¹ YouGov poll for the National Housing Federation, December 2009
- ²⁵² *UK Fuel Poverty Strategy Annual Report 2009*, Department of Energy and Climate Change, 2009
- ²⁵³ ICM Winter Fuel Bills survey for Help the Aged, 2008
- ²⁵⁴ For the statistics and definitions, see English Housing Survey Housing Stock Summary statistics 2009, July 2011 <http://www.communities.gov.uk/documents/statistics/xls/1937429.xls> Table SST3.4
- ²⁵⁵ For the statistics and definitions, see English Housing Survey Housing Stock Summary statistics 2009, July 2011 <http://www.communities.gov.uk/documents/statistics/xls/1937429.xls> Table SST3.4
- ²⁵⁶ English Housing Survey Housing Stock Summary statistics 2009, July 2011 <http://www.communities.gov.uk/documents/statistics/xls/1937429.xls>
- ²⁵⁷ Ipsos/MORI survey for Help the Aged and British Gas of 3246 people aged 65+ in 3 countries (UK, Sweden and Germany), 2006
- ²⁵⁸ Ipsos/MORI survey for Help the Aged and British Gas of 3246 people aged 65+ in 3 countries (UK, Sweden and Germany), 2006
- ²⁵⁹ Ipsos/MORI survey for Help the Aged and British Gas of 3246 people aged 65+ in 3 countries (UK, Sweden and Germany), 2006

- ²⁶⁰ *Aspirations for later life*. Humphrey, A., Lee, L., and Green, R., for the Department for Work and Pensions, 2011
- ²⁶¹ *Aspirations for later life*. Humphrey, A., Lee, L., and Green, R., for the Department for Work and Pensions, 2011
- ²⁶² *Aspirations for later life*. Humphrey, A., Lee, L., and Green, R., for the Department for Work and Pensions, 2011
- ²⁶³ *Aspirations for later life*. Humphrey, A., Lee, L., and Green, R., for the Department for Work and Pensions, 2011
- ²⁶⁴ *Aspirations for later life*. Humphrey, A., Lee, L., and Green, R., for the Department for Work and Pensions, 2011
- ²⁶⁵ *Aspirations for later life*. Humphrey, A., Lee, L., and Green, R., for the Department for Work and Pensions, 2011
- ²⁶⁶ *Aspirations for later life*. Humphrey, A., Lee, L., and Green, R., for the Department for Work and Pensions, 2011
- ²⁶⁷ *Aspirations for later life*. Humphrey, A., Lee, L., and Green, R., for the Department for Work and Pensions, 2011
- ²⁶⁸ *Aspirations for later life*. Humphrey, A., Lee, L., and Green, R., for the Department for Work and Pensions, 2011
- ²⁶⁹ *Aspirations for later life*. Humphrey, A., Lee, L., and Green, R., for the Department for Work and Pensions, 2011
- ²⁷⁰ *Aspirations for later life*. Humphrey, A., Lee, L., and Green, R., for the Department for Work and Pensions, 2011
- ²⁷¹ *National Travel Survey 2007 Interview Data*, Department for Transport, 2008
- ²⁷² *National Travel Survey 2010*, Department for Transport, 2011
- ²⁷³ *National Travel Survey 2010*, Department for Transport, 2011
- ²⁷⁴ *National Travel Survey 2010*, Department for Transport, 2011
- ²⁷⁵ *Housing in England 2007-08: A report based on the 2007/08 Survey of English Housing*, Department for Communities and Local Government, 2009
- ²⁷⁶ *Housing in England 2007-08: A report based on the 2007/08 Survey of English Housing*, Department for Communities and Local Government, 2009
- ²⁷⁷ *State of the countryside 2008*, Commission for Rural Communities, 2008
- ²⁷⁸ *Citizenship Survey: April–June 2010*, England, Communities and Local Government, October 2010
- ²⁷⁹ *Cohesion Research Statistical Release 11* (Citizenship Survey 2008-09, England), Table 3 (participation at least once a year), Communities and Local Government, 2010
