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Welcome to the second edition of Age Scotland’s factbook – our handy guide to the key facts and figures that illustrate the experiences of older people in modern-day Scotland.

We’re constantly looking for the best way to engage the broadest range of stakeholders, from journalists to politicians, civil servants to businesses. Whether it’s on health and social care, housing or equalities, simple statistics can be an invaluable tool as we seek to win a fairer deal for Scotland’s older people.

Since the last edition of ‘At Home with Scotland’s Older People’, we’ve seen plenty of changes – though not all of them welcome. For example, while life expectancy has increased, so too has pensioner poverty. In 2009, half of single pensioner households and two fifths of pensioner couples were fuel poor. In just two years, this has leapt to 65 per cent and 50 per cent respectively.

The Age Scotland factbook highlights some of the challenges older people face and, we hope, helps dispel some of the myths that still linger. Of course, statistics can only ever give a snapshot of people’s experiences. It is the individual voices that transform the figures over the following pages into the true story of Scotland’s older people. I hope that you will use the Age Scotland factbook to help make that story one which, in the future, we can all be proud.

David Manion
Ageing Profile

Scotland’s Demography

• In 2010 the population of Scotland was estimated at 5,222,100. This is projected to increase to 5.36 million by 2018. (1)

• The number of children in Scotland aged under 16 is projected to decrease by 1.5 per cent by 2033 from a 2008 baseline, while the number of people aged 75 and over is projected to increase by 84 per cent over the same period. (2)

• Life expectancy at birth in Scotland in 2009 was 75.3 years for men and 80.1 years for women. (3)

• By 2033 life expectancy at birth in Scotland is projected to be 80.7 years for men and 85.3 years for women; for the UK as a whole these figures are projected to be 83.2 years for men and 86.9 years for women. (4)

Population Statistics on Older People

• In Scotland in 2010 there were an estimated 1.047 million people of State Pension Age (SPA) (672,237 women aged 60 and over and 375,172 men aged 65 and over). This was equivalent to 20 per cent of the total population. (1)

• The population and percentage breakdown of people aged 50 and over as of 2010 was as follows: (1)

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Total</th>
<th>Percentage</th>
</tr>
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<tbody>
<tr>
<td>50 or over</td>
<td>1,897,179</td>
<td>46% men and 54% women</td>
</tr>
<tr>
<td>60 or over</td>
<td>1,206,981</td>
<td>44% men and 56% women</td>
</tr>
<tr>
<td>65 or over</td>
<td>879,492</td>
<td>43% men and 57% women</td>
</tr>
<tr>
<td>75 or over</td>
<td>405,635</td>
<td>38% men and 62% women</td>
</tr>
<tr>
<td>85 or over</td>
<td>106,604</td>
<td>31% men and 69% women</td>
</tr>
</tbody>
</table>
Age structure of Scotland’s population 2006-2031 (68)

<table>
<thead>
<tr>
<th>Age Group</th>
<th>2006-based</th>
<th>2008-based</th>
<th>2008-based</th>
<th>2033-based</th>
</tr>
</thead>
<tbody>
<tr>
<td>Children</td>
<td>17.6</td>
<td>15.8</td>
<td>17.7</td>
<td>16.2</td>
</tr>
<tr>
<td>Working Age</td>
<td>62.6</td>
<td>59.4</td>
<td>62.6</td>
<td>59.7</td>
</tr>
<tr>
<td>Pension Age</td>
<td>19.8</td>
<td>24.8</td>
<td>19.7</td>
<td>24.1</td>
</tr>
</tbody>
</table>
Ageing Equally?

**Gender**

- In June 2010 there were an estimated 375,000 men over State Pension Age (SPA) in Scotland, compared with approximately 672,000 women over SPA in the same year. (1)
- In 2010 there were estimated to be nearly four times as many women as men aged 90 or over in Scotland. (1) By 2033, that is projected to drop below one in two. (5)

**Minority Ethnic Older People**

- In the 2001 census, a total of 9,984 people in Scotland aged 50 and over were from the Indian, Pakistani, Bangladeshi, other South Asian, Chinese, Caribbean, African and other minority ethnic communities. (6)
- Of these, 2,464 were aged 60-74, 787 were aged 75 and over, and 200 were aged 85 and over. (6)
- The 2001 census found that minority ethnic groups (non-white) made up 2% of Scotland’s population. (6)

