



SAFER AGEING INDEX



Part funded by the Hallmark Foundation.



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ABOUT HOURGLASS

The Hourglass mission is simple: to end the harm, abuse and exploitation of older people. Every year, more than a million older people across the UK experience physical, sexual, psychological, economic/financial abuse and neglect.

This is a truly damning indictment of how our society views and values older people. Hourglass is the only UK-wide charity dealing with the issue and has been doing so for thirty years. Over that time our work has touched the lives of tens of thousands of people, shaped government policy and amplified the issue in national press. That is why Hourglass is so vital.

Hourglass operates Europe's only 24/7 helpline for older victims, their families and care practitioners, and it's a lifeline for them. We collaborate with key stakeholders and other frontline organisations to nurture a safer ageing agenda. We also have created programmes that change lives and ways of thinking.

Our specially trained Community Response Independent Domestic Violence Advocates (IDVAs), Domestic Abuse Officers and caseworkers specialise in helping people over 60 affected by abuse, providing them with tailored and specialist support and addressing the safety of victims at risk of harm from intimate partners, ex-partners, family members, friends and professionals to secure their safety and support them to recover from the harm they have suffered. This is an often-emotional job and, whilst there are many success stories and recoveries, abuse of this type is often a life-shortening experience.

This, the first Safer Ageing Index for Wales, highlights how the most vulnerable generation of people, so deeply affected by the pandemic and now the economic crisis, have another battle on their hands. And that is to live in a society that understands and flexes to the needs of an ageing society.

This Index, which will be updated and re-issued regularly is a call to parliamentarians, assembly members, other influencers and policy-makers to ensure that older people are no longer last in line to receive the support they need to age safely. The Welsh Index was conceived to illustrate and examine how Wales is progressing towards a safer ageing society for all and to highlight the challenges older people are facing.

WHAT IS SAFER AGEING?

Safer ageing (Hourglass official definition):

Older people face physical and attitudinal barriers that create circumstances of actual or presumed age-related vulnerability – an environment which puts older adults at risk. Our campaign for safer ageing seeks to remove these barriers to empower older people to age securely and live free from abuse.

WHAT IS SAFER AGEING IN PRACTICE?

- Focussing on prevention first and foremost.
- Understanding the impact of abuse in older age.
- Knowing what abuse is/what abuse looks like, for example, through education and awareness.
- Knowing how to respond to abuse or signs of abuse.

This isn't about growing old gracefully. Safer ageing is about creating environments and procedures so that older people are not put at risk of abuse or neglect. Just as crucially, it's about empowering older people so they can, where suitable, live their lives independently and fully trusting those people around them. Hourglass believe in safer ageing and stopping abuse for all older people. And we invite you to join us in our mission.

November 2023

A Safer Ageing Culture for Wales / Cymru: The future starts here?

For generations, we have known that populations around the world are ageing. More people than ever are living beyond the age of 60. But we have not even started to make the investments that will enable us all to experience healthy and safer ageing.

The Safer Ageing Index for Wales is a launch pad for this debate. An opportunity to begin to embed safer ageing into our collective conscience.

We, at Hourglass, want older age to be a period of hope and opportunity in a safe environment. We believe that older people should be able to age free from abuse, harm, discrimination, exploitation and neglect. But for that to happen we first need to change how we think about ageing and take action at all levels to foster a new era of safer ageing.

That is why Hourglass have produced the Safer Ageing Index for Wales. We want to save and change lives for the better and ensure the last chapters of life are just as important as the first.

This new Index aims to bring stakeholders together to improve the prospects of current and future generations of older people. To learn from the lessons of the past and, as this Index becomes integrated into a regular performance marker of progress, share successes and good practice across local authority areas, constituencies and amongst our communities.

Globally, for the first time in history, most people can expect to live into their 60s and beyond. This increase in life expectancy is occurring at an unprecedented pace and it will accelerate in coming decades, particularly in developing countries. This Index underlines these knowns from a Wales context.

A longer life provides the opportunity to recontextualise what 'older age' might mean and how the whole of our lives might yet unfold. However, the number of options that come from an extended life expectancy will depend heavily on two key factors: health and safety.

Hourglass, a charity constituted on ending the harm and abuse of older people, believes that building a safer ageing agenda will contribute to developing those opportunities in later life. Older people can contribute more to society (both economically and socially) if they thrive in that healthy and safe context.

But safer ageing affects far more than the individuals, their families and those who provide core services. The impacts of population ageing touch upon health, social care, employment and financial markets and the demand for services and goods. Therefore, this report speaks to the whole community as well as policy influencers. Safer ageing affects all and contributes to economic and physical well-being.

What about the core focus of Hourglass? How does abuse and neglect fit within our future goals? Safer ageing needs an understanding of how the abuse of older people robs people of those extended life opportunities.

And this comes from government intervention, collaboration with third sector organisations, public bodies, social enterprises and innovative corporates. If we can create a platform that begins the process of re-thinking older age and ensuring an ageing population is central to policy design and implementation – surely that leads to equality too?

Equality means understanding that older people need unique services to support them at a time of crisis. This is the Hourglass mantra – ensuring older people are not last in line for government support.

Does this data somehow conclude that Wales is mistreating its older people and that abuse levels are sky high? No. It concludes that with action and collective goals older people can age more safely and continue to add to society in a variety of ways.

Much like many older people already do – but with support and focused policy-making this can be a shared goal for all. As a result of the pandemic, society became more aware of the prevalence of ageism, stereotypes, prejudices, and discrimination. In general, ageism means we do not view the second half of life with the same hope, interest, creativity, and rigour as we do the first.

Age is often used as the sole criterion for access to care or physical isolation, as was the case during the pandemic, leading to unequal access to treatment and increased social isolation. There is a shortage of health care services for older people across the whole of the UK. Despite a higher prevalence of disease and the need for care, investment is targeted at people in the first half of life, rather than those in the second half.

Therefore, there are a number of points for consideration that arise from this, the first Safer Ageing Index for Wales.

1. Are there enough services and support functions that prioritise the needs of older people in every local area? And are they designed to fit the individual need of the locality as well as the population (rural vs urban service provision)?
2. Why are services that support the needs of older people (Hourglass' own 24/7 helpline, for example) considered a niche need – when we are in the throes of a growing ageing society?
3. Why are there no 'Violence Against Older People' strategies to work alongside Violence Against Women and Girls (VAWG) action plans? Why are older men seemingly excluded from this current model?
4. Can we combine the global push towards healthy ageing – with the need for safer ageing? To ensure that the abuse and neglect of older people goes hand-in-hand with a healthy lives agenda?
5. Can we create a multi-generational forum across Wales that seeks to build consensus on these issues and moves away from pockets of support in local authority areas? But also generates innovative thinking and collective responsibility for safer ageing?

Much like an open-ended debate, people will form their own conclusions from this Index. But one thing that stands out amongst the data and analytics – that if we can all take a moment to recognise the need for safer ageing and then begin to take steps to buy into that model, we are already building consensus.

No-one is immune from the effects of growing old. Perhaps it's time to create a safer and fairer Wales for everyone, and maybe this is the starting point?



Veronica Gray

Policy Director and Deputy Chief Executive Officer
Hourglass

WALES / CYMRU SAFER AGEING INDEX: SUMMARY OF KEY FINDINGS

The Welsh Safer Ageing Index illustrates a number of key findings, from a mixture of positive and negative health related issues, to more worryingly negative declining feelings concerning safety, economics/poverty/deprivation, and loneliness.