- ²⁸⁰ *Helping Out - A national survey of volunteering and charitable giving*. Low N, Butt S, Ellis Paine A, Davis Smith J., Cabinet Office, 2007
- ²⁸¹ *Supporting older people to overcome social isolation and loneliness*, Mima Cattan for Help the Aged, 2002
- ²⁸² *Volunteering, self-help and citizenship in later life*. Baines S, Lie M, Wheelock J, Age Concern Newcastle and the University of Newcastle upon Tyne, 2006
- ²⁸³ *Voices: Research on older volunteers*. Gale, K, Age Concern Research Services, August 2006
- ²⁸⁴ *Helping Out - A national survey of volunteering and charitable giving*. Low N, Butt S, Ellis Paine A, Davis Smith J., Cabinet Office, 2007
- ²⁸⁵ *Promoting wellness in cardiac rehabilitation: Exploring the role of altruism*. Sullivan G, Sullivan M. *Journal of Cardiovascular Nursing*, 11(3):26-42, April 1997
- ²⁸⁶ *From chronic pain patient to peer: Benefits and risks of volunteering*. Arnstein P et al, *Pain Management Nursing*, 3(3), September 2002
- ²⁸⁷ *Volunteering, self-help and citizenship in later life*. Baines S, Lie M, Wheelock J, for Age Concern Newcastle and the University of Newcastle upon Tyne, 2006
- ²⁸⁸ *Giving Time: Impact on Health*. Community Service Volunteers, 2004
- ²⁸⁹ *Gaining health while giving back to the community*. Fried, L et al, for John Hopkins Medical Institute, 2004
- ²⁹⁰ *The effects of volunteering on the physical and mental health of older people*. Lum T, Lightfoot E., *Research on Ageing*, 2005
- ²⁹¹ *Who Benefits from Volunteering? Variations in Perceived Benefits*. Morrow-Howell N, Hong S, Tang F, *The Gerontologist*, 49 (1), 91-102, 2009
- ²⁹² Arnstein P et al (2002) *From Chronic Pain Patient to Peer: Benefits and Risks of Volunteering Pain Management Nurses*
- ²⁹³ *Promoting Wellness in Cardiac Rehabilitation: Exploring the Role of Altruism*. Sullivan G, Sullivan M., *Journal of Cardiovascular Nursing*, 11(3), 43-52, 1997
- ²⁹⁴ *The effects of volunteering on the physical and mental health of older people*. Lum T, Lightfoot E., *Research on Ageing*, 2005

-
- ²⁹⁵ *Voices: Research on older volunteers*. Gale, K., Age Concern Research Services, August 2006
- ²⁹⁶ *Giving Time: Impact on Health*. Community Service Volunteers, 2004
- ²⁹⁷ *Volunteering, self-help and citizenship in later life*. Baines S, Lie M, Wheelock J, for Age Concern Newcastle and the University of Newcastle upon Tyne, 2006
- ²⁹⁸ *Volunteering and Health: What Impact Does It Really Have?*, Volunteering England, 2008
- ²⁹⁹ *Giving Time: Impact on Health*. Community Service Volunteers, 2004
- ³⁰⁰ *Volunteering, self-help and citizenship in later life*. Baines S, Lie M, Wheelock J, for Age Concern Newcastle and the University of Newcastle upon Tyne, 2006
- ³⁰¹ *Volunteering and Health: What Impact Does It Really Have?*, Volunteering England, 2008
- ³⁰² *Active ageing in active communities - Volunteering and the transition to retirement*. Davis Smith J, Gay P., for Joseph Rowntree Foundation, 2005
- ³⁰³ *Election 2005: turnout – How many, who and why?* Electoral Commission, 2005
- ³⁰⁴ *Citizenship Survey: April–June 2010*, England, Communities and Local Government, October 2010
- ³⁰⁵ *Citizenship Survey: April–June 2010*, England, Communities and Local Government, October 2010
- ³⁰⁶ *Survey of public attitudes and behaviours towards the environment*. Department for Environment, Food and Rural Affairs (Defra), 2011
- ³⁰⁷ *Survey of public attitudes and behaviours towards the environment*. Department for Environment, Food and Rural Affairs (Defra), 2011
