

Later Life in the United Kingdom

April 2017

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.....	3
Older lesbian, gay, bisexual and transgender people (OLGBT)	4
Health and Wellbeing.....	6
Lifestyle.....	6
Activities of Daily Living (ADL) and Instrumental Activities of Daily Living (IADL)	6
Sex & Relationships	6
Effects of winter cold	7
Life expectancy	7
Healthy life expectancy	7
Long-term illness.....	8
National Health Service.....	8
Hospital care	9
Discharge from hospital.....	9
Frailty	10
Malnutrition.....	10
Foot care	10
Dentistry	11
Falls.....	11
Osteoporosis	11
Hip fractures (updated March 2017).....	11
Sight loss.....	11
Hearing loss	12
Incontinence.....	12
Heart Disease and Strokes	12
Arthritis	12
Dying.....	12
Mental health.....	13
Dementia.....	13
Loneliness (updated Oct 2016)	14
Isolation (updated Aug 2016)	14
Elder abuse	15

Care and support	16
Home care.....	16
Residential care	16
Older people as carers	17
Homes and housing.....	17
Money Matters (updated August 2016).....	19
Pensions	19
Poverty	19
Unclaimed benefits.....	20
Spending	20
Fuel poverty	20
Communities.....	22
Aspirations for later life.....	22
Transport and accessibility.....	22
Community and citizenship	23
Crime.....	23
Work and Learning	25
Employment	25
Learning	25
Leisure and time use	25
Digital inclusion	25
References	29

Overview

UK Population

- There are now 11.6 million people aged 65 or over in the UK.¹
- There are over 23.6 million people aged 50 years and over, over a third of the total UK population.²
- There are now over 15 million people in the UK aged 60 and above.³
- 1.5 million people are aged 85 or over.⁴
- There are now more people in the UK aged 60 and above than there are under 18.⁵
- There are over half a million people aged 90 and over in the UK. 70% of these are women.⁶
- There are 14,570 centenarians in the UK, a 65% increase over the last decade. Of these, an estimated 800 are aged 105 and over, double that of 2005.⁷

Population projections

- The number of people aged 60 or over is expected to pass the 20 million mark by 2030⁸
- The number of people aged 65+ is projected to rise by over 40 per cent (40.77%) in the next 17 years to over 16 million⁹.
- By 2040, nearly one in four people in the UK (24.2%) will be aged 65 or over.¹⁰
- The percentage of the total population who are over 60 is predicted to rise from 24.2% at present to over 29% in 2035.¹¹
- The number of people over 85 in the UK is predicted to more than double in the next 23 years to over 3.4 million.¹²
- The population over 75 is projected to double in the next 30 years.¹³
- Nearly one in five people currently in the UK will live to see their 100th birthday (see section on life expectancy below). This includes 29% of people born in 2011.¹⁴
- However, according to the ONS the UK's population is ageing more slowly than other EU countries, predicted to be one of the least aged countries in the EU-27 by 2035.¹⁵

Within the older population

- 3.64 million people in the UK aged 65+ live alone. This is 32% of all people aged 65+ in the UK.¹⁶
- Nearly 70% of these are women.¹⁷
- 2 million people over 75 live alone; 1.5 million of these are women.¹⁸
- 61% of widows (male and female) in England and Wales are aged 75 and over¹⁹
- Black and minority ethnic (BME) groups make up just under 20% of the population of England and Wales, but 8% of people in England and Wales aged 60 and over²⁰
- The LGBT rights charity Stonewall estimates there are 1 million lesbian, gay and bisexual people aged over 55 in Britain²¹
- It is estimated that there are 14 million grandparents in the UK, 1.5 million of whom are under 50²²
- An estimated 80 per cent of people aged 65 and over in England and Wales give their religious affiliation as Christian, and 9% 'No religion'²³
- In December 2015 there were 4,308 prisoners aged 60 and over in England and Wales, and increase of 11 per cent since December 2014.²⁴

Age discrimination

- In England, 36.8% of people aged 65 and over have experienced perceived age discrimination. For those aged between 70 and 79 this figure rises to 37.2%.²⁵

- Individuals with low incomes are more likely to experience age discrimination, whilst those with higher education levels are more likely to report it. Highly educated older people with low- to mid-level incomes are the most likely to report age discrimination.²⁶
- 20.7% of men and 15.2% of women over the age of 52 feel that they are accorded less courtesy because of their age.²⁷
- 9% of women and 10% of men aged 52 and over feel that they receive poorer service or treatment from doctors or hospitals because of their age.²⁸
- Around 11% of those aged 52 and over feel they are treated as though they are less clever because of their age.²⁹
- 60% of older people in the UK agree that age discrimination exists in the daily lives of older people.³⁰
- 53% of adults agree that once you reach very old age, people tend to treat you as a child.³¹
- 52% of older people agree that those who plan services do not pay enough attention to the needs of older people.³²
- 68% of older people agree that politicians see older people as a low priority.³³
- 76% of older people believe the country fails to make good use of the skills and talents of older people.³⁴
- 97% of annual travel insurance policies impose an upper age limit for new customers.³⁵
- 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 75.³⁶
- 39% of people aged 65+ think businesses have little interest in the consumer needs of older people.³⁷
- Only about half (51%) of older people think that older people in Britain are treated well by the current government.³⁸

The issues over which people think older people are treated badly are:

- Poor standards of healthcare: 51%
- Poor pension provision for older people: 56%
- Poor benefits provision for older people: 41%
- Discrimination against older people: 29%
- High levels of crime and antisocial behaviour: 28%
- Poor availability of jobs and opportunities for older people: 19%
- Poor standards of care for older people -- either in care homes or their own homes: 66%

Older lesbian, gay, bisexual and transgender people (OLGBT)

- The older LGBT community is not one easily defined, homogenous group.³⁹
- The existence of older non-heterosexuals is rarely acknowledged within society.⁴⁰
- 'Coming out' is an on-going, dynamic process. Every unfamiliar person and place (such as a hospital or nursing home) demands yet another decision about disclosure.⁴¹
- OLGBT people have experienced prejudice, discrimination, and past criminalization of their sexual activities.⁴²
- 13% of older lesbian women want 'to be more visible as a lesbian than (they are) now'.⁴³
- Older lesbians are likely to live longer than (gay) men, to be less well off in later life and to make greater use of health and social care services.⁴⁴
- Studies of non-familial relationships – 'families of choice' (Weeks, Heaphy and Donovan 2001) or 'friendship families' (Dorfman et al. 1995) – and those roles of caregivers and care receivers may be fluid, interchangeable and context-dependent.⁴⁵
- Evidence suggests that OLGBT's are more likely to live alone in old age, with fewer links with younger generations, thereby increasing their risk of isolation.⁴⁶
- Due to a lack of awareness of trans health, there are a particular concerns that older trans people's needs are not being met within health and social services.⁴⁷

- Trans people anticipate negative treatment within home and residential care services and have particular anxieties about undressing, hygiene tasks, single-sex placements and facilities, and the attitudes of staff. ⁴⁸

Health and Wellbeing

Lifestyle

- Older adults eat on average 4.6 servings of fruit and vegetables daily; 41% in this age group meet the recommended 5 servings daily (compared with 30% under age 65).⁴⁹
- Older men and women have the lowest rates of current smoking: only 11% of those aged 65-74 and 5% of those 75+ are current smokers.⁵⁰
- Women aged 65-74: 34% are of normal BMI, 35% 'overweight', and 30% 'obese', and 1% are underweight. Men this age tend to be more overweight and obese than women: 22% are of normal BMI, 44% 'overweight', and 33% 'obese', and only 0.2% are underweight.⁵¹
- Women aged 75+: 31% are of normal BMI, 39% 'overweight', and 28% 'obese', and 1.4% are underweight. Men this age again tend to be more overweight: 23% are of normal BMI, 53% 'overweight', and 23% 'obese', and 1% are underweight.⁵²
- Women in their seventies who exercise and eat healthy amounts of fruits and vegetables have a longer life expectancy; in fact, those who were most physically active and had the highest fruit and vegetable consumption were eight times more likely to survive the five-year follow-up period than the women with the lowest rates.⁵³
- Total cost burden to the NHS for selected health risk factors:⁵⁴
 - Physical inactivity: £0.9-1.0 billion
 - Overweight and obesity: £5.1-5.2 billion
 - Smoking: £2.3-3.3 billion
 - Alcohol intake: £3.5 billion⁵⁵

Activities of Daily Living (ADL) and Instrumental Activities of Daily Living (IADL)

- 21% of men and 30% of women aged 65 and over needed help with at least one Activity of Daily Living (ADL), and 22% and 33% respectively needed help with at least one Instrumental Activity of Daily Living (IADL).⁵⁶
- Overall, 9% of men and 13% of women aged 65 and over had received help with at least one ADL in the last month, and 15% and 26% respectively had received help with at least one IADL.⁵⁷
- 17% of men and 26% of women aged 65 and over had some unmet need with at least one ADL, and 12% and 15% respectively had some unmet need with at least one IADL.⁵⁸

Sex & Relationships

- There are an increasing number of people in their 40s, 50s and 60s who are newly single having recently come to the end of a long-term relationship.⁵⁹
- More than half (54%) of men and almost a third (31%) of women over the age of 70 reported they were still sexually active, with a third of these men and women having frequent sex – meaning at least twice a month.⁶⁰
- Lesbians over the age of 65 remain sexually active and interested.⁶¹
- 38% of people aged 50-59 and 37% of those aged 60-69 had met their partners online.⁶²
- Two-thirds of men and women aged 50 – 90 years old said that sex was an important part of a relationship.⁶³
- Many of those in later life are still sexually active into their 80s and 90s.
- Between 1999 and 2008 the Health Protection Agency reported a 53% increase in gonorrhoea among men aged 45-64 and a 93% increase among women.⁶⁴

Effects of winter cold

- This winter, 25,000 older people could die prematurely from the cold. That's over 200 preventable deaths a day.⁶⁵
- The average daily excess winter deaths for people aged 65+ in England and Wales is 210 people per day (over 8 per hour, or 1 person every 7 minutes).⁶⁶
- Other much colder countries have much lower death rates in winter than the UK. For instance, in the coldest city in the world (Yakutsk in Siberia), there are generally no excess winter deaths⁶⁷
- It has been estimated that for every degree colder than 20C outdoor temperature, mortality rises by one to two per cent.⁶⁸
- In the UK, this means that there are about 5,000 deaths a year in the UK for every degree Celsius of winter cold below average.⁶⁹
- There is a strong relationship between poor insulation and heating of houses, low indoor temperature and excess winter deaths of older people.⁷⁰
- There are 15 times more excess winter deaths each year than road traffic fatalities.⁷¹
- Hypothermia is rare, but heart and circulatory diseases are the largest causes of mortality in adults over 65 (England and Wales)⁷² and are particularly affected by winter temperature.⁷³
- Age UK has calculated that cold homes cost the NHS in England more than £1.36 billion every year⁷⁴
- Nearly 1 million people aged 65 and over have had to cut back on food shopping over recent years to cover the cost of utility bills.⁷⁵

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 82.8 years and 79.1 years for men.⁷⁶
- UK life expectancy estimates **at the age of 65** are 85.9 for women and 83.4 for men.⁷⁷
- In England, men can now expect to live for a further 19 years at age 65, 12 years at 75, 6 years at 85 and 3 years at 95. Women can expect to live for a further 21 years at age 65, 13 years at 75, 7 years at 85, and 3 years at 95.⁷⁸
- On average, life expectancy at birth increased across all local areas in England and Wales by 1.5 years for males and 1.1 year for females between 2006–08 and 2011–13.⁷⁹
- Life expectancy at age 65 was highest for men in Harrow, where they could expect to live for a further 21.1 years compared with 16.0 years for men in Manchester.⁸⁰
- For women at age 65, life expectancy was highest in Camden (24.0 years) and lowest in Halton (18.8 years).⁸¹
- In 2010, people aged 75 could expect to live an average of 13.0 years (for women) and 11.2 years for men⁸²
- A baby born in 2011 is almost eight times more likely to reach 100 than one born in 1931.⁸³
- 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 chance⁸⁴
- The number of centenarians living in the UK rose by 73% to 13,350 between 2002 and 2012.⁸⁵
- The life-expectancy of babies born in the UK is slightly higher than the EU average at 81.4 years. The EU average is 80.9 years.⁸⁶
- Of the 28 EU countries, Spain holds the highest life expectancy for women at 86.2 years, whilst women in Bulgaria have the lowest, at 78.0 years (a difference of 8.2 years). For men, life expectancy is highest in Cyprus, at 80.9 years, and lowest in Lithuania, at 69.1 years (a difference of 11.8 years).⁸⁷

Healthy life expectancy

- The **healthy life expectancy** of people living in England is 64.0 years for women and 63.4 years for men.⁸⁸
- At age 65, men in England can expect to live on average another 10.6 years **in good health**. Women can expect to live 11.5 years **in good health**. For both sexes, this constitutes just under 60% of their expected remaining life span.⁸⁹
- However, there is a large disparity between HLE and area. At birth, males in Wokingham could expect to live 15.5 years longer in “Good” health than males in Blackpool (70.5 years compared with 55.0 years).⁹⁰
- At birth, females in Richmond upon Thames could expect to live 17.8 years longer in “Good” health than females in Manchester (72.2 years compared with 54.4 years).⁹¹
- Over the last decade disability free life expectancy (DFLE) increased significantly between 2005-07 and 2010-12. However, since then DFLE has declined for both sexes. Men have lost a shocking 75 per cent of the gains made in the earlier part of the decade, with women close behind losing 60 per cent. In 2005-07 a woman could expect to live another 10.7 years free from disability at 65, this peaked in 2010-12 at 11.2 and has now fallen back to just 10.9. Meanwhile men could have expected 10.2 years free from disability in 2005-07, peaking at 10.6 before declining to 10.3.⁹²
- Across the EU 28, the range for healthy life years at birth for men was between 51.7 years in Latvia and 71.6 years in Malta (19.9 years difference), while that for women was from 54.2 years in Latvia to 72.7 years in Malta (18.5 years).⁹³

Long-term illness

- An estimated 4 million older people in the UK (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+.⁹⁴
- The aging population and increased prevalence of long term conditions have a significant impact on health and social care and may require £5 billion additional expenditure by 2018.⁹⁵
- If nothing is done about age-related disease, there will be over 6.25 million older people with a long-term limiting illness or disability by 2030: nearly 9% of the total population.⁹⁶
- Almost two thirds (59%) of people aged 80 and over in the UK have a disability.⁹⁷
- In the UK, females born in 2009–11 are estimated to live 66.1 years in ‘Good’ health (80.2% of their life) and 64.7 years free from disability (78.5%), and males 64.2 years in ‘Good’ health (81.9% of their life) and 63.9 years free from disability (81.5%).⁹⁸
- Life expectancy for women in the EU-28 is expected to be over 5 years longer than for men in 2013, at 83.3 years for women and 77.8 years for men. However, on average men spend a greater proportion of their shorter lives free of activity limitation.⁹⁹