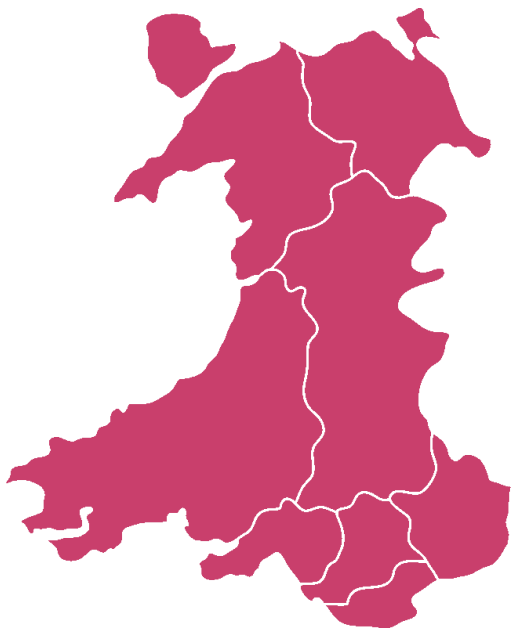
Some of the key findings of the Wales Safer Ageing Index are below:

- Feelings of safety in their local area after dark have declined since 2018-19 for both 65-74-year olds and over 75s. In 2021-22 more older people now consider themselves “fairly safe” rather than “very safe”.
- 6,620 (1%) of over 65s in Wales have used food banks in the last year. However, it is highly likely this number has increased dramatically with the cost of living crisis and rise of food poverty.
- There has been an 18.75% increase in the amount of over 75s feeling socially lonely since 2017-18.
- 24% of 65-74s and 19% of over 75s would describe themselves as socially lonely in 2021-22, this has increased 1% and 3% respectively from 2017-18.
- 59% of over 65s-74 and 83% of over 75s do not participate in any sport or physical activity, this has increased 3% and 2% respectively from 2019-20.
- Over one-fifth (21.3%) of the Welsh population in 2021 (662,000) were aged 65 years and over, up from 18.4% (562,544) in 2011.
- In 2021, Wales had a larger percentage of the population aged 65 years and over than all English regions except for the South West, where 22.3% of the population were in this age group.
- In 2021, only 29% of 65-74 year olds had 4 or 5 healthy attitudes (not smoking, healthy weight, eat 5 fruit or veg, not drinking above guidelines, active), 71% did not.
- In 2021, only 26% of 75+ year olds had 4 or 5 healthy attitudes (not smoking, healthy weight, eat 5 fruit or veg, not drinking above guidelines, active), 74% did not.
- In 2021, 44% of 65-74-year olds are limited a little or a lot by long standing illness, 56% do not.
- The rates of relative income poverty in Wales increase with age, with 16% of 65-69-year olds and 19% of 70-79-year olds living in relative income poverty.
- In October 2022, there were 21,525 people in Wales over the age of 60 who were recipients of Universal Credit.
- 55% increase in older victim violence against the person cases in Dyfed Powys.

WALES / CYMRU

SAFER AGEING INDEX

An Index to assess the level of policy, public engagement and movements within the assembly, and other actions towards achieving safer ageing for all older people in Wales.



Country/area: **Wales / Cymru**
Assessment Year: **2021-22**
(Older data used when necessary)

Commitment and conditions for greater action on safer ageing and preventing/intervening in the abuse of older people.

INTRODUCTION

The **Wales Safer Ageing Index** was conceived to illustrate and examine how Wales is progressing towards a safer ageing society for all and to highlight the challenges older people may face. Hourglass hopes that the Index will:

- Create a resource that delivers insights for all stakeholder audiences. It will enable the monitoring of progress towards a safer ageing agenda and provides an opportunity to describe and shape the challenges. These will then become trends and insights on such progress as well as indicators towards creating support networks for victim-survivors of abuse and neglect. All data, analysis and commentary can be revisited regularly.
- Increase levels of awareness and engagement on the issue of safer ageing for all audiences – across a variety of sectors and within core influencers.
- Start a debate which puts safer ageing in the centre of the discussion, rather than on the periphery and ensures that ageing safer becomes a byword within all policies and strategies.

METHODOLOGY

Mainly utilising census statistics, as well as data from the National Survey for Wales and Freedom of Information requests, the Wales Safer Ageing Index seeks to provide a data sheet for the nation of Wales, focused around five main categories, similar to Northern Ireland.

- Population
- Health
- Economics
- Crime
- Isolation and Mental Health

The **Population** category measures and analyses the 2021 over 65s population profile (total population, older population – over 65), as well as this, it examines the relationship profiles of older adults across Wales.

The **Health** category measures and analyses the health profiles of over 65s in Wales, looking at a number of measures, predominantly around access to health and healthy lifestyles.

The **Economics** category measures and analyses the economic profiles of over 65s in Wales specifically around economic deprivation/the use of universal credit, housing types and tenures, and the number of economically active over 65s.

The **Crime** category measures and analyses the most recent Wales data on the number of crimes in the following groupings where the victim is listed as over 60.

- Violence Against the Person
- Burglary
- Vehicle Theft
- Criminal Damage
- Other Offences.

It also examines feelings of safety at home and in the local area, comparing the most recent data to the next most recent available data.

Finally, the **Isolation and Mental Health** category measures and analyses the most recent data of isolation profiles of over 65s, specifically using the number of over 65s living alone, and levels of self-belief.

DATA

Efforts have been made to ensure that the Wales Safer Ageing Index utilised the most up to date and broad data available in order to guarantee the most comprehensive and accurate measure of safer ageing across Wales.

Unfortunately, this index covers a smaller scope than the Northern Ireland Safer Ageing Index which preceded it. Although Wales has a plethora of data focused on a variety of safer ageing and age-related subjects, it is generally only available from a Welsh national based level, as opposed to the council area focus that was obtainable in Northern Ireland.

Police data is based around 4 constabularies so offers a more localised perspective, but suffers from missing data collection too. While age and population demographic data is available from a local authority/council area standpoint, we have decided not to use this in order to keep the Index as even as possible. As well as this, many Welsh data sources have only been broken down by age in recent years, and many have not been updated following the Covid-19 pandemic and this means that unfortunately in many cases the most up to date data is not available or obtainable.

Recent 2021 census data has in some cases been age standardised, and key differences between age brackets are unfortunately not accessible. Variances in questions and datasets will also mean that the Wales Safer Ageing Index is not 1-1 with the Northern Ireland Safer Ageing Index in the specific questions examined. Because of the issues relating to data, this Welsh Safer Ageing Index will be focused solely on a national and police constabulary level, rather than a localised council area level as in Northern Ireland.

Freedom of information requests were also sent out to every police force and constabulary in Wales, with the basic outline as follows:

“In relation to the years - April 2020-March 2021 and April 2021- March 2022. I require the following information,

The number of violence against the person offences recorded by [inset police force] involving victims in age categories 65-74 and 75+

A breakdown of the gender of the victims identified above.

A breakdown of the relationship of victim to principal suspect for each victim identified above.”

In order to gain as much insight into the available data as we can – we are planning to compare the most up to date data with a previous dataset, in most cases we have endeavoured that this comparison dataset is the second most current up to date – but as noted above with only the recent break down by age brackets, this is not always possible.

Like in Northern Ireland, broader age-related data problems were also encountered. This is due to several reasons. We know older people face significant risks of harm and abuse perpetrated by those in a position of trust. The abuse of older people requires specialised policy responses as older people are unique from the general population of victims of interpersonal abuse.

There are different demographic and relationship characteristics associated with victims and perpetrators. However, there is an absence of convincing data to depict the experience of abuse in later life in the UK.

This poses a problem to developing effective evidence-based policies and to monitoring progress on the issue.

In the UK and internationally, older people are excluded from datasets. The UN's Economic and Social Research Council identified how data systems leave older people behind. In general terms, age-caps in data gathering and

the lack of disaggregation between older groups are key problems. On the latter the report recommended 'that research and statistical data on ageing can be disaggregated into smaller five-year cohorts¹. On data

on violence and abuse, the report identified a global scarcity and highlighted that where countries are supported in measuring gender-based violence², no such guidelines exist for violence and abuse in later life.

