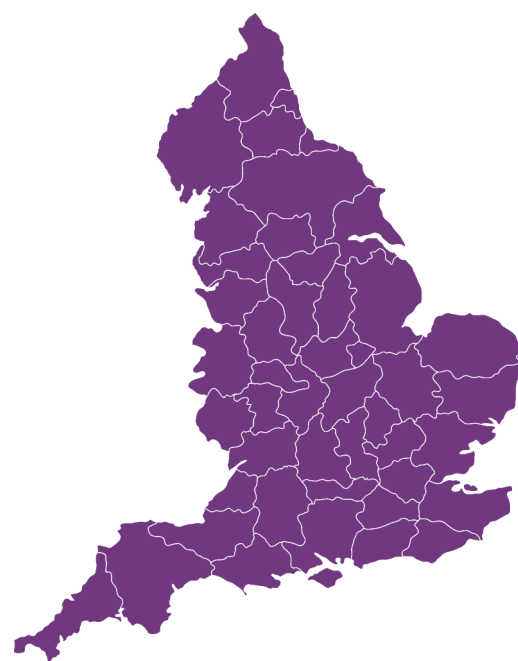




 SAFER
AGEING
INDEX



ENGLAND



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ABOUT HOURGLASS

The Hourglass mission is simple: to end the harm, abuse and exploitation of older people. Every year, over 2.6 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 almost 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 Advisors (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 England, 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 population.

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 English Index was conceived to illustrate and examine how England 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.

March 2023

A Safer Ageing Society for England: Empowering Our Future

For decades, we've recognised the global trend of ageing populations, with more individuals surpassing 60 than ever before. Yet, we've barely scratched the surface in investing towards ensuring everyone can age healthily and safely.

Introducing the Safer Ageing Index for England—an ignition point for crucial conversations. It's our chance to ingrain safer ageing into our collective consciousness. At Hourglass, we envision older age as a period of hope and opportunity within a secure environment. We advocate for a world where older people are free from abuse, harm, discrimination, exploitation, and neglect.

But to achieve this, we must revolutionise our approach to ageing and take action across all levels to foster a new era of safer ageing. That's why Hourglass has developed the Safer Ageing Index. We aim to save and enhance lives, ensuring every chapter of life is as significant as the first.

This Index aims to unite stakeholders to enhance the prospects of current and future generations of older people in England. By learning from past experiences and incorporating this Index as a regular performance benchmark, we can share successes and best practices across communities, constituencies, towns, and cities.

Globally, we're witnessing an unprecedented increase in life expectancy, with most individuals now expecting to live into their 60s and beyond. This surge underscores the importance of prioritising health and safety in older age within an English context.

A longer life presents opportunities to redefine what 'older age' entails and how our lives may unfold. However, the realisation of these opportunities hinges heavily on health and safety – as well as the trust and understanding of those supporting and caring for older people.

Hourglass believes that cultivating a safer ageing society will unlock these opportunities in later life, enabling older individuals to make greater contributions to society economically and socially within a secure context.

Safer ageing transcends individual well-being; it influences health, social care, employment, financial

markets, and the demand for goods and services. Thus, this report addresses the entire community and policy influencers, as safer ageing is integral to economic and physical well-being.

Regarding Hourglass's core focus, addressing abuse and neglect aligns with our future goals. Understanding how these issues impede extended life opportunities is crucial, requiring government intervention and collaboration with various entities, including charities, public bodies, and the private sector. By prioritising older age in policy design and implementation, we can strive for equality.

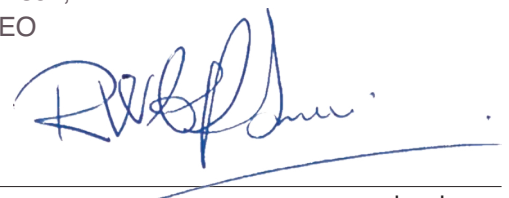
Equality entails understanding the unique service needs of older people during crises, ensuring they're not relegated to the bottom of the government's priority list. This is why Hourglass has consistently called for a safer ageing agenda to be included in political party manifestos and in all forward planning across the four nations we support.

Does the data suggest rampant mistreatment of older people in England? No. It emphasises that with concerted action and shared goals, older individuals can age safely and continue contributing to society. This can be achieved through support and focused policy-making, making it a collective objective for all.

The pandemic highlighted society's awareness of ageism, stereotypes, prejudices, and discrimination, particularly in how older individuals were treated. Ageism often leads to unequal access to care and increased social isolation, highlighting the need for better healthcare services for older people across England.

In conclusion, the Safer Ageing Index for England serves as a catalyst for change, aiming to empower older individuals to age safely and thrive in their later years, thus fostering a more equitable and inclusive society. But now is the time to listen.

Richard Robinson,
Hourglass CEO



ENGLAND SAFER AGEING INDEX: SUMMARY OF KEY FINDINGS

The England Safer Ageing Index illustrates a number of key findings, from a mixture of positive and negative health related issues, to a trend in older population growth across England.

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

There is regional variation in health indicators among the older population. The West Midlands has high rates of limiting long-term illnesses and dementia, while the South East and East of England tend to have lower percentages of older people with these health issues.

The North East and North West regions have higher percentages of obese older people. The South West and South East regions show the lowest percentages in this category.

The North East consistently ranks high in most categories, including the percentage of those needing help with self-care activities, those with limiting long-term illnesses, those predicted to have depression, and those

predicted to have dementia. This indicates a relatively higher healthcare demand in this region compared to others.

South East England consistently has lower percentages across various health categories, including obesity, limiting long-term illnesses, depression, and the need for help with self-care activities.

The North East has the highest percentage (14.59%) of the 65 and over population predicted to have dementia. The South East has the lowest percentage (9.31%) in this category, indicating a relatively lower predicted dementia prevalence.

Dorset is the area with the highest predicted proportion of over 65s in 2023, with 30.69%.

Manchester is the area with the lowest predicted proportion of over 65s in 2023, with 9.65%.

THE ABUSE OF OLDER PEOPLE IN ENGLAND

Hourglass's own commissioned research indicates that 85% of the adult public polled agree that the abuse of older people is a problem in the UK today. However, there is also a considerable spread of opinion among the public about what constitutes abuse of older people.

The public seem more likely to associate issues to do with material, economic and legal issues as abuse: for example, family members trying to change the wills of older relatives (73.7%), taking money from an older person's bank account without asking (74.6%), using power of attorney over an older person for financial gain (70.6%), or 'scamming' an older person out of money either online or over the phone (72.7%).

The public are also likely to see physical harm as abuse in comparison to other forms of abuse and neglect: pushing, hitting or beating an older person or domestic abuse directed towards an older person (70.4)%. Only around 2 in 3 people (65.5%) of adults surveyed in the UK believe that inappropriate or unwanted sexual comments or acts directed towards an older person constitute abuse. Only around 2 in 3 people surveyed (66.6%) agree that gaining entry to an older person's home by acting as a bogus tradesperson constitutes abuse. The public are also less likely to associate emotional and social issues including neglect of needs with abuse: for example only just over half of those surveyed feel that 'not attending to an older person's needs in a timely fashion' (56.2%) or 'preventing an older person from seeing their grandchildren' (58.4%) is abuse, and only just over 1 in 3 (35.8%) see not visiting an older person in their home or a care setting as abuse.²

Worryingly, over half of respondents are concerned about experiencing abuse themselves in their old age (51.8%), and even more troubling is the number of respondents who have either been abused themselves or have known a relative or someone else who has been abused as an older person. 6.8% of respondents noted

that they themselves had been abused as an older person. If we extrapolate this out into the number of over 65 in the UK (11,989,3222) it would suggest a number of 791,295 older victims of abuse. Considering age and the fact that people could tick more than one option – 22% of respondents either have personal experience of abuse as an older person (65+) or know someone else who has been abused. This would mean that across the UK, at least 2,675,000 people over the age of 65 have been abused as older people. The updated Growing Old Under Lockdown in the UK survey found that this figure remains almost exactly the same-standing at 21.6%. This suggests that while we were aware that due to the hidden nature of the subject matter and the various factors that preclude victim-survivors of abuse from speaking out or reporting their abuse-the true levels of abuse may be even higher than we imagined.

Intersectionality

The risks of abuse and neglect can be exacerbated for older people from minority population groups as their minority experiences are compounded with the particular challenges of ageing. Theories of intersectionality are key to addressing the abuse of older people from minority population groups, and age adds an additional factor to this intersection of identities. The intersectionality can be both structural i.e. where the person's experience of abuse or violence is affected by different individual experiences and cultural understandings, or political, whereby a person can be 'caught' between different agendas with different goals e.g. feminism and anti-racism.³

For older people from ethnic minority backgrounds, life experiences of discrimination and aggression can lead to negative impacts on physical and mental health.⁴ This can lead to them internalising the abuse and not seeking help – when older people are already less likely to self-refer to services for help anyway (only 6% of referrals for domestic violence services are self-referrals for those over 60, compared to 14% for those under 60).⁵

People from ethnic minority backgrounds are more likely to experience poverty and homelessness, and to face challenges accessing services.⁶ Rates of abuse among people from minority backgrounds are higher than those for white populations, and minoritised victims tend to experience domestic abuse for 1.5 times longer than white victims before seeking help.⁷ Studies have found that people from minority backgrounds are not always interviewed by appropriate people, and may need interpreters, and that these are systemic gaps in UK healthcare provision. These gaps will also apply to older people experiencing abuse.⁸

There are also specific barriers to seeking help for domestic violence LGBT victims. LGBT victims can encounter both stigma and lack of understanding of the problem of LGBT domestic violence.⁹ A qualitative research study with older LGBT people in the UK found that as with people from ethnic minority backgrounds, the intersectionality of identities contributes to different conceptualisations of abuse, as well as different experiences with both police and healthcare providers. These included social isolation due to stigma, internalisation of discrimination, and the intersection of discrimination from multiple minority identities (ie LGBT and age).¹⁰ At the same time, another recent UK study found significant gaps in knowledge and understanding about older LGBT people's experiences of abuse, to do with intersectionality of identities and 'polyvictimisation' and suggested a research agenda to fill these gaps.¹¹

The abuse of older male victims is also hugely under recognised, underreported, under theorised, and under detected. Older men in particular have typically been excluded from data and studies on victim-survivors of domestic abuse. Male victim-survivors seem less likely to receive social support from informal networks than women and are mainly focused on their partners or spouses.¹² While older men do not report abuse for many of the same reasons as older women, there are also male specific factors - namely the social construction of manhood, and notions of cultural stoicism/internalised sexism which say to men they must be masculine and not show fear. This is doubly relevant

when considering older male victim-survivors who were raised within specific cultural and societal milieus which promoted a traditionalised construction of manhood.

Stereotypes about power, gender, and the victim/perpetrator dynamic may also stop male victims from seeking help. Men report that the most significant barrier to help-seeking is the fear of not being taken seriously, or not being believed.¹³

The passing of the landmark Domestic Abuse Act in 2021 has led to the institution of a wide swath of policy measures, as well as support to services and victim's being seen as a significant part of the political and legislative agenda in the last few years. However, while criminal justice and victim support measures are positive, political focus on health and social care is still lacking, and these sectors are struggling to respond effectively to care and support needs for older people. Key movements in England in this area include:

- The publishing of an updated VAWG strategy and a complementary Tackling Domestic Abuse Plan
- Creation of a Statutory Definition of Domestic Abuse
- Establishment of a Domestic Abuse Commissioner
- Consultation on Domestic Violence Disclosure Scheme
- Consultation on Mental Health and Wellbeing Plan
- Consultation on Controlling or Coercive Behaviour
- Draft Victims and Prisoners Bill
- Consultation on Delivering Justice for Victims

- Review of the Legal Aid Means Test and how it relates to victim-survivors of domestic abuse
- Updating of the VAWG commissioning toolkit, the VAWG national statement of expectations, and updating of a governmental policy paper on supporting Male Victims
- Governmental policy paper on tackling perpetrators of domestic abuse
- Consultation on the impacts of joint tenancies on victims of domestic abuse, and consultation on the requirement for social housing for victims of domestic abuse
- Institution of court based special measures for victim-survivors
- Duty placed on local authorities to provide accommodation-based support
- Proposed Carers Leave Bill
- Calls for Older People's Commissioner in the House of Lords

KEY LEGISLATION AND GUIDELINES RELATED TO SAFER AGEING IN ENGLAND

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 1983¹⁴ (section 127 relevant to abuse or neglect of mental health hospital patients).