![Figure 9: Persons Aged 50 and Over, Age Breakdown for Minority Ethnic Groups, Source: 2001 Census.](image-url)
Older people in Lesbian, Gay, Bisexual and Transgender (LGBT) Communities

There are no available statistics on sexual orientation or gender identity as data from the Census 2001 did not include a specific question. The UK Government does however estimate that LGBT people account for around 6 per cent of the total population (7), which implies:

- Approximately 111,000 people aged 50 and over in Scotland are LGBT. (1)

Older People with Disabilities

- 13 per cent of those aged 70 and over in Scotland have both a long-term illness and a disability, compared to 3 per cent of 40-49 year olds. (8)

- Scottish men can expect to live their last 13.6 years with a disability. For women, the average is 17 years. (9)

Hearing

- In Scotland there are an estimated 498,000 people aged 60 and over with mild or moderate deafness and 48,000 with severe or profound deafness. This means 546,000 people over the age of 60 live with deafness. (10)

Sight

- In 2009, three-quarters (75 per cent) of people registered in Scotland with a visual impairment were over the age of 65, with two-thirds being over 75. (11)

- 45 per cent of all registered blind people were women aged 75 and over. (11)

- 7 per cent of people aged 70-74 with a long-standing health problem have difficulty seeing. This increases to 14 per cent for people aged 75 and over age group. (12)

- In 2010, over a third of people over 75 in Scotland (34 per cent) had age-related macular degeneration, with 12 per cent suffering from cataracts. (13)
Geographical variations in the distribution of older people

The over 75s account for more than 15 per cent of the population in Dumfries and Galloway, Eilean Siar (Western Isles), Angus and the Orkney Islands. The pattern of ageing however varies within Council areas and by other types of areas. (14)

Figure 19: Projected Age Structure of Council Areas in 2004 (2004-based)
**Relationships and Lifestyle**

- In the future, more Scots aged 50 and over will live alone. In this age group, women are more likely to live alone, but the number of men living alone is increasing faster as men’s life expectancy increases. (15)

- Staying single in Scotland continues to decline through all ages until the age group 45-59 after which point around one in ten people have never married. (74)

- In 2008, 63 per cent of women in Scotland aged 85 or over lived alone. This figure is projected to rise to 77 per cent by 2033. (5)

- By 2033, 77 per cent of women aged over 85 are projected to live alone compared to 38 per cent of men in the same age group. (5)

- The narrowing gap in life expectancy between men and women means the number of men living alone is expected to increase by almost 65 percent, from 370,000 households in 2008 to 578,000 in 2033. (15)

- The number of men living alone aged 85 or over is projected to increase from 12,000 to 40,000 – an increase of over 300 percent. (15)

- 7 per cent of adults in Scotland are widowed. (16)

- 44 per cent of people aged 75 or over in Scotland are widowed, with 43 per cent married. (16)

- Older Asian people (including Indian, Pakistani, Bangladeshi, Chinese and other Asian groups) in Scotland are less likely to live alone than older people from white, black and mixed ethnic groups. (6)

- In the UK in 2008, male civil partners were older than female civil partners, although the average age at formation fell for both sexes. For men, the average age fell from 41.8 years in 2008 to 41.2 years in 2009 and for women, from 40 years to 39.8 years. (74)
Age Discrimination

• Around 24 per cent of older adults in the UK report experiencing age discrimination – more than any other form of prejudice. (17)

• Successful cases of age discrimination within the UK have been steadily increasing since legislation came into effect in 2006. For the period April 2006-March 2007, there were 972 claims, rising to 2,900 in 2007/08, 3,800 in 2008/09 and 5,200 in 2009/10. (18)

• In 2010, 97 per cent of annual travel insurance policies in the UK imposed an upper age limit. (19)

• 52 per cent of older people in the UK agree that those who plan services do not pay enough attention to the needs of older people, an increase from 44 per cent in 2007. (20)

• 60 per cent of older people in the UK believe that age discrimination exists in their daily lives, an increase from 53 per cent in 2007. (20)

Elder Abuse

• Overall, 2.6 per cent of people aged 66 and over living in private households (including sheltered housing) reported they had experienced mistreatment involving a family member, friend, or care worker during the past year. (21)

• This equates to about 22,700 people in Scotland aged 66 and over experiencing mistreatment, or around 1 in 40 of the older population. (21)