National Health Service

- In 2012/13 there were 2,211,228 emergency admissions of people 60+ at a total cost of over £3.4 billion.¹⁰⁰
- A 2016 NHS benchmarking project found that spending on older people’s services as a percentage of overall Trust/LHB turnover ranged from 1-7%, and the average was 3.6%.¹⁰¹
- The same project also found that:¹⁰²
 - 55% of service users had been admitted previously within the past 12 months.
 - 20% of service users included in the audit had had an emergency hospital re-admission within the last 30 days.
- Each hospital bed costs an average of £303 per day.¹⁰³
- The average cost per care of older people bed was £99,583.¹⁰⁴
- Total cost burden to the NHS for selected health risk factors (all ages):¹⁰⁵
 - Physical inactivity: £0.9-1.0 billion
 - Overweight and obesity: £5.1-5.2 billion
 - Smoking: £2.3-3.3 billion
 - Alcohol intake: £3.2 billion
 - Poor housing: £1.4-2.5 billion

Hospital care

- Of the 18.7 million adults admitted to hospital last year, around 7.6 million (41%) were aged 65+.¹⁰⁶
- People aged 65+ make up 42% of elective admissions and 43% of emergency admissions to hospital.¹⁰⁷
- People aged 65+ make up 23% of all A&E attendances and 47% of admissions to hospital from A&E.¹⁰⁸
- Average length of stay for emergency admissions increases with age, from an average of 5.2 days for all admissions to 6.5 days for those aged 65-74, 8.3 days for those aged 75-84, to 10.1 days for those aged 85+.¹⁰⁹
- Whilst spells of more than 21 days account for 6% of all spells in hospital, these spells account for 44% of occupied bed days.¹¹⁰
- People aged 65+ make up 53% of all admissions to assessment units and 63% of admissions to hospital from assessment units.¹¹¹
- Of the total cost of older people's services in acute care:¹¹²
 - 70% was spent on care of older people wards and inpatient care
 - 26% was spent on assessment units
 - 3% was spent on supported discharge process
 - 1% was spent on admissions avoidance in A&E
- Geriatricians make up only 3.6% (mean value) of the consultant workforce¹¹³
- Between 2004-05 and 2014-15 the number of hospital admissions of people aged 60-74 and 75+ grew by 51.1% and 58.4% respectively¹¹⁴
- In 2011, 32% of people aged 65 and over who were admitted to hospital were found to be malnourished at the time of admission.¹¹⁵ (See more on malnutrition in Health section above).
- 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 2002.¹¹⁶
- Formal complaints on the care of older people wards average 28 per 100 care of older people beds in 2014/15.¹¹⁷
- Medication errors on care of older people wards averaged 62 per 100 care of older people beds in 2014/15.¹¹⁸
- The mean number of incidences of falls (with harm) on care of older people wards was 57 per 100 older people beds per year.¹¹⁹
- A 2016 NHS benchmarking project found that:¹²⁰
 - 44% of participating Trusts/LHBs had Advanced Nurse Practitioners (ANPs) in Older People's Care
 - 34% had a dedicated Geriatric Team in the A&E department
 - On average, over a 24 hour period, a dedicated geriatric team in A&E might be available for 9.4 hours on a weekday, but only 4.4 hours on a weekend.
- Of people aged over 70 admitted to an acute hospital:¹²¹
 - 27% have previously diagnosed dementia
 - 50% have cognitive impairment
 - 27% have delirium
 - 24% have possible major depression
 - 8% have definite major depression

Discharge from hospital

- A 2016 NHS benchmarking project found that:¹²²
 - 86% of Trusts / LHBs reported that they have a documented supported discharge protocol that is consistently applied across all wards. Just over half reported that all discharge information is documented in a single discharge passport (or equivalent).
 - Almost three quarters of participants have third sector schemes in place which have been commissioned to help with the discharge process from hospital.

- 38% of delayed transfers of care within participating organisations were on care of older people wards. This ranges from 8% to 68%.

Frailty

- A 2016 NHS benchmarking project found that 59% of participating Trusts/LHBs had a recognised frailty tool or pathway in use in the health and social care economy. The project also found:¹²³
 - 11% of frailty units provide an outreach service, working with primary and community care to identify people at risk of admission
 - 63% use a recognised frailty tool; these include CSHA clinical frailty scale, ISAR, Bournemouth Criteria, Edmonton frailty tool, and Frail Safe.
 - 11% of frailty units provide an outreach service working with primary and community care to case find individuals at risk of admission.
 - 86% state that they use Comprehensive Geriatric Assessment on the frailty unit.
 - 95% have a dedicated geriatric team located in the frailty unit.
 - The average number of beds in a frailty unit is 23, but this can range from 4 to 56.
 - A quarter of participants have an awareness programme for non-geriatricians to learn more about CGA and frailty
 - CGA can be accessed in the community in 65% of participating Trusts/LHBs
 - 46% of admissions to hospital were made with an ICD-10 code that might be associated with frailty.

Malnutrition

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

- Malnutrition affects body functions, leading to health problems, complications after surgery, delayed recovery from illness, impaired ability to carry out activities of daily living, poor quality of life and wellbeing, and even early death.¹²⁴
- Latest estimates suggest 1.3 million people over 65 suffer from malnutrition, and the vast majority (93%) live in the community.¹²⁵
- Nearly one third of all older people admitted to hospital are at risk of malnutrition.¹²⁶
- 50% of older people admitted to hospital from care homes were found to be at risk of malnutrition.¹²⁷
- 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.¹²⁸
- Women have a higher prevalence of malnutrition than men in all age groups.¹²⁹
- Of patients in hospital who said they needed help to eat their meals, 17% said that they did not get enough help from staff and 19% only ‘sometimes’ got enough help.¹³⁰
- Malnutrition increases healthcare use, including hospital admissions, increased length of hospital stay, and risk of becoming a permanent resident of a care home.¹³¹
- The cost of malnutrition in England in 2011-12 was estimated to be £19.6 billion per year, or more than 15% of the total public expenditure on health and social care. About half of this cost was due to people aged 65+.¹³²
- The annual cost per patient with malnutrition or risk of malnutrition (£7,408 per person per year) was three to four times greater than that for a non-malnourished patient (£2,155 per person per year).¹³³

Foot care

- Over 30% of older people say they are unable to cut their own toenails¹³⁴
- More than half of new episodes of foot care are for people aged 65 or over¹³⁵

- 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.¹³⁶
- Of the older people surveyed who said they needed foot care, 58% get private care, 35% NHS and 1% Charity¹³⁷

Dentistry

- Official figures on older people needing dentistry are not reported in the quarterly NHS Dental Statistics
- In 2009, 23% of people aged 65+ did not have any natural teeth¹³⁸

Falls

- Falls are the largest cause of emergency hospital admissions for older people, and significantly impact on long term outcomes, e.g. being a major precipitant of people moving from their own home to long-term nursing or residential care.¹³⁹
- 4,856 people aged 65+ died from having a fall in 2015 (E&W, latest available data), equating to 13 people every day. Of these 2,571 were women and 2,285 were men.¹⁴⁰
- Falls account for up to 40% of ambulance call-outs to homes for people aged 65+,¹⁴¹ costing £115 per callout.¹⁴²
- A falls prevention strategy could reduce the number of falls by 15 – 30%.¹⁴³

Osteoporosis

- About 3 million people in the UK have osteoporosis, and this is responsible for around 500,000 fractures each year.¹⁴⁴
- One in two women and one in five men over the age of 50 will break a bone mainly as a result of osteoporosis.¹⁴⁵
- A significant number of older people with osteoarthritis also have undiagnosed osteoporosis.¹⁴⁶

Hip fractures (updated March 2017)

- For older people, hip fracture is the most common serious injury, reason for them to need emergency anaesthesia and surgery, and cause of accidental death.¹⁴⁷
- Only a minority of patients will completely regain their previous abilities, and increased dependency and difficulty walking means that a quarter will need long-term care.¹⁴⁸
- Nearly 65,000 people aged 60+ in England, Wales, and NI had a hip fracture in 2015.¹⁴⁹
- About 7% of these people died within 30 days, and one third after 12 months.¹⁵⁰
- Hip fractures cost the NHS over £1 billion per year.¹⁵¹
- Hip fracture patients occupy over 4,000 hospital beds at any one time, totalling 1.5 million bed days each year.¹⁵²
- In England, the mean length of stay was 19 days in 2015; Wales was 35 days and NI 22 days.¹⁵³
- 1 in 3 people who have long-term pain from fractures describe it as severe or unbearable.¹⁵⁴

Sight loss

- 14% people aged 65+ have **sight loss** which affects their day to day living; this increases to 35% for those aged 75+ and 50% for 90+. ¹⁵⁵ This equates to just over 2 million people aged 65+

- People with sight loss are much more likely to have problems with day to day living, feel their quality of life is lower, feel less satisfied with life, have lower confidence, lower levels of wellbeing, and higher levels of depression.¹⁵⁶
- People with sight loss are also more likely to have poorer health, difficulty accessing health care and other services, live in poverty, and experience discrimination.¹⁵⁷
- In a 2015 survey, only 51% of people with sight loss said they were in 'good' or 'very good' health, compared with 91% of people with no impairments.¹⁵⁸
- 47% of people with sight loss said they were able make ends meet with 'some' or 'great' difficulty, compared to only 28% of people with no impairments.¹⁵⁹

Hearing loss

- More than 70% of over 70 year olds and 40% of over 50 years-old have some form of hearing loss.¹⁶⁰
- Around one in every 10 UK adults has tinnitus. This increases to 25-30% of over 70 years-old¹⁶¹
- Action on Hearing Loss reports also estimates that around 6.7 million people in the UK could benefit from hearing aids.¹⁶² However, they also estimate that only one in 30 does. Reasons why people don't use them include the way the devices look, their quality, or poor after care.¹⁶³
- Evidence suggests that the risk of mental health problems is increased in people with hearing loss due to a range of factors including poor social and support networks, and that people with hearing loss face extra difficulties in accessing the mental health support they may need.¹⁶⁴

Incontinence

- There are around 3.2 million people over 65 suffering from urinary incontinence in the UK, and the majority are women.¹⁶⁵
- It has been estimated that more than 50% of care home residents have urinary incontinence.¹⁶⁶
- Estimates suggest 1 in 10 people will be affected by faecal incontinence.¹⁶⁷
- Faecal incontinence is more common in women than in men.¹⁶⁸
- Incontinence can also be associated with falls¹⁶⁹ and strokes.¹⁷⁰

Heart Disease and Strokes

- In the UK, more than 25% of all deaths of people aged 65 and over are caused by cardiovascular disease.¹⁷¹ In Great Britain, estimates suggest that 34.1% of men 65-74 and 28.5% aged 75-plus report having had cardiovascular disease. For women, the figures are 22.5% and 29.8%¹⁷²
- A person's risk of stroke doubles every decade after the age of 55.¹⁷³
- By age 75 1 in 5 women and 1 in 6 men will have had a stroke.¹⁷⁴
- Strokes are estimated to cost society over £8.9 billion in care and lost productivity.¹⁷⁵
- Stroke occurs around 152,000 times per year in the UK. 74% of strokes occur in people aged 65 and over.¹⁷⁶

Arthritis

- There are an estimated 10 million people in the UK suffering from arthritis.¹⁷⁷

Dying

- Of the 529,655 people who died in England and Wales in 2015, 85 per cent were aged 65 or over; over two thirds were age 75+.¹⁷⁸

- Although over one third of all deaths are people aged 85 and over¹⁷⁹, only about 15 per cent of people gaining access to specialist palliative care are in this age group¹⁸⁰
- Research suggests that the most preferred place to die is at home; hospital is the least preferred place.¹⁸¹
- According to Dying Matters, around half of people die in hospital each year, despite 70% of people preferring to die at home.¹⁸²
- Of people receiving hospice care that have engaged in advance care planning (ACP), 10% die in hospital compared to 26% of those who have not engaged in ACP.¹⁸³
- A home death rate for people receiving hospice care with ACP is 40% compared to 23% for those who have not engaged in ACP.¹⁸⁴

Mental health

- In England depression affects 22% of men and 28% of women aged 65 or over.¹⁸⁵
- The Royal College of Psychiatrists estimates that 85% of older people with depression receive no help at all from the NHS¹⁸⁶
- Another study estimates that depression affects 40% of older people in care homes¹⁸⁷
- Worse general health can be associated with depression among older adults¹⁸⁸, and other risk factors include not living close to friends and family, poor satisfaction with accommodation, and poor satisfaction with finances¹⁸⁹
- In 2009/10, 140,000 men and 247,000 women over 65 used NHS secondary mental health services.¹⁹⁰ For men, this was 25% of all men accessing services, and for women, 35%.
- A 2016 NHS benchmarking project found that:¹⁹¹
 - 91% of participating Trusts/LHBs have a protocol with mental health services for accessing specialist mental health services for older people.
 - Depression was routinely assessed for in older people in 62% of participating organisations.