The Crown Prosecution Service, (CPS) (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 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 victim.¹⁵

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, the NHS, Local Authorities, and the Health and Safety Executive.

ENGLAND SAFER AGEING INDEX

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.

The England Safer Ageing Index was conceived to illustrate and examine how England 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 yearly.

- 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 statistics from the Projecting Older People Population Information Database (POPPI), as well as data from the 2021 census, and Freedom of Information requests, the England Safer Ageing Index seeks to provide a data sheet for the counties and unitary authorities of England focused around 3 main categories, related to

- Population
- Health
- 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 England.

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

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.

In this Safer Ageing Index, we focus on the nine official regions of England, the counties and unitary authorities within them.

Efforts have been made to ensure that the England 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 England.

As with the current national and regional level Safer Ageing Indexes, data collection and availability issues were unfortunately also apparent, recent key 2021 census data has in some cases been age standardised,

and key differences between age brackets are unfortunately not accessible at this moment in time.

As such, the vast majority of the data in this safer ageing index is from the Projecting Older People Population Information database, run by Oxford Brookes University and the Institute of Public Care – it provides projections related to the needs and characteristics of over 65s in England broken down into national, regional, and council level.

While ONS 2021 census data has also been used in some respect, unfortunately its use from an age perspective is currently limited because of age standardised data. The ONS plans to release age focused reports in the current year, but no specified dates have been posted.

Freedom of information requests were also sent out to all police forces across England, 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.”

Unfortunately, we did not receive a broad spectrum of data from English police forces regarding crimes against older people, the main issue was a lack of standardised

data collecting processes across forces regarding age of victims, and the confines of the limits regarding cost and times within the Freedom of Information Act 2001.

While less apparent than in Wales and 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 cohorts.'¹⁶ On data on violence and abuse, the report identified a global scarcity and highlighted that where countries are supported in measuring gender-based violence,¹⁷ no such guidelines exist for violence and abuse in later life.

ENGLAND POPULATION DATA

The ageing population in England presents a compelling policy challenge that requires a multifaceted and forward-thinking approach. As the proportion of older individuals, particularly those aged 65 and older, continues to rise, it is imperative for policymakers and politicians to develop policies and strategies that address the unique needs and opportunities associated with this demographic shift.

Demographic Transformation

The United Kingdom, like many developed nations, is experiencing a significant demographic transformation characterized by an ageing population. This transformation is a result of various interrelated factors, including increased life expectancy, declining birth rates, and changing societal dynamics. As a consequence, England is witnessing a shift in its population structure, with a larger percentage of older adults than ever before. This transformation is likely to continue over the coming decades, making it an enduring and pervasive policy challenge.

Healthcare and Social Care

One of the foremost policy concerns related to the ageing population is the demand for healthcare and social care services. Older individuals typically require more healthcare resources and long-term care as they face an increased risk of chronic illnesses and disabilities. Policymakers must address issues of access, quality, and affordability of healthcare services while also developing strategies for providing adequate social care for those in need. This is a complex and pressing challenge as it involves funding, workforce planning, and a reimagining of the healthcare and social care systems.

Housing and Infrastructure

The housing and infrastructure sectors must also adapt to the needs of an ageing population. This includes creating age-friendly housing options, improving public transportation for older individuals, and making urban

spaces more accessible. Policy initiatives in this domain are crucial to promoting the well-being and independence of older adults and fostering age-inclusive communities.

Economic and Social Inclusion

An effective ageing population policy should address the economic and social inclusion of older individuals. This involves combating ageism, promoting lifelong learning and skill development, and encouraging employment opportunities for older workers. Supporting older adults in leading active and engaged lives can be economically and socially beneficial.

Intergenerational Relations

The policies regarding the ageing population should also consider intergenerational relations and the potential for collaboration and shared responsibilities between different age groups. Encouraging interactions and understanding between generations can lead to stronger social cohesion and more sustainable support systems.

ENGLAND HEALTH DATA

As with younger victims and victim-survivors of violence and abuse, older people are at risk of suffering from a multitude of health-related harms. Experiencing abuse, especially violent abuse – leaves older people at risk of suffering physical harm and injuries, from broken bones to sexual diseases, punctured organs, or even death.¹⁸ The experience of one form of crime or abuse alone could also lead to a consequential effect. It may leave an older victim disproportionately at risk of “polyvictimization” – that is multiple abuses or crimes occurring to the same victim.¹⁹

Violence and abuse against older people can also cause dramatic psychological and mental health harms, with depression, anxiety, and post-traumatic stress disorders being the most common. Some scholars have suggested that different forms of abuse have differing impacts on victim-survivors mental/psychological health, with Fisher and Regan noting that older women suffering from psychological abuse or from multiple types of abuse were more likely to experience depression or anxiety.²⁰

There is also evidence that those older victim-survivors of abuse will potentially die earlier than older adults with no experience of abuse or victimisation.²¹ Older victims may also be less able to recover psychologically or physically than victims younger than them, and as such may be in greater need of welfare or medical assistance, putting greater strain on underfunded local services, the taxpayer or HCS agencies.²²

Sexual violence in particular can have a dramatic effect on the mental and physical health of older women. As a number of scholars have noted, the physical consequences of sexual violence in later life can include genital trauma, gastrointestinal, and musculoskeletal problems,²³ as well as pelvic problems, broken bones, and dislocated joints.²⁴ Mental health issues can also occur, evidenced by reports of anxiety and depression.²⁵ Jeary noted that other long term and life changing effects

could result, with older victims feeling unable to continue living in their homes, suffering insomnia, incontinence, and nightmares.²⁶

The abuse of older people in England can lead to increased healthcare utilisation and costs. Victims of abuse may require medical attention for physical injuries, psychological support for mental health issues, and ongoing care for chronic conditions resulting from abuse. This increased demand for healthcare services places a burden on the NHS and wider healthcare system and highlights the importance of addressing the abuse of older people proactively.

Abuse can also exacerbate pre-existing health conditions in older individuals. For instance, physical abuse may worsen chronic pain or accelerate the progression of cardiovascular diseases. Psychological abuse can worsen symptoms of depression or anxiety, leading to a deterioration in mental health. It is essential for healthcare providers to consider the possibility of abuse when treating older patients with existing health conditions.

In this England Safer Ageing Index, we look at the data behind a number of over 65 related England based health effects,

- People aged 65 and over who need help with at least one self-care activity.
- People aged 65 and over with a limiting long-term illness whose day to day activities are limited a lot.
- People aged 65 and over who are obese or morbidly obese (BME of 30 or more).
- People aged 65 and over predicted to have dementia.

In 2023 in all of England, it is predicted that over 65s need help with at least one self-care activity. Self-care in this sense are activities relating to personal care and mobility about the home that are basic to daily living:

- Having a bath or shower
- Using the toilet
- Getting up and down stairs
- Getting around indoors
- Dressing or undressing
- Getting in and out of bed
- Washing face and hands
- Eating, including cutting up food
- Taking medicine

ENGLAND ISOLATION AND MENTAL HEALTH DATA

The risk of loneliness in older age is a continual concern, and social isolation and loneliness have 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 dementia²⁷.

Diminished immune system functioning, anxiety, and increased risk of Alzheimer's disease can also stem from loneliness in older age. 24% of people aged 50 and over and living in England feel lonely some of the time, while 7% (around 1.4 million people) feel lonely often, and 9% of older people report that they feel cut off from society.²⁸

While other factors may help contribute to an increased feeling of loneliness, abuse and the fear of abuse can be a key risk factor. A key personal result of abuse may potentially be the dislocation, disengagement, and social isolation of elderly victims from their friends, families, and communities.

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 dark.²⁹

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 England and across the whole of the UK.

As well as loneliness, depression can also be both a risk factor and an effect of abuse and violence committed against older adults. Depressed older adults may be more likely to be dependent on a perpetrator figure, or seem more vulnerable to abusers.³⁰

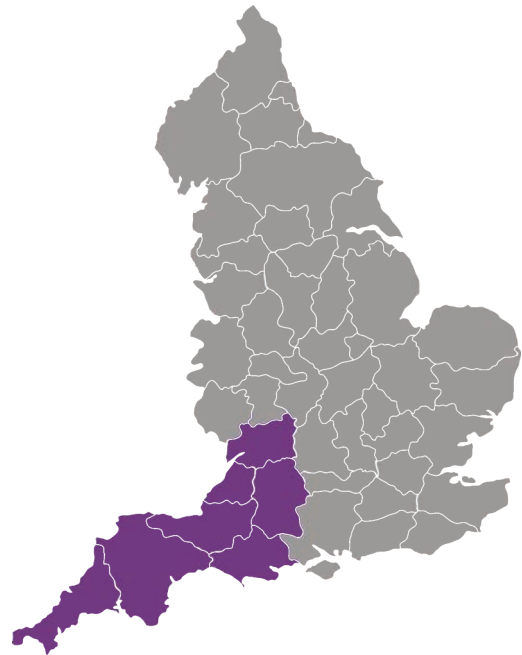
While some studies suggest that older adults who have

already suffered abuse had 2.5 odds of suffering from depression compared with those who had not suffered abuse.³¹

The England Safer Ageing Index will look at projected over 65s data concerning levels of depression. In 2023, in all of England, it's predicted that 845,660 (9.79%) over 65s suffer from depression.

SOUTH WEST ENGLAND

SAFER AGEING INDEX



An index to assess factors affecting safer ageing in South West England.

Geographically, the majority of the South West region of England is located on the South West Peninsula between the English Channel and the Bristol Channel. It includes the ceremonial counties of:

- Cornwall
- Devon
- Dorset
- Gloucestershire
- Somerset
- Wiltshire

And the following unitary authorities:

- Bath and North East Somerset
- Bristol, City of
- Bournemouth, Christchurch and Poole
- Isles of Scilly
- North Somerset
- Plymouth
- South Gloucestershire
- Swindon
- Torbay

SOUTH WEST ENGLAND DATA

POPULATION DATA

We can see from the indices measuring population data of South West England, that the counties and unitary authorities in South West England with the highest predicted number of older people aged 65 and over are Devon (220,100), Cornwall (153,800), and Somerset (151,800). The counties and unitary authorities with the lowest predicted number of older people are the Isles of Scilly (400), Bath and North East Somerset (38,700), and Torbay (39,000).

Looking at the regions and unitary authorities in South West England ranked in order of the proportion of people aged 65 and over in 2023, the individual areas with the highest predicted proportion were Dorset (30.69%), Torbay (27.86%), and Devon (26.41%).

The individual areas with the lowest predicted proportion in 2023 were the City of Bristol (12.9%), Swindon (17.23%), and South Gloucestershire (18.92%).

SELF-CARE DATA

Looking at the health data for counties and unitary authorities in South West England, the overall number of over 65s needing help with at least one self-care activity in 2023 were 386,050 (28.85%). The individual areas with the highest predicted number of over 65s needing help with at least one self-care activity in 2023 were Devon (63,266), Somerset (43,636), and Cornwall (43,607).

The counties and unitary authorities with the lowest predicted number of over 65s needing help with at least one self-care activity in 2023, were the Isle of Scilly (140), Swindon (11,058), and Torbay (11,188).

Looking at the regions and unitary authorities ranked in order of the percentage of people aged 65 and over who need help with at least one self-care activity in 2023, the

individual areas with the highest predicted percentage were the Isle of Scilly (35%), South Gloucestershire (28.89%), and City of Bristol (28.87%).

The individual areas with the lowest predicted percentage in 2023 were Swindon (27.70%), Wiltshire (28.13%), and Somerset (28.19%).

LONG TERM ILLNESS DATA

As to the levels of limiting long term illnesses that affect day to day activities a lot, affecting over 65s in South West England, it's predicted that 284,183 over 65s in 2023 suffer from this (21.23%).

The counties and unitary authorities with the highest predicted number of those over 65 suffering from limiting long term illness are Devon (43,182), Cornwall (35,440), and Somerset (30,525).

The counties and unitary authorities with the lowest predicted number of those over 65 suffering from limiting long term illness are the Isles of Scilly (88), Bath and North East Somerset (7,925), and Torbay (9,149).

Looking at the regions and unitary authorities ranked in order of the percentage of people aged 65 and over suffering from limiting long term illnesses in 2023, the individual areas with the highest predicted percentage were Cornwall (22.92%), Somerset (20.59%), and the Isle of Scilly (20%).