• When the one year prevalence of mistreatment is broadened to include incidents involving neighbours and acquaintances, the overall prevalence increases from 2.6 per cent to 4.0 per cent. This would give a figure of approximately 34,240 older people in Scotland subject to some form of mistreatment. (21)
• The predominant type of mistreatment reported was neglect (1.1 per cent), followed by financial abuse (0.7 per cent). The prevalence of psychological and physical abuse was similar (both 0.4 per cent), and sexual abuse (reported cases were of harassment) was the least reported type (0.2 per cent). (21)

• Women were more likely to say that they had experienced mistreatment than men: 3.8 per cent of women and 1.1 per cent of men. (21)

• Mistreatment in the past year varied significantly by marital status and increased with declining health status, depression and loneliness. (21)

• 51 per cent of mistreatment in the past year involved a spouse/partner, 49 per cent another family member, 13 per cent a care worker and 5 per cent a close friend (respondents could mention more than one person). (21)
Money

Poverty

• Between 2008/09 and 2009/10 the proportion of pensioners in relative poverty increased by 1 percentage point to 17 percent. This followed a drop in the figure of 5 percentage points between 2007/08 and 2008/09. (22)

• In 2009/10, 8 per cent of pensioners in Scotland lived in absolute poverty. (28)

• According to indicators, 10 percent of over 65s in Scotland are “materially deprived”. (22)

Income

• From April 2011 – the Basic State Pension in the UK is £102.15 for a single pensioner and £163.35 for a pensioner couple. (24)

• 60 per cent of single pensioner households in Scotland in 2009/10 lived on an annual income of £15,000 or less, down from 78 per cent in 2000/01. Less than a fifth (17 per cent) of pensioner couples lived on £15,000 or less, down from half of all couples in 2000/01. (25)

• 950,000 single pensioners and pensioner couples in the UK have no source of income other than the state retirement pension and benefits. (26)

• In 2007, 54 per cent of single pensioner households in Scotland had an income of less than £192 per week. This compared to 20 per cent of single parents and 4 per cent of small families. (16)

• From April 2011, the Personal Expenses Allowance paid to older people in care homes was £22.60. (27)

Benefits

• From April 2009, the basic amount of the Pension Credit (Guarantee Credit) was £137.35 for a single pensioner and £209.70 for a pensioner couple. (24)
• As of November 2010:
  o Approximately 329,960 people in Scotland claimed Pension Credit.
  o Approximately 146,925 people in Scotland above retirement age claimed Attendance Allowance (29)
  o there was between £6,930 million and £12,700 million left unclaimed in 2008-09

• Up to £5 billion of means-tested benefits that should rightfully go to older people in the UK is unclaimed each year, equivalent to a total of £13.9 million a day. (30)

• The main means-tested benefits and amounts of money which go unclaimed by older people in the UK each year are Council Tax Benefit at £1.5 billion, Housing Benefit at £1 billion and £2.93 billion of Pension Credit. (31)

• 34 per cent of people aged over 80 did not claim Pension Credit despite being eligible. (31)

• 67 per cent of people in the UK who did not claim Pension Credit, despite being eligible, lived in low income households. (31)

• Around 16.5 per cent of pensioners in the UK did not claim Housing Benefit despite being eligible, although in Scotland this number was only 7 per cent. (31)

• About 40 per cent of pensioners in the UK did not claim Council Tax Benefit despite being eligible. (31)

**Savings**

• 28 per cent of pensioner couples in the UK have less than £1,500 in savings. For single male pensioners the figure is 40 per cent and for single female pensioners it is 40 per cent. (32)

• Over a quarter (27 per cent) of single female pensioners in the UK have no savings at all. For single male pensioners it is 25 per cent and for pensioner couples it is 16 per cent. (32)

• 7 per cent of people aged 85 and over in the UK have no bank account. 4 per cent of pensioner couples have no bank account, as do 8 per cent of both single male and female pensioners. (32)
Housing

- In mid-2010, there were 2.36 million households in Scotland – around 162,000 (7.4 per cent) more than in 2001. (33)

- New housing supply decreased by 16% between 2008 and 2010, while new house building decreased by 17% over the same period. Public sector housing also fell by 1%. In 2009, total new-build housing completions were at their lowest level since 1982. (34)

- 18 per cent of smaller pensioner households in Scotland live in flats. This figure rises to 38 per cent of the single pensioner household group. (35)