Dementia

- Dementia is one of the main causes of disability in later life, ahead of some cancers, cardiovascular disease and stroke¹⁹² and is the leading cause of death for women in the UK.¹⁹³
- There are several types of dementia. The most common are Alzheimer's disease (62% of all cases of dementia) and vascular dementia (27%).¹⁹⁴
- 850,000 people are estimated to be living with dementia in the UK, of whom 808,000 are aged 65 years or over.¹⁹⁵
- By 2025, the number is expected to rise to 1.14 million. By 2051, it is projected to exceed 2 million.¹⁹⁶
- One in three people over 65 will die with a form of dementia.¹⁹⁷
- Only 1 person in 14 (7%) aged 65+ has dementia, however, this increases with age: it affects 1 person in 6 over 80 and one in three over 95.¹⁹⁸
- A 2014 survey of 1,000 people with dementia found that:
 - Less than half feel a part of their community
 - 40% have felt lonely recently
 - Only 47% said that their carer received any help in caring for them
 - 72% are living with another medical condition or disability as well as dementia
 - Just over half of people say that they are living well with dementia
 - Almost 1 in 10 only leave the house once a month¹⁹⁹
- Dementia costs the UK approximately £26.3 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 dementia.²⁰⁰
- Delaying the onset of dementia by five years would halve the number of deaths from the condition, saving 30,000 lives a year.²⁰¹

- In many cases, unpaid family carers deliver the bulk of care, affecting their own physical and mental health.²⁰²
- Nearly 60% of people worldwide incorrectly believe that Alzheimer's disease is a typical part of aging, and 40% mistakenly think it is not fatal.²⁰³
- It has recently been estimated that 27 million of the 36 million people with dementia worldwide are undiagnosed. Evidence also suggests that early diagnosis could save up to £6,254 per person.²⁰⁴
- Recent studies suggest that becoming bilingual, even in later life, may delay the onset of dementia by up to 4.5 years.²⁰⁵

Loneliness (updated Oct 2016)

- A 2015 study has indicated that loneliness can increase your risk of premature death by up to a quarter.²⁰⁶
- Loneliness can be as harmful for our health as smoking 15 cigarettes a day.²⁰⁷
- People with a high degree of loneliness are twice as likely to develop Alzheimer's than people with a low degree of loneliness.²⁰⁸
- 1.7% or 200,000 older people (65 and over) have not had a conversation with friends or family for a month²⁰⁹
- 3.1% or 360,000 older people (65 and over) have not had a conversation with friends or family for over a week²¹⁰
- 8.5% or 975,000 older people (65 and over) often or always feel lonely²¹¹
- 12.04% or 1.2 million older people (65 and over in England) are persistently/chronically lonely²¹²
- 6.87% or 800,000 older people (65 and over in UK) have no close friends²¹³
- 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).²¹⁴
- 86% of those 65 and over say they are satisfied with their personal relationships. This is the lowest of all age groups.²¹⁵
- Only 46% of those 65 and over said they spent time together with their family on most or every day, compared to 65-76% for other ages.²¹⁶
- 12.2% (**1 million people**) aged 65 and over said they never spent time with their family.²¹⁷
- Those aged 65 and over also spent less time with friends: only 35.1% (**3 million people**) spent time with friends most or every day in the last 2 weeks, and 11.6% (**1 million people**) never did.²¹⁸
- 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.²¹⁹

Isolation (updated Aug 2016)

- 3.5 million people aged 65+ live alone.²²⁰
- Over 2 million, or nearly half (49%), of all people aged 75 and over live alone²²¹
- 9% of older people feel trapped in their own home²²²
- 6% of older people (nearly 600,000) leave their house once a week or less²²³
- 30% say they would like to go out more often²²⁴
- According to research for DWP, nearly a quarter (24%) of pensioners do not go out socially at least once a month²²⁵
- Nearly 200,000 older people in the UK do not receive the help they need to get out of their house or flat²²⁶
- According to a survey in December 2014, 2.9 million older people (65+) in Great Britain feel they have no one to turn to for help and support.²²⁷
- 41% of people aged 65 and over in the UK feel out of touch with the pace of modern life and 12% say they feel cut off from society²²⁸

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)²²⁹
- Every hour, over 50 older people are neglected or abused in their own homes by family members, friends, neighbours or care workers²³⁰
- 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 abuse²³¹
- According to a survey in December 2014, 2.9 million older people (65+) in Great Britain feel they have no one to turn to for help and support.²³²

Care and support

- Only about a third (36%) of people aged 50+ are confident that older people who receive care services, such as help with getting dressed or washing, either at home or in a care home, are treated with dignity and respect.²³³
- The combined care market value for care for older people, including local authority funded, voluntary and private expenditure, is estimated to be worth £22.2 billion, of which £13.4 billion is attributable to residential care and £8.8 billion to non-residential care.²³⁴
- Approximately 30% of people use some form of local authority funded social care in the last year of life.²³⁵
- Though hospital use climbs steeply in the last few months of life, social care use shows only a steady increase in the last 12 months.²³⁶
- The use of social care also differed according to the presence of certain long-term conditions. For example people with mental health problems, falls and injury, stroke, diabetes and asthma tended to use more; those with cancer appeared to use relatively less local authority-funded social care.²³⁷

Home care

- In real terms, spending on social care in England has fallen by £770 million since 2010.²³⁸
- In England, 371,770 people aged 65+ received community-based care and support at home in 2013/14.²³⁹
- During this same timeframe, 44,015 older people received day care and 22,615 received meals, only half of the number receiving these the previous year. Only 8,840 received short-term residential care (non-respite).²⁴⁰
- Of the 2.8 million older people with care related needs, 900,000 currently do not receive any formal support (people aged 65-89 in England).²⁴¹
- By 2012, 85 per cent of local authorities had set their eligibility threshold for adult care at 'substantial' and a further 2 per cent set their threshold at 'critical'.²⁴² If the national eligibility threshold is set at this level, and no local authorities set more generous criteria, 99,000 older people currently in receipt of care would no longer be eligible for local authority funded care.²⁴³
- There were 421,557 delayed discharge days attributable to a lack of social care in place (England, 2014/14).²⁴⁴
- 57,770 older people in England are receiving direct payments (2012/13).²⁴⁵
- 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+.²⁴⁶

Residential care

- There are an estimated 5,153 nursing homes and 12,525 residential homes in the UK.²⁴⁷
- According to the latest Laing and Buisson survey, there are 426,000 elderly and disabled people in residential care (including nursing), approximately 405,000 of whom are aged 65+.²⁴⁸
- 93 per cent of nursing home residents and 99 per cent of people in residential homes are aged 65+.²⁴⁹
- Only 16% of people aged 85+ in the UK live in care homes.²⁵⁰
- The care home resident population for those aged 65 and over has remained almost stable since 2001 with an increase of 0.3%, despite growth of 11.0% in the overall population at this age.²⁵¹

- The gender gap in the older resident care home population has narrowed since 2001. In 2011 there were around 2.8 women for each man aged 65 and over compared to a ratio of 3.3 women for each man in 2001.²⁵²
- The resident care home population is ageing: in 2011, people aged 85 and over represented 59.2% of the older care home population compared to 56.5% in 2001.²⁵³
- Most supported housing for older people is 'sheltered' housing (for social rent) and owner-occupied retirement housing (mainly for sale). Across the UK there are nearly 18,000 developments and around 550,000 dwellings (480,000 in England), housing around 5% of the older population.²⁵⁴
- The median period from admission to the care home to death is 462 days. (15 months).²⁵⁵
- Around 27% of people lived in care homes for more than three years.²⁵⁶
- People had a 55% chance of living for the first year after admission, which increased to nearly 70% for the second year before falling back over subsequent years.²⁵⁷

Older people as carers

- Nearly 1.4 million people aged 65+ in England and Wales provide unpaid care for a partner, family, or others,²⁵⁸ but in 2012-13 only 77,635 of these (in England) received any carer-specific support services.²⁵⁹
- Carers UK estimate that 58% of carers (all ages) are female.²⁶⁰
- An estimated £5.3bn has been wiped from the economy in lost earnings due to people who've dropped out of the workforce to take on caring responsibilities for older or disabled loved ones, including £1 billion in forgone taxes.²⁶¹
- Over a third of carers aged 65+ provide 50 or more hours of informal care each week.²⁶² Nearly 12% provide 100 hours or more.²⁶³
- Older people provide informal care estimated to be worth about £11.4 billion per year.²⁶⁴
- The value of informal care provided by people aged 80+ in England has been estimated by Age UK as £5.9bn.²⁶⁵
- Nearly two-thirds (65%) of those polled by the Princess Royal Trust for Carers said they had health problems or a disability of their own, while only half of these felt confident lifting the person they care for.²⁶⁶
- 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.²⁶⁷
- 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.²⁶⁸

Homes and housing

- Poor housing for older people costs NHS at least £634m every year.²⁶⁹
- Currently nearly 6 million households are headed by a person aged 65 or over in England. By 2021, this is expected to increase to over 7 million.²⁷⁰
- Around one-third of all households are older households. This proportion applies across most regions except for the South West (40 per cent) and London (22 per cent).²⁷¹
- The specialist housing currently on offer does not reflect the choices that most older people make.²⁷²
- While retirement properties make-up just 2 per cent of the UK housing stock, or 533,000 homes, with just over 100,000 to buy, one in four (25 per cent) over 60s would be interested in buying a retirement property – equating to 3.5 million people nationally.²⁷³
- If just half of the 58 per cent of over 60s interested in moving (downsizing and otherwise) were able to move, this would release around £356 billion worth of (mainly family-sized) property – with nearly half being three-bedroom and 20 per cent being four-bedroom homes.²⁷⁴

- Most older people want a home with at least two bedrooms but most specialist provision has only one bedroom.²⁷⁵
- The official definition implies that any single or couple household with three or more bedrooms 'under-occupies'. Of the 8 million under-occupying households, there are nearly as many other (non-older) households as older ones.²⁷⁶
- Since 57 per cent of all older households (and 68 per cent of older home-owners) 'under-occupy', the official definition is at odds with older people's views and preferences.²⁷⁷
- Death is more important than downsizing in 'releasing' larger homes: 85 per cent of homes with three or more bedrooms are 'released' by older people due to death rather than a move to a smaller home.²⁷⁸
- An older person's health can benefit from a move to more suitable housing as long as it is an informed choice and they remain in control. 'Staying put' can also be the right choice.²⁷⁹
- 76 per cent of older households are owner-occupiers and most own outright; 18 per cent are housing association or council tenants, while 6 per cent are private sector tenants.²⁸⁰
- 42 per cent of older households aged 55 to 64 are single, and this proportion increases with age.²⁸¹
- About 7 per cent of older households (530,000 people) live in specialist housing where a lease or tenancy restricts occupation to people aged over 55, 60 or 65. Most of these schemes are provided by housing associations and offer special facilities, design features and on-site staff. Around 10 per cent of specialist dwellings are in schemes offering care as well as support. 77% of these are rented.²⁸²
- 93 per cent of older people live in mainstream housing. As well as 'ordinary' housing, this includes housing considered especially suitable for older people due to dwelling type (e.g. bungalows), design features (including 'lifetime homes') or adaptations (e.g. stair lifts).²⁸³
- Over two thirds (71%) of householders aged 65+ own homes outright without a mortgage ²⁸⁴
- 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 needs²⁸⁵
- 300 older people can be helped by a handyperson for the same cost of one place in a care home for a year (30,000 vs £100)²⁸⁶
- More than 20 per cent of individuals aged 50 or older in England, have no housing wealth at all.²⁸⁷
- 67 per cent (1.1 m people) of older people living in poverty are owner occupiers.²⁸⁸
- There is a strong relationship between poor insulation and heating of houses, low indoor temperature and excess winter deaths of older people.²⁸⁹
- One in five homes (21%) occupied by older people in England fail the decent homes standard (2 million households)²⁹⁰
- The UK has some of the worst levels of home energy efficiency in Europe.²⁹¹
- It is estimated that up to 42,000 older people are unofficially homeless in England and Wales²⁹²

Money Matters (updated August 2016)

Overall incomes

- In the last reported year (2014/15), the average (median) net income for single pensioners in the UK was £245 a week before housing costs and £204 after housing costs. For couples the figures were £471 before housing costs and £444 after housing costs.²⁹³
- Averages don't tell the whole story. For example, the poorest fifth of single pensioners had median net incomes of £106 a week after meeting housing costs (2013/14 prices), while the richest fifth had £405. For couples the figures were £223 for the poorest fifth and £868 for the richest fifth. (*Pensioner Incomes series table 4.1*)
- Younger pensioners have higher incomes than those aged 75+, and couples have incomes over twice the level of those of single people.²⁹⁴

Survey data shows that for some older people managing on their income is hard

- 29% of older people in GB say they are living comfortably, whereas 26% are 'just about getting by' or finding it difficult.²⁹⁵
- 74% of older people in GB say that compared to last year, they are doing the same financially; 7% are better off, but 19% are worse off.²⁹⁶
- Over one third of people aged 60+ are worried about the cost of living, 27% are worried about the cost of food, and 41% are worried about the cost of heating their homes in the winter.²⁹⁷
- 20% of people aged 50-64 are concerned about being made redundant or becoming unemployed in the next six months, and 26% are worried about the security of their income over the next six months.²⁹⁸

Pensions

- In Nov 2015, 12.97 million people were receiving a state pension. (including 1.21 million people living abroad)²⁹⁹
- On average people received £130.71 a week.³⁰⁰ 97% of all pensioners (single people or couples) have income from the state pension in 2014/15. Among recently retired pensioners, the proportion is 93%.³⁰¹
- 45% of pensioner couples and 71% of single pensioners receive over half their income from state pensions and benefits.³⁰²
- 7% of pensioner couples and 21% of single pensioners have no source of income other than the state pension and benefits.³⁰³
- 82% of pensioner couples and 63% of single pensioners have private pension income. For those with this type of income, the median amount received is £203 a week for couples and £99 for single people.³⁰⁴

Poverty

- 1.6 million (14%) pensioners in the UK live in poverty (that is with incomes below 60% of median household income after housing costs).³⁰⁵
- Of the 1.6 million, one million are in severe poverty (incomes less than 50% median income) and there are an additional 1.2 million with incomes just above the poverty line (above 60% but below 70% of median income).³⁰⁶
- Women are more likely to be in poverty than men, and older pensioners (especially those aged 85+), single people living alone, private tenants, and Asian pensioners are at particular risk.³⁰⁷
- 8% of pensioners aged 65+ (about 900,000) 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.³⁰⁸

Last updated March 2017

- According to the latest DWP statistics, nearly a million people aged 65+(9%) say they would not be able to replace their cooker if it broke down.³⁰⁹

Unclaimed benefits

- Nearly two out of five (38%) pensioners in Great Britain who are entitled to Pension Credit have not claimed it.³¹⁰
- Those who are entitled to, but not claiming, Pension Credit, are missing out on an average (mean) of £42 a week.³¹¹
- Around 1 in 7 (15%) pensioners in Great Britain who are entitled to Housing Benefit to help pay their rent have not claimed it.³¹²
- Those who are entitled to, but are not claiming, Housing Benefit, are missing out on an average (mean) of £56 a week.³¹³
- A total of £3.4 billion of Pension Credit and Housing Benefit went unclaimed in 2014/15.³¹⁴

Spending

- Older households (65+) contributed about £61 billion a year to the UK economy in 2013/14. The Age UK Chief Economist's report found that £37 billion of the total amount came from employment and £11.4 billion from informal caring. Child care contributed £6.6 billion. Nearly £6 billion came from volunteering.³¹⁵
- Average weekly expenditure for households headed by someone aged 65 - 74 is £453. This figure decreases for households headed by someone over the age of 75 to £288.³¹⁶
- On average 75+ households spend more of their total expenditure on fuel: 17% compared to an all age average of 14%.³¹⁷
- The average weekly expenditure for one-person households mainly dependent on state pensions is £168.³¹⁸
- The total spending by households headed by someone aged 65+ was £145 billion (2013). This can be compared to £128 bn (2012), £121bn (2011), £109 bn (2010) and £102 bn in 2009 - an increase of 33% in five years (not adjusted for inflation).³¹⁹