The individual areas with the lowest predicted percentage in 2023 were Bath and North East Somerset (19.20%), Torbay (19.27%), and Plymouth (19.31%).

OBESITY DATA

Looking at the projected levels of obesity and morbid obesity in South West England among over 65s in 2023, it is projected that 404,489 (29.30%) over 65s are either obese or morbidly obese. The counties and unitary authorities with the highest predicted number of those over 65 being obese or morbidly obese are Devon (66,328), Cornwall (46,422), and Somerset (45,778).

The counties and unitary authorities with the lowest predicted number of those over 65 being obese or morbidly obese are the Isles of Scilly (185), Bath and North East Somerset (11,579), and Torbay (11,720).

Looking at the regions and unitary authorities ranked in order of the percentage of people aged 65 and either obese or morbidly obese in 2023, the individual areas with the highest predicted percentage were the Isles of Scilly (46.25%), Devon (42.08%), and Cornwall (42.01%).

The individual areas with the lowest predicted percentage in 2023 were Bath and North East Somerset (29.17%), Torbay (29.27%), and Swindon (29.2%).

DEMENTIA DATA

Looking at the projected levels of dementia sufferers among over 65s in South West England, it is projected that 97,464 (7.25%) over 65s suffer from dementia in 2023.

The counties and unitary authorities with the highest predicted number of over 65 dementia sufferers in 2023 are Devon (16,023), Somerset (11,057), and Cornwall (10,644).

The counties and unitary authorities with the lowest predicted number of over 65 dementia sufferers in 2023 are Isles of Scilly (21), Swindon (2,711), and Torbay (2,822).

Looking at the regions and unitary authorities ranked in order of the percentage of people aged 65 and predicted to have dementia in 2023, the individual areas with the highest predicted percentage were the Isle of Scilly (17.50%), City of Bristol (16.53%), and Devon (15.63%). The individual areas with the lowest predicted percentage in 2023 were Bath and North East Somerset (12.56%), Wiltshire (13.23%), and Torbay (13.23%).

DEPRESSION DATA

Finally in 2023, in South West England, it's predicted that 115,080 (8.57%) over 65s suffer from depression. The counties and unitary authorities with the highest overall projected numbers of over 65 depression sufferers are Devon (18,879) Cornwall (13,170), and Somerset (13,002).

The counties and unitary authorities with the lowest projected numbers of over 65 depression sufferers are the Isles of Scilly (50), Bath and North East Somerset (3,314), and Torbay (3,324).

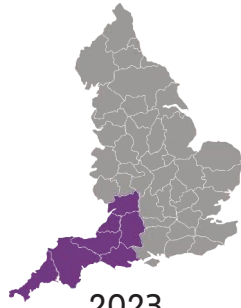
Looking at the regions and unitary authorities ranked in order of the percentage of people aged over 65 and predicted to have depression in 2023, the individual areas with the highest predicted percentage were the Isle of Scilly (12.50%), Bristol, City of (8.61%), and Bournemouth, Christchurch, Poole / Gloucestershire / North Somerset (all 8.59%).

The individual areas with the lowest predicted percentage in 2023 were Swindon (8.51%), Torbay (8.54%), and Cornwall (8.55%)