- 15 per cent of households in which someone has a life-limiting illness or disability, require their property to be adapted. Applying this rate to the 442,000 pensioner households in Scotland where someone reports a life-limiting illness or disability, suggests around 66,300 pensioner households are likely to be in need of adaptation. (36)

Fuel poverty

- Fuel poverty is defined as being when a household must pay more than 10 per cent of its disposable income to heat the home to an adequate level. (42)

- In 2009, 770,000 households in Scotland were considered to be in fuel poverty (about 33 per cent of all households), compared to 350,000 in 2004. (42)

- 65 per cent of single pensioner households (247,000) and around half of smaller pensioner households (190,000) in Scotland were fuel poor, making them more likely than other household types to experience fuel poverty. (42)

- In addition, 23 per cent of single pensioner households and 20 per cent of smaller pensioner households in Scotland were in extreme fuel poverty (where they must pay 20 per cent of their disposable income to heat their home). (42)
• Older smaller and single pensioner households are more likely to experience fuel poverty than any other household type in Scotland. 98 per cent of households with an income of less than £100 per week are fuel poor. (42)

• People living in private sector dwellings in Scotland are twice as likely as those in social sector dwellings to experience extreme fuel poverty. 12 per cent of people in the private sector are in extreme fuel poverty compared to only 6 per cent of people in social sector dwellings. (42)

• Over a third of pensioners (34 per cent) live in housing that is poorly insulated or reliant on expensive heating (23).

**Occupancy**

• Over a third (36 per cent) of households in Scotland contain only one adult (single adult or single pensioner). This is projected to rise to 45 per cent in 2033, with nearly two thirds (62 per cent) of over 85s expected to live alone. 77 per cent of women over 85 are projected to live alone compared with just 38 per cent of men. (37)

**Home Ownership**

• In Scotland owner-occupation peaks among the 45-59 year age group at 74 per cent and then gradually decreases with age. (38)

• Pensioner couple households (aged 60 and over) are more likely than single pensioner households to live in owner-occupied housing in Scotland. (16)

• The largest increases in households are projected to be amongst people aged 60 and over – an increase of almost 50 per cent between 2008 and 2033, from 783,000 to 1.15 million. (37)

• The number of households headed by someone aged 85 or over is projected to almost triple, from 73,000 to 196,000. (37)

• The number of households headed by someone aged under 60 is expected to increase by just seven per cent over the same period. (37)

• 69 per cent of pensioner couple households in Scotland own their own home outright and 11 per cent are buying with a mortgage. These figures are 54 per cent and 6 per cent respectively for single pensioners. (35)
• Nearly a quarter (24 per cent) of all housing in a state of disrepair in Scotland is occupied by pensioner households and over three quarters of all pensioner households have an element of disrepair to them. (23)

Renting

• Pensioner households in Scotland represent 28 per cent of the total population living in housing rented from Registered Social Landlords (Councils and Housing Associations). (16)

• Only 3 per cent of older pensioner couples and 4 per cent of single pensioners live in private rented housing in Scotland. (16)

Housing with Care

• While a higher percentage of people living in Scottish social rented housing need care and support at home, 11 per cent of owner-occupiers also need care and support. (16)

• Overall, the amount of very sheltered accommodation in Scotland has shown consistent increases every year, rising from about 700 in 1996 to 5,320 in 2010. (39)

• Wheelchair-adapted housing in Scotland has increased from 2,300 in 1996 to 6,342 in 2010. (39)

Telecare

Telecare uses technology to promote independence and improve the quality of life of service users and carers through the use of assistive technology in the home. This can include community alarms and temperature sensors, video door entry systems, fall detectors, epilepsy alerts, or even safer walking technologies for people with dementia. Devices and services are often linked to a central call centre to allow the most appropriate response to the individual situation to be identified.

Telecare has been attributed with preventing or delaying admission to a care home for people with dementia, and those using services say they have noticed a marked improvement in their quality of life:

• 93 per cent felt safer as a result of their services
• Over two-thirds (70 per cent) felt more independent
• 87 per cent thought their families now worried less about them
• 73 per cent of informal carers who responded felt telecare equipment reduced pressure on them and lowered their stress levels.

An independent evaluation of the Scottish Government’s Telecare Development Programme (40) found that:

• Nearly two thirds (63 per cent) of beneficiaries from telehealthcare services were older people
• In 2008, over 6,700 people aged 65 and over received telecare equipment packages from the Telecare Development Project;
• As a result of the project, by the end of 2007/08, the number of unplanned hospital admissions was reduced by an estimated 1,220 (and by 13,870 bed days), and the number of care home admissions were reduced by 518 (and by 61,993 care home bed days).