- ³⁰⁸ *Survey of public attitudes and behaviours towards the environment*. Department for Environment, Food and Rural Affairs (Defra), 2011
- ³⁰⁹ *Survey of public attitudes and behaviours towards the environment*. Department for Environment, Food and Rural Affairs (Defra), 2011
- ³¹⁰ *Survey of public attitudes and behaviours towards the environment*. Department for Environment, Food and Rural Affairs (Defra), 2011
- ³¹¹ *Focus on Older People 2004*, ONS, 2004
- ³¹² *Older People, Decent Homes and Fuel Poverty*, Help the Aged, 2006
- ³¹³ *Survey of public attitudes and behaviours towards the environment*. Department for Environment, Food and Rural Affairs (Defra), 2011
- ³¹⁴ *Survey of public attitudes and behaviours towards the environment*. Department for Environment, Food and Rural Affairs (Defra), 2011
- ³¹⁵ *Survey of public attitudes and behaviours towards the environment*. Department for Environment, Food and Rural Affairs (Defra), 2011
- ³¹⁶ *Delivering Digital Inclusion: An Action Plan for Consultation*, HM Government, October 2008
- ³¹⁷ *Online government services and the offline older generation*. Fujitsu and Age UK, 2011, <http://www.fujitsu.com/uk/research/online-government/>
- ³¹⁸ *Online government services and the offline older generation*. Fujitsu and Age UK, 2011, <http://www.fujitsu.com/uk/research/online-government/>
- ³¹⁹ *Online government services and the offline older generation*. Fujitsu and Age UK, 2011, <http://www.fujitsu.com/uk/research/online-government/>
- ³²⁰ *Online government services and the offline older generation*. Fujitsu and Age UK, 2011, <http://www.fujitsu.com/uk/research/online-government/>
- ³²¹ *Online government services and the offline older generation*. Fujitsu and Age UK, 2011, <http://www.fujitsu.com/uk/research/online-government/>
- ³²² *Online government services and the offline older generation*. Fujitsu and Age UK, 2011, <http://www.fujitsu.com/uk/research/online-government/>
- ³²³ *Online government services and the offline older generation*. Fujitsu and Age UK, 2011, <http://www.fujitsu.com/uk/research/online-government/>
- ³²⁴ *Communications Market Report: UK*. Ofcom, 2011
- ³²⁵ *Communications Market Report: UK*. Ofcom, 2011
- ³²⁶ *Communications Market Report: UK*. Ofcom, 2011
- ³²⁷ *Communications Market Report: UK*. Ofcom, 2011
- ³²⁸ *Communications Market Report: UK*. Ofcom, 2011
- ³²⁹ *Communications Market Report: UK*. Ofcom, 2011
- ³³⁰ *Communications Market Report: UK*. Ofcom, 2011
- ³³¹ *Communications Market Report: UK*. Ofcom, 2011
- ³³² *Communications Market Report: UK*. Ofcom, 2011
- ³³³ *Communications Market Report: UK*. Ofcom, 2011
- ³³⁴ *Communications Market Report: UK*. Ofcom, 2011
- ³³⁵ *Communications Market Report: UK*. Ofcom, 2011
- ³³⁶ *Communications Market Report: UK*. Ofcom, 2011
- ³³⁷ *Communications Market Report: UK*. Ofcom, 2011

- 338 *Communications Market Report: UK*. Ofcom, 2011
- 339 *Communications Market Report: UK*. Ofcom, 2011
- 340 *Communications Market Report: UK*. Ofcom, 2011
- 341 *Communications Market Report: UK*. Ofcom, 2011
- 342 *Communications Market Report: UK*. Ofcom, 2011
- 343 *Internet Access Quarterly Update Q2*, ONS, August 2011 and mid-2009 population estimates, ONS 2010
- 344 *Internet Access 2010 Households and Individuals*, ONS, August 2010 (not updated in 2011 report)
- 345 *Internet Access 2011 Households and Individuals*, ONS, August 2011