EXISTING LEGISLATION, GUIDELINES AND PROTECTIONS RELATED TO SAFER AGEING IN WALES

The Domestic Abuse Act 2021 set out a statutory definition of abuse in UK law for the first time.

Other pieces of legislation in England and Wales which are not specific to abuse and neglect of older people, but which are relevant, include the Mental Capacity Act 2005 (section 44 relevant to neglect of those with reduced mental capacity, as well as certain issues of physical restraint), and the Mental Health Act 1983³ (section 127 relevant to abuse or neglect of mental health hospital patients).

The Crown Prosecution Service (for England and Wales) defines a crime against an older person as 'Where the victim is 65 or over, any criminal offence which is perceived by the victim or any other person, to be committed by reason of the victim's vulnerability through age or presumed vulnerability through age'.

Various pieces of the CPS Code of Practice for Victims of Crime, which helps to determine which alleged crimes should be prosecuted, states among other determining factors that 'that where the offence was motivated by any form of prejudice, including against the victims age or the suspect targeted or exploited the victim or demonstrated hostility towards the victim based on their age, it is more likely that prosecution is required'.

Other factors mentioned by the CPS Code of Practice pointing to greater likelihood of prosecution, which are directly relevant to the abuse of older people, include the suspect perceiving the victim to be vulnerable, and the suspect being in a position of authority or trust in relationship to the victim⁴.

The CPS notes that 'There is not an offence simply of neglect of an older person other than in those circumstances set out in the Mental Capacity Act 2005, the Mental Health Act 1983 and the Criminal Justice and Courts Act 2015. However, the term abuse is used to describe a wide range of behaviours, many of which in

fact amount to criminal offences.' It also notes that even where there are no grounds for criminal prosecution, there may be other steps required to hold an alleged abuser of older people to account, including referral for investigation by relevant regulatory bodies.

Examples of these include the Care Quality Commission, Care Inspectorate Wales, the NHS, Local Authorities, and the Health and Safety Executive.

In 2014, the Welsh Assembly enacted the Social Services and Wellbeing (Wales) Act 2014 (the 2014 Act), followed by the Violence against Women, Domestic Abuse and Sexual Violence (Wales) Act 2015 (the 2015 Act).

Both of these Acts apply solely to Wales and recognise the need to protect and promote older people's rights. The 2014 Act gives powers to review the way in which local authorities discharge their social services functions.

The 2015 Act requires Welsh ministers to prepare and publish a National Strategy in relation to these matters, and to appoint a National Adviser on Violence against Women and other forms of Gender-based Violence, Domestic Abuse and Sexual Violence. It also requires local authorities to prepare and publish strategies to contribute to the pursuit of the purpose of the Act⁵.

In Wales, legislation to protect older people in care settings from abuse and neglect falls largely under the Care Inspectorate Wales (CIW). CIW is the independent regulator of social care and childcare in Wales. It registers, inspects and acts to improve the quality and safety of services for the well-being of people in Wales. Amongst other services, CIW is responsible for regulating and inspecting care homes.

CIW carries out its functions under the following legislation:

- Social Services and Wellbeing (Wales) Act 2014
- Regulation and Inspection of Social Care (Wales) Act 2016 ('the 2016 Act') which replaces the powers under the 2000 Act
- The Care Standards Act 2000 (pending the re-registration of all regulated social care providers under the 2016 Act from 2 April 2018 onwards).

Older People's Commissioner for Wales

Like Northern Ireland, Wales also has a Commissioner for Older People. The Commissioner's role and statutory powers are defined by the Commissioner for Older People (Wales) Act 2006 and accompanying Regulations.

- Older people in Wales are made aware of the existence and functions of the Commissioner's office.
- Older people in Wales are made aware of the location of the Commissioner's office or offices and the ways in which they may communicate with the Commissioner and his or her staff.
- Older people are encouraged to communicate with the Commissioner and his or her staff.
- The views of older people are sought as to how the Commissioner should exercise his or her functions and as to the content of the Commissioner's annual work programme.
- The Commissioner and his or her staff make themselves available to such older people in the older person's locality.

An overview of key factors affecting Safer Ageing in Wales / Cymru.

Wales / Cymru



Total Population (2021)

3,107,500

Older Population (2021) Over 65s

662,000

Number of older people
living alone. (2021)

236,000

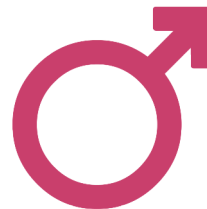
Predicted Older Population
(2043) Over 65s

??????

Life Expectancy

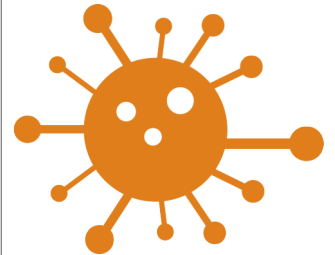


Males - **78.7 years**



Females - **82.4 years**

Living with Diseases
of Old Age
(All Ages) 2020/21



Dementia

14,728

Osteoporosis

7,366



Number of older people living in
communal/institutional establishments
(2011)

4.3%

Levels of Low Self Belief

(65+) (2011)

20.8%

Long Term Conditions (65+) (2011)



Mobility or dexterity difficulty

102,612

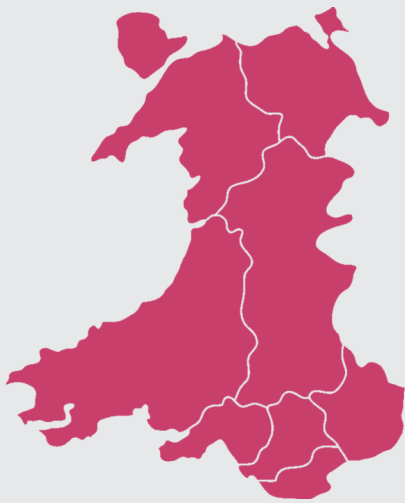
Long term pain or discomfort

73,874

Chronic Illness

57,464

WALES / CYMRU - POPULATION GROWTH INDEX



POPULATION GROWTH INDEX

As with all nations in the United Kingdom, the key analysis of Wales population data concerning older people suggests a quickly growing and rapidly ageing society in Wales.

In 2021, the resident population of Wales was 3,107,500 (5.2% of the total population of England and Wales), this is a 1.4% increase (44,000) from 2011 when there were 3,063,456 people in Wales. 866,006 people over the age of 60 currently live in Wales, while 662,000 are aged over 65 (21% of the population).

This over 60's number is estimated to rise to 956,000 (30% of the population) by 2026, and to 1,015,000 (31% of the population) by 2031. Over one-fifth (21.3%) of the Welsh population in 2021 (662,000) were aged 65 years and over, up from 18.4% (562,544) in 2011.

The size of the population aged 90 years and over (29,700/1.0%) has increased since 2011, when 25,200 (0.8%) were aged 90 years and over. The number of over 75's in Wales is projected to rise to 361,000 (11.2% of the population) in 2026 and to 384,000 (11.8% of the population) by 2031.

In 2021, Wales had a larger percentage of the population aged 65 years and over than all English regions except for the South West, where 22.3% of the population were in this age group. The areas of Wales with the highest percentages of people aged 65 years and over were Powys (27.8%), Conwy (27.4%) and the Isle of Anglesey (26.4%),

Looking at marital status of over 65s, in 2018-20 in Wales (the most recent age specific dataset available to us), 389,200 over 65s were married/in a civil partnership, 31,400 over 65 were single, 146,000 were widowed, and 75,700 were divorced/separated.

Compared to the next most recent age specific dataset available to us (2017-19), where 382,600 over 65s were married/in a civil partnership, 29,900 were single, 144,200 were widowed, and 74,500 were divorced/separated.

WALES / CYMRU - POPULATION GROWTH INDEX

An overview of key factors affecting Safer Ageing in Wales / Cymru.