Homelessness

• 3,818 people over 50 were assessed as homeless in Scotland in 2009/10. (41)
• A fifth of these (20 per cent) previously lived in the private rented sector. 17 per cent were previously homeowners and 16 per cent previously lived in the social rented sector. (41)
• Nearly four fifths (79 per cent) of all over 50s assessed as homeless were single, and nearly two thirds of all assessed (63 per cent) were men. (41)

The Energy Assistance Package

The Energy Assistance Package, established in April 2009, offers more effective interventions targeted more closely at vulnerable fuel poor households and also extends eligibility to younger households for the first time.

• 91 per cent of all households referred for energy efficiency measures such as central heating under the Energy Assistance Package between April 2009 and March 2010, were pensioner households – this amounted to 13,712 out of 15,061 households. (43)
• 70% all income maximisation referrals to the package were to the scheme’s Pensions Service (7,757 out of 11,081). (43)

• A total of 9,263 households were referred to the package’s energy suppliers to check whether they were eligible for insulation measures under their supplier obligations, the Carbon Emissions Reductions Target (CERT). The average increase in income for pensioners benefitting from the scheme was over £1,681 a year. (43)

**Security and Safety at home**

• While older people are far less likely to be victims of most types of crime than people in younger age groups, they are more likely to be victims of the fear of crime. (16)

• In Scotland, older people aged 60-74 and 75 and over are less confident than younger people when walking alone after dark. Nearly half (48 per cent) of those aged 75 and over said they would not feel safe walking alone after dark. (16)

• Older people aged 60 or over are the least likely age group to have actually been the victim of either a personal or household crime – just 9 percent compared to 2 per cent for 16-24 year olds. (44)

• 93 per cent of women aged 60 and older feel crime is a ‘big problem’, or a ‘bit of a problem’, despite facing a lower than average risk of crime. (45)

• 7 per cent of older women in Scotland feel unsafe in their own homes. (45)

• In 2009/10, 6,931 over 75s were admitted to hospital in an emergency as result of an injury in the home – almost twice the number of all serious injuries, to all ages, on Scotland’s roads. (46)

• Between 2003 and 2010 the numbers of emergency admissions of over 75’s as a result of an injury in the home rose by 6%. (46)

• 90% (6,242) of these injuries at home were as result of a fall. (46)
Health and Wellbeing in Later Life

Health takes on a particular significance in later life: The proportion of people with both a long-term illness and a disability increases with age.

General Health

• In 2009, half of the over 75s described their health in general as ‘good’ or ‘very good’; compared to ninety per cent adults aged 16-24. (47)

• Healthy life expectancy is increasing. A female born in Scotland in 2011 could expect to live for 80.6 years, with 62.2 of these years (77 per cent) spent in a healthy state. For men, the figures are for a 76 year life expectancy and a healthy life expectancy of 60 years. (48)

• Older men aged 55 to 74 in Scotland are more likely to rate their health as ‘very bad’ or ‘bad’ (around 12 per cent) than younger age groups. (47)

• 52 per cent of Scottish women aged 75 years and over are slightly less likely than their male counterparts (55 per cent) to rate their health as ‘very good’ or ‘good’. (47)

• In Scotland, around 1 in 5 of 16-24 year olds years (19 per cent in total, 17 per cent of men and 21 per cent of women) report at least one long-standing illness compared to nearly 7 in 10 of the 75 years and over age group (69 per cent in total, 70 per cent of men and 68 per cent of women). (47)

• In 2009/10, people over 55 in Scotland accounted for 85 per cent of all consultations made for osteoarthritis - over 100,000 consultations in total. (49)

• The incidence of stroke amongst the over 65s has fallen by 14.5 per cent since 2001, from 11,310 to 9,665. Amongst men, the figure has fallen by 10 per cent and amongst women by 17 per cent. (50)
• Women aged over 70 are not invited for routine breast cancer screening, regardless of clinical need, but can be screened three yearly upon request. (54)

**Smoking and Alcohol**

• The likelihood of smoking falls with age: 17 per cent of males and 20 per cent of females aged 60-74 in Scotland smoke, and just 10 and 11 per cent respectively amongst the over 75s. (16) However, this may be more a result of many smokers dying before they reach their 60s.