Fuel poverty

- According to official statistics (HBAI), about 700,000 pensioners (6%) say they do not have a damp-free house and just under half a million (4%) do not think they keep their homes adequately warm.³²⁰
- Under the new fuel poverty definition, there are 542,000 older households (where the oldest person is aged 60+) in England in fuel poverty in the latest reported year (2013). This equates to about 1 million people aged 60+.³²¹
- In 2014, the average "Big Six" energy providers' standard tariff fuel bill was £1,265 compared to £472 in 2004, a rise of 168 per cent in ten years.³²²
- Last winter, 12.5 million older people across Britain received the Winter Fuel Payment.³²³
- Households where the oldest person was aged 75 or over are the most likely to be in homes with poor energy efficiency compared with other households.³²⁴
- 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.³²⁵
- One in eight of these 75+ households live in housing which fail the decent homes standard because of sub-standard heating and insulation.³²⁶
- Older people in private rented housing are most at risk of living in non-decent homes.³²⁷
- The UK has the highest rate of fuel poverty and highest rate of excess winter deaths in Europe,³²⁸ and is near the bottom of the other league tables on affordability of space heating (14 out of 15), share of household expenditure spent on energy (11 out of 13), homes in poor state of repair (11 out of 15), thermal performance (6 out of 8), and the gap between current thermal performance and what the optimal level of insulation should be in each country (7 out of 8). Overall, no other country of the 16 assessed performs as poorly as the UK across the range of indicators.³²⁹

- Over 6 million older people (55% of people aged 65+ in the UK) are concerned about the increasing cost of energy bills in the winter³³⁰
- 28% of older people (3 million people aged 65+ in the UK) say they are worried about staying warm in their homes in the winter³³¹
- Nearly 1 million people aged 65 and over have had to cut back on food shopping over recent years to cover the cost of utility bills.³³²
- 14% have gone to bed to keep warm and save heating costs, even though they weren't tired.³³³
- 12% have lived in just one room to save heating costs.³³⁴
- Age UK has calculated that the cost of cold homes to the NHS in England arising from the increase in hospital admissions and additional GP consultations is around £1.36 billion per year.³³⁵

See more about the physical effects of the cold in the **Health and Wellbeing** section in the fact sheet

Communities

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.³³⁶
- The most common aspiration was for leisure activities and hobbies (81 per cent).³³⁷
- 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).³³⁸
- 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.³³⁹
- 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.³⁴⁰
- 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.³⁴¹
- 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.³⁴²
- 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.³⁴³
- 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.³⁴⁴
- 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.³⁴⁵
- 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.³⁴⁶

Transport and accessibility

- Between 1995/97 and 2013 the proportion of people in Great Britain aged 70+ holding a licence increased from 38% to 62%.³⁴⁷
- 40% of people aged 60 or over in GB use local bus services at least once a week.³⁴⁸
- In 2013 the take-up rate of concessionary fares by people aged 60+ in Great Britain was 76% (79% of females and 73% of males).³⁴⁹
- In 2013, the concessionary bus pass scheme delivered more than 1.2 billion trips to 12 million pass holders in Britain (both disabled and older people).³⁵⁰
- A cost-benefit analysis on the concessionary travel for older and disabled people shows that the scheme delivers excellent value for money with each £1 spent generating at least £2.87 in benefits. Half of the benefits accrue directly and immediately to concessionary travellers themselves, around 20% of the benefits to other bus passengers and other road users from transport network improvements, and the rest to the wider community from wider economic and social impacts and in particular from improvements in health and wellbeing.³⁵¹
- Around 25% of bus journeys taken by people aged 65+ are for medical appointments.³⁵²
- 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.³⁵³

- In the UK, 11% of those aged 65+ say they find it difficult to access a corner shop; 12% find it difficult to get to their local supermarket; 14% to a post office; 12% to their doctor's surgery; and 25% to their local hospital³⁵⁴
- 57% of rural households are within 13 minutes' walk of an hourly or better bus service³⁵⁵
- 28% of rural households do not have access to a supermarket within 4km³⁵⁶

Community and citizenship

- 29.0% of people aged 65-74 and 17.6% of 75+ in England have participated in volunteering in the 12 months to June 2012. The average for all ages is 23.9%³⁵⁷
- This equates to just over 2.5 million volunteers aged 65+ in England³⁵⁸
- Nearly 4.9 million people aged 65 and over in England (58%) take part in volunteering or civic engagement³⁵⁹
- 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%)³⁶⁰
- Other benefits of volunteering are:
 - gives a role in life and a sense of being needed and respected,^{361, 362, 363, 364, 365}
 - decreases mortality and improves self-rated health,^{366, 367, 368, 369, 370, 371}
 - increases mental health and decreases depression,^{372, 373, 374, 375, 376, 377, 378}
 - reduces stress and increases life satisfaction,^{379, 380}
 - provides social support and interaction,³⁸¹
 - healthy behaviours and the ability to cope with one's own illness,³⁸²
 - provides a positive transition from work to retirement.³⁸³
- 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 18-24.³⁸⁴
- In 2010, 27% of 18-24 year olds said they would be likely to vote in an immediate general election, compared to 80% of people aged 75 or over.³⁸⁵
 - 83% of adults aged 65-74 and 81% of those 75+ feel they belong strongly to their neighbourhood³⁸⁶
- 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 England³⁸⁷
- 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.³⁸⁸
- 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.³⁸⁹
- 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.³⁹⁰
- 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.³⁹¹
- 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.³⁹²

Crime

- The percentage of older people who say they have a high level of worry about crime (by age group and type): Burglary 12% (65-74) and 10% (75+); Violent crime 12% (65-74) and 10% (75+)³⁹³
- 90% of over-65s said they never felt unsafe or threatened during the last two weeks³⁹⁴
- 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 crime³⁹⁵

- 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* ³⁹⁶
- There were 10,635 recorded distraction burglary crimes in 2007-08 ³⁹⁷

Work and Learning

Employment

- During Sept-Nov 2014, there were 8.42 million people aged 50-64 and 1.13 million people aged 65 and over in employment; together, this was 29% of 'economically active' people aged 16+.³⁹⁸
- Out of 10.2 million people aged between 50 and the state pension age, 2.9 million (28%) are out of work.³⁹⁹
- Of the 2.9 million, only 0.7 million see themselves as "retired", yet 1.7 million think it is unlikely that they will ever work again.⁴⁰⁰
- Over half of men and women have already stopped working by the year before they reach state pension age.⁴⁰¹
- On average, men leave the labour market earlier now than they did in the 1950s and 1960s, and often this is not a planned early retirement, but people forced out of work by circumstances beyond their control.⁴⁰²
- 47% of unemployed older people have been out of work for a year or more compared to only 33% of unemployed 18-24 year olds.⁴⁰³
- 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 30s.⁴⁰⁴
- 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 2009.⁴⁰⁵
- 65% of older people believe age discrimination still exists in the workplace.⁴⁰⁶
- 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 35-49.⁴⁰⁷
- Today, over 1.87 million people aged 50+ work for themselves.⁴⁰⁸

Learning

- 20% of 65-74 year-olds and 12% of those aged 75+ consider themselves learners.⁴⁰⁹
- 168,000 people aged 60+ in England participated in state-funded learning in 2007-08.⁴¹⁰
- 80% of those 65+ engaged in learning report that they do so for personal and leisure interests.⁴¹¹

Leisure and time use

- People aged 65 and over spend on average three and three quarters hours a day watching TV (or DVD/Video).⁴¹²
- Over-65s are estimated to spend an average of 80% of their time in the home - 90% for people over 85.⁴¹³
- 73% of over-65s said they were involved in leisure activities and hobbies in the last 2 weeks.⁴¹⁴
- 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%).⁴¹⁵
- 48% of over-65s are active in social activities in their local area, though this is less than other age groups.⁴¹⁶

Digital inclusion

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,"⁴¹⁷ concludes that the direction of travel within government is, definitively, to move resources online.

This note sets out some statistics and information about internet use and older people drawing on national surveys.

Last updated March 2017

Internet use and trends over time

Internet use among older age groups has increased substantially over the last five years, but many are still non-users.

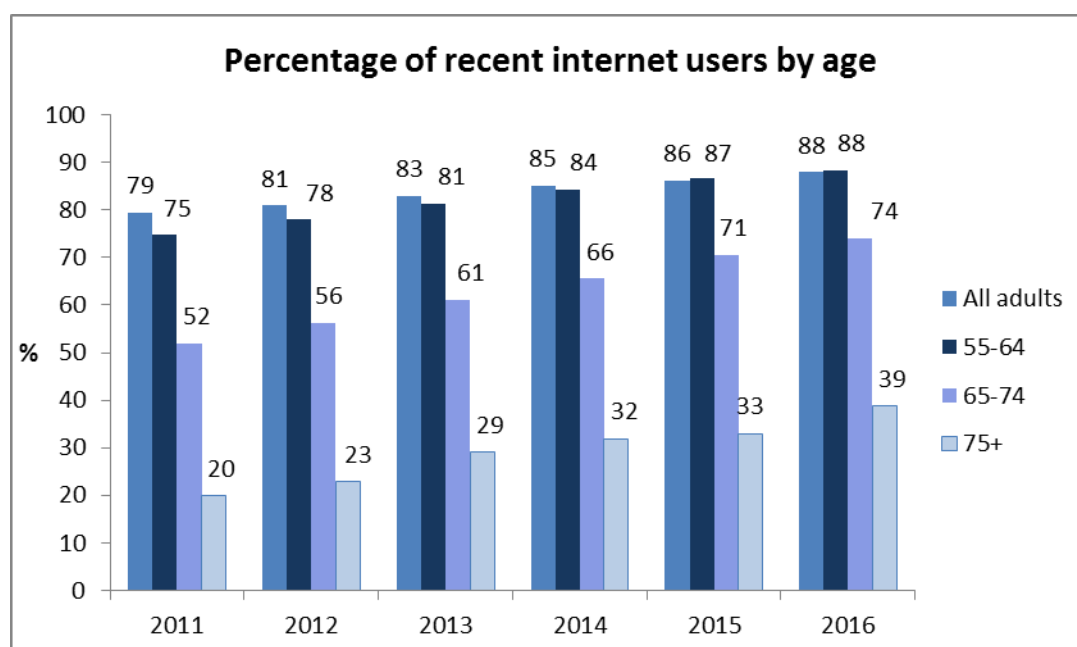
4.2 million people aged 65+ have never used the internet.

Around a quarter (26%) of people aged 65 to 74 and around three-fifths (61%) of people aged 75+ do not regularly use the internet.

The Office for National Statistics (ONS) publishes information each year setting out the numbers and proportions of people who use the internet.⁴¹⁸

- In 2016, in the UK, 5.3 million adults have never used the internet while a further 0.9 million have used it, but not in the last 3 months.⁴¹⁹
- Among people aged 65+, 4.2 million have never used the internet and a further 0.51 million who have used it, but not in the last 3 months.⁴²⁰
- Most of these non-users are aged 75+. There are 2.8 million people aged 75+ who have never used the internet and a further 0.24 million who have used but not in the last 3 months.

The table below shows that the proportion of people aged 75+ who have used the internet in the last 3 months has nearly doubled in the last five years (from 20 per cent to 39 per cent), and increased by around a half for those aged 65 to 74 (from 52 per cent to 74 per cent). However among those aged 75+, around three-fifths (61%) are still non-users.



Source: *Internet Users in the UK 2016*, ONS (table 1B). Recent users are people who have used the internet in the last 3 months.

There are differences within, as well as between, age groups

*Older women are less likely to use the internet than older men. Among all age groups disabled people are less likely to use the internet than non-disabled people, and use is also linked to socio-economic factors.*⁴²¹

Gender

Older women are less likely to be recent internet users than older men.⁴²²

- Nearly a half (47%) of men aged 75+ have recently used the internet compared to a third (33%) of women 75+.
- There is a small difference among those aged 65-74 (76% of men compared to 73% of women).
- There are no gender differences among younger age groups.

Disability

Across all age groups disabled people are less likely to use the internet than those who are not disabled.⁴²³ For example:

- Nearly a half of people (48%) aged 75+ who **are not** disabled have recently used the internet compared to (31%) who **are** disabled.
- Among those aged 65-74 the figures are 79% of non-disabled people compared to 65% of those who are disabled.

Socio-economic group

People in higher socio-economic groups are more likely to use the internet than those in lower groups.

- 95% of adults (all ages) in group AB and 92% in C1 use the internet, compared to 80% of those in group C2 and 78% of DEs.⁴²⁴
- Among those aged 75+, nearly two-thirds (65%) of those in group AB, and 42% of C1s, use the internet compared to just a fifth in the lower socio-economic groups (20% of C2s and 19% of DEs).⁴²⁵

Digital use is also linked to other forms of financial disadvantage. For example, analysis of the English Longitudinal Survey of Ageing (ELSA), which covers people aged 50 and over, shows that internet use increases with wealth, and that people living in the most deprived areas of the country are less likely to use the internet than those in less deprived areas⁴²⁶.

Some people give up using the internet as they get older

Around 1 in 20 people aged 75+ have used the internet in the past but not in the last 3 months.

While many people who start using the internet later in life continue to do so, a minority give up. The ONS finds that nearly 1 in 20 people aged 75+ (4.8%) and 1 in 25 aged 65 to 74 (4.3%) have used the internet but not in the last 3 months. So they have either stopped using it altogether or are infrequent users.⁴²⁷

Evidence of falling use among the oldest age groups has been also found in analysis of ELSA which follows up the same individuals over time. Between 2002/03 and 2012/13 frequent internet use increased. However for the groups aged 75+ when first interviewed, while there was an initial increase in internet use, this started to fall over time.⁴²⁸

Older internet users carry out a narrower range of activities online

Even if older people are using the internet, they are less likely to be taking part in a wide range of activities online.

As seen above internet use reduces with age. Furthermore, older age groups tend to use it for a more limited range of activities. Ofcom asked people about their weekly use of the internet in 12 categories including: communication, browsing, social media entertainment and transactions. Among internet users, those aged 65+ were less likely than younger age groups to do 11 of the 12 activities set out – the exception being ‘looking for health related activities’. The table below covers the five most commonly undertaken activities.⁴²⁹

Percentage of internet users who undertake certain activities each week by selected age groups

	All internet users	Age 16-24	Age 65-74	Age 75+
Communication	89%	97%	76%	63%
General surfing/browsing	86%	93%	65%	71%
Social media	71%	93%	37%	26%
Entertainment	67%	90%	45%	34%
Transactions	50%	42%	29%	29%

Older people who do not use the internet

People who are not online give a range of reasons for why they do not use the internet, but many feel it is not something that they need or want. For example around three out of five (61 per cent) of non-users aged 65+ in Great Britain said they did not have internet access because they did not need it – for example because it was not useful or not something that interested them.⁴³⁰ Other reasons given include: lack of skills, cost, and concern about security. An Age UK report provides more information about the views and experiences of older people who do not use the internet, and the barriers they face to getting online.⁴³¹

Internet 'by proxy'

The Ofcom survey asked people who do not use the internet if anyone else used it on their behalf – for example, to send an email or purchase something over the internet. They found that a quarter (25%) of non-users over the age of 65, and two-fifths (41%) of those 16-64 did so.⁴³² There were no differences in proxy use by socio-economic group or by gender.