Wales / Cymru



Total Population (2021)

3,107,500

Older Population (2021) Over 65s

662,000Number of older people
living alone (2021)**236,000**

Marital Status

(2018-2020) 65+



Married/Civil Partnership

389,200

Single

31,400

Widowed

142,600

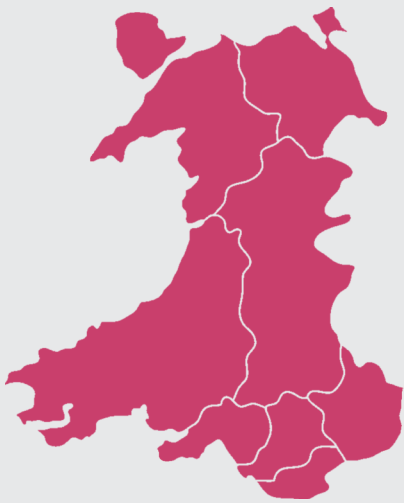
Divorced/Separated

75,700

Population Wales – Comparison Data (2011 - 2019)

Total Population (2011)	3,063,456
Older Population (2011) over 65s %	18.4%
Older Population (2011) over 65s	563,000
Marital Status (2017-2019) 65+ Married/Civil Partnership	382,600
Marital Status (2017-2019) 65+ Single	29,900
Marital Status (2017-2019) 65+ Widowed	144,200
Marital Status (2017-2019) 65+ Divorced/Separated	74,500

HEALTH OF OLDER PEOPLE IN WALES – MOST RECENT DATA (2021 - 2022)

POPULATION
HEALTH
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Looking at older peoples' health in Wales in 2021-22, we can see a range of different issues which are likely to impact on safer ageing.

Utilising data from the National Survey for Wales, Hourglass choose a broad range of questions to illuminate health struggles and availability of health services for over 65s in Wales.

Illustrating both health service availability and the overall health concerns of older people, a large proportion of those surveyed had seen a GP in the last 12 months, with 58% of 65-74-year olds and 63% of 75+ year olds in 2021-22 indicating they had.

Looking at the comparison data for this from 2020-21, we can see a 13.4% drop for 65-74-year olds between 2020-21 and 2021-22 (67% said yes that they'd seen a GP in the last 12 months in 2020-21), and a 12.5% drop for the over 75s (72% said yes that they seen a GP in the last 12 months in 2020-21).

One can question whether this is Covid related, and that respondents were either counting seeing any health professional as seeing their GP in 2020-21 (seeing vaccination staff etc), or that respondents were seeing

their GP more in 2020-21 because of the risk of Covid to the health of older people.

Similar to this, we examined the number of older people who stated that they'd had a hospital appointment in the last 12 months, this was far closer in yes/no answers, with 59% of those between 65-74 indicating that they had not had a hospital appointment in the last 12 months, and 50% of over 75s indicating the same.

Unfortunately, comparison data was not available for this – and as such it is hard to suggest whether this correlates with a generally healthier population of over 65s, or indicates struggles within the Welsh NHS with a lack of availability of hospital appointments.

At birth, life expectancy on average for men in Wales is 78.3 years old, but healthy life expectancy (the number of years on average lived in good general health) is only 61.4 years old, a difference of almost 17 years.

HEALTH OF OLDER PEOPLE IN WALES – MOST RECENT DATA (2021 - 2022)

Life expectancy for women in Wales is 82.3 years old, whereas healthy life expectancy is 62 years old, a difference of over 20 years.

Looking at the wider general health and health limitations of over 65s in Wales in 2021-22 and in previous years – 60% of 65-74 year old respondents indicated that they felt that they had either “very good” or “good” general health (23% and 37% respectively), with only just over 10% (10.3%) indicating “bad” or “very bad” For over 75s, slightly less (57%) indicated that they felt that they had “very good” or “good” general health (19% and 38% respectively), and slightly more (11%) indicated “bad” or “very bad.”

The comparison data for 2020-21 suggests that more 65-74-year-old respondents during the Covid pandemic felt that they had either “very good” or “good” general health than those asked in 2021-22, with 70% indicating “very good” or “good” and less indicated “bad” or “very bad” general health too, only 7%.

Similar movements are seen with those aged over 75, with 61% indicating “very good” or “good” general health (22 and 39% respectively) and only 9% indicating “bad”

or “very bad” general health. As such, surprisingly fewer older people in 2021-22 felt that they have good general health than during the Covid-19 pandemic.

As an adjunct to “general health,” we also examined the number of respondents indicating that they had healthy lifestyle behaviours, that is “People with 4 or 5 healthy lifestyle behaviours (not smoking, healthy weight, eat 5 fruit or veg, not drinking above guidelines, active)” – this indicated a much more concerning outlook as to the wider general health of older people. In 2021, only 29% of 65-75s indicated that they had 4 or 5 of these healthy lifestyle behaviours and only 26% of over 75s indicated the same.

While worrying, these figures at least show an increase from those seen during the 2020-21 Covid pandemic, wherein only 22% of 65-74-year-old respondents and 20% of 75+ respondents indicated that they had 4 or 5 healthy lifestyle behaviours.

HEALTH OF OLDER PEOPLE IN WALES – MOST RECENT DATA (2021 - 2022)

An overview of key factors affecting Health in Wales / Cymru.

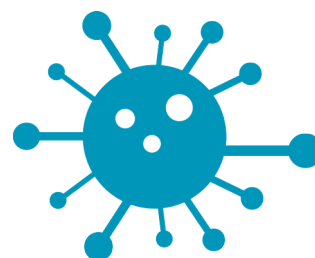
Have seen a GP in last 12 months 2021/22

65-74yr
Y-58% - N-42%75+
Y-63% - N-37%

People with 4 or 5 healthy lifestyle behaviours* 2021/22

65-74yr
Y-29% - N-71%75+
Y-26% - N-74%

Has a limiting long-standing illness, disability or infirmity 2021/22

65-74yr
Y-44% - N-56%75+
Y-54% - N-46%

Hospital Appointment Last 12 Months? 2021/22

65-74yr
Y-41% - N-59%75+
Y-50% - N-50%

Limited by Long Standing Illness 2021/22

65-74yr
Y-56% - N-44%75+
Y-46% - N-54%

Limited a lot by Long Standing Illness 2021/22

65-74yr
Y-77% - N-23%75+
Y-69% - N-31%

General Health 65-74yrs 2021/22

Very Good	Good	Fair	Bad	Very Bad
23%	37%	26%	8%	2.3%

General Health 75+yrs 2021/22

Very Good	Good	Fair	Bad	Very Bad
19%	38%	31%	9%	2%



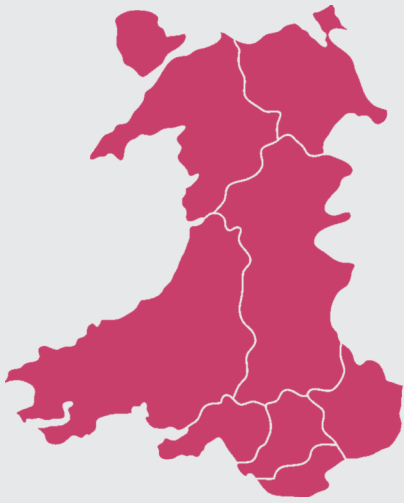
Participating in any sport or physical activity 2021/22

65-74yr
Y-41% - N-59%75+
Y-17% - N-83%

HEALTH OF OLDER PEOPLE IN WALES – COMPARISON DATA

Health of Older People in Wales – Comparison Data (2011 - 2019)		
Whether have seen a GP in last 12 months	65-74	75+
Yes	67%	72%
No	33%	28%
People with 4 or 5 healthy lifestyle behaviours*	65-74	75+
Yes	22%	20%
No	78%	80%
General Health	65-74	75+
Very Good	29%	22%
Good	41%	39%
Fair	23%	23%
Bad	6%	7%
Very Bad	1%	2%

ISOLATION AND MENTAL HEALTH OF OLDER PEOPLE IN WALES – (2021 - 2022)

ISOLATION
AND MENTAL
HEALTH
INDEX

AgeUK notes that 1.4 million older people (over 50s) in the UK are often lonely⁶. Other studies note the high prevalence of loneliness and social isolation among older people.