Population aged 65 and over, projected to 2024



South West



2023
1,341,600
2024
1,367,500

Bath & North East Somerset

2023
38,700
2024
39,100

Bournemouth, Christchurch & Poole

2023
89,900
2024
91,200

City of Bristol

2023
62,000
2024
62,600

Cornwall

2023
153,800
2024
157,000

Devon

2023
220,100
2024
224,700

Dorset

2023
118,200
2024
120,500

Gloucestershire

2023
149,100
2024
152,400

Isles of Scilly

2023
400
2024
400

North Somerset

2023
54,200
2024
55,000

Plymouth

2023
51,500
2024
52,500

Somerset

2023
151,800
2024
155,000

S.Gloucestershire

2023
56,600
2024
57,400

Swindon

2023
39,600
2024
40,600

Torbay

2023
39,000
2024
119,600

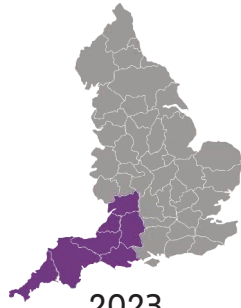
Wiltshire

2023
116,900
2024
119,600

Population % aged 65 and over as a proportion of the total population



South West



2023
23.10%
2024
23.40%

Bath & North East Somerset

2023
19.35%
2024
19.40%

Bournemouth, Christchurch & Poole

2023
22.49%
2024
22.77%

City of Bristol

2023
12.93%
2024
12.98%

Cornwall

2023
25.89%
2024
26.20%

Devon

2023
26.41%
2024
26.73%

Dorset

2023
30.69%
2024
31.16%

Gloucestershire

2023
22.57%
2024
22.90%

Isles of Scilly

2023
21.05%
2024
22.22%

North Somerset

2023
24.47%
2024
24.66%

Plymouth

2023
19.43%
2024
19.77%

Somerset

2023
26.19%
2024
26.58%

S.Gloucestershire

2023
18.92%
2024
18.99%

Swindon

2023
17.23%
2024
17.58%

Torbay

2023
27.86%
2024
28.20%

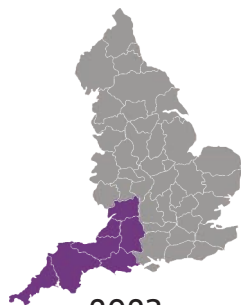
Wiltshire

2023
22.58%
2024
22.99%

Population aged 65 and over living in a care home with or without nursing



South West



2023
44,113
2024
45,172

Bath & North East Somerset

2023
1,254
2024
1,275

Bournemouth, Christchurch & Poole

2023
3,278
2024
3,321

City of Bristol

2023
1,890
2024
1,915

Cornwall

2023
4,811
2024
4,933

Devon

2023
7,420
2024
7,597

Dorset

2023
3,254
2024
3,336

Gloucestershire

2023
4,122
2024
4,246

Isles of Scilly

2023
0
2024
0

North Somerset

2023
2,472
2024
2,533

Plymouth

2023
1,823
2024
1,870

Somerset

2023
5,360
2024
5,506

S. Gloucestershire

2023
1,815
2024
1,857

Swindon

2023
1,037
2024
1,061

Torbay

2023
1,682
2024
1,736

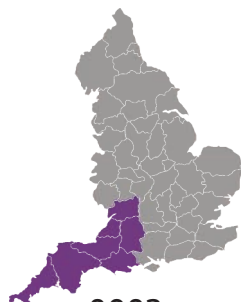
Wiltshire

2023
3,850
2024
3,955

Population aged 65 and over providing unpaid care



South West



2023
195,353
2024
198,991

Bath & North East Somerset

2023
5,401
2024
5,455

Bournemouth, Christchurch & Poole

2023
13,095
2024
13,288

City of Bristol

2023
9,470
2024
9,577

Cornwall

2023
22,597
2024
23,051

Devon

2023
31,507
2024
32,155

Dorset

2023
17,273
2024
17,598

Gloucestershire

2023
21,322
2024
21,758

Isles of Scilly

2023
100
2024
100

North Somerset

2023
8,157
2024
8,250

Plymouth

2023
7,926
2024
8,075

Somerset

2023
21,664
2024
22,104

S.Gloucestershire

2023
8,567
2024
8,697

Swindon

2023
5,376
2024
5,511

Torbay

2023
6,152
2024
6,255

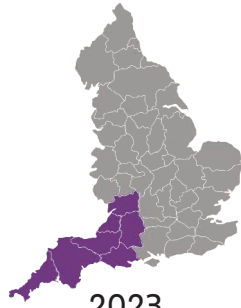
Wiltshire

2023
16,606
2024
16,981

Population aged 65 and over who need help with at least one self-care activity



South West



2023
386,050
2024
394,806

Bath & North East Somerset

2023
11,250
2024
11,461

Bournemouth, Christchurch & Poole

2023
26,271
2024
26,658

City of Bristol

2023
17,875
2024
18,028

Cornwall

2023
43,607
2024
44,711

Devon

2023
63,266
2024
64,788

Dorset

2023
34,200
2024
35,002

Gloucestershire

2023
42,780
2024
43,906

Isles of Scilly

2023
140
2024
140

North Somerset

2023
N/A
2024
N/A

Plymouth

2023
14,743
2024
14,981

Somerset

2023
43,636
2024
44,716

S.Gloucestershire

2023
16,397
2024
16,659

Swindon

2023
11,058
2024
11,431

Torbay

2023
11,188
2024
11,491

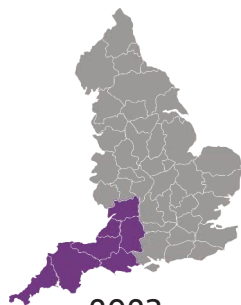
Wiltshire

2023
33,577
2024
34,495

Population aged 65+ with a long term illness limiting day-to-day activities



South West



2023
284,183
2024
290,613

Bath & North East Somerset

2023
7,925
2024
8,039

Bournemouth, Christchurch & Poole

2023
18,619
2024
18,905

City of Bristol

2023
17,171
2024
17,386

Cornwall

2023
35,440
2024
36,305

Devon

2023
43,182
2024
44,224

Dorset

2023
22,305
2024
22,819

Gloucestershire

2023
30,333
2024
31,137

Isles of Scilly

2023
88
2024
88

North Somerset

2023
10,965
2024
11,181

Plymouth

2023
13,957
2024
14,259

Somerset

2023
30,525
2024
31,303

S.Gloucestershire

2023
12,523
2024
12,767

Swindon

2023
9,320
2024
9,554

Torbay

2023
9,149
2024
9,368

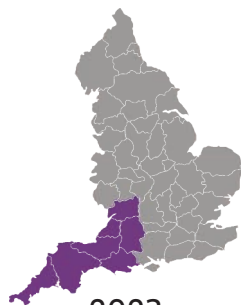
Wiltshire

2023
9,149
2024
9,368

Population aged 65 and over predicted to have depression



South West



2023
115,080
2024
117,330

Bath & North East Somerset

2023
3,314
2024
3,365

Bournemouth, Christchurch & Poole

2023
7,728
2024
7,829

City of Bristol

2023
5,342
2024
5,377

Cornwall

2023
13,170
2024
13,446

Devon

2023
18,879
2024
19,285

Dorset

2023
10,125
2024
10,330

Gloucestershire

2023
12,810
2024
13,090

Isles of Scilly

2023
50
2024
50

North Somerset

2023
4,661
2024
4,722

Plymouth

2023
4,410
2024
4,480

Somerset

2023
13,002
2024
13,278

S.Gloucestershire

2023
4,843
2024
4,907

Swindon

2023
3,367
2024
3,467

Torbay

2023
3,324
2024
3,399

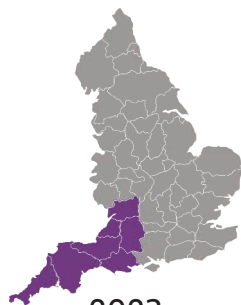
Wiltshire

2023
10,010
2024
10,250

Population aged 65 and over with a BMI of 30 or more



South West



2023
404,489
2024
411,978

Bath & North East Somerset

2023
11,579
2024
11,751

Bournemouth, Christchurch & Poole

2023
27,032
2024
27,381

City of Bristol

2023
18,757
2024
18,867

Cornwall

2023
46,422
2024
47,343

Devon

2023
66,328
2024
67,663

Dorset

2023
35,608
2024
36,271

Gloucestershire

2023
45,021
2024
45,974

Isles of Scilly

2023
185
2024
185

North Somerset

2023
16,295
2024
16,455

Plymouth

2023
15,540
2024
15,778

Somerset

2023
45,778
2024
46,700

S.Gloucestershire

2023
16,969
2024
17,174

Swindon

2023
11,935
2024
12,293

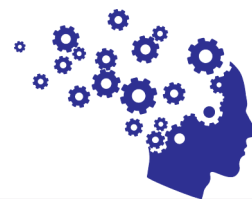
Torbay

2023
11,720
2024
11,947

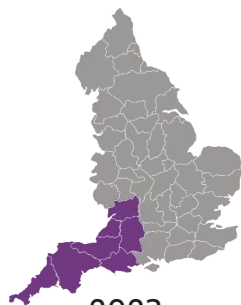
Wiltshire

2023
35,185
2024
35,969

Population aged 65 and over predicted to have dementia



South West



2023
97,464
2024
99,821

Bath & North East Somerset

2023
2,919
2024
2,974

Bournemouth, Christchurch & Poole

2023
6,872
2024
6,964

City of Bristol

2023
4,575
2024
4,619

Cornwall

2023
10,644
2024
10,956

Devon

2023
16,023
2024
16,394

Dorset

2023
8,682
2024
8,897

Gloucestershire

2023
10,619
2024
10,965

Isles of Scilly

2023
21
2024
21

North Somerset

2023
4,034
2024
4,142

Plymouth

2023
3,690
2024
3,747

Somerset

2023
11,057
2024
11,348

S.Gloucestershire

2023
4,167
2024
4,268

Swindon

2023
2,711
2024
2,787

Torbay

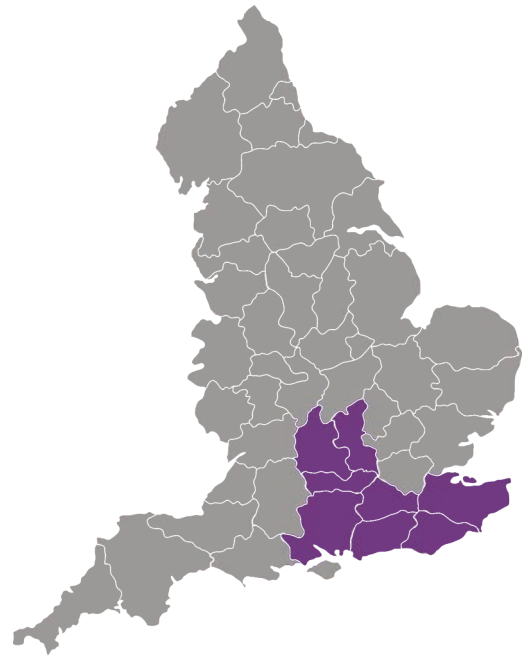
2023
2,822
2024
2,894

Wiltshire

2023
8,495
2024
8,704

SOUTH EAST ENGLAND

SAFER AGEING INDEX



An index to assess factors affecting safer ageing in South East England.

The most populous and the third largest region of England, geographically the South East region of England covers the South East and South Centre of the country. It includes within it the following ceremonial counties:

- Buckinghamshire
- East Sussex
- Hampshire
- Isle of Wight
- Oxfordshire
- Surrey
- West Sussex

And the following unitary authorities:

- Bracknell Forest
- Brighton and Hove
- Medway
- Milton Keynes
- Portsmouth
- Reading
- Slough
- Southampton
- West Berkshire
- Windsor and Maidenhead

SOUTH EAST ENGLAND DATA

POPULATION DATA

We can see from the indices measuring population data of South East England, that the counties and unitary authorities in South East England with the highest predicted number of older people aged 65 and over are Kent (304,500), Hampshire (322,800), and Surrey (239,400). The counties and unitary authorities with the lowest predicted number of older people are Slough (16,660), Bracknell Forest (20,100) and Reading (21,600).

Looking at the regions and unitary authorities in South East England ranked in order of the proportion of people aged 65 and over in 2023, the individual areas with the highest predicted proportion were the Isle of Wight (30.17%), East Sussex (27.17%) and West Sussex (23.91%).

The individual areas with the lowest predicted proportion in 2023 were Slough (19.95%), Reading (13.15%) and Brighton and Hove (13.63%).

SELF-CARE DATA

Looking at the health data for counties and unitary authorities in South East England, the overall number of over 65s needing help with at least one self-care activity in 2023 were 553,454 (28.9%). The individual areas with the highest predicted number of over 65s needing help with at least one self-care activity in 2023 were Kent (97,868), Hampshire (93,872), and Surrey (70,087).

The counties and unitary authorities with the lowest predicted number of over 65s needing help with at least one self-care activity in 2023, were Bracknell Forest (5626), Reading, (6248) and Windsor and Maidenhead (8792).

Looking at the regions and unitary authorities ranked in order of the percentage of people aged 65 and over who need help with at least one self-care activity in 2023, the individual areas with the highest predicted percentage

were Hampshire (34.37%), Bracknell Forest (32.27%), and Portsmouth (32.10%).

The individual areas with the lowest predicted percentage in 2023 were East Sussex (27.35%), Oxfordshire (27.9%), and Brighton and Hove (29.11%).

LONG TERM ILLNESS DATA

As to the levels of limiting long term illnesses that affect day to day activities a lot, affecting over 65s in South East England, it's predicted that 377,032 over 65s in South East England 2023 suffer from this (19.7%).

The counties and unitary authorities with the highest predicted number of those over 65 suffering from limiting long term illness are Kent, (73,058) Hampshire (60,369), and Surrey (41,200).

The counties and unitary authorities with the lowest predicted number of those over 65 suffering from limiting long term illness are Bracknell Forest (4011), Slough, (4518) and Reading (4650).

Looking at the regions and unitary authorities ranked in order of the percentage of people aged 65 and over suffering from limiting long term illnesses in 2023, the individual areas with the highest predicted percentage were Slough (27.97%), Southampton (25.78%), and Portsmouth (25.38%).

The individual areas with the lowest predicted percentage in 2023 were Surrey (17.5%), West Sussex (18.19%), and Buckinghamshire (18.73%).

OBESITY DATA

Looking at the projected levels of obesity and morbid obesity in South East England among over 65s in 2023, it is projected that 576,176 over 65s are either obese or morbidly obese – 30.12%. The counties and unitary authorities with the highest predicted number of those over 65 being obese or morbidly obese are Kent (102,650), Hampshire, (107,92) and Surrey (71,959).

The counties and unitary authorities with the lowest predicted number of those over 65 being obese or morbidly obese are Slough (5028), Bracknell Forest (6092, and Reading (6565).

Looking at the regions and unitary authorities ranked in order of the percentage of people aged 65 and either obese or morbidly obese in 2023, the individual areas with the highest predicted percentage were Slough (30.86%), West Berkshire (30.7%), and Bracknell Forest (30.67%).

The individual areas with the lowest predicted percentage in 2023 were Slough/West Berkshire (both 7.11%), Milton Keynes (7.15%), and the Isle of Wight (7.23%).

DEMENTIA DATA

Looking at the projected levels of dementia sufferers among over 65s in South East England, it is projected that 142,011 (7.42%) over 65s suffer from dementia in the South East England region in 2023. The countries and unitary authorities with the highest predicted number of over 65 dementia sufferers in 2023 are Kent (24,627), Hampshire (24,272), and Surrey (18,577.)

The counties and unitary authorities with the lowest predicted number of over 65 dementia sufferers in 2023 are Slough (1112), Bracknell Forest (1347), and Reading (1561).

Looking at the regions and unitary authorities ranked in order of the percentage of people aged 65 and predicted to have dementia in 2023, the individual areas with the highest predicted percentage were Buckinghamshire

(7.83%), East Sussex (7.80%), and Wokingham /Oxfordshire (both 7.75%).

The individual areas with the lowest predicted percentage in 2023 were Slough/West Berkshire (both 7.11%), Milton Keynes (7.15%), and the Isle of Wight (7.23%).

DEPRESSION DATA

Finally in 2023, in South East England, it's predicted that 164,236 (8.58%) over 65s suffer from depression. The counties and unitary authorities with the highest overall projected numbers of over 65 depression sufferers are Kent (29,222), Hampshire (27,697), and Surrey (20,565).

The counties and unitary authorities with the lowest projected numbers of over 65 depression sufferers are Slough (1,411), Bracknell Forest (1,716), and Reading (1,865).

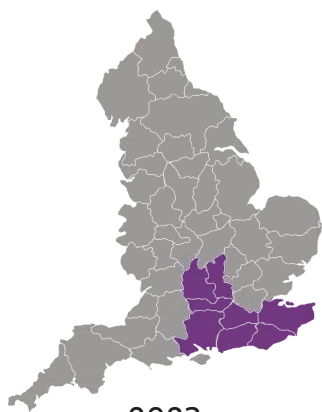
Looking at the regions and unitary authorities ranked in order of the percentage of people aged 65 and predicted to have depression in 2023, the individual areas with the highest predicted percentage were Reading/Milton Keynes (both 8.64%), and Southampton (8.63%).

The individual areas with the lowest predicted percentage in 2023 were Slough (8.50%), Isle of Wight (8.53%), and Bracknell Forest/West Berkshire (both 8.54%).

Population aged 65 and over, projected to 2024



South East



2023
1,912,900
2024
1,948,100

Bracknell Forest

2023
20,100
2024
20,600

Brighton & Hove

2023
40,400
2024
40,800

Buckinghamshire

2023
109,100
2024
111,000

East Sussex

2023
154,600
2024
157,400

Hampshire

2023
322,800
2024
328,900

Isle of Wight

2023
43,900
2024
44,900

Kent

2023
340,500
2024
346,700

Medway

2023
46,900
2024
47,700

Milton Keynes

2023
42,500
2024
43,700

Oxfordshire

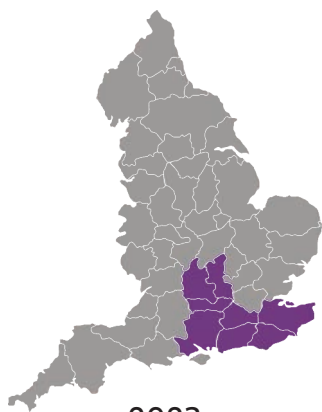
2023
138,100
2024
141,000

Portsmouth 2023 32,200 2024 32,800	Reading 2023 21,600 2024 22,200	Slough 2023 16,600 2024 17,000
Southampton 2023 35,600 2024 36,100	Surrey 2023 239,400 2024 242,700	West Berkshire 2023 33,200 2024 33,900
West Sussex 2023 212,700 2024 216,900	Windsor & Maidenhead 2023 30,000 2024 30,400	Wokingham 2023 32,700 2024 33,300

Population % aged 65 and over as a proportion of the total population



South East



2023
20.42%
2024
20.71%

Bracknell Forest

2023
16.05%
2024
16.39%

Brighton & Hove

2023
13.63%
2024
13.74%

Buckinghamshire

2023
19.70%
2024
19.96%

East Sussex

2023
27.17%
2024
27.54%

Hampshire

2023
22.95%
2024
23.30%

Isle of Wight

2023
30.17%
2024
30.71%

Kent

2023
20.84%
2024
21.06%

Medway

2023
16.67%
2024
16.91%

Milton Keynes

2023
15.48%
2024
15.87%

Oxfordshire

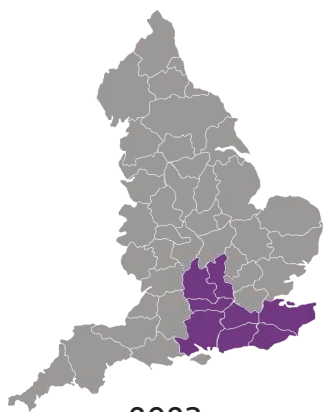
2023
19.56%
2024
19.88%

Portsmouth 2023 14.76% 2024 15.00%	Reading 2023 13.15% 2024 13.51%	Slough 2023 10.95% 2024 11.20%
Southampton 2023 13.81% 2024 13.97%	Surrey 2023 19.87% 2024 20.11%	West Berkshire 2023 20.95% 2024 21.39%
West Sussex 2023 23.91% 2024 24.23%	Windsor & Maidenhead 2023 19.67% 2024 19.90%	Wokingham 2023 18.44% 2024 18.65%

Population aged 65 and over living in a care home with or without nursing



South East



2023
67,720
2024
69,373

Bracknell Forest

2023
464
2024
471

Brighton & Hove

2023
1,434
2024
1,458

Buckinghamshire

2023
3,432
2024
3,511

East Sussex

2023
6,479
2024
6,630

Hampshire

2023
11,695
2024
12,011

Isle of Wight

2023
1,861
2024
1,906

Kent

2023
11,869
2024
12,172

Medway

2023
1,213
2024
1,241

Milton Keynes

2023
1,475
2024
1,534

Oxfordshire

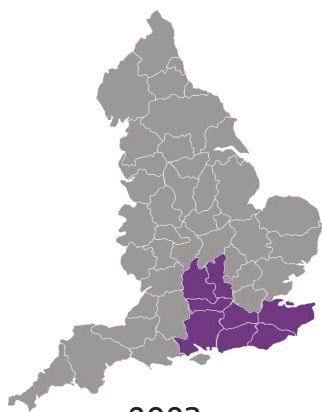
2023
4,327
2024
4,464

Portsmouth 2023 847 2024 867	Reading 2023 662 2024 684	Slough 2023 364 2024 378
Southampton 2023 917 2024 936	Surrey 2023 9,317 2024 9,495	West Berkshire 2023 625 2024 652
West Sussex 2023 8,354 2024 8,526	Windsor & Maidenhead 2023 1,290 2024 1,331	Wokingham 2023 1,109 2024 1,129