About these figures

Most of the information here comes from annual surveys carried out by the Office for National Statistics (ONS) and the communications regulator Ofcom. The different reports published by these organisations cover a wide range of information including: who is using the internet, where, and for what purposes.

ONS and Ofcom use slightly different questions on internet use. ONS asks if people have used the internet in the last 3 months, used over 3 months ago, or have never used it. Ofcom - asks if people access the internet at home or elsewhere.

References

- ¹ *Mid-2015 Population Estimates* UK Office for National Statistics, 2016
- ² *Mid-2015 Population Estimates* UK Office for National Statistics, 2016
- ³ *Mid-2015 Population Estimates* UK Office for National Statistics, 2016
- ⁴ *Mid-2015 Population Estimates* UK Office for National Statistics, 2016
- ⁵ *Mid-2015 Population Estimates* UK Office for National Statistics, 2016
- ⁶ *Estimates of the very old, 2002 – 2015*. UK Office for National Statistics, September 2016
- ⁷ *Estimates of the very old, 2002 – 2015*. UK Office for National Statistics, September 2016
- ⁸ *National population projections for the UK, 2014-based*, Office for National Statistics, 2015
- ⁹ *National population projections for the UK, 2014-based*, Office for National Statistics, 2015
- ¹⁰ *National population projections for the UK, 2014-based*, Office for National Statistics, 2015
- ¹¹ *National population projections for the UK, 2014-based*, Office for National Statistics, 2015
- ¹² *National population projections for the UK, 2014-based*, Office for National Statistics, 2015
- ¹³ *National population projections for the UK, 2014-based*, Office for National Statistics, 2015
- ¹⁴ *Number of Future Centenarians by Age Group*, Department for Work and Pensions, 2011
- ¹⁵ *Population Ageing in the United Kingdom, its Constituent Countries, and the European Union*, ONS, 2012
- ¹⁶ *Labour Force Survey*, ONS, 2016
- ¹⁷ *Labour Force Survey*, ONS, 2016
- ¹⁸ *Labour Force Survey*, ONS, 2016
- ¹⁹ *ONS Census 2011*, accessed via Nomis: <http://www.nomisweb.co.uk/>
- ²⁰ *ONS Census 2011*, accessed via Nomis (Office for National Statistics ethnic classification: BME is defined by ONS as all groups except White British)
- ²¹ Stonewall report, *Lesbian, Gay and Bisexual People in Later Life* 2011
- ²² *The Poor Relation? Grandparental care: where older people's poverty and child poverty meet*, Grandparents Plus/ EHRC, 2009
- ²³ *ONS Census 2011*, accessed via Nomis
- ²⁴ *Table 1.3, Offender Management Statistics (Quarterly)*, Ministry of Justice, January 2016
- ²⁵ *Perceived age discrimination in older adults*. Rippon et al. *Age and Ageing* 2014; 43: 379–386

doi: 10.1093/ageing/aft146

²⁶ *Perceived age discrimination in older adults*. Rippon et al. *Age and Ageing* 2014; 43: 379–386

doi: 10.1093/ageing/aft146

²⁷ *Perceived age discrimination in older adults*. Rippon et al. *Age and Ageing* 2014; 43: 379–386

doi: 10.1093/ageing/aft146

²⁸ *Perceived age discrimination in older adults*. Rippon et al. *Age and Ageing* 2014; 43: 379–386

doi: 10.1093/ageing/aft146

²⁹ *Perceived age discrimination in older adults*. Rippon et al. *Age and Ageing* 2014; 43: 379–386

doi: 10.1093/ageing/aft146

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 *One Voice: Shaping our ageing society*, Age Concern and Help the Aged, 2009

³⁵ De facto research on age restrictions in insurance for Help the Aged, November 2008

³⁶ Study of 379 stroke patients by researchers based in Mayday Hospital Croydon published in *Postgraduate Medical Journal*, April 2009

³⁷ 2011 ICM Research Agenda for Life Survey for Age UK (November 2010)

³⁸ TNS Tracker Survey for Age UK, Feb 2015, of adults aged 50+ in Great Britain

³⁹ Halls, S. et al (2012) 'Opening Doors and Opening Minds. Sharing one Project's Experience of Successful Community Engagement.' (p.150-164) in Ward, R. et al (eds.) *Lesbian, Gay, Bisexual and Transgender Ageing. Biographical Approaches for Inclusive Care and Support*. London: Jessica Kingsley Publishers.

⁴⁰ Traies, J. 'Women Like That' Older Lesbians in the UK. (p.67-82) in Ward, R. et al (eds.) *Lesbian, Gay, Bisexual and Transgender Ageing. Biographical Approaches for Inclusive Care and Support*. London: Jessica Kingsley Publishers.

⁴¹ Traies, J. 'Women Like That' Older Lesbians in the UK. (p.67-82) in Ward, R. et al (eds.) *Lesbian, Gay, Bisexual and Transgender Ageing. Biographical Approaches for Inclusive Care and Support*. London: Jessica Kingsley Publishers.

⁴² Stein, G. and Almack, K. Care Near the End of Life (p.114-131) in Ward, R. et al (eds.) *Lesbian, Gay, Bisexual and Transgender Ageing. Biographical Approaches for Inclusive Care and Support*. London: Jessica Kingsley Publishers.

⁴³ Traies, J. 'Women Like That' Older Lesbians in the UK. (p.67-82) in Ward, R. et al (eds.) *Lesbian, Gay, Bisexual and Transgender Ageing. Biographical Approaches for Inclusive Care and Support*. London: Jessica Kingsley Publishers.

⁴⁴ Traies, J. 'Women Like That' Older Lesbians in the UK. (p.67-82) in Ward, R. et al (eds.) *Lesbian, Gay, Bisexual and Transgender Ageing. Biographical Approaches for Inclusive Care and Support*. London: Jessica Kingsley Publishers.

⁴⁵ Cronin, A. et al (2011) Cronin, A. et al (2011) 'Categories and their consequences: Understanding and supporting the caring relationships of older lesbian, gay and bisexual people.' In Ward, R. et al (eds.) *Lesbian, Gay, Bisexual and Transgender Ageing. Biographical Approaches for Inclusive Care and Support*. London: Jessica Kingsley Publishers.

⁴⁶ Heaphy, B. et al. (2003) *Lesbian, Gay and Bisexual Lives over 50*. Nottingham: York House Publications.

⁴⁷ Bailey, L. (2012) 'Trans Ageing. Thoughts on a Life Course Approach in Order to Better Understand Trans Lives' (p51-66) in Ward, R. et al (eds.) *Lesbian, Gay, Bisexual and Transgender Ageing. Biographical Approaches for Inclusive Care and Support*. London: Jessica Kingsley Publishers: London.

⁴⁸ TREC (2011) Trans People's Attitudes Towards Ageing Survey. <http://transcentre.org.uk> Accessed 5th May 2016.

⁴⁹ National Diet and Nutrition Survey: Results from Years 1-4 (combined) of the Rolling Programme (2008/2009 – 2011/12). Department of Health, 2014

⁵⁰ The Health Survey for England 2015, published Dec 2016

⁵¹ The Health Survey for England 2015, published Dec 2016

⁵² The Health Survey for England 2015, published Dec 2016

⁵³ *Fruit and Vegetable Intake, Physical Activity, and Mortality in Older Community-Dwelling Women*. Emily J. Nicklett, et al. *Journal of the American Geriatrics Society*, 2012; 60 (5): 862 DOI: 10.1111/j.1532-5415.2012.03924.x

⁵⁴ Presentation by Simon Nicol, Group Director, BRE Housing and Energy, March 2015

⁵⁵ Statistics on Alcohol: England, 2013. Lifestyle Statistics, Health and Social Care Information Centre

⁵⁶ The Health Survey for England 2015, Adult social care, published Dec 2016

⁵⁷ The Health Survey for England 2015, Adult social care, published Dec 2016

⁵⁸ The Health Survey for England 2015, Adult social care, published Dec 2016

⁵⁹ Health Protection Agency. *Diagnoses of selected STIs by Strategic Health Authority, country, sex and age group, United Kingdom: 1997–2006*. Available: http://www.hpa.org.uk/webc/HPAwebfile/HPAweb_C/1206003520175 (accessed 27th April 2016)

⁶⁰ Manchester University (2016) *Love and Intimacy in Later Life: Study reveals active sex lives of over-70s*. Available: <http://www.manchester.ac.uk/discover/news/love-and-intimacy-in-later-life-study-reveals-active-sex-lives-of-over-70s> Accessed 3rd May 2016.

⁶¹ Traies, J. 'Women Like That' Older Lesbians in the UK. (p.67-82) in Ward, R. et al (eds.) *Lesbian, Gay, Bisexual and Transgender Ageing. Biographical Approaches for Inclusive Care and Support*. London: Jessica Kingsley Publishers. *Approaches for Inclusive Care and Support*. Jessica Kingsley Publishers: London.

- ⁶² Dutton, W. et al (2011) 'A Global Shift in the Social Relationships of Networked Individuals: Meeting and Dating Online Comes of Age'. Available: http://papers.ssrn.com/sol3/papers.cfm?abstract_id=1763884 Accessed 5th May 2016.
- ⁶³ Manchester University (2016) *Love and Intimacy in Later Life: Study reveals active sex lives of over-70s*. Available: <http://www.manchester.ac.uk/discover/news/love-and-intimacy-in-later-life-study-reveals-active-sex-lives-of-over-70s> Accessed 3rd May 2016.
- ⁶⁴ Health Protection Agency. *Diagnoses of selected STIs by Strategic Health Authority, country, sex and age group, United Kingdom: 1997–2006*. Available: http://www.hpa.org.uk/webc/HPAwebfile/HPAweb_C/1206003520175 (accessed 27th April 2016)
- ⁶⁵ Excess Winter Mortality statistics, Office for National Statistics, November 2016. Ten-year average of EWDs 2005-2016 of people aged 65+ in England and Wales. (210 per day, 8.75 per hour or 1 person every 7 minutes).
- ⁶⁶ Age UK estimate using a ten-year average 2005/6 to 2015/16, from Excess Winter Mortality in England and Wales, ONS, November 2016. The winter period is defined by the Office for National Statistics as December to March.
- ⁶⁷ Donaldson et al studied mortality in Yakutsk in east Siberia, where temperatures average -26.6°C from October to March: Cold related mortalities and protection against cold in Yakutsk, eastern Siberia: observation and interview study, Donaldson GC et al, *BMJ*. 1998 Oct 10; 317(7164): 978–982. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC28681/>. NB There is a small town north of Yakutsk which claims to be colder, but Yakutsk is a bigger town/ city.
- ⁶⁸ For instance, heart attack risk increases with decreasing outside temperature. Each 1°C reduction in daily mean temperature was associated with a 2.0% cumulative increase in risk of myocardial infarction over the current and following 28 days, Bhaskaran, K., Hajat, S., Haines, A., Herrett, E., Wilkinson, P., & Smeeth, L. (2010). Short term effects of temperature on risk of myocardial infarction in England and Wales: time series regression analysis of the Myocardial Ischaemia National Audit Project (MINAP) registry. *BMJ (Clinical research ed.)*, 341, c3823 Similarly, for risk of stroke and temperature, see Mittleman, M. A., & Mostofsky, E. (2011). Physical, Psychological and Chemical Triggers of Acute Cardiovascular Events Preventive Strategies. *Circulation*, 124(3), 346-354.
- ⁶⁹ *Winter mortality, temperature and influenza*. *Revisiting Curwen and Devis after a quarter of a century*, Iparraquirre, J and Goodwin, J, *Genus* Vol 71, no 1, 2015 <http://scistat.cilea.it/index.php/genus/article/view/652/298>
- ⁷⁰ The Health Impacts of Cold Homes and Fuel Poverty, 2011
- ⁷¹ As the figures for road traffic fatalities below are for all ages and for Great Britain, the equivalent 10-year average excess winter deaths figure of 27,085 has been used for comparison.

	2010	2011	2012	2013	Annual Average
TOTAL	1,850	1,901	1,754	1,713	1,805

Source: Annual Road Fatalities GB, Department for Transport <https://www.gov.uk/government/publications/annual-road-fatalities>

The EWD figure is almost exactly 15 times the number of RTFs: 27,085 EWD/1,805 RTA fatalities = 15.0055

⁷² *Death registrations in England and Wales, ONS 2015* <http://www.ons.gov.uk/ons/publications/re-reference-tables.html?edition=tcn%3A77-370351>

⁷³ The Marmot Review Team, 2011. 'The Health Impacts of Cold Homes and Fuel Poverty'. London: Friends of the Earth http://www.foe.co.uk/sites/default/files/downloads/cold_homes_health.pdf

⁷⁴ Age UK's calculation based on the method described in South East Regional Public Health Group Factsheet (2009) Health and Winter Warmth. This made use of a calculator produced by the Chartered Institute of Environmental Health to estimate the total cost to the NHS in England arising from cold homes. Age UK updated its figure (£859 million) using 2011 household numbers estimates for England (Office for National Statistics) and the GDP deflator (from HM Treasury's website) to inflate the estimates to 2011/12 prices.

⁷⁵ TNS omnibus poll of 1119 GB adults aged 65 and over for Age UK – 27th June 2014

⁷⁶ National Life Tables: United Kingdom, 2013-2015, Office for National Statistics, 2016

⁷⁷ National Life Tables: United Kingdom, 2013-2015, Office for National Statistics, 2016

⁷⁸ *Recent trends in life expectancy at older ages*: February 2016. Public Health England

⁷⁹ Life expectancy at birth and at age 65 by local areas in the United Kingdom, Office for National Statistics, 2014

⁸⁰ Life expectancy at birth and at age 65 by local areas in the United Kingdom, Office for National Statistics, 2014

⁸¹ Life expectancy at birth and at age 65 by local areas in the United Kingdom, Office for National Statistics, 2014

⁸² Period expectations of life (single years) mid-2010 based, Government Actuary Department 2013

⁸³ *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

⁸⁴ *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

⁸⁵ *Estimates of the Very Old, 2002 – 2012, United Kingdom*, Statistical Bulletin, Office for National Statistics, 2014.