• In Scotland, older people are likely to drink alcohol more frequently than younger people: 3 per cent of males aged 16-24 years reported usually drinking every day, compared with a fifth (20 per cent) of people aged over 75 years. (47)

• Older people in Scotland are less likely to have exceeded the recommended number of units in the last week: 36 per cent of males aged 16-24 years reported drinking more than 21 units, compared with just 13 per cent of those aged over 75 years. (47)

**Mental Health**

There is evidence of under-diagnosing of depression in older people, which is often mistaken for dementia due to the initially similar symptoms and behaviours. However, effective treatment of the underlying depression can resolve this. Families and professionals sometimes assume that memory problems and retardation being experienced by older people is a result of age rather than being a treatable condition.

• Depression is the most common mental health problem in later life, affecting one in seven older people. (51)

• Rates of suicide in older men are higher in Scotland than in other parts of the UK (19.8 per 100,000 population). (51)

• Fewer than 10% of older people with depression are referred to specialist mental health services compared with 50% of younger adults with mental and emotional problems. (51)

• Overall, 8 out of 10 older people with clinical depression do not receive any treatment and, in some cases, GPs cannot refer older people on to NHS colleagues for help and support due to discriminatory rules excluding people over the age of 65. (51)
• In 2011, an estimated 82,000 people in Scotland had dementia – 96% of whom were over the age of 65. Based on current prevalence rates, and as a result of demographic changes, the number of people with dementia is expected to double within the next 25 years. (52)

• Approximately 7,000 people in Scotland are diagnosed with dementia every year. (52)

• Half of all people with dementia remain undiagnosed. (53)

**Falls at Home**

Falls are common events in the lives of older people in the UK and can result in a range of adverse outcomes, from minor bruises to fractures, disability, dependence and death. Approximately one quarter of falls result in physical injury and incur high costs in terms of quality of life. (56)

• 1 in 20 of all emergency hospital admissions to over 75's was the result of a fall. (46)

• 2.5 million older people across the UK say that they have fallen over on a street pavement at some point during their lifetime. (75)

• 2,300 people, aged over 65, fall outside their home every day in the UK as a result of broken paving. (76)

• Falls represent the most frequent and serious type of accident in the over 65 age group:
  o one in 3 people over 65 have a fall every year
  o Falls can cause loss of confidence which may affect older people’s independence and cause social isolation
  o Falls are the biggest cause of accidental death in the UK amongst over 75s
  o Every 5 hours in the UK, an older person dies after a fall at home. (77)

• Falls on the stairs alone account for an estimated 1000 deaths of older people in the UK each year. (78)
• The UK population is ageing and therefore the cost of falls incurred by the NHS and other agencies is expected to escalate. Based on current trends in the UK, hip fractures among older people resulting from a fall may rise to 120,000 per annum by 2015. (55)

*Care at Home*

*Home Care Services*

As part of the Shifting the Balance of Care Agenda, there has been a move away from care homes towards more care being provided in people’s own homes. At the same time there has been an increase in the proportion of clients receiving home care services. (57)

• Following an initial increase in the numbers receiving home care services after the introduction of Free Personal and Nursing Care, the number of people aged 65 and over received home care services in 2008-09 was 54,760. (57)

• The number of people in receipt of free personal care at home increased from 32,870 in 2003-04 to 44,200 in 2008-09, a rise of 34.5 per cent. (57)

• In Scotland in 2008-09, the average number of weekly hours of personal care clients received at home was 7.5 (57)

*Care homes in Scotland*

• In March 2010 there were 943 care homes for older people. Of these:
  o Over two thirds were privately owned (637; 68 per cent)
  o Just under a fifth were run by a Local Authority or by the NHS (174; 18 per cent)
  o 132 (14 per cent) were in the voluntary sector. (58)

• There were 116 fewer care homes for older people in March 2010 than in March 2000, when there were 1,059 care homes. (58)
• While the number of care homes has fallen by more than a tenth (11 per cent) between March 2000 and March 2010, the number of residents in care homes has fallen by only 492 – just 1.5 per cent. (58)

• The 39,150 registered places in March 2010 represents 45 places per 1,000 of the population and consists of:
  o 5,212 places (13.3 per cent) in the Local Authority / NHS Sector
  o 29,759 places (76 per cent) in the private sector
  o 4,179 places (10.7 per cent) in the voluntary sector (58)