Population aged 65 and over providing unpaid care



South East



2023
260,947
2024
265,579

Bracknell Forest

2023
2,657
2024
2,725

Brighton & Hove

2023
5,336
2024
5,396

Buckinghamshire

2023
15,069
2024
15,313

East Sussex

2023
21,699
2024
22,079

Hampshire

2023
44,002
2024
44,793

Isle of Wight

2023
6,133
2024
6,271

Kent

2023
46,581
2024
47,396

Medway

2023
6,026
2024
6,126

Milton Keynes

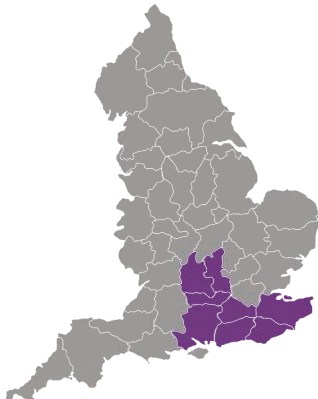
2023
6,033
2024
6,179

Oxfordshire

2023
19,342
2024
19,726

Portsmouth 2023 4,207 2024 4,305	Reading 2023 2,904 2024 2,984	Slough 2023 2,026 2024 2,073
Southampton 2023 4,646 2024 4,723	Surrey 2023 32,496 2024 32,933	West Berkshire 2023 4,396 2024 4,508
West Sussex 2023 29,147 2024 29,706	Windsor & Maidenhead 2023 4,035 2024 4,078	Wokingham 2023 4,383 2024 4,451

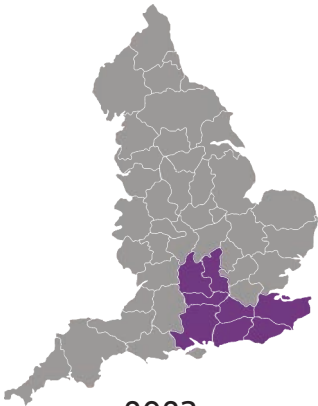
Population aged 65 and over who need help with at least one self-care activity

South East  2023 553,454 2024 565,450	Bracknell Forest 2023 5,626 2024 5,721	Brighton & Hove 2023 11,591 2024 11,790
	Buckinghamshire 2023 31,891 2024 32,522	East Sussex 2023 45,057 2024 46,035
Hampshire 2023 93,872 2024 96,047	Isle of Wight 2023 12,512 2024 12,840	Kent 2023 97,868 2024 99,987
Medway 2023 13,242 2024 13,440	Milton Keynes 2023 11,915 2024 12,231	Oxfordshire 2023 40,106 2024 41,079

Portsmouth 2023 9,210 2024 9,401	Reading 2023 6,248 2024 6,364	Slough 2023 4,542 2024 4,663
Southampton 2023 10,164 2024 10,289	Surrey 2023 70,087 2024 71,329	West Berkshire 2023 9,421 2024 9,695
West Sussex 2023 61,939 2024 63,308	Windsor & Maidenhead 2023 8,792 2024 8,988	Wokingham 2023 9,489 2024 9,739

Population aged 65+ with a long term illness limiting day-to-day activities

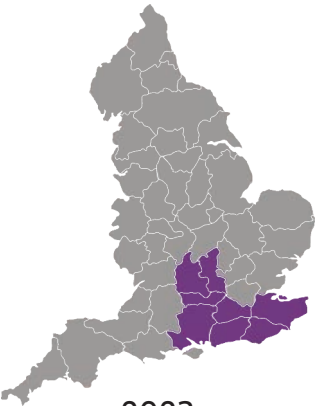


South East  2023 377,032 2024 385,372	Bracknell Forest 2023 4,011 2024 4,106	Brighton & Hove 2023 9,363 2024 9,499
	Buckinghamshire 2023 20,046 2024 20,453	East Sussex 2023 30,196 2024 30,853
Hampshire 2023 60,369 2024 61,804	Isle of Wight 2023 9,066 2024 9,289	Kent 2023 73,058 2024 74,673
Medway 2023 11,154 2024 11,386	Milton Keynes 2023 10,130 2024 10,461	Oxfordshire 2023 26,764 2024 27,472

Portsmouth 2023 8,049 2024 8,232	Reading 2023 4,650 2024 4,794	Slough 2023 4,518 2024 4,639
Southampton 2023 8,983 2024 9,150	Surrey 2023 41,200 2024 41,935	West Berkshire 2023 5,989 2024 6,199
West Sussex 2023 38,563 2024 39,389	Windsor & Maidenhead 2023 5,515 2024 5,646	Wokingham 2023 5,630 2024 5,726

Population aged 65 and over predicted to have depression

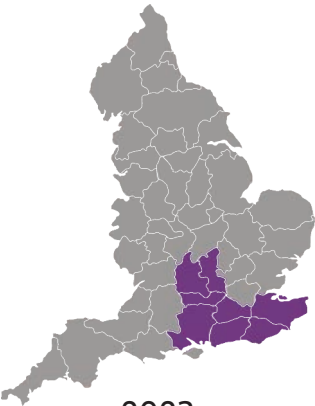


South East  2023 164,236 2024 167,368	Bracknell Forest 2023 1,716 2024 1,749	Brighton & Hove 2023 3,455 2024 3,506
	Buckinghamshire 2023 9,396 2024 9,557	East Sussex 2023 13,302 2024 13,559
Hampshire 2023 27,697 2024 28,257	Isle of Wight 2023 3,742 2024 3,830	Kent 2023 29,222 2024 29,769
Medway 2023 4,036 2024 4,088	Milton Keynes 2023 3,672 2024 3,761	Oxfordshire 2023 11,842 2024 12,088

Portsmouth 2023 2,766 2024 2,830	Reading 2023 1,865 2024 1,902	Slough 2023 1,411 2024 1,448
Southampton 2023 3,069 2024 3,106	Surrey 2023 20,565 2024 20,869	West Berkshire 2023 2,838 2024 2,906
West Sussex 2023 18,308 2024 18,683	Windsor & Maidenhead 2023 2,567 2024 2,608	Wokingham 2023 2,805 2024 2,860

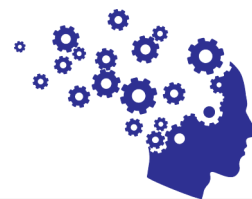
Population aged 65 and over with a BMI of 30 or more



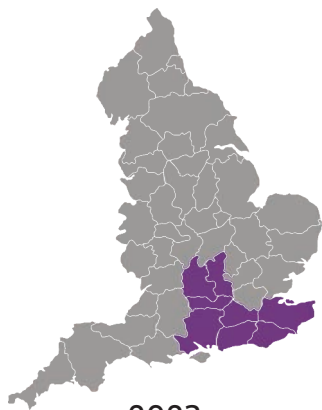
South East  2023 576,176 2024 586,436	Bracknell Forest 2023 6,092 2024 6,213	Brighton & Hove 2023 12,201 2024 12,374
	Buckinghamshire 2023 32,835 2024 33,321	East Sussex 2023 46,471 2024 47,305
Hampshire 2023 97,122 2024 98,929	Isle of Wight 2023 13,208 2024 13,501	Kent 2023 102,650 2024 104,469
Medway 2023 14,253 2024 14,422	Milton Keynes 2023 12,968 2024 13,262	Oxfordshire 2023 41,614 2024 42,423

Portsmouth 2023 9,723 2024 9,932	Reading 2023 6,585 2024 6,705	Slough 2023 5,028 2024 5,148
Southampton 2023 10,795 2024 10,944	Surrey 2023 71,959 2024 72,927	West Berkshire 2023 9,998 2024 10,227
West Sussex 2023 63,969 2024 65,191	Windsor & Maidenhead 2023 8,986 2024 9,122	Wokingham 2023 9,842 2024 10,011

Population aged 65 and over predicted to have dementia



South East



2023
142,011
2024
145,422

Bracknell Forest

2023
1,347
2024
1,406

Brighton & Hove

2023
2,994
2024
3,035

Buckinghamshire

2023
8,323
2024
8,557

East Sussex

2023
11,788
2024
12,077

Hampshire

2023
24,272
2024
24,893

Isle of Wight

2023
3,109
2024
3,190

Kent

2023
24,627
2024
25,209

Medway

2023
3,190
2024
3,228

Milton Keynes

2023
2,827
2024
2,909

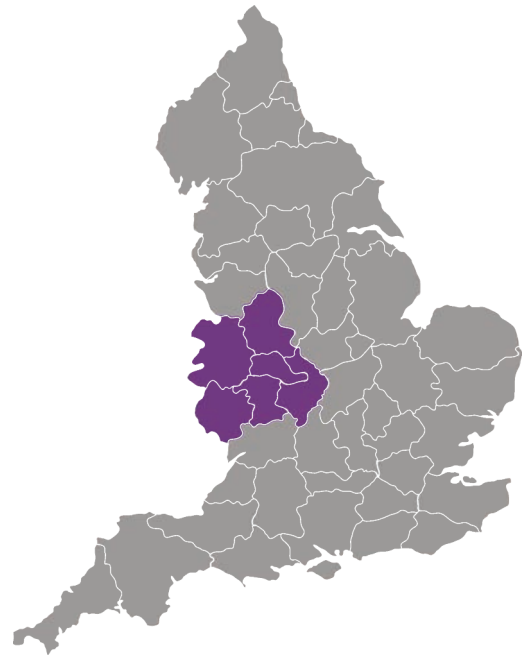
Oxfordshire

2023
10,321
2024
10,618

Portsmouth 2023 2,328 2024 2,355	Reading 2023 1,561 2024 1,582	Slough 2023 1,112 2024 1,115
Southampton 2023 2,544 2024 2,593	Surrey 2023 18,577 2024 18,931	West Berkshire 2023 2,337 2024 2,381
West Sussex 2023 15,977 2024 16,335	Windsor & Maidenhead 2023 2,367 2024 2,432	Wokingham 2023 2,490 2024 2,548

WEST MIDLANDS ENGLAND

SAFER AGEING INDEX



An index to assess factors affecting safer ageing in West Midlands, England.

Geographically covering the western half of the area of central England traditionally known as the Midlands. It includes the ceremonial counties of:

- Herefordshire, County of
- Shropshire
- Staffordshire
- Warwickshire
- Worcestershire

And the following unitary authorities/metropolitan boroughs:

- Birmingham
- Coventry
- Dudley
- Sandwell
- Solihull
- Stoke on Trent
- Telford and Wrekin
- Walsall

WEST MIDLANDS ENGLAND DATA

POPULATION DATA

We can see from the indices measuring population data of the West Midlands, that the counties and unitary authorities in the West Midlands with the highest predicted number of older people aged 65 and over are Staffordshire (203,600), Birmingham (154,800), and Worcestershire (145,200). The counties and unitary authorities with the lowest predicted number of older people are Telford and Wrekin (33,900), Wolverhampton (45,400), and Stoke on Trent (46,100).

Looking at the regions and unitary authorities in the West Midlands ranked in order of the proportion of people aged 65 and over in 2023, the individual areas with the highest predicted proportion were Shropshire (25.99%), Herefordshire (25.91%), and Worcestershire (23.66%). The individual areas with the lowest predicted proportion in 2023 were Coventry (13.25%), Birmingham (13.28%), and Sandwell (15.23%).

The individual areas with the lowest predicted proportion in 2023 were Coventry (13.25%), Birmingham (13.28%), and Sandwell (15.23%).

SELF-CARE DATA

Looking at the health data for counties and unitary authorities in the West Midlands, the overall number of over 65s needing help with at least one self-care activity in 2023 were 334,742 (28.73%). The individual areas with the highest predicted number of over 65s needing help with at least one self-care activity in 2023 were Staffordshire (58,332), Birmingham (44,452), and Worcestershire (41,739).

The counties and unitary authorities with the lowest predicted number of over 65s needing help with at least one self-care activity in 2023, were Telford and Wrekin (9,447), Stoke on Trent (12,929), and Wolverhampton (13,103).