Approximately 50% of people over 60 are at risk of social isolation, and 1/3rd will experience some degree of loneliness in later life. Social isolation and loneliness have also been identified as increasing the risk of poor physical and mental health.

Social isolation has been associated with a 32% increase in stroke risk, a 29% increase in coronary heart disease, and a 50% increased risk of developing dementia, while diminished immune system functioning, anxiety, and increased risk of Alzheimer's disease can also stem from loneliness in older age⁷.

As for risk factors, social isolation and lack of social engagement is a key risk factor for older male victims. Male victim-survivors seem less likely to receive social support from informal networks than women and are mainly focused on their partners or spouses.

Overall, it appears that men show a lower level of social engagement, due to their prevalent reliance on their

spouses/partners for social support, and consequently have lower participation in social activities. The reliance on spousal relationships may mean that older male victim survivors in general are lacking any form of “escape valve” or other friends and family to confide in. Looking at an array of National Welsh Survey questions focused around how one feels, we can positively see that the majority of older respondents are not socially or emotionally lonely, nor do they often feel rejected or suffer from a general sense of emptiness.

Viewing first emotional or social loneliness – we can see in 2021-22 only 15% of 65-74-year olds and 16% of over 75s considered themselves emotionally lonely. Similarly, only 24% of 65-74s consider themselves socially lonely (although that represents rather a concerning large proportion nonetheless), surprisingly this goes down to 19% for over 75s.

Looking at emotional and social loneliness from a comparative standpoint using data – we can see the

ISOLATION AND MENTAL HEALTH OF OLDER PEOPLE IN WALES – (2021 - 2022)

exact same results from a 2019-20 dataset for 65-74 and 75+ year olds regarding emotional loneliness.

For social loneliness (2017-18 dataset), 23% of 65-74-year olds and 16% of over 75s considered themselves socially lonely – as such 4.3% increase in social loneliness among 65-74-year olds and an 18.75% increase in social loneliness among over 75s can be seen since 2017-18.

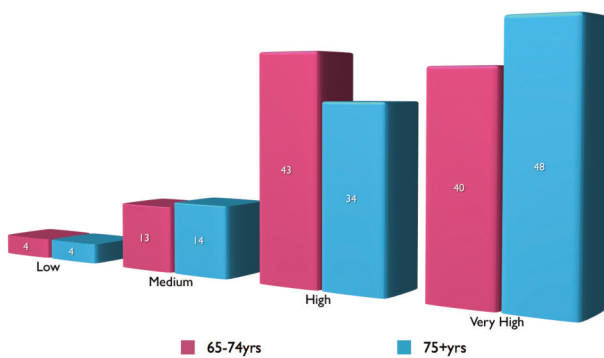
Looking at feelings of rejection and of general feeling/senses of emptiness among older people in Wales, we can again see that the vast majority of older

respondents do not hold these feelings, with only 9% of 65-74-year olds and 11% of over 75s indicating “yes” to “experiencing a general sense of emptiness” in 2021-22. Likewise, only 4% of both 65-74 and over 75-year olds indicated that they “often felt rejected.” Comparatively, looking at 2020-21 data, 10% of 65-74-year olds and 13% of over 75-year olds indicated “experiencing a general sense of emptiness” – as such we can see a 10 % drop in general sense of emptiness for 65-74-year olds, and a 15% drop in this for over 75s. 2020/21 data for “often feel rejected” illustrated the same as 2021/22 – 4% for both 65-74-year olds and over 75s.

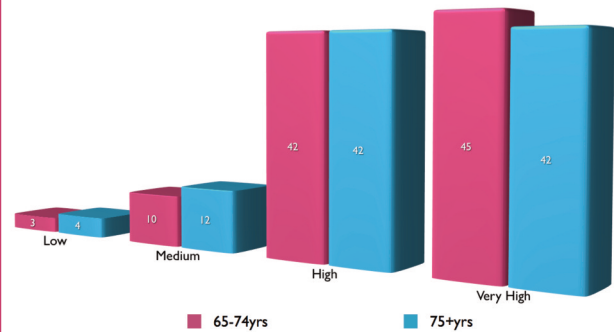
ISOLATION AND MENTAL HEALTH OF OLDER PEOPLE IN WALES – (2021 - 2022)

An overview of key factors affecting Isolation and Mental Health in Wales / Cymru.

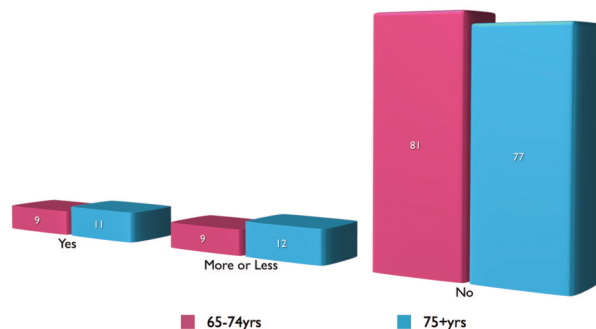
Overall Satisfaction with Life (%)



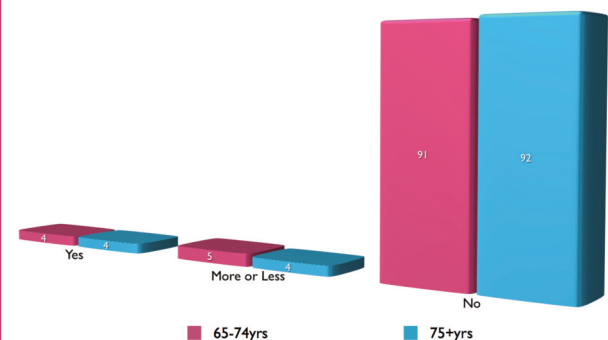
Overall extent of feeling things done in life are worthwhile (%)



Experience a general sense of emptiness (%)



Often Feel Rejected (%)

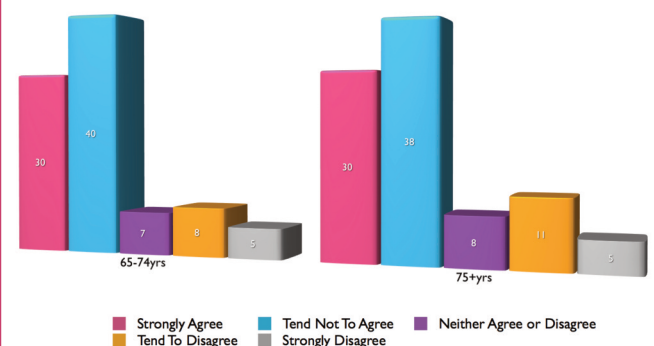

Emotional Loneliness
 65-74yrs 2021/22


65-74yr
Y-15% - N-85%
 75+
Y-16% - N-84%

Social Loneliness
 65-74yrs 2021/22


65-74yr
Y-24% - N-76%
 75+
Y-81% - N-19%

Whether able to do things that matter to me (%)



ISOLATION AND MENTAL HEALTH OF OLDER PEOPLE IN WALES

Isolation and Mental Health in Wales – Comparison Data (2011 - 2019)		
Experience a general sense of emptiness	65-74	75+
Yes	10%	13%
More or Less	11%	12%
No	79%	75%
Often Feel Rejected	65-74	75+
Yes	4%	4%
More or Less	5%	5%
No	91%	91%
Emotional Loneliness	65-74	75+
Not emotionally lonely	85%	84%
Emotionally lonely	15%	16%
Emotional Loneliness	65-74	75+
Not emotionally lonely	77%	84%
Emotionally lonely	23%	16%

ECONOMICS OF OLDER PEOPLE IN WALES – MOST RECENT DATA (2021 - 2022)



During the current cost of living crisis, it is relevant to examine the economic situation of over 65s in Wales.