• There has been a 6.4 per cent increase (1,790 places) in private sector care homes, with a corresponding decrease in Local Authority/NHS and voluntary sector care homes of 18.9 per cent (1,218 places) and 12.6 per cent (600) respectively. (58)

• The number of self-funders in Care Homes receiving free personal care has increased by nearly 15 per cent to 9,570 in 2008-09 from 8,350 in 2003-04. (57)

• The number of self-funders receiving free nursing care has also increased from 5,270 in 2003-04 to 6,180 in 2008-09, an increase of 17.3%. (57)

• The number of long-stay residents aged 65 and over in care homes has fallen slightly since free personal care was introduced. At the same time the number of self-funding residents claiming free personal care has increased. In 2008-09, nearly a third (31 per cent) of long-stay residents were self-funders, an increase from 26 per cent in 2003-04. (57)

**Older Carers**

• There are 660,000 carers in Scotland - 1 in 8 of the population – and every day almost 500 people take on a caring responsibility, an extra 178,000 people each year. (59)

• At the last Census, there were a total of 481,579 people in Scotland providing unpaid care. Over two thirds of these (69 per cent) were aged 50 or more (60) and nearly a fifth (19.5 per cent) were above State Pension Age. (5)
• As the age group of the carer increases, so too does the number of hours spent caring for another person so that proportionately it is the older groups in society that appear to be spend most time in a caring role. (60)

• More than half of carers providing care within their household (56 per cent) and carers providing care to people not living with them (51 per cent) are over 50. (60)

• BME carers can be disadvantaged because of the inaccessibility of some mainstream services to them and these services may also lack cultural sensitivity, which may compound this further. (60)

• It has been estimated those undertaking unpaid care make a contribution to the UK economy of up to the equivalent of £87 billion per year in monetary terms, equivalent of approximately £8 billion per year in Scotland. (60)

• In recent years there has been a tendency for overnight respite from providing care to decrease while day-time hours spent giving care has increased. The over 65s account for the largest proportion of respite weeks provided, as well as the largest percentage increase. (60)

• There is a strong gender split between men’s and women’s caring responsibilities. Three quarters of all people in the UK claiming Carers’ Allowance are women. (61)

**Carers Allowance**

• In November 2010, there were 102,040 people in Scotland in receipt of the Carers’ Allowance. More than two thirds of these (67 per cent) were over 50 and 40 percent were over 65. (62)

• 47,110 people in Scotland above pensionable age were in receipt of Carers’ Allowance, nearly two thirds of these (661 per cent) were women. (62)
Employment and Unemployment

• More than 1 in 10 of those over State Pension age in Scotland (11 per cent) is still in employment – amounting to approximately 114,123 people. (63)

• Between the ages of 50-64 there are around 1 million people in Scotland, of whom around 640,000 (63.3%) are in employment. Of those in employment, around 1 in 4 works part-time and around 16 per cent are self employed. (63)

• There are around 56,000 people aged 50 to State Pension age and around 25,000 people aged over State Pension age in Scotland who are currently economically inactive but state they are either seeking work or would like to work. (63)

• Around 35,000 people aged 50 or over are unemployed. (63)

Volunteering

• Over 512,000 people aged 50 and over (27 per cent) gave up time to help as volunteers in 2009. (16)

• 31 per cent of those aged 60-74 and 19 per cent of those aged 75 and over gave up time to volunteer in Scotland in 2009. (16)

• 42 per cent of all volunteering is undertaken by those aged 50 and over in Scotland. (16)

• The most common activities amongst volunteers over the age of 60 in Scotland are: religious work (34 per cent), health and social care (19 per cent) and working with the elderly (17 per cent). (16)
Engagement and Participation

A study on behalf of the Scottish Government called ‘Involving older people: Lessons for community planning’ (73) showed that older people in Scotland contribute to the community planning process via mechanisms such as: older people’s forums; user panels; an Older People’s Assembly and older persons’ service planning groups.