⁸⁶ Eurostat yearbook 2014, published 2016

⁸⁷ Eurostat yearbook 2014, published 2016

⁸⁸ Office for National Statistics (2016), "Disability-free life expectancy (DFLE) and life expectancy (LE): at age 65 by region, England,"

<https://www.ons.gov.uk/file?uri=/peoplepopulationandcommunity/healthandsocialcare/healthandlifeexpectancies/datasets/disabilityfreelifeexpectancydfleandlifeexpectancyeatage65byregionengland/2006to20082007to20092008to20102009to20112010to20122011to2013and2012to2014/regionsat65.xls>

⁸⁹ Office for National Statistics (2016), "Disability-free life expectancy (DFLE) and life expectancy (LE): at age 65 by region, England"

⁹⁰ Office for National Statistics (2016), "Disability-free life expectancy (DFLE) and life expectancy (LE): at age 65 by region, England"

- ⁹¹ Office for National Statistics (2016), "Disability-free life expectancy (DFLE) and life expectancy (LE): at age 65 by region, England"
- ⁹² Office for National Statistics (2016), "Disability-free life expectancy (DFLE) and life expectancy (LE): at age 65 by region, England"
- ⁹³ Eurostat yearbook 2013, published 2015
- ⁹⁴ The estimate is for the UK, based on Great Britain data from the *General Lifestyle Survey 2011*, Office for National Statistics, 2013
- ⁹⁵ *Health expectancy at birth and at age 65 in the United Kingdom, 2008-10*, Statistical Bulletin, Office for National Statistics, 2012
- ⁹⁶ Age UK estimate based on *General Lifestyle Survey 2011*, ONS 2013 and *mid-2014 based population projections*, ONS 2015
- ⁹⁷ *Family Resources Survey 20013/14*, Department for Work and Pensions, 2015
- ⁹⁸ *Health expectancy at birth and at age 65 in the United Kingdom, 2009-11*, *Statistical Bulletin*, Office for National Statistics, 2014
- ⁹⁹ Eurostat yearbook 2013, published 2015
- ¹⁰⁰ Emergency admissions to hospital April 2004 – March 2013, HSC IC (2015); and Reference costs 2013–14, Department of Health (2014)
- ¹⁰¹ Older People's Care in Acute Settings: Benchmarking Report, NHS Benchmarking Network, March 2016
- ¹⁰² Older People's Care in Acute Settings: Benchmarking Report, NHS Benchmarking Network, March 2016
- ¹⁰³ *2014-15 reference costs publication*. NHS, Department of Health. 2015
http://www.dh.gov.uk/prod_consum_dh/groups/dh_digitalassets/documents/digitalasset/dh_131160.pdf
- ¹⁰⁴ Older People's Care in Acute Settings: Benchmarking Report, NHS Benchmarking Network, March 2016
- ¹⁰⁵ Presentation by Simon Nicol, Group Director, BRE Housing and Energy, March 2015
- ¹⁰⁶ *Hospital Episode Statistics, Admitted Patient Care, England - 2014-15*, published Nov 2015
- ¹⁰⁷ Older People's Care in Acute Settings: Benchmarking Report, NHS Benchmarking Network, March 2016
- ¹⁰⁸ Older People's Care in Acute Settings: Benchmarking Report, NHS Benchmarking Network, March 2016
- ¹⁰⁹ Older People's Care in Acute Settings: Benchmarking Report, NHS Benchmarking Network, March 2016
- ¹¹⁰ Older People's Care in Acute Settings: Benchmarking Report, NHS Benchmarking Network, March 2016
- ¹¹¹ Older People's Care in Acute Settings: Benchmarking Report, NHS Benchmarking Network, March 2016
- ¹¹² Older People's Care in Acute Settings: Benchmarking Report, NHS Benchmarking Network, March 2016
- ¹¹³ Older People's Care in Acute Settings: Benchmarking Report, NHS Benchmarking Network, March 2016
- ¹¹⁴ *Hospital Episode Statistics, Admitted Patient Care, England - 2014-15*, published Nov 2015
- ¹¹⁵ C A Russell and M Elia (2014) *Nutrition screening surveys in hospitals in the UK, 2007-2011*. BAPEN
- ¹¹⁶ Survey of adult inpatients 2010. Full national results with historical comparisons, Care Quality Commission, 2011
- ¹¹⁷ Older People's Care in Acute Settings: Benchmarking Report, NHS Benchmarking Network, March 2016
- ¹¹⁸ Older People's Care in Acute Settings: Benchmarking Report, NHS Benchmarking Network, March 2016
- ¹¹⁹ Older People's Care in Acute Settings: Benchmarking Report, NHS Benchmarking Network, March 2016
- ¹²⁰ Older People's Care in Acute Settings: Benchmarking Report, NHS Benchmarking Network, March 2016
- ¹²¹ *The prevalence of mental health problems among older people admitted as an emergency to a general hospital*. Sarah E. Goldberg et al. *Age and Ageing* 2012:41: 80-86, 2012; and *Dignity in the Care of Older People*. Jackie Morris. *BMJ* 2012;314:e533 doi:10.1136/bmj.e533, 2012
- ¹²² Older People's Care in Acute Settings: Benchmarking Report, NHS Benchmarking Network, March 2016
- ¹²³ Older People's Care in Acute Settings: Benchmarking Report, NHS Benchmarking Network, March 2016
- ¹²⁴ Elia, M. (2015) The cost of malnutrition in England and potential cost savings from nutritional interventions (short version). BAPEN and National Institute for Health Research Southampton Biomedical Research Centre. Accessed March 2017 <http://www.bapen.org.uk/pdfs/economic-report-short.pdf>
- ¹²⁵ Elia M, Russell C. *Combating Malnutrition: Recommendations for Action. Report from the advisory group on malnutrition, led by BAPEN. 2009*. http://www.bapen.org.uk/pdfs/improv_nut_care_report.pdf
- ¹²⁶ C A Russell and M Elia (2014) *Nutrition screening surveys in hospitals in the UK, 2007-2011*. BAPEN
- ¹²⁷ C A Russell and M Elia (2014) *Nutrition screening surveys in hospitals in the UK, 2007-2011*. BAPEN
- ¹²⁸ Nutrition Screening Week Survey 2010 : Hospital Survey UK, BAPEN, 2011
- ¹²⁹ *Nutrition Screening Surveys In Hospitals in the UK, 2007 - 2011*: BAPEN, 2014
- ¹³⁰ *National findings from the 2014 Inpatients survey*, CQC
- ¹³¹ Elia, M. (2015) The cost of malnutrition in England and potential cost savings from nutritional interventions (short version). BAPEN and National Institute for Health Research Southampton Biomedical Research Centre. Accessed March 2017 <http://www.bapen.org.uk/pdfs/economic-report-short.pdf>
- ¹³² Elia, M. (2015) The cost of malnutrition in England and potential cost savings from nutritional interventions (short version). BAPEN and National Institute for Health Research Southampton Biomedical Research Centre. Accessed March 2017 <http://www.bapen.org.uk/pdfs/economic-report-short.pdf>
- ¹³³ Elia, M. (2015) The cost of malnutrition in England and potential cost savings from nutritional interventions (short version). BAPEN and National Institute for Health Research Southampton Biomedical Research Centre. Accessed March 2017 <http://www.bapen.org.uk/pdfs/economic-report-short.pdf>
- ¹³⁴ *Feet for Purpose? Age Concern*, 2007
- ¹³⁵ *Feet for Purpose? Age Concern*, 2007
- ¹³⁶ *Primary Concerns*, Age Concern Policy Unit, 2008
- ¹³⁷ *Primary Concerns*, Age Concern Policy Unit, 2008
- ¹³⁸ *Adult Dental Health Survey 2009 – First Release*. NHS Information Centre, 2010

- ¹³⁹ Department of Health (2012) Improving outcomes and supporting transparency; as cited on NHS Choices website <http://www.nhs.uk/Scorecard/Pages/IndicatorFacts.aspx?MetricId=8135>
- ¹⁴⁰ Death Registrations Summary Statistics, England and Wales in 2015, Table 2. Office for National Statistics, 2016.
- ¹⁴¹ Snooks, H., Cheung, W. Y., Gwini, S. M., Humphreys, I., Sánchez, A., & Siriwardena, N. (2011). 09 Can older people who fall be identified in the ambulance call centre to enable alternative responses or care pathways? *Emergency Medicine Journal*, 28(3), e1-e1.
- ¹⁴² Confederation, N. H. S. (2012). Fall prevention: New approaches to integrated falls prevention services. *The NHS Confederation briefing*, (234).
- ¹⁴³ Fall prevention: New approaches to integrated falls prevention services. NHS Confederation, Briefing, April 2012 Issue 234
- ¹⁴⁴ NHS Choices, <http://www.nhs.uk/conditions/osteoporosis/Pages/Introduction.aspx>, access 28 March 2017
- ¹⁴⁵ National Osteoporosis Society: <https://www.nos.org.uk/> access 28 March 2017
- ¹⁴⁶ *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
- ¹⁴⁷ Boulton, C. et al (2016) *National Hip Fracture Database (NHFD) annual report 2016*. Healthcare Quality Improvement Partnership
- ¹⁴⁸ Boulton, C. et al (2016) *National Hip Fracture Database (NHFD) annual report 2016*. Healthcare Quality Improvement Partnership
- ¹⁴⁹ Boulton, C. et al (2016) *National Hip Fracture Database (NHFD) annual report 2016*. Healthcare Quality Improvement Partnership
- ¹⁵⁰ Boulton, C. et al (2016) *National Hip Fracture Database (NHFD) annual report 2016*. Healthcare Quality Improvement Partnership
- ¹⁵¹ Boulton, C. et al (2016) *National Hip Fracture Database (NHFD) annual report 2016*. Healthcare Quality Improvement Partnership
- ¹⁵² Boulton, C. et al (2016) *National Hip Fracture Database (NHFD) annual report 2016*. Healthcare Quality Improvement Partnership
- ¹⁵³ Boulton, C. et al (2016) *National Hip Fracture Database (NHFD) annual report 2016*. Healthcare Quality Improvement Partnership
- ¹⁵⁴ National Osteoporosis Society (2014) Life with Osteoporosis report, Oct 2014
- ¹⁵⁵ *Living with sight loss: Updating the national picture*. RNIB and NatCen, 2015
- ¹⁵⁶ *Living with sight loss: Updating the national picture*. RNIB and NatCen, 2015
- ¹⁵⁷ *Living with sight loss: Updating the national picture*. RNIB and NatCen, 2015
- ¹⁵⁸ *Living with sight loss: Updating the national picture*. RNIB and NatCen, 2015
- ¹⁵⁹ *Living with sight loss: Updating the national picture*. RNIB and NatCen, 2015
- ¹⁶⁰ Action on Hearing Loss: <https://www.actiononhearingloss.org.uk/your-hearing/about-deafness-and-hearing-loss/statistics.aspx>, accessed 4th April 2016
- ¹⁶¹ Action on Hearing Loss: <https://www.actiononhearingloss.org.uk/your-hearing/about-deafness-and-hearing-loss/statistics.aspx>, accessed 4th April 2016
- ¹⁶² Action on Hearing Loss: <https://www.actiononhearingloss.org.uk/your-hearing/about-deafness-and-hearing-loss/statistics.aspx>, accessed 4th April 2016
- ¹⁶³ Action on Hearing Loss (2011) *Facts and figures on hearing loss and tinnitus*. Accessed at: <http://www.actiononhearingloss.org.uk/your-hearing/about-deafness-and-hearing-loss/statistics/~media/56697A2C7BE349618D336B41A12B85E3.ashx>
- ¹⁶⁴ Laura Matthews, *Hearing loss, tinnitus and mental health: a literature review*, Action on Hearing Loss, 2013
- ¹⁶⁵ Buckley BS, Lapitan MCM (2009) *Prevalence of urinary and faecal incontinence and nocturnal enuresis and attitudes to treatment and help-seeking amongst a community-based representative sample of adults in the United Kingdom*. *International Journal of Clinical Practice*; 63 (4): 568–573
- ¹⁶⁶ *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
- ¹⁶⁷ NHS Choices: <http://www.nhs.uk/conditions/Incontinence-bowel/Pages/Introduction.aspx>, accessed 4th April 2016
- ¹⁶⁸ NHS Choices: <http://www.nhs.uk/conditions/Incontinence-bowel/Pages/Introduction.aspx>, accessed 4th April 2016
- ¹⁶⁹ *Living with urinary incontinence - a longitudinal study of older women*. Byles, J, Millar, CJ, & Sibbritt, DW. *Age and Ageing*, 38(3), 333-338, 2009
- ¹⁷⁰ *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
- ¹⁷¹ *Cardiovascular Disease Statistics 2015*, British Heart Foundation, 2015
- ¹⁷² *Cardiovascular Disease Statistics 2015*, British Heart Foundation, 2015
- ¹⁷³ *State of the nation: Stroke Statistics*, The Stroke Association, Jan 2016: https://www.stroke.org.uk/sites/default/files/state_of_the_nation_2016_110116_0.pdf accessed 6th April 2016
- ¹⁷⁴ *State of the nation: Stroke Statistics*, The Stroke Association, Jan 2016: https://www.stroke.org.uk/sites/default/files/state_of_the_nation_2016_110116_0.pdf accessed 6th April 2016
- ¹⁷⁵ *Cost of stroke in the United Kingdom*. Saka, O, McGuire, A, & Wolfe, C. *Age and Ageing*, 38(1): 27-32, 2009