The cost of living crisis is, by definition, is “the fall in disposable income (adjusted for inflation and after taxes and benefits) that the UK has experienced since late 2021”.

The economic crisis can be broken down into four pivotal consequences: food poverty; rising food prices; rising electricity, oil, and gas prices and increasing transport costs. Each strain of the economic crisis has concerning implications on the health, wellbeing, quality of life, and the risk of violence and abuse of our older generations.

Experiences of poverty and deprivation throughout life can impact economic and financial security in older age, and lead to older adults having to work longer in life to make ends meet, a link between economic deprivation and economic activity in older life.

Socio-economic disadvantages can also lead to older adults suffering from increased loneliness, stress, depression, and anxiety – as well as being a potential

risk factor for abuse and mistreatment at the hands of others. Poverty in many senses, can be seen as a form of structural violence, it affects the life quality of a person and their participation in everyday life through the restricting of access to jobs, housing, healthcare, education, and justice systems, and threatens their mental and physical wellbeing and their human rights.

Economic inequality and socio-economic issues create a number of additional intersectional barriers for older people, and can create a cycle of multiple disadvantage - victimising and making vulnerable people at risk of more forms of abuse and violence.

Looking at 2021-22 data, Hourglass examined a number of avenues including economic activity/employment rates, housing tenure, food bank usage, and use of universal credit.

Unfortunately, age bracketed comparison data for economic based questions was far harder to come by,

ECONOMICS OF OLDER PEOPLE IN WALES – MOST RECENT DATA (2021 - 2022)

so for the most part this data can only give us an insight into the current economic outlook of over 65s in Wales. In 2021, the employment rate for over 65s in Wales was 65,000 equating 9.4%, while we do not have recent comparison data, it has been reported that the Covid-19 pandemic has affected older workers to a greater extent than those in the middle age groups.

This has seen a reduction of older workers in employment⁸. UK wide, 1 in 8 (13%) of older workers said they had changed their retirement plans as a result of the pandemic. Of these, 5% said they would retire earlier and 8% planned to retire later⁹.

The rates of relative income poverty in Wales increase with age, with 16% of 65-69-year olds and 19% of 70-79-year olds living in relative income poverty¹⁰. The figures available for those over 80 are based on very limited sample sizes so are low quality statistics – 16% for 80-84-year olds and 21% for 85+. In October 2022, there were 21,525 people in Wales over the age of 60 who were recipients of Universal Credit.

With rising inflation, pensioners' purchasing power has been significantly reduced. The Consumer Price Index (CPI) rose by 10.1% in the 12 months leading up to September 2022. When considering this alongside the 3.1% rise in state pensions for the year 2022/23 the real income for pensioners has not risen in line with CPI¹¹. The consequences impacting their accessibility to necessities and reduced overall quality of life.

Around “16 million people in Great Britain cut back on food and essentials between March and June 2022 in order to tackle the rising cost of living”¹². 94% of those stated their reason for their rise in costs over the past month were due to the price of food shopping.

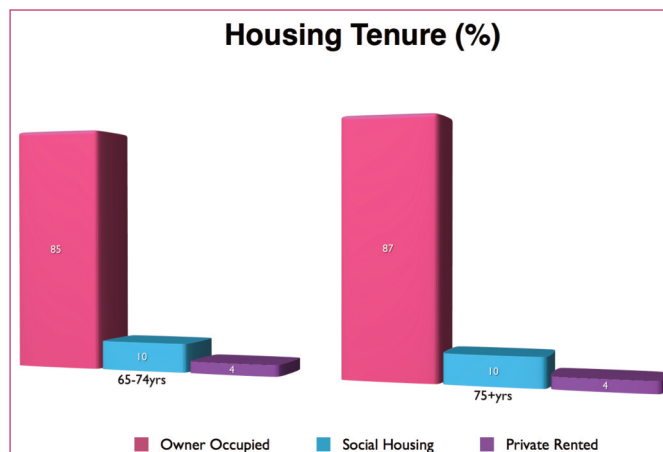
New UK wide data from the Food Foundation has shown that recently 12.8% of households have either skipped a meal or had a smaller portion because they could not afford food and 8.8% of households have not eaten despite being hungry due to food insecurity¹³.

In Wales according to the Wales National Survey 2021-22, only 1% of respondents over 65 indicated that they had received food from a foodbank – this however is likely a understatement, generational attitudes may prevent older foodbank users from indicating that they indeed utilised such a facility, even to an anonymous survey.

It was suggested in 2019 that 1.3 million people over the age of 65 in the UK were suffering from malnutrition¹⁴ and over a third of people hospitalised in the UK over 65 were at risk of malnutrition¹⁵. These results are taken from 2019 and 2007-11 respectively and therefore do not accurately convey the desperation of today's climate.

ECONOMICS OF OLDER PEOPLE IN WALES – MOST RECENT DATA (2021 - 2022)

An overview of key factors affecting
Economics in Wales / Cymru.



**Received food
from food bank
65+yrs 2021/22**



Y-1% - N-99%

**Employment Rate
65+yrs 2021/22**



62,000 (9.4%)

**Recipients of
Universal Credit
60+yrs 2021/22**



GOV.UK

21,525

CRIME AND SAFETY OF OLDER PEOPLE IN WALES – MOST RECENT DATA (2021 - 2022)



Crime and crime victimisation can have a devastating effect on all those who experience it.

From the victims who suffer from violence and theft, the emergency services who have to deal with its environmental and social consequences, and the unaffected member of the public who feels stress and fear after seeing media constructed articles on crime in the news, the impact of crime is far reaching¹⁶.

Detrimental mental, physiological and social effects of crime are common, and the risk of these effects is especially true for older people, who may suffer from a weakened physical condition, as well as other assorted age-related effects¹⁷. As such, while people over 65 are statistically the age group in the UK at the least risk of being a victim of crime, older people as victims of crime is an extremely significant and worrying phenomenon, and one that deserves closer attention in both public and academic areas.

Looking at all nation Wales data taken from the Wales National Survey, we can see how safe those over 65 feel

both in their own homes, and in their local area after dark. Worryingly, the 2021/22 data suggests that 25% of those 65-74 and 30% of over 70s feel unsafe in their local area after dark – a large proportion, even though encouragingly the vast majority of respondents noted that they either felt “very safe” or “fairly safe.” More positively, it appears that older people overwhelmingly feel safe in their own homes after dark, with only 3% of both 65-74-year olds and over 75s feeling “a bit unsafe.”

Looking at the then most recent comparison data, which dates back to pre Covid 2017/18, we can see that only 18% of 65-74 respondents felt unsafe in their local area after dark, while 25% of over 75s did too. Feelings of safety in their own home after dark has stayed pretty similar, with in 2017/18 only 2% of 65-74-year olds and 3% of over 75s noting that they felt “a bit unsafe” in their own homes after dark. As such, we can see a 39% increase in 65-74s feeling unsafe in their local areas, and a 19% increase in over 75s feeling unsafe after dark.

CRIME AND SAFETY OF OLDER PEOPLE IN WALES – MOST RECENT DATA (2021 - 2022)

Looking at actual crime stats, as noted above, Hourglass sent out freedom of information requests related to crimes committed against over 65s in 2020/21 and 2021/22 to each of the four police constabularies in Wales.

FOIs were sent out concerning economic abuse (fraud offences), physical abuse (violence against the person offences), sexual abuse (sexual offences), neglect (ill treatment or wilful neglect offences) and psychological abuse (controlling or coercive behaviour in an intimate or family relationship offences) – unfortunately we only received headline data concerning physical, sexual abuse, and neglect from Dyfed Powys, Gwent, and North Wales Police – South Wales police refused to send over any data because of a section 12 of the Freedom of Information Act refusal.