- The study showed that the involvement of older people (particularly people aged 65 and over) included:
  - ensuring access to services
  - supporting inclusion in the community through access to mainstreamed facilities
  - supporting older people to set agenda
  - undertaking consultation on a variety of topics

- Just over a quarter (26 per cent) of people over 60 in Scotland feel their local authorities listen to the views of local people before taking decisions. (16)

- Less than half of over 60s (43 per cent) felt that their local authority designed its services around the needs of the people who use them. (16)

- Nearly a quarter of those aged 60 and over in Scotland (24 per cent) want to be more involved in the decisions their council makes in their local area. (16)

- This is supported by the Joseph Rowntree Foundation report (2004), ‘Building a good life for older people in local communities: The experience of time and place’ which found that older people in the UK are considered to be “central pillars” of active communities. (64)
Mobility, Leisure and Learning

Mobility and Transport

• Access to transport, and particularly loss of transport mobility, can result in a reduction in older people’s wellbeing. (65)

• In 2009 nearly two thirds of single pensioner households in Scotland (65 per cent) had no access to a car. (66)

• In 2009, 81 per cent of Scottish single pensioner households had up to a 6 minute walk to the nearest bus stop, 24 per cent had 5 or more buses per hour (though they may have had a long walk). (66)

• 1,038,752 older people aged 60 have a national travel card. This represents 86 per cent of the total population of people aged 60 and over in Scotland. (67)

• In Scotland, 61 per cent of people aged over 60 have a driving licence. (68)

• In 2009/10, Scottish drivers aged 70 and over accounted for 13.5 per cent of those with a driving license and who used a car, yet were responsible for just 5 per cent of pedestrian deaths. Drivers under 30 years of age accounted for only 10.4 per cent of those with a driving license and who used a car, but caused 29 per cent of pedestrian deaths. (69)

• People under the age of 60 in Scotland are most likely to drive every day (50 per cent) and this falls as age increases. 40 per cent of those aged 60-69 drive every day compared to a quarter of 70-79 year olds (25 per cent) and just over a tenth (12 per cent) of those over 80. (69)

Leisure

• The most popular physical activity for the over 60s in Scotland is walking, followed by dancing, golf, keep fit, aerobics and swimming. (16)
• Older people in Scotland are less likely to undertake the minimum recommended amount of physical activity. 45 per cent of over 60s are not achieving the recommended amount, compared to an average of 20 per cent in the younger age groups. This figure rises to nearly two-thirds (61 per cent) amongst the over 75s. (16)

• The most popular cultural activity for older people in Scotland is visiting the library – nearly a third (29 per cent) attended on in the past 12 months. The next most popular cultural activities were going to the theatre (24 per cent), the cinema (22 per cent) and to museums (20 per cent). (16)

• One third of people aged between 60-74 (33 per cent) and over half of those aged over 75 (52 per cent) had not undertaken or visited any cultural activities in the previous 12 months. (16)

• Over 4.6 million UK pensioners spend their free time travelling. (70)

**Learning**

• Older age groups in the UK are less likely to be educated to degree level than younger age groups.

• A fifth of over-60s in Scotland (20 per cent) have a degree level qualification compared to nearly a third (30 per cent) of those under 60. (16)

• More than half (53 per cent) of people over 75 have no qualifications at all – 7 times more than those in the youngest age group (7 per cent). (16)

• Participation in learning generally declines with age; while 93 per cent of those aged between 16 and 39 are recent learners, this reduces to 83% in the 40-59 age group and to just 40 per cent among the over 60s. (71)

• It is generally accepted this imbalance is in part a result of the very high participation in education among the youngest age groups in Scotland. However, this diverging participation in learning by age is likely to reinforce the unequal distribution of skills arising from earlier experiences of initial education. (72)

• In the academic year 2009-2010, 16,025 people aged 50 and over were in further or higher education. This is 5.6 per cent of the total number of students in Scotland. (16)
Internet Use

• There is a very clear pattern between internet use and age in Scotland. 81 per cent of men and 90 per cent of women aged 75 and over do not use the internet, compared to just 8 per cent of men and 7 per cent of women in the 16 to 24 age group. (16)

• Overall, 29 per cent of adults in Scotland do not use the Internet at all. Women are more likely than men to be non-users (31 per cent and 27 per cent respectively). (16)

• Between 2005 and 2009, internet use by the 60 – 74 age group grew by over a fifth (21 per cent) to 46 per cent. While this represented the greatest increase in internet use across all age groups, the over 75s saw the lowest increase by just 8 per cent to 15 per cent. (16)

• Social networking has taken off recently, particularly in the over-50 age group. Nearly a fifth (19 per cent) of all active Facebook users in Scotland are aged 50 and over – 357,420 in total. Of these, 1,060 listed one of their interests as knitting, while 1,640 listed rugby. (79)
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