- 176 *State of the nation: Stroke Statistics*, The Stroke Association, Jan 2016:
https://www.stroke.org.uk/sites/default/files/state_of_the_nation_2016_110116_0.pdf accessed 6th April 2016
- 177 NHS Choices: <http://www.nhs.uk/conditions/Arthritis/Pages/Introduction.aspx>, accessed 6th April 2016
- 178 Mortality statistics: Deaths registered in England and Wales 2015, Office for National Statistics, 2016
- 179 Mortality statistics: Deaths registered in England and Wales 2015, Office for National Statistics, 2016
- 180 National Council for Palliative Care (2013) *National Survey of Patient Activity Data for Specialist Palliative Care Services: MDS Full Report for the year 2011-2012*. Public Health England
- 181 *End of life care*, National Audit Office, 2008
- 182 Dying Matters: <http://www.dyingmatters.org/page/frequently-asked-questions>, accessed 6th April 2016
- 183 NHS South West review of 960 records in last 2.5 years
- 184 NHS South West review of 960 records in last 2.5 years
- 185 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
- 186 Royal College of Psychiatrists press release, 29 October 2009
- 187 *Depression and Older People: Towards securing well-being in later life*, Help the Aged, 2004
- 188 *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
- 189 *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
- 190 Mental Health Minimum Dataset, *Citizenship Survey*, Health and Social Care Information Centre, NHS, 2011
<http://www.communities.gov.uk/publications/corporate/statistics/citizenshipsurveyq2201011>
- 191 *Older People's Care in Acute Settings: Benchmarking Report*, NHS Benchmarking Network, March 2016
- 192 Department of Health press release 5 November 2009 <http://www.wired-gov.net/wg/wg-news-1.nsf/lfi/408275>
- 193 *Women and Dementia: A Marginalised Majority*, Alzheimer's Research UK, 2015:
<http://www.alzheimersresearchuk.org/wp-content/uploads/2015/03/Women-and-Dementia-A-Marginalised-Majority1.pdf>, accessed 7th April 2016
- 194 The Alzheimer's Society demographics and statistics, 2013,
http://www.alzheimers.org.uk/site/scripts/documents_info.php?documentID=412 accessed 8-8-14
- 195 The Alzheimer's Society fact sheet 400,
https://www.alzheimers.org.uk/download/downloads/id/3416/what_is_dementia.pdf accessed 28/03/17
- 196 The Alzheimer's Society *Dementia 2014* <http://www.alzheimers.org.uk/infographic>
- 197 *Dementia UK*, The Alzheimer's Society, 2014
- 198 The Alzheimer's Society fact sheet 400,
https://www.alzheimers.org.uk/download/downloads/id/3416/what_is_dementia.pdf accessed 28/03/17
- 199 The Alzheimer's Society *Dementia 2014* <http://www.alzheimers.org.uk/dementia2014>
- 200 The Alzheimer's Society *Dementia 2014 infographic* <http://www.alzheimers.org.uk/infographic> and *The economic burden of dementia and associated research funding in the United Kingdom*. Alzheimer's Research Trust, 2010
- 201 *Dementia UK*, The Alzheimer's Society, 2014
- 202 *Improving Dementia Services in England – an Interim Report*. National Audit Office 2010.
- 203 2014 Alzheimer's Disease Facts and Figures, Alzheimer's Association
- 204 *The World Alzheimer's Report 2011: The benefits of early diagnosis and intervention*. Alzheimer's Disease International, 2011
- 205 Alladi, S., Bak, T. H., Duggirala, V., Surampudi, B., Shailaja, M., Shukla, A. K., ... & Kaul, S. (2013). Bilingualism delays age at onset of dementia, independent of education and immigration status. *Neurology*, 81(22), 1938-1944.
- 206 Holt Lunstad, J. et al; Brigham Young University, March, 2015, Perspectives on Psychological Science, found through <http://www.webmd.com/mental-health/news/20150317/could-loneliness-shorten-a-life>
- 207 Social relationships and mortality risk: a meta-analytic review. Holt-Lunstad J, Smith TB, Layton JB. *PLoS Med* 2010;7(7)
- 208 Loneliness and risk of Alzheimer disease. Wilson RS, Krueger KR, Arnold SE, Schneider JA, Kelly JF, Barnes LL, et al. *Arch Gen Psychiatry* 2007 Feb; 64(2):234-240
- 209 TNS survey for Age UK, June 2016; 3,110 adults 65+, June 2016 – figures extrapolated to national population using latest ONS Populations Estimates
- 210 TNS survey for Age UK, June 2016; 3,110 adults 65+, June 2016 – figures extrapolated to national population using latest ONS Populations Estimates
- 211 TNS survey for Age UK, June 2016; 3,110 adults 65+, June 2016 – figures extrapolated to national population using latest ONS Populations Estimates
- 212 Marmot, M., Oldfield, Z., Clemens, S., Blake, M., Phelps, A., Nazroo, J., Steptoe, A., Rogers, N., Banks, J., Oskala, A. (2016). *English Longitudinal Study of Ageing: Waves 0-7, 1998-2015*. [data collection]. 25th Edition. UK Data Service. SN: 5050, <http://dx.doi.org/10.5255/UKDA-SN-5050-12>. Figures extrapolated to national population using latest ONS Populations Estimates
- 213 University of Essex. Institute for Social and Economic Research, Understanding Society: Waves 1-5, 2009-2014 [computer file]. 7th Edition. Colchester, Essex: UK Data Archive [distributor], November 2015. SN: 6614, <http://dx.doi.org/10.5255/UKDA-SN-6614-7>
- 214 Survey of public attitudes and behaviours towards the environment. Department for Environment, Food and Rural Affairs (Defra), 2011
- 215 Survey of public attitudes and behaviours towards the environment. Department for Environment, Food and Rural Affairs (Defra), 2011

- 216 Survey of public attitudes and behaviours towards the environment. Department for Environment, Food and Rural Affairs (Defra), 2011
- 217 Survey of public attitudes and behaviours towards the environment. Department for Environment, Food and Rural Affairs (Defra), 2011
- 218 Survey of public attitudes and behaviours towards the environment. Department for Environment, Food and Rural Affairs (Defra), 2011
- 219 Aspirations for later life. Humphrey, A., Lee, L., and Green, R., for the Department for Work and Pensions, 2011
- 220 *Labour Force Survey (LFS)*, Office for National Statistics, 2015
- 221 *Labour Force Survey (LFS)*, Office for National Statistics, 2015
- 222 TNS Loneliness survey for Age UK, April 2014
- 223 *One Voice: Shaping our ageing society*, Age Concern and Help the Aged, 2009
- 224 TNS Loneliness survey for Age UK, April 2014
- 225 *Households Below Average Income 2012/13*, Chapter 6, DWP, 2014
- 226 ICM Research survey for *One Voice*, Age Concern and Help the Aged, 2008
- 227 YouGov online survey for Age UK, Total sample 2,247 adults 18+, of which 439 aged 65+, December 2014
- 228 TNS survey for Age UK, April 2014
- 229 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
- 230 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
- 231 *Hidden Voices*, Action on Elder Abuse and Help the Aged, 2004
- 232 TNS survey for Age UK, December 2014
- 233 TNS, (2015). *Tracker Survey for Age UK*. TNS.
- 234 Laing and Buisson, (2013). *Care of Elderly People Market Survey 2012/13*.
- 235 Bardsley, M., Georghiou, T. and Dixon, J. (2010). *Social care and hospital use at the end of life*. The Nuffield Trust.
- 236 Bardsley, M., Georghiou, T. and Dixon, J. (2010). *Social care and hospital use at the end of life*. The Nuffield Trust.
- 237 Bardsley, M., Georghiou, T. and Dixon, J. (2010). *Social care and hospital use at the end of life*. The Nuffield Trust.
- 238 *Personal Social Services: Expenditure and Unit Costs, England - 2012-13*, Sept 2013
- 239 *Number of people aged 65+ receiving home care to April 2014, Community Care Statistics Activity Report 2013/14 (England), Table P2f*
- 240 *Community Care Statistics: Social Services Activity, England 2012-2013, table P2f 1c*, NHS Information Centre 2013
- 241 Age UK Research analysis using Marmot, M. et al. , *English Longitudinal Study of Ageing: Waves 0-6, 1998-2013* [computer file]. 21st Edition. Colchester, Essex: UK Data Archive [distributor], July 2014. SN: 5050 , <http://dx.doi.org/10.5255/UKDA-SN-5050-8>
- 242 *Care in Crisis* (2014) Age UK
- 243 Fernandez, J., Snell, T., Forder, J., & Wittenberg, R. (2013). Implications of setting eligibility criteria for adult social care services in England at the moderate needs level (p. 38). London: PSSRU discussion paper 2851.
- 244 Delayed Transfers of Care Data 2014-15, NHS England <http://www.england.nhs.uk/statistics/statistical-work-areas/delayed-transfers-of-care/delayed-transfers-of-care-data-2014-15/>
- 245 *Community Care Statistics 2012/13: Social Services Activity Report, England* , IC NHS 2013
- 246 *Personal Social Services Adult Social Care Survey, England - Provisional 2010-11*. NHS Information Centre, 2011
- 247 Age UK estimate calculated from *Care of Elderly People Market Survey 2013/14*, Laing and Buisson, 2014
- 248 *Care of Elderly People Market Survey 2013/14*, Laing and Buisson, 2014
- 249 Age UK estimate calculated from *Care of Elderly People Market Survey 2013/14*, Laing and Buisson, 2014
- 250 *Care of Elderly People Market Survey 2013/14*, Laing and Buisson, 2014
- 251 Changes in the Older Resident Care Home Population between 2001 and 2011. Office for National Statistics, 2014.
- 252 Changes in the Older Resident Care Home Population between 2001 and 2011. Office for National Statistics, 2014.
- 253 Changes in the Older Resident Care Home Population between 2001 and 2011. Office for National Statistics, 2014.
- 254 Supported Housing for Older People in the UK. An Evidence Review, Jenny Pannell and Imogen Blood Joseph Rowntree Foundation, 2012. <http://www.jrf.org.uk/sites/files/jrf/sheltered-retirement-housing-full.pdf>
- 255 *Length of stay in care homes*. Julien Forder and Jose-Luis Fernandez, PSSRU Discussion Paper 2769, 2011
- 256 *Length of stay in care homes*. Julien Forder and Jose-Luis Fernandez, PSSRU Discussion Paper 2769, 2011
- 257 *Length of stay in care homes*. Julien Forder and Jose-Luis Fernandez, PSSRU Discussion Paper 2769, 2011
- 258 UK census, 2011, as reported by the Office for National Statistics
- 259 *Community Care Statistics: Social Services Activity, England 2012-2013, table P2f 1c*, NHS Information Centre 2013
- 260 *Ten Facts about carers*, Carers UK website 2010
- 261 Work by Age UK and LSE - Pickard L (2012) Public Expenditure Costs of Carers Leaving Employment. LSE Health and Social Care Blog. London School of Economics & Political Science, 25 April 2012 at: <http://blogs.lse.ac.uk/healthandsocialcare/2012/04/25/dr-linda-pickard-public-expenditure-costs-of-carers-leaving-employment/>
- 262 UK census, 2011, as reported by the Office for National Statistics
- 263 Age UK analysis of Understanding Society waves 3 and 4, 2015
- 264 *Age UK Chief Economist report Spring 2014*
- 265 Estimation by Age UK Research. Sources: Office for National Statistics (2016); “Mid-2014 Population Estimates for UK, England and Wales, Scotland and Northern Ireland,” - <https://www.ons.gov.uk/file?uri=/peoplepopulationandcommunity/populationandmigration/populationestimates/dataset/populationestimatesforukenglandandwalesscotlandandnorthernireland/mid2014/ukmye2014.zip>

- University of Essex. Institute for Social and Economic Research and NatCen Social Research, *Understanding Society: Waves 1-5, 2009-2014* [computer file]. 7th Edition. Colchester, Essex: UK Data Archive [distributor], November 2015. SN: 6614, <http://dx.doi.org/10.5255/UKDA-SN-6614-7>
- 266 *Always on call, always concerned: A survey of the experiences of older carers*. The Princess Royal Trust for Carers, 2011
- 267 *Always on call, always concerned: A survey of the experiences of older carers*. The Princess Royal Trust for Carers, 2011
- 268 *Always on call, always concerned: A survey of the experiences of older carers*. The Princess Royal Trust for Carers, 2011
- 269 *Homes and Ageing in England*, Buildings Research Establishment/ Public Health England, 2015
http://www.bre.co.uk/filelibrary/Briefing%20papers/86749-BRE_briefing-paper-PHE-England-A4-v3.pdf
- 270 *Household projections: by age & household type (summary)*, England, 2011 & 2021, DCLG
- 271 *Older people's housing: choice, quality of life, and under-occupation*. Jenny Pannell, Hannah Aldridge and Peter Kenway, Joseph Rowntree Foundation. 2012
- 272 *Older people's housing: choice, quality of life, and under-occupation*. Jenny Pannell, Hannah Aldridge and Peter Kenway, Joseph Rowntree Foundation. 2012
- 273 DEMOS (2013). Top of the Ladder. DEMOS. Available online at: <http://www.demos.co.uk/projects/topoftheladder>
- 274 DEMOS (2013). Top of the Ladder. DEMOS. Available online at: <http://www.demos.co.uk/projects/topoftheladder>
- 275 *Older people's housing: choice, quality of life, and under-occupation*. Jenny Pannell, Hannah Aldridge and Peter Kenway, Joseph Rowntree Foundation. 2012
- 276 *Older people's housing: choice, quality of life, and under-occupation*. Jenny Pannell, Hannah Aldridge and Peter Kenway, Joseph Rowntree Foundation. 2012
- 277 *Older people's housing: choice, quality of life, and under-occupation*. Jenny Pannell, Hannah Aldridge and Peter Kenway, Joseph Rowntree Foundation. 2012
- 278 *Older people's housing: choice, quality of life, and under-occupation*. Jenny Pannell, Hannah Aldridge and Peter Kenway, Joseph Rowntree Foundation. 2012
- 279 *Older people's housing: choice, quality of life, and under-occupation*. Jenny Pannell, Hannah Aldridge and Peter Kenway, Joseph Rowntree Foundation. 2012
- 280 *Older people's housing: choice, quality of life, and under-occupation*. Jenny Pannell, Hannah Aldridge and Peter Kenway, Joseph Rowntree Foundation. 2012
- 281 *Older people's housing: choice, quality of life, and under-occupation*. Jenny Pannell, Hannah Aldridge and Peter Kenway, Joseph Rowntree Foundation. 2012
- 282 *Older people's housing: choice, quality of life, and under-occupation*. Jenny Pannell, Hannah Aldridge and Peter Kenway, Joseph Rowntree Foundation. 2012
- 283 *Older people's housing: choice, quality of life, and under-occupation*. Jenny Pannell, Hannah Aldridge and Peter Kenway, Joseph Rowntree Foundation. 2012
- 284 *English Housing Survey 2010-11*, Communities and Local Government, 2012
- 285 *Housing in England 2006/07*, Communities and Local Government, 2008
- 286 Care & Repair England (2014) Ageing Well at Home. Nottingham Care & Repair England.
- 287 Pensions Policy Institute (September 2009) Retirement income and assets: how can housing support retirement? PPI. Available online at:
https://www.pensionspolicyinstitute.org.uk/uploadeddocuments/2009/PPI_Retirement_income_and_assets_report_2_-_Housing_Sept_2009.pdf
- 288 Pannell, J. Aldridge, H and Kenway, P. (April 2012) Market Assessment of Housing Options for Older People. NPI
- 289 *The Health Impacts of Cold Homes and Fuel Poverty*, 2011
- 290 Garrett, H, Burris, S (2015) Homes and ageing in England. BRE Bracknell, IHS BRE Press
- 291 Fact File: the cold man of Europe, Association for the Conservation of Energy, March 2013
- 292 *Understanding Older Homeless People*. Crane, M., Open University Press, 1999
- 293 *Pensioners' Incomes 2014/15*, Table 2.1, DWP 2016
- 294 *Pensioners' incomes series: financial year 2014/15* DWP, 2016. <https://www.gov.uk/government/statistics/pensioners-incomes-series-financial-year-201415>
- 295 TNS Tracker Survey for Age UK, Feb 2015, of adults aged 50+ in Great Britain
- 296 TNS Tracker Survey for Age UK, Feb 2015, of adults aged 50+ in Great Britain
- 297 TNS Tracker Survey for Age UK, Feb 2015, of adults aged 50+ in Great Britain
- 298 TNS Tracker Survey for Age UK, Feb 2015, of adults aged 50+ in Great Britain
- 299 *From DWP tabulation tool*, http://83.244.183.180/100pc/sp/ccsex/ccgor/a_carate_r_ccsex_c_ccgor_nov15.html assessed July 2016.
- 300 *From DWP tabulation tool*, http://83.244.183.180/100pc/sp/ccgor/ccsex/a_cawklyamt_r_ccgor_c_ccsex_nov15.html assessed July 2016.
- 301 *Pensioners' Incomes 2014/15*, Table 3.4, DWP 2016
- 302 *Pensioners' Incomes 2014/15*, Table 3.3, DWP 2016
- 303 *Pensioners' Incomes 2014/15*, Table 3.2, DWP 2016
- 304 *Pensioners' Incomes 2014/15*, Table 3.10, DWP 2016
- 305 *Households below average income: An analysis of the UK income distribution: 1994/95-2014/15* DWP, 2016.
<https://www.gov.uk/government/statistics/households-below-average-income-199495-to-201415>
- 306 *Households below average income: An analysis of the UK income distribution: 1994/95-2014/15* DWP, 2016.
<https://www.gov.uk/government/statistics/households-below-average-income-199495-to-201415>
- 307 *Households Below Average Income 2014/15*, DWP, 2016. Table 6.5bd (figures quoted after housing costs)
- 308 *Households Below Average Income 2014/15*, DWP, 2016. Table 6.9db