Looking at physical abuse or violence against the person offences committed against those over 65, we can see that in 2020/21 Dyfed Powys Police dealt with 611 cases, while Gwent Police dealt with slightly more at 751 – in both these police forces, older women made a much larger proportion of victims than did older men.

Looking at the 2021/22 data we can see a 55% increase in older victim violence against the person cases in Dyfed Powys (from 611 to 948) and a much smaller increase of 5.4% in Gwent (from 751- 792), again as in 2020/21 older women are the majority of victims.

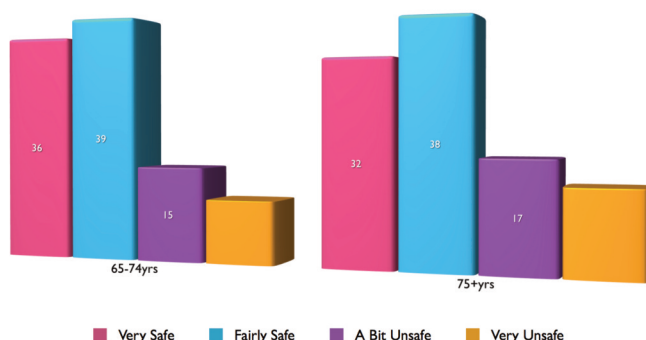
Looking at sexual abuse or sexual offences committed against those over 65, we can see that Gwent Police dealt with 23 cases in 2020/21, while North Wales Police dealt with double that at 46 – much as with violence against the person offences, older women make up the majority of victims of sexual offences committed against older people. Examining the 2021/22 data, we can identify a slight 4% increase in cases in Gwent from 23 to 24, and a much larger 30% increase in North Wales, from 46 to 60.

Finally, examining neglect/ ill treatment or wilful neglect offences, we can see that in 2020/21, both Gwent and North Wales Police dealt with only 2 cases of ill treatment or wilful neglect, in Gwent both victims were older women, but in North Wales there was a mix. In 2021/22, Gwent Police only dealt with 1 case of ill treatment or wilful neglect, a 50% decrease – while North Wales saw a much larger increase of 1000% from 1 to 11 cases.

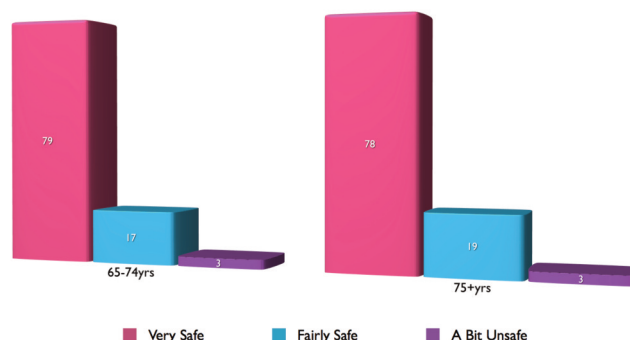
CRIME AND SAFETY OF OLDER PEOPLE IN WALES – MOST RECENT DATA (2021 - 2022)

An overview of key factors affecting Crime and Safety in Wales / Cymru.

Feeling of safety in local area after dark (%)



Feeling of safety in home after dark (%)



Reported abuse to Dyfed Powys Police 2021/22



Physical Abuse
F-520, M-297

Sexual Abuse
N/A

Neglect
Refusal (Section 12)

Reported abuse to Gwent Police 2021/22



Physical Abuse
F-404, M-387

Sexual Abuse
F-21, M-3

Neglect
F-1

Reported abuse to North Wales Police 2021/22



Physical Abuse
Refusal

Sexual Abuse
F-50, M-10

Neglect
F-7, M-4

Reported abuse to South Wales Police 2021/22



Physical Abuse
Refusal (Section 12)

Sexual Abuse
Refusal (Section 12)

Neglect
Refusal (Section 12)

CRIME AND SAFETY OF OLDER PEOPLE IN WALES – COMPARISON DATA

Crime and Safety of Older People in Wales – Comparison Data (2018 - 2019)		
Feeling of safety in local area after dark	65-74	75+
Very safe	32%	35%
Fairly safe	12%	14%
A bit unsafe	8%	12%
Very unsafe	10%	13%
Feeling of safety at home after dark	65-74	75+
Very safe	81%	78%
Fairly safe	16%	19%
A bit unsafe	2%	3%
Very unsafe	0%	0%

CONCLUSION

Just as we saw with the Northern Ireland Safer Ageing Index, a key challenge that is consistent in exploring safer aging and the experiences of older people is the paucity and lack of up to date and consistent data by national and local government as well as other related organisations, and this problem has challenged the creation of this Index too.

While the data available in Northern Ireland at least allowed for a thorough examination of localised council areas, this broad sweep was not accessible for Wales.

This poses an issue to developing effective evidence-based policies and to monitoring progress on the issue, effective data collection can create a narrative to inform policy and practice, and as such filling in the gaps regarding abuse of older people should be an urgent priority.

As we've seen above, safer ageing and the experiences of older people in Wales are a mixture of the optimistic and the worrying.

While overall general health of many older people in Wales seems at least semi positive, with a majority of respondents stating that they had "good" or "very good" general health, we must remember that much of the health data used above features self-reporting and introspective ability may be a disadvantage of this.

With that in mind, more concerning is the number of older people who appear to be suffering from limiting illnesses, and the low number of older people who struggle to adhere to healthy lifestyle choices, although at least there appears to have been an increase since the Covid 19 pandemic.

The effectiveness of the Welsh NHS in supporting older people to see GPs and get seen in hospitals deserves further research, because unfortunately the data above only allows us limited insights.

The effect that the cost of living crisis might be having on older people in Wales is very concerning, the data as much as it is available above shows us that older people in Wales are suffering, with a number having to use food banks, and the growth as one gets older of relative income poverty, with 16% of those in their late 60s and almost 20% of those in their 70s currently in such hardship – for a quickly growing and quickly ageing nations as Wales is, this is extremely worrying, and is likely to be only a proportion of the true figure of those older people in poverty or suffering from poverty related issues.

Economic inequality and socio-economic issues can create a number of additional intersectional barriers for older people, and can create a cycle of multiple disadvantage - victimising and making vulnerable people at risk of more forms of abuse and violence. The cost of living crisis both may victimise older people and lead to further risk of abuse and violence, but also may potentially trap older victims within the abuse cycle.

As with poverty, isolation, loneliness, and mental health concerns can also be risk factors for abuse and violence and prevent the safer aging of older people.

While as with the health-related data, there is a mix of positive and less so positive safer ageing insights, its especially concerning to see a large proportion of older people in Wales identifying themselves as socially or economically lonely, there's been a 18.75% increase in the amount of over 75s feeling socially lonely since 2017-18., and 24% of over 65-74s and 19% of over 75s would describe themselves as socially lonely in 2021-22, this has increased 1% and 3% respectively from 2017-18. Social isolation can lead to increased mortality, stroke, and dementia risks – and can dramatically change the life of an older person for the worse.

A focus on this, on community togetherness and placing older people back into the community is necessary and essential to push forward safer ageing and help create a society that cares for all.

Finally, and again worryingly we see evidence of older people in Wales feeling far more scared of their local area after dark than they did a couple of years ago, as feelings of safety have declined since 2018-19 for both 65-74-year olds and over 75s.

In 2021-22 more older people now consider themselves “fairly safe” rather than “very safe.” This may be linked to a lack of community and greater feelings of isolation and lonely as we explored above, and unfortunately deepen these feelings if older people cannot feel like they cannot venture out of their homes after dark.

Looking broader at crimes committed against older people, unfortunately while the data has only allowed us to examine physical, sexual, and neglect related offences we can draw some conclusions – again concerning older victims appear to have been more at risk of crimes in 2021/22 than in the year before it, with for example a 55% increase being seen in older victim violence against the person cases in Dyfed Powys between the two years.