Looking at the regions and unitary authorities ranked in order of the percentage of people aged 65 and over who need help with at least one self-care activity in 2023, the individual areas with the highest predicted percentage were Wolverhampton (29.42%), Stoke on Trent/Walsall (both 29.23%), and Sandwell (29.17%).

The individual areas with the lowest predicted percentage in 2023 were Telford and Wrekin (28.47%), Shropshire (28.56%), and Staffordshire (28.63%).

LONG TERM ILLNESS DATA

As to the levels of limiting long term illnesses that affect day to day activities a lot, affecting over 65s in the West Midlands, it's predicted that 310,535 over 65s in 2023 suffer from this (26.65%). The counties and unitary authorities with the highest predicted number of those over 65 suffering from limiting long term illness are Staffordshire (51,356), Birmingham (48,211), and Worcestershire (31,958).

The counties and unitary authorities with the lowest predicted number of those over 65 suffering from limiting long term illness are Telford and Wrekin (9,366), Herefordshire (10,575), and Solihull (11,313).

Looking at the regions and unitary authorities ranked in order of the percentage of people aged 65 and over suffering from limiting long term illnesses in 2023, the individual areas with the highest predicted percentage were Sandwell (34.75%), Stoke on Trent (34.04%), and Walsall (31.85%).

The individual areas with the lowest predicted percentage in 2023 were the County of Herefordshire (20.49%), Shropshire (21.35%), and Worcestershire (22%).

OBESITY DATA

Looking at the projected levels of obesity and morbid obesity in the West Midlands among over 65s in 2023, it is projected that 351,510 over 65s are either obese or morbidly obese – 30.21%. The counties and unitary authorities with the highest predicted number of those over 65 being obese or morbidly obese are Staffordshire (61,385), Birmingham (46,790), and Worcestershire (43,813).

The counties and unitary authorities with the lowest predicted number of those over 65 being obese or morbidly obese are Telford and Wrekin (10,247), Wolverhampton (13,674), and Stoke on Trent (13,999).

Looking at the regions and unitary authorities ranked in order of the percentage of people aged 65 and either obese or morbidly obese in 2023, the individual areas with the highest predicted percentage were Telford and Wrekin (30.90%), Wolverhampton (30.61%), and Shropshire (30.56%).

The individual areas with the lowest predicted percentage in 2023 were Warwickshire (30.11%), Worcestershire (30.16%), and Coventry (30.17%).

DEMENTIA DATA

Looking at the projected levels of dementia sufferers among over 65s in the West Midlands, it is projected that 83,664 (7.18%) over 65s suffer from dementia in 2023.

The counties and unitary authorities with the highest predicted number of over 65 dementia sufferers in 2023 are Staffordshire (14,320), Birmingham (11,315), and Worcestershire (10,516).

The counties and unitary authorities with the lowest predicted number of over 65 dementia sufferers in 2023 are Telford and Wrekin (2,212), Stoke on Trent (3,034), and Wolverhampton (3,357).

Looking at the regions and unitary authorities ranked in order of the percentage of people aged 65 and predicted to have dementia in 2023, the individual areas with the highest predicted percentage were Warwickshire

(7.35%), Birmingham (7.31%), and Staffordshire (7.20%).

The individual areas with the lowest predicted percentage in 2023 were Dudley (7.04%), County of Herefordshire (7.05%), and Sandwell (7.06%).

DEPRESSION DATA

Finally in 2023, in the West Midlands, it's predicted that 99,951 (8.58%) over 65s suffer from depression. The counties and unitary authorities with the highest overall projected numbers of over 65 depression sufferers are Staffordshire (17,444), Birmingham (13,314), and Worcestershire (12,449).

The counties and unitary authorities with the lowest projected numbers of over 65 depression sufferers are Telford and Wrekin (2,892), Stoke on Trent (3,948), and Wolverhampton (2,893).

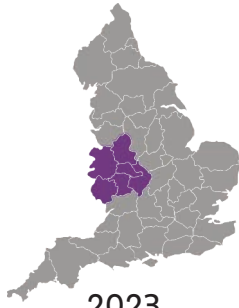
Looking at the regions and unitary authorities ranked in order of the percentage of people aged over 65 and predicted to have depression in 2023, the individual areas with the highest predicted proportion were Staffordshire (8.66%), and County of Herefordshire/Solihull/Stoke on Trent (all 8.64%).

The individual areas with the lowest predicted proportion in 2023 were Shropshire (8.55%), Telford and Wrekin (8.56%), and Warwickshire (8.58%).

Population aged 65 and over, projected to 2024



West Midlands



2023
1,165,100
2024
1,182,500

Birmingham

2023
154,800
2024
156,700

Coventry

2023
52,000
2024
52,700

Dudley

2023
67,600
2024
68,100

Herefordshire

2023
51,700
2024
52,600

Sandwell

2023
51,400
2024
51,900

Shropshire

2023
87,300
2024
89,400

Solihull

2023
47,200
2024
47,700

Staffordshire

2023
203,600
2024
206,800

Stoke-on-Trent

2023
46,100
2024
46,600

Telford & Wrekin

2023
33,900
2024
34,600

Walsall

2023
51,400
2024
51,900

Warwickshire

2023
127,700
2024
129,800

Wolverhampton

2023
45,400
2024
46,000

Worcestershire

2023
145,200
2024
147,700

Population % aged 65 and over as a proportion of the total population



West Midlands



2023
19.11%
2024
19.28%

Birmingham

2023
13.28%
2024
13.40%

Coventry

2023
13.25%
2024
13.29%

Dudley

2023
20.62%
2024
20.69%

Herefordshire

2023
25.91%
2024
26.20%

Sandwell

2023
15.23%
2024
15.31%

Shropshire

2023
25.99%
2024
26.39%

Solihull

2023
21.27%
2024
21.37%

Staffordshire

2023
22.74%
2024
23.00%

Stoke-on-Trent

2023
17.72%
2024
17.87%

Telford & Wrekin

2023
18.11%
2024
18.33%

Walsall

2023
17.54%
2024
17.61%

Warwickshire

2023
21.38%
2024
21.55%

Wolverhampton

2023
16.77%
2024
16.91%

Worcestershire

2023
23.66%
2024
23.92%

Population aged 65 and over living in a care home with or without nursing



West Midlands  2023 35,559 2024 36,348	Birmingham 2023 4,123 2024 4,165	Coventry 2023 1,388 2024 1,408
	Dudley 2023 1,839 2024 1,871	Herefordshire 2023 1,528 2024 1,561
Sandwell 2023 1,405 2024 1,410	Shropshire 2023 3,248 2024 3,339	Solihull 2023 1,185 2024 1,204
Staffordshire 2023 6,988 2024 7,192	Stoke-on-Trent 2023 1,342 2024 1,357	Telford & Wrekin 2023 984 2024 1,029
Walsall 2023 1,336 2024 1,350	Warwickshire 2023 4,094 2024 4,202	Wolverhampton 2023 1,610 2024 1,633
Worcestershire 2023 4,803 2024 4,949		

Population aged 65 and over providing unpaid care



West Midlands  2023 171,130 2024 173,514	Birmingham 2023 21,139 2024 21,404	Coventry 2023 7,477 2024 7,577
	Dudley 2023 10,410 2024 10,474	Herefordshire 2023 7,449 2024 7,577
Sandwell 2023 7,773 2024 7,841	Shropshire 2023 12,843 2024 13,128	Solihull 2023 7,119 2024 7,194
Staffordshire 2023 30,648 2024 31,060	Stoke-on-Trent 2023 6,927 2024 7,002	Telford & Wrekin 2023 5,232 2024 5,341
Walsall 2023 7,906 2024 7,966	Warwickshire 2023 18,402 2024 18,688	Wolverhampton 2023 6,504 2024 6,589
Worcestershire 2023 21,341 2024 21,665		

Population aged 65 and over who need help with at least one self-care activity



West Midlands  2023 334,742 2024 340,988	Birmingham 2023 44,452 2024 45,032	Coventry 2023 14,970 2024 15,190
	Dudley 2023 19,597 2024 19,888	Herefordshire 2023 14,684 2024 15,076
Sandwell 2023 14,740 2024 14,878	Shropshire 2023 24,999 2024 25,752	Solihull 2023 13,832 2024 14,034
Staffordshire 2023 58,332 2024 59,574	Stoke-on-Trent 2023 12,929 2024 13,099	Telford & Wrekin 2023 9,447 2024 9,703
Walsall 2023 14,841 2024 15,030	Warwickshire 2023 37,003 2024 37,797	Wolverhampton 2023 13,103 2024 13,352
Worcestershire 2023 41,739 2024 42,742		

Population aged 65+ with a long term illness limiting day-to-day activities



West Midlands  2023 310,535 2024 316,150	Birmingham 2023 48,211 2024 48,774	Coventry 2023 14,365 2024 14,565
	Dudley 2023 19,232 2024 19,447	Herefordshire 2023 10,575 2024 10,810
Sandwell 2023 17,852 2024 17,970	Shropshire 2023 18,630 2024 19,121	Solihull 2023 11,313 2024 11,466
Staffordshire 2023 51,356 2024 52,433	Stoke-on-Trent 2023 15,525 2024 15,718	Telford & Wrekin 2023 9,366 2024 9,650
Walsall 2023 16,366 2024 16,501	Warwickshire 2023 28,940 2024 29,553	Wolverhampton 2023 13,749 2024 13,933
Worcestershire 2023 31,958 2024 32,735		

Population aged 65 and over predicted to have depression



West Midlands  2023 99,951 2024 101,478	Birmingham 2023 13,314 2024 13,483	Coventry 2023 4,465 2024 4,522
	Dudley 2023 5,808 2024 5,867	Herefordshire 2023 4,408 2024 4,512
Sandwell 2023 4,415 2024 4,456	Shropshire 2023 7,468 2024 7,664	Solihull 2023 4,057 2024 4,103
Staffordshire 2023 17,444 2024 17,729	Stoke-on-Trent 2023 3,948 2024 3,995	Telford & Wrekin 2023 2,892 2024 2,961
Walsall 2023 4,417 2024 4,456	Warwickshire 2023 10,954 2024 11,134	Wolverhampton 2023 3,893 2024 3,962
Worcestershire 2023 12,449 2024 12,667		

Population aged 65 and over with a BMI of 30 or more



West Midlands



2023
351,510
2024
356,552

Birmingham

2023
46,790
2024
47,398

Coventry

2023
15,689
2024
15,898

Dudley

2023
20,359
2024
20,523

Herefordshire

2023
15,558
2024
15,907

Sandwell

2023
15,532
2024
15,686

Shropshire

2023
26,337
2024
26,980

Solihull

2023
14,155
2024
14,294

Staffordshire

2023
61,385
2024
62,292

Stoke-on-Trent

2023
13,999
2024
14,140

Telford & Wrekin

2023
10,247
2024
10,480

Walsall

2023
15,473
2024
15,614

Warwickshire

2023
38,439
2024
39,037

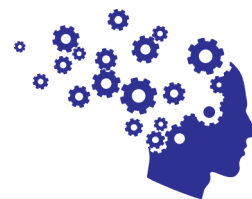
Wolverhampton

2023
13,674
2024
13,916

Worcestershire

2023
43,813
2024
44,509

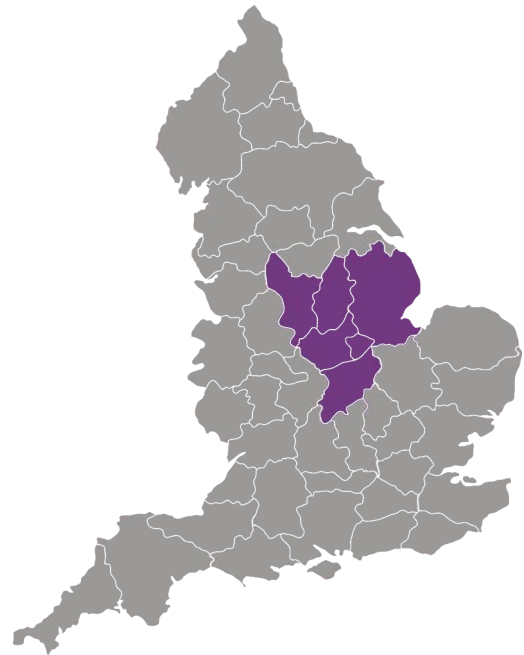
Population aged 65 and over predicted to have dementia



West Midlands  2023 83,664 2024 85,467	Birmingham 2023 11,319 2024 11,424	Coventry 2023 3,752 2024 3,804
	Dudley 2023 4,887 2024 4,951	Herefordshire 2023 3,624 2024 3,742
Sandwell 2023 3,637 2024 3,699	Shropshire 2023 6,217 2024 6,413	Solihull 2023 3,647 2024 3,687
Staffordshire 2023 14,320 2024 14,699	Stoke-on-Trent 2023 3,034 2024 3,074	Telford & Wrekin 2023 2,212 2024 2,275
Walsall 2023 3,713 2024 3,785	Warwickshire 2023 9,428 2024 9,675	Wolverhampton 2023 3,357 2024 3,431
Worcestershire 2023 10,516 2024 10,841		

EAST MIDLANDS ENGLAND

SAFER AGEING INDEX



An index to assess factors affecting safer ageing in East Midlands, England.