- 309 *Households Below Average Income 2014/15*, DWP, 2016 Table 11db
- 310 *Income-related benefits: estimates of take-up: financial year 2014/15* (tables PC1, PC2, HB1, HB2), DWP 2016.
- 311 *Income-related benefits: estimates of take-up: financial year 2014/15* (tables PC1, PC2, HB1, HB2), DWP 2016.
- 312 *Income-related benefits: estimates of take-up: financial year 2014/15* (tables PC1, PC2, HB1, HB2), DWP 2016.
- 313 *Income-related benefits: estimates of take-up: financial year 2014/15* (tables PC1, PC2, HB1, HB2), DWP 2016.
- 314 *Income-related benefits: estimates of take-up: financial year 2014/15*, DWP 2016.
- 315 Chief Economists's report spring 2013/14 <http://www.ageuk.org.uk/latest-press/archive/61-billion-the-economic-contribution-of-people-aged-65-plus/>
- 316 *Family Spending 2013*, ONS 2014, Table A11
- 317 *Family Spending 2013*, ONS 2014, Table A10
- 318 *Family Spending 2013*, ONS 2014, Table A24.
- 319 *Family Spending 2011 – 2014*, ONS, 2014
- 320 *Households Below Average Income 2012/13*, Chapter 6, DWP, 2014
- 321 *Trends in Fuel Poverty, England, 2003-2013, Table 4. Department of Energy & Climate Change, 2015.*
- 322 This is Money website, December 2014: <http://www.thisismoney.co.uk/money/bills/article-1607475/Energy-bills-As-prices-rise-winter-really-worth-switching-best-fixed-rate-deals.html#ixzz3O2GzoB9G>
- 323 *Warming up the lives of millions – latest official Winter Fuel Payment Statistics, 2013*, DWP
- 324 *English Housing Survey Household Report 2011-12*. Department for Communities and Local Government. 2013.
- 325 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
- 326 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
- 327 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
- 328 *The Cold Man of Europe 2013*, Association for the Conservation of Energy
- 329 *The Cold Man of Europe 2013*, Association for the Conservation of Energy.
- 330 Winter Omnibus survey for Age UK, TNS, October 2013
- 331 Winter Omnibus survey for Age UK, TNS, October 2013
- 332 TNS omnibus poll of 1119 GB adults aged 65 and over for Age UK – 27th June 2014
- 333 ICM survey for Age UK, January 2012.
- 334 ICM survey for Age UK, January 2012.
- 335 Age UK's calculation based on the method described in South East Regional Public Health Group Factsheet (2009) Health and Winter Warmth. This made use of a calculator produced by the Chartered Institute of Environmental Health to estimate the total cost to the NHS in England arising from cold homes. Age UK updated its figure (£859 million) using 2011 household numbers estimates for England (Office for National Statistics) and the GDP deflator (from HM Treasury's website) to inflate the estimates to 2011/12 prices.
- 336 *Aspirations for later life*. Humphrey, A., Lee, L., and Green, R., for the Department for Work and Pensions, 2011
- 337 *Aspirations for later life*. Humphrey, A., Lee, L., and Green, R., for the Department for Work and Pensions, 2011
- 338 *Aspirations for later life*. Humphrey, A., Lee, L., and Green, R., for the Department for Work and Pensions, 2011
- 339 *Aspirations for later life*. Humphrey, A., Lee, L., and Green, R., for the Department for Work and Pensions, 2011
- 340 *Aspirations for later life*. Humphrey, A., Lee, L., and Green, R., for the Department for Work and Pensions, 2011
- 341 *Aspirations for later life*. Humphrey, A., Lee, L., and Green, R., for the Department for Work and Pensions, 2011
- 342 *Aspirations for later life*. Humphrey, A., Lee, L., and Green, R., for the Department for Work and Pensions, 2011
- 343 *Aspirations for later life*. Humphrey, A., Lee, L., and Green, R., for the Department for Work and Pensions, 2011
- 344 *Aspirations for later life*. Humphrey, A., Lee, L., and Green, R., for the Department for Work and Pensions, 2011
- 345 *Aspirations for later life*. Humphrey, A., Lee, L., and Green, R., for the Department for Work and Pensions, 2011
- 346 *Aspirations for later life*. Humphrey, A., Lee, L., and Green, R., for the Department for Work and Pensions, 2011
- 347 *National Travel Survey 2013*, Department for Transport, 2014
- 348 *National Travel Survey 2011*, Department for Transport, 2012
- 349 *National Travel Survey 2013*, Department for Transport, 2014
- 350 *The costs and benefits of concessionary bus travel*, Greener Journeys, Sept 2014. <http://www.greenerjourneys.com/wp-content/uploads/2014/09/Concessionary-travel-costs-and-benefits-September-2014.pdf>
- 351 *The costs and benefits of concessionary bus travel*, Greener Journeys, Sept 2014. <http://www.greenerjourneys.com/wp-content/uploads/2014/09/Concessionary-travel-costs-and-benefits-September-2014.pdf>
- 352 *The costs and benefits of concessionary bus travel*, Greener Journeys, Sept 2014. <http://www.greenerjourneys.com/wp-content/uploads/2014/09/Concessionary-travel-costs-and-benefits-September-2014.pdf>
- 353 *National Travel Survey 2010*, Department for Transport, 2011
- 354 *TNS Agenda for Later Life* survey for Age UK, 2013
- 355 *Housing in England 2007-08: A report based on the 2007/08 Survey of English Housing*, Department for Communities and Local Government, 2009
- 356 *State of the countryside 2008*, Commission for Rural Communities, 2008
- 357 *Taking Part Survey 2013/14*, Department of Culture, Media and Sport, 2014
- 358 *Taking Part Survey 2013/14*, Department of Culture, Media and Sport, 2014
- 359 *Cohesion Research Statistical Release 11* (Citizenship Survey 2008-09, England), Table 3 (participation at least once a year), Communities and Local Government, 2010

- 360 *Helping Out - A national survey of volunteering and charitable giving*. Low N, Butt S, Ellis Paine A, Davis Smith J., Cabinet Office, 2007
- 361 *Supporting older people to overcome social isolation and loneliness*, Mima Cattan for Help the Aged, 2002
- 362 *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
- 363 *Voices: Research on older volunteers*. Gale, K, Age Concern Research Services, August 2006
- 364 *Helping Out - A national survey of volunteering and charitable giving*. Low N, Butt S, Ellis Paine A, Davis Smith J., Cabinet Office, 2007
- 365 *Promoting wellness in cardiac rehabilitation: Exploring the role of altruism*. Sullivan G, Sullivan M. *Journal of Cardiovascular Nursing*, 11(3):26-42, April 1997
- 366 *From chronic pain patient to peer: Benefits and risks of volunteering*. Arnstein P et al, *Pain Management Nursing*, 3(3), September 2002
- 367 *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
- 368 *Giving Time: Impact on Health*. Community Service Volunteers, 2004
- 369 *Gaining health while giving back to the community*. Fried, L et al, for John Hopkins Medical Institute, 2004
- 370 *The effects of volunteering on the physical and mental health of older people*. Lum T, Lightfoot E., *Research on Ageing*, 2005
- 371 *Who Benefits from Volunteering? Variations in Perceived Benefits*. Morrow-Howell N, Hong S, Tang F, *The Gerontologist*, 49 (1), 91-102, 2009
- 372 Arnstein P et al (2002) *From Chronic Pain Patient to Peer: Benefits and Risks of Volunteering Pain Management Nurses*
- 373 *Promoting Wellness in Cardiac Rehabilitation: Exploring the Role of Altruism*. Sullivan G, Sullivan M., *Journal of Cardiovascular Nursing*, 11(3), 43-52, 1997
- 374 *The effects of volunteering on the physical and mental health of older people*. Lum T, Lightfoot E., *Research on Ageing*, 2005
- 375 *Voices: Research on older volunteers*. Gale, K., Age Concern Research Services, August 2006
- 376 *Giving Time: Impact on Health*. Community Service Volunteers, 2004
- 377 *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
- 378 *The impact of volunteering on well-being in later life*. Nazroo, J and Matthews, K, WRVS, 2012
- 379 *Volunteering and Health: What Impact Does It Really Have?*, Volunteering England, 2008
- 380 *Giving Time: Impact on Health*. Community Service Volunteers, 2004
- 381 *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
- 382 *Volunteering and Health: What Impact Does It Really Have?*, Volunteering England, 2008
- 383 *Active ageing in active communities - Volunteering and the transition to retirement*. Davis Smith J, Gay P., for Joseph Rowntree Foundation, 2005
- 384 *Election 2005: turnout – How many, who and why?* Electoral Commission, 2005
- 385 *Audit of Political Engagement*. Hansard Society, 2010
- 386 *Community Life Survey Table 11*, Cabinet Office 2015 <https://www.gov.uk/government/publications/community-life-survey-2014-to-2015-data>
- 387 *Citizenship Survey: April–June 2010*, England, Communities and Local Government, October 2010
- 388 *Survey of public attitudes and behaviours towards the environment*. Department for Environment, Food and Rural Affairs (Defra), 2011
- 389 *Survey of public attitudes and behaviours towards the environment*. Department for Environment, Food and Rural Affairs (Defra), 2011
- 390 *Survey of public attitudes and behaviours towards the environment*. Department for Environment, Food and Rural Affairs (Defra), 2011
- 391 *Survey of public attitudes and behaviours towards the environment*. Department for Environment, Food and Rural Affairs (Defra), 2011
- 392 *Survey of public attitudes and behaviours towards the environment*. Department for Environment, Food and Rural Affairs (Defra), 2011
- 393 *Crime Survey for England and Wales, Focus on Perceptions of Crime tables 2034/14 and 2012/13*, ONS website
- 394 *Survey of public attitudes and behaviours towards the environment*. Department for Environment, Food and Rural Affairs (Defra), 2011
- 395 *Crime in England and Wales 2007-08*, Home Office, 2008
- 396 *Crime in England and Wales 2007-08*, Home Office, 2008
- 397 *Crime in England and Wales 2007-08*, Home Office, 2008
- 398 *UK Labour Market Statistical Bulletin, July 2015*, ONS Table 2(2)
- 399 *Fuller Working Lives: A Framework For Action*, Department for Work and Pensions, June 2014
- 400 *Fuller Working Lives: A Framework For Action*, Department for Work and Pensions, June 2014
- 401 *Fuller Working Lives: A Framework For Action*, Department for Work and Pensions, June 2014
- 402 *Fuller Working Lives: A Framework For Action*, Department for Work and Pensions, June 2014
- 403 *Fuller Working Lives: A Framework For Action*, Department for Work and Pensions, June 2014
- 404 *Annual Survey of Hours and Earnings 2011 Results (Table 6.5a)*, ONS, 2011
- 405 *Pension Trends Chapter 4: The labour market and retirement*, ONS, 2011
- 406 *One Voice: Shaping our ageing society*, Age Concern and Help the Aged, 2009
- 407 *Economic and Labour Market Review (February 2010) Table 6.10, Job-related training received by employees*

-
- ⁴⁰⁸ *Older Workers Statistical Information Booklet*, Department for Work and Pensions, 2013
- ⁴⁰⁹ *2015 NIACE Adult Participation in Learning Survey: Headline Findings*, NIACE 2015
- ⁴¹⁰ Learning and Skills Council <http://readingroom.lsc.gov.uk/lsc/National/nat-ilrsfr15supportingdata-apr08.xls>
- ⁴¹¹ *Narrowing participation: The NIACE Survey on Adult Participation in Learning 2011*, Press Release, NIACE 2011
- ⁴¹² *Focus on Older People 2004*, ONS, 2004
- ⁴¹³ *Older People, Decent Homes and Fuel Poverty*, Help the Aged, 2006
- ⁴¹⁴ *Survey of public attitudes and behaviours towards the environment*. Department for Environment, Food and Rural Affairs (Defra), 2011
- ⁴¹⁵ *Survey of public attitudes and behaviours towards the environment*. Department for Environment, Food and Rural Affairs (Defra), 2011
- ⁴¹⁶ *Survey of public attitudes and behaviours towards the environment*. Department for Environment, Food and Rural Affairs (Defra), 2011
- ⁴¹⁷ *Online government services and the offline older generation*. Fujitsu and Age UK, 2011, <http://www.fujitsu.com/uk/research/online-government/>
- ⁴¹⁸ *Internet Users in the UK 2016* ONS, 2016.
- ⁴¹⁹ *Internet Users in the UK 2016* ONS, 2016. Table 1A
- ⁴²⁰ *Internet Users in the UK 2016* ONS, 2016. Table 1A
- ⁴²¹ *Internet Users in the UK 2016* ONS, 2016.
- ⁴²² *Internet Users in the UK 2016* ONS, 2016. Table 2B.
- ⁴²³ *Internet Users in the UK 2016* ONS, 2016. Table 3B.
- ⁴²⁴ *Adults' media use and attitudes* Ofcom, 2016. Fig 2, p24. <http://stakeholders.ofcom.org.uk/binaries/research/media-literacy/adults-literacy-2016/2016-Adults-media-use-and-attitudes.pdf>
- ⁴²⁵ Ofcom 2016 – data provide to Age UK.
- ⁴²⁶ *Understanding internet use in later life*, Matthews and Nazroo, 2015. Table 2 and table 23 https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/495105/FullReport-UnderstandingDigitalEngagementinLaterLife.docx.pdf
- ⁴²⁷ *Internet Users in the UK 2016* ONS, 2016. Table 1B.
- ⁴²⁸ *Understanding internet use in later life*, Matthews and Nazroo, 2015. Figure 1.
- ⁴²⁹ *Adults' media use and attitudes* Ofcom, 2016. Fig 14, p 38.
- ⁴³⁰ Age UK analysis of ONS *Opinions and Lifestyle Survey, Internet Access Module, 2014*
- ⁴³¹ *Later life in a digital world* Age UK, 2016.
- ⁴³² *Adults' media use and attitudes* Ofcom, 2016. Fig 169, p200.