Causation does not equal correlation however, and this may signify more crimes being reported concerning older victims/victim-survivors than an overall rise in crimes affecting older people.

However, such crime may again as noted lead to a number of correlated safer ageing issues, a key personal result of such crime may also potentially be the dislocation, disengagement, and social isolation of elderly victims from their friends, families, and communities.

Lachs et al noted that those older adults who had experienced violent abuse or crime, were at a significantly increased risk of being placed in a care home than those who hadn't had such an experience¹⁸.

While Morrall et al noted abuse and crime induced changes in behaviour, revolving around lack of confidence, lack of independence, and increased fear - especially with women, regarding attitudes towards going out alone or going out after dark¹⁹. As Moore and Trajanowicz argue,

“[Fear of crime] motivates people to invest time and money in defensive measures to reduce their vulnerabilities. They stay indoors more than they wish, avoid certain places, buy extra locks...”²⁰

Abuse, crime, and fear can be just as damaging to the social network and capital of older people. Concern about violence or feeling unsafe in their local community or neighbourhood is a key determinant for quality of life for older people in the UK²¹ and older people having confidence and feeling safe is key to their safer ageing.

RECOMMENDATIONS

The Wales Safer Ageing Index was conceived to illustrate and examine how Wales is progressing towards a safer ageing society for all and to highlight the challenges older people may face. In creating a resource that will deliver insightful data and commentary, there have been particular challenges identified in relation to data capture. This must be addressed in order to more fully understand the unique circumstances for safer ageing in Wales.

Variances in questions and datasets mean that unfortunately the Wales Safer Ageing Index is not on par with the Northern Ireland Safer Ageing Index. As seen above this has especially been a problem when dealing with police crime data and freedom of information requests. Hourglass would as such like to see a national plan in Wales to address data capture and analysis.

Hourglass recommendations include:

In all UK jurisdictions, the police and prosecution services should adopt a standard policy for flagging ‘crimes against older people’.

While some progress has been made in recording and sharing information between the police and prosecution services, there remain significant gaps. The policy in place under the CPs should be adopted by all UK police forces and prosecution services. The CPs (England and Wales) have developed a category that is not purely based on the age of the victim. Additionally, this policy considers the circumstances of the crime. In particular the policy states there should be consideration given where there is an existing relationship and expectation of trust; where the perpetrator has perceived vulnerability of the older victim; where there appears to be hostility based on age. In Scotland, ‘age’ is now a protected characteristic under hate crime law, but data practice in Wales should also adopt the three-part definition, considering the expectation of trust and perceived vulnerability as well as evident hostility based on age.

A focussed and targeted campaign on crime against older people.

While people over 65 are statistically the age group in the UK at the least risk of being a victim of crime, fear of crime is very real and can negatively impact on the general well-being of older people. Older people as victims of crime is an extremely significant and worrying phenomenon, and one that deserves closer attention in both public and academic areas.

Better access to benefits and benefit information/advice.

Experiences of poverty and deprivation throughout life can impact economic and financial security in older age, with socio-economic disadvantages leading to older adults suffering from a range of physical and emotional consequences. While still feeling the impact of the covid-19 pandemic, older people are now enduring the cost of living crisis. Hourglass would like to see increased awareness raising on access to benefits for older people, with governmental support for older people to prevent poverty in later life.

Addressing loneliness and isolation of older people.

There is a worrying large and increasing proportion of older people in Wales identifying themselves as socially or economically lonely. Isolation can be a result of, and risk factor to, abuse in older age. It is imperative that consideration is given to a pan-Wales strategy to address social isolation of older people.

- 1 ESRC, How Data Systems Leave Older People Behind, HelpAge International. (2017). Pg 3.
- 2 Ibid. Pg 16.
- 3 Parts of the Mental Health Act 1983 are law in Northern Ireland and Scotland.
- 4 All references to CPS guidance in this section are taken from: Older People: Prosecuting Crimes against I The Crown Prosecution Service (cps.gov.uk)
- 5 Violence against Women, Domestic Abuse and Sexual Violence (Wales) Act 2015 (legislation.gov.uk)
- 6 Age UK. (April, 2018) "Later Life in the United Kingdom" https://www.ageuk.org.uk/globalassets/age-uk/documents/reports-and-publications/older_life_uk_factsheet.pdf
- 7 Ning Xia and Huige Li (2018) "Loneliness, Social Isolation, and Cardiovascular Health" *Antioxidants Redox Signal.* 28(9): 837–851
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<https://www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/ageing/articles/livinglonger/olderworkersduringthecovid19pandemic>
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- 10 Older Peoples Commissioner for Wales (2022) Understanding Wales' Ageing Population: Key Statistics.
<https://olderpeople.wales/wp-content/uploads/2023/01/221222-Understanding-Wales-ageing-population-24-November.pdf>
- 11 Andy King, Office of National Statistics (2022) Consumer Price Inflation, UK: September 2022".
[https://www.ons.gov.uk/economy/inflationandpriceindices/bulletins/consumerpriceinflation/september2022#:~:text=The%20Consumer%20Prices%20Index%20\(CPI,of%200.3%25%20in%20September%202021.](https://www.ons.gov.uk/economy/inflationandpriceindices/bulletins/consumerpriceinflation/september2022#:~:text=The%20Consumer%20Prices%20Index%20(CPI,of%200.3%25%20in%20September%202021.)
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<https://foodfoundation.org.uk/press-release/millions-adults-missing-meals-cost-living-crisis-bites>.
- 14 Rachel Bashford, Autumna (2022) ""What's the cost of living impact on seniors?". <https://www.autumna.co.uk/blog/whats-the-cost-of-living-impact-on-seniors/>.
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- 16 Andrew J. Baranaukas and Kevin M. Drakulich, "Media Construction of Crime Revisited: Media Types, Consumer Contexts, And Frames of Crime and Justice," *Criminology*, 2018, doi:10.1111/1745-9125.12189. BARANAUSKAS, A. J. and DRAKULICH, K. M. (2018), MEDIA CONSTRUCTION OF CRIME REVISITED: MEDIA TYPES, CONSUMER CONTEXTS, AND FRAMES OF CRIME AND JUSTICE. *Criminology*. doi:10.1111/1745-9125.12189
- 17 Age UK. "Later Life in the United Kingdom" (April, 2018) https://www.ageuk.org.uk/globalassets/age-uk/documents/reports-and-publications/older_life_uk_factsheet.pdf
- 18 Mark Lachs, David Burnes, and Karl Pillemer, "Prevalence of and Risk Factors for Elder Abuse and Neglect in the Community: A Population-Based Study," *Journal of the American Geriatrics Society* 63, no. 9 (August 27, 2015)
- 19 P. Morrall et al., "Crime and Health: A Preliminary Study into the Effects of Crime on the Mental Health of UK University Students," *Journal of Psychiatric and Mental Health Nursing* 17, no. 9 (2010)
- 20 Mark Moore, Robert Trojanowicz, Policing, and the Fear of Crime. (1988).
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Hourglass

Safer ageing · Stopping abuse
Heneiddio'n ddiogel · Rhoi'r gorau i gam-drin
Cymru

You can contact us in many ways:

24/7 Helpline: 0808 808 8141

Our helpline is entirely confidential and free to call from a landline or mobile, and the number will not appear on your phone bill.

Text message: 07860 052906

Texts from outside the UK will be charged at their standard international rate which will differ depending on location and service charges of your phone provider. The number will appear on your bill and in your phone records but will not be identified as Hourglass.

INSTANT MESSAGING service: www.wearehourglass.org

Get information from our CHATBOT - www.wearehourglass.org

Get information from our KNOWLEDGE BANK - knowledgebank.wearehourglass.org

Email: helpline@wearehourglass.org

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