Geographically covering the eastern half of the area of central England traditionally known as the Midlands. It includes the ceremonial counties of:

- Derbyshire
- Leicestershire
- Lincolnshire
- Northamptonshire
- Nottinghamshire
- Rutland

And the following unitary authorities:

- Derby
- Leicestershire

EAST MIDLANDS ENGLAND DATA

POPULATION DATA

We can see from the indices measuring population data of the East Midlands, that the counties and unitary authorities in the East Midlands with the highest predicted number of older people aged 65 and over are Lincolnshire (192,400), Derbyshire (186,900), and Nottinghamshire (185,100). The counties and unitary authorities with the lowest predicted number of older people are Rutland (10,800), Nottingham (41,000), and Derby (44,300).

Looking at the regions and unitary authorities in the East Midlands ranked in order of the proportion of people aged 65 and over in 2023, the individual areas with the highest predicted proportion were Rutland (26.02%), Lincolnshire (24.59%), and Derbyshire (22.77%).

The individual areas with the lowest predicted proportion in 2023 were Nottingham (12.19%), Leicester (12.79%), and Derby (17.01%).

SELF-CARE DATA

Looking at the health data for counties and unitary authorities in the East Midlands, the overall number of over 65s needing help with at least one self-care activity in 2023 were 286,985 (28.37%). The individual areas with the highest predicted number of over 65s needing help with at least one self-care activity in 2023 were Lincolnshire (54,662), Derbyshire (53,027), and Nottinghamshire (52,681).

The counties and unitary authorities with the lowest predicted number of over 65s needing help with at least one self-care activity in 2023, were Rutland (3,164), Nottingham (11,504), and Derby (12,885).

Looking at the regions and unitary authorities ranked in order of the percentage of people aged 65 and over who need help with at least one self-care activity in 2023, the

individual areas with the highest predicted percentage were Derby (29.64%), Nottingham (29.51%), Rutland (29.32%).

The individual areas with the lowest predicted percentage in 2023 were Leicester (27.95%), Northamptonshire (28.01%), and Derbyshire (28.34%).

LONG TERM ILLNESS DATA

As to the levels of limiting long term illnesses that affect day to day activities a lot, affecting over 65s in the East Midlands, it's predicted that 250,405 over 65s in 2023 suffer from this (24.75%). The counties and unitary authorities with the highest predicted number of those over 65 suffering from limiting long term illness are Derbyshire (49,257), Nottinghamshire (49,048), and Lincolnshire (44,711).

The counties and unitary authorities with the lowest predicted number of those over 65 suffering from limiting long term illness are Rutland (1,826), Derby (12,010), and Nottingham (12,732).

Looking at the regions and unitary authorities ranked in order of the percentage of people aged 65 and over suffering from limiting long term illnesses in 2023, the individual areas with the highest predicted percentage were Nottingham (31.12%), Leicester (29.24%), and Derby (27.14%).

The individual areas with the lowest predicted percentage in 2023 were Rutland (17.69%), Leicestershire (21.77%), and Northamptonshire (22.25%).

OBESITY DATA

Looking at the projected levels of obesity and morbid obesity in the East Midlands among over 65s in 2023, it is projected that 305,539 over 65s are either obese or morbidly obese – 30.16%. The counties and unitary authorities with the highest predicted number of those over 65 being obese or morbidly obese are Lincolnshire (58,089), Derbyshire (56,444), and Nottinghamshire (55,820).

The counties and unitary authorities with the lowest predicted number of those over 65 being obese or morbidly obese are Rutland (3,278), Nottingham (12,442), and Derby (13,378).

Looking at the regions and unitary authorities ranked in order of the percentage of people aged 65 and either obese or morbidly obese in 2023, the individual areas with the highest predicted percentage were Rutland (30.87%), Northamptonshire (30.81%), and Derby (30.60%).

The individual areas with the lowest predicted percentage in 2023 were Leicestershire (30.17%), Lincolnshire (30.27%), and Nottinghamshire (30.30%).

DEMENTIA DATA

Looking at the projected levels of dementia sufferers among over 65s the East Midlands, it is projected that 70,331 (6.94%) over 65s suffer from dementia in 2023.

The counties and unitary authorities with the highest predicted number of over 65 dementia sufferers in 2023 are Lincolnshire (13,352), Nottinghamshire (12,919), Derbyshire (12,903).

The counties and unitary authorities with the lowest predicted number of over 65 dementia sufferers in 2023 are Rutland (830), Nottingham (2,854), and Leicester (3,225).

Looking at the regions and unitary authorities ranked in order of the percentage of people aged 65 and predicted to have dementia in 2023, the individual areas with the

highest predicted percentage were Rutland (7.87%), Derby (7.62%), and Leicestershire/Derbyshire (both 7.08%).

The individual areas with the lowest predicted percentage in 2023 were Northamptonshire, (6.53%) Leicester (6.92%), and Lincolnshire (6.95%).

DEPRESSION DATA

Finally, In 2023, in the East Midlands, it's predicted that 86,495 (8.55%) over 65s suffer from depression. The counties and unitary authorities with the highest overall projected numbers of over 65 depression sufferers are Lincolnshire (16,423), Derbyshire (15,983), and Nottinghamshire (15,821).

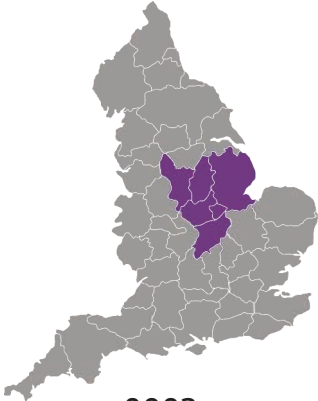
The counties and unitary authorities with the lowest projected numbers of over 65 depression sufferers are Rutland (931), Nottingham (3,504), and Derby (3,824),

Looking at the regions and unitary authorities ranked in order of the percentage of people aged 65 and predicted to have depression in 2023, the individual areas with the highest predicted percentage were Derby (8.74%), Rutland (8.69%), and Nottingham/Leicestershire (both 8.57%).

The individual areas with the lowest predicted percentage in 2023 were Lincolnshire / Derbyshire / Northamptonshire (all 8.54%).

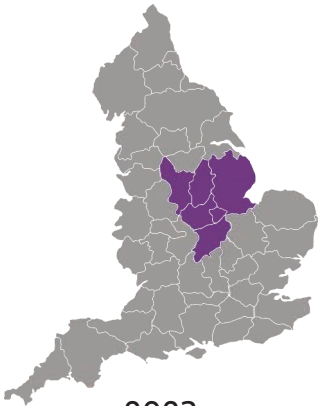
Population aged 65 and over, projected to 2024



East Midlands  2023 1,011,200 2024 1,030,400	Derby 2023 44,300 2024 45,000	Leicester 2023 46,700 2024 47,600
	Derbyshire 2023 186,900 2024 190,400	Leicestershire 2023 156,300 2024 159,400
Lincolnshire 2023 192,400 2024 195,900	Northamptonshire 2023 148,000 2024 151,000	Nottingham 2023 41,000 2024 41,900
Nottinghamshire 2023 185,100 2024 188,500	Rutland 2023 10,800 2024 11,100	

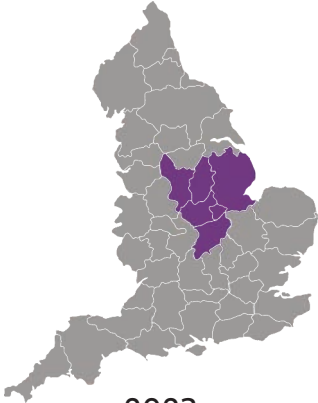
Population % aged 65 and over
as a proportion of the total population



East Midlands  2023 20.29% 2024 20.54%	Derby 2023 17.01% 2024 17.24%	Leicester 2023 12.79% 2024 12.99%
	Derbyshire 2023 22.77% 2024 23.07%	Leicestershire 2023 21.16% 2024 21.36%
Lincolnshire 2023 24.59% 2024 195,900	Northamptonshire 2023 18.89% 2024 19.12%	Nottingham 2023 12.19% 2024 12.41%
Nottinghamshire 2023 21.63% 2024 21.88%	Rutland 2023 26.02% 2024 26.49%	

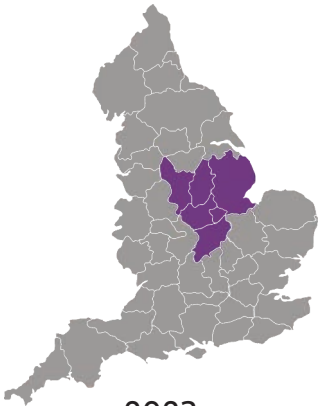
Population aged 65 and over living in a care home with or without nursing



East Midlands  2023 32,945 2024 33,812	Derby 2023 1,464 2024 1,487	Leicester 2023 1,711 2024 1,749
	Derbyshire 2023 6,198 2024 6,364	Leicestershire 2023 4,097 2024 4,223
Lincolnshire 2023 6,621 2024 6,800	Northamptonshire 2023 4,809 2024 4,954	Nottingham 2023 1,333 2024 1,351
Nottinghamshire 2023 6,386 2024 6,565	Rutland 2023 342 2024 361	

Population aged 65 and over providing unpaid care



East Midlands  2023 146,650 2024 149,278	Derby 2023 6,375 2024 6,459	Leicester 2023 6,118 2024 6,245
	Derbyshire 2023 28,599 2024 29,098	Leicestershire 2023 22,593 2024 23,038
Lincolnshire 2023 27,366 2024 27,831	Northamptonshire 2023 20,661 2024 21,049	Nottingham 2023 5,583 2024 5,695
Nottinghamshire 2023 27,825 2024 28,316	Rutland 2023 1,563 2024 1,600	

Population aged 65 and over who need help with at least one self-care activity



East Midlands



2023
286,985
2024
293,543

Derby

2023
12,885
2024
13,113

Leicester

2023
13,075
2024
13,291

Derbyshire

2023
53,027
2024
54,284

Leicestershire

2023
44,527
2024
45,613

Lincolnshire

2023
27,366
2024
55,865

Northamptonshire

2023
41,502
2024
42,602

Nottingham

2023
11,504
2024
11,717

Nottinghamshire

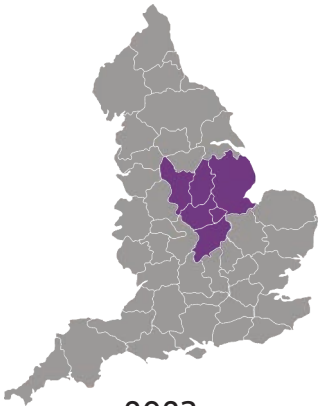
2023
52,681
2024
53,922

Rutland

2023
3,164
2024
3,241

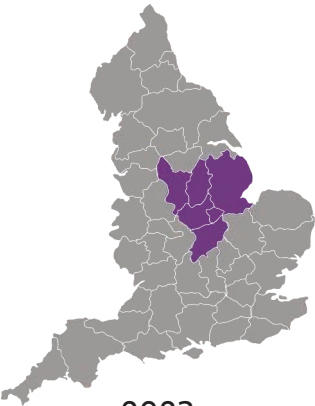
Population aged 65+ with a long term illness limiting day-to-day activities



East Midlands  2023 250,405 2024 256,080	Derby 2023 12,010 2024 12,185	Leicester 2023 13,663 2024 13,971
	Derbyshire 2023 49,257 2024 50,369	Leicestershire 2023 34,026 2024 34,941
Lincolnshire 2023 44,711 2024 45,686	Northamptonshire 2023 32,442 2024 33,288	Nottingham 2023 12,732 2024 12,970
Nottinghamshire 2023 49,048 2024 50,149	Rutland 2023 1,826 2024 1,904	