- 346 <http://www.ons.gov.uk/ons/publications/re-reference-tables.html?edition=tcm%3A77-226727>
- 347 *Internet Access 2011 Households and Individuals*, ONS, August 2011
- 348 <http://www.ons.gov.uk/ons/publications/re-reference-tables.html?edition=tcm%3A77-226727>
- 349 TNS CAPI Omnibus polling for myfriendsonline (unpublished), March 2011
- 350 TNS CAPI Omnibus polling for myfriendsonline (unpublished), March 2011
- 351 TNS CAPI Omnibus polling for myfriendsonline (unpublished), March 2011
- 352 *General Lifestyle Survey 2008*, table 3.3 (GB), ONS, 2010
- 353 ICM Research: Christmas and Laughter Survey for Age UK (November 2011), 65+ (1,049 UK)
- 354 GfK/ NOP Help Unite Generations (HUG) survey for Help the Aged, 2005
- 355 ICM Research survey for Age UK, December 2009
- 356 Christmas Day survey (unpublished), ICM Research for Help the Aged, 2007
- 357 *Survey of public attitudes and behaviours towards the environment*. Department for Environment, Food and Rural Affairs (Defra), 2011
- 358 *Survey of public attitudes and behaviours towards the environment*. Department for Environment, Food and Rural Affairs (Defra), 2011
- 359 *Survey of public attitudes and behaviours towards the environment*. Department for Environment, Food and Rural Affairs (Defra), 2011
- 360 *Survey of public attitudes and behaviours towards the environment*. Department for Environment, Food and Rural Affairs (Defra), 2011
- 361 *Aspirations for later life*. Humphrey, A., Lee, L., and Green, R., for the Department for Work and Pensions, 2011
- 362 *Loneliness, Social Isolation and Living Alone in Later Life*, C. Victor et al., 2003
- 363 Spotlight 2006 survey (GfK NOP, 2006)
- 364 *One Voice: Shaping our ageing society*, Age Concern and Help the Aged, 2009
- 365 ICM Research survey for *One Voice*, Age Concern and Help the Aged, 2008
- 366 *Loneliness, Social Isolation and Living Alone in Later Life*, C. Victor et al., 2003
- 367 *Loneliness, Social Isolation and Living Alone in Later Life*, C. Victor et al., 2003
- 368 *Opportunity for All*, DWP, 2007
- 369 *Survey of public attitudes and behaviours towards the environment*. Department for Environment, Food and Rural Affairs (Defra), 2011
- 370 *Crime in England and Wales 2007-08*, Home Office, 2008
- 371 *Crime in England and Wales 2007-08*, Home Office, 2008
- 372 *Crime in England and Wales 2007-08*, Home Office, 2008
- 373 *Labour Market Statistics November 2011*, Office for National Statistics 2011
- 374 *Labour Market Statistics November 2011*, Office for National Statistics 2011
- 375 *Labour Market Statistics November 2011*, Office for National Statistics 2011
- 376 *Labour Market Statistics November 2011*, Office for National Statistics 2011
- 377 *Labour Market Statistics November 2011*, Office for National Statistics 2011
- 378 *Annual Survey of Hours and Earnings 2011 Results* (Table 6.5a), ONS, 2011
- 379 *Pension Trends Chapter 4: The labour market and retirement*, ONS, 2011
- 380 *One Voice: Shaping our ageing society*, Age Concern and Help the Aged, 2009
- 381 Economic and Labour Market Review (February 2010) Table 6.10, Job-related training received by employees
- 382 *Narrowing participation: The NIACE Survey on Adult Participation in Learning 2011*, Press Release, NIACE 2011
- 383 Learning and Skills Council <http://readingroom.lsc.gov.uk/lsc/National/nat-ilrsfr15supportingdata-apr08.xls>
- 384 *Narrowing participation: The NIACE Survey on Adult Participation in Learning 2011*, Press Release, NIACE 2011