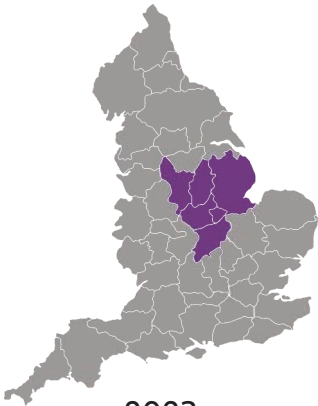
Population aged 65 and over predicted to have depression



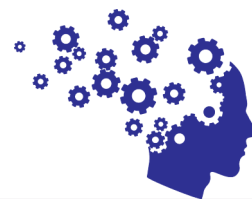
East Midlands  2023 86,495 2024 88,172	Derby 2023 12,010 2024 3,885	Leicester 2023 3,998 2024 4,068
	Derbyshire 2023 15,983 2024 16,292	Leicestershire 2023 13,382 2024 13,649
Lincolnshire 2023 16,423 2024 16,735	Northamptonshire 2023 12,635 2024 12,921	Nottingham 2023 3,504 2024 3,566
Nottinghamshire 2023 15,821 2024 16,144	Rutland 2023 931 2024 948	

Population aged 65 and over with a BMI of 30 or more



East Midlands  2023 305,539 2024 311,060	Derby 2023 13,378 2024 13,588	Leicester 2023 14,193 2024 14,431
	Derbyshire 2023 56,444 2024 157,451	Leicestershire 2023 47,191 2024 48,075
Lincolnshire 2023 58,089 2024 59,103	Northamptonshire 2023 44,731 2024 45,646	Nottingham 2023 12,442 2024 12,687
Nottinghamshire 2023 55,820 2024 56,867	Rutland 2023 3,278 2024 3,334	

Population aged 65 and over predicted to have dementia



East Midlands



2023
70,331
2024
72,131

Derby

2023
3,305
2024
3,383

Leicester

2023
3,225
2024
3,267

Derbyshire

2023
12,903
2024
13,265

Leicestershire

2023
11,036
2024
11,306

Lincolnshire

2023
13,352
2024
13,685

Northamptonshire

2023
9,976
2024
10,291

Nottingham

2023
2,854
2024
2,894

Nottinghamshire

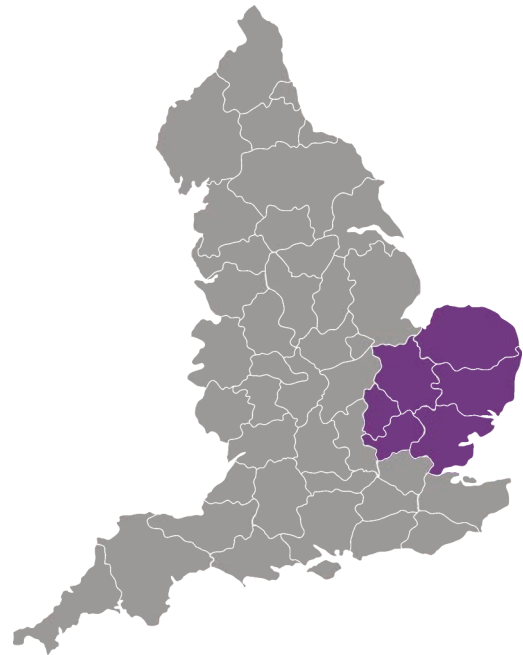
2023
12,919
2024
13,293

Rutland

2023
830
2024
850

EAST ENGLAND

SAFER AGEING INDEX



An index to assess factors affecting safer ageing in East England.

The East of England region geographically covers the area of East Anglia with the addition of Home Counties north and north east of London. It includes within it the ceremonial counties of:

- Bedfordshire
- Cambridgeshire
- Essex
- Hertfordshire
- Norfolk
- Suffolk

And the following unitary authorities:

- Bedford
- Luton
- Peterborough
- Southend on Sea
- Thurrock

EAST ENGLAND DATA

POPULATION DATA

We can see from the indices measuring population data of the East of England, that the counties and unitary authorities in the East of England with the highest predicted number of older people aged 65 and over are Essex (324,400), Norfolk (236,900), and Hertfordshire (215,900). The counties and unitary authorities with the lowest predicted number of older people are Thurrock (25,300), Luton (28,100), and Peterborough (32,500).

Looking at the regions and unitary authorities in the East of England ranked in order of the proportion of people aged 65 and over in 2023, the individual areas with the highest predicted proportion were Norfolk (25.30%), Suffolk (24.78%) and Essex (21.26%).

The individual areas with the lowest predicted proportion in 2023 were Luton (13.32%), Thurrock (13.89%) and Peterborough (15.35%) and Derby (17.01%).

SELF-CARE DATA

Looking at the health data for counties and unitary authorities in the East of England, the overall number of over 65s needing help with at least one self-care activity in 2023 were 379,316. The individual areas with the highest predicted number of over 65s needing help with at least one self-care activity in 2023 were Essex (93,403), Norfolk (68,484), and Hertfordshire (62,688).

The counties and unitary authorities with the lowest predicted number of over 65s needing help with at least one self-care activity in 2023, were Thurrock (7076), Luton (8111), and Peterborough (9225).

As to the levels of those over 65s needing help with at least one self-care activity in the East of England, it's predicted that 1,316,100 over 65s in 2023 suffer from this (28.86%).

Looking at the regions and unitary authorities ranked in order of the percentage of people aged 65 and over who need help with at least one self-care activity in 2023, the individual areas with the highest predicted percentage were Hertfordshire (29.47%), Norfolk (29.43%), and Suffolk (29.38%).

The individual areas with the lowest predicted percentage in 2023 were Thurrock (27.86%), Peterborough (28.21%), and Central Bedfordshire (28.49%).

LONG TERM ILLNESS DATA

The counties and unitary authorities with the highest predicted number of those over 65 suffering from limiting long term illness are Essex (324,400), Norfolk (236,900), and Hertfordshire (215,900).

The counties and unitary authorities with the lowest predicted number of those over 65 suffering from limiting long term illness are Thurrock (25,300), Luton (28,100), and Peterborough (32,500).

Looking at the regions and unitary authorities ranked in order of the percentage of people aged 65 and over suffering from limiting long term illnesses in 2023, the individual areas with the highest predicted percentage were Cambridgeshire (22.25%), Hertfordshire (22.25%), and Essex (22.21%).

The individual areas with the lowest predicted percentage in 2023 were Norfolk (21.46%), Luton (21.52%), and Peterborough (21.53%).

OBESITY DATA

Looking at the projected levels of obesity and morbid obesity in the East of England among over 65s in 2023, it is projected that 396,671 over 65s are either obese or morbidly obese – 30.09%. The counties and unitary authorities with the highest predicted number of those over 65 being obese or morbidly obese are Essex (97,715), Norfolk (71,356), and Hertfordshire (65,023).

The counties and unitary authorities with the lowest predicted number of those over 65 being obese or morbidly obese are Thurrock (7,667), Luton (8,524), and Peterborough (9,837).

Looking at the regions and unitary authorities ranked in order of the percentage of people aged 65 and either obese or morbidly obese in 2023, the individual areas with the highest predicted percentage were Central Bedfordshire (30.27%), Bedford (30.26%), and Hertfordshire (30.27%).

The individual areas with the lowest predicted percentage in 2023 were Southend on Sea (29.53%), Suffolk (29.57%), and Cambridgeshire (29.69%).

DEMENTIA DATA

Looking at the projected levels of dementia sufferers among over 65s in the East of England, it is projected that 96,387 (7.33%) over 65s suffer from dementia in 2023.

The counties and unitary authorities with the highest predicted number of over 65 dementia sufferers in 2023 are Essex (23,490), Norfolk (17,405), and Hertfordshire (16,332).

The counties and unitary authorities with the lowest predicted number of over 65 dementia sufferers in 2023 are Thurrock (1,683), Luton (2,086), and Peterborough (2,287).

Looking at the regions and unitary authorities ranked in order of the percentage of people aged 65 and predicted

to have dementia in 2023, the individual areas with the highest predicted percentage were Hertfordshire (7.54%), Cambridgeshire (7.45%), and Suffolk (7.45%). The individual areas with the lowest predicted percentage in 2023 were Thurrock (6.60%), Peterborough (6.86%), and Central Bedfordshire (7.09%).

DEPRESSION DATA

Finally in 2023, in the East of England, it's predicted that 112,904 (8.58%) over 65s suffer from depression. The counties and unitary authorities with the highest overall projected numbers of over 65 depression sufferers are Essex, (27,882) Norfolk, (20,315) and Hertfordshire (18,569).

The counties and unitary authorities with the lowest projected numbers of over 65 depression sufferers are Thurrock (2,163), Luton, (2,416) and Peterborough (2,790).

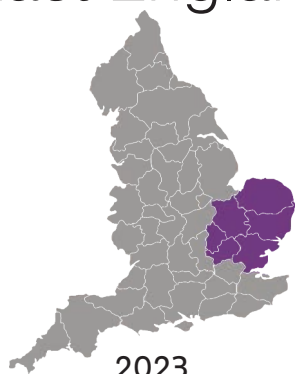
Looking at the regions and unitary authorities ranked in order of the percentage of people aged 65 and predicted to have depression in 2023, the individual areas with the highest predicted percentage were Bedford (8.60%), and Luton (8.60%).

The individual areas with the lowest predicted percentage in 2023 were Central Bedford (8.54%), Thurrock/Suffolk/Cambridgeshire (all 8.55%).

Population aged 65 and over projected to 2024



East England



2023
1,316,100
2024
1,338,300

Bedford

2023
33,300
2024
34,000

Cambridgeshire

2023
133,800
2024
135,900

Central Bedfordshire

2023
56,400
2024
57,900

Essex

2023
324,400
2024
329,000

Hertfordshire

2023
215,900
2024
219,500

Luton

2023
28,100
2024
28,500

Norfolk

2023
236,900
2024
240,900

Peterborough

2023
32,500
2024
33,300

Southend-on-Sea

2023
37,200
2024
37,800

Suffolk

2023
192,300
2024
195,700

Thurrock

2023
25,300
2024
25,600

Population % aged 65 and over as a proportion of the total population



East England  2023 20.63% 2024 20.88%	Bedford 2023 18.60% 2024 18.86%	Cambridgeshire 2023 20.09% 2024 20.34%
	Central Bedfordshire 2023 18.90% 2024 19.25%	Essex 2023 21.26% 2024 21.44%
Hertfordshire 2023 17.94% 2024 18.20%	Luton 2023 13.32% 2024 13.56%	Norfolk 2023 25.30% 2024 25.57%
Peterborough 2023 15.35% 2024 15.61%	Southend-on-Sea 2023 19.76% 2024 19.96%	Suffolk 2023 24.78% 2024 25.12%
Thurrock 2023 13.89% 2024 13.94%		

Population aged 65 and over living in a care home with or without nursing



East England  2023 39,267 2024 40,156	Bedford 2023 1,134 2024 1,164	Cambridgeshire 2023 3,553 2024 3,648
	Central Bedfordshire 2023 1,245 2024 1,284	Essex 2023 9,305 2024 9,515
Hertfordshire 2023 6,675 2024 6,789	Luton 2023 815 2024 830	Norfolk 2023 7,655 2024 7,825
Peterborough 2023 677 2024 694	Southend-on-Sea 2023 1,581 2024 1,613	Suffolk 2023 6,049 2024 6,205
Thurrock 2023 467 2024 480		

Population aged 65 and over providing unpaid care

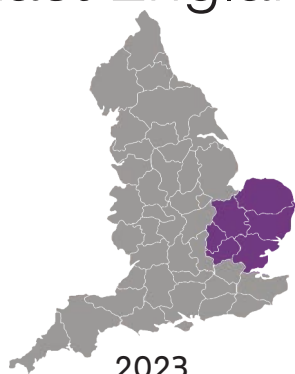


East England  2023 185,162 2024 188,146	Bedford 2023 4,656 2024 4,764	Cambridgeshire 2023 19,205 2024 19,487
	Central Bedfordshire 2023 7,816 2024 7,997	Essex 2023 45,970 2024 46,585
Hertfordshire 2023 29,745 2024 30,263	Luton 2023 3,578 2024 3,628	Norfolk 2023 34,010 2024 34,562
Peterborough 2023 4,599 2024 4,692	Southend-on-Sea 2023 5,169 2024 5,249	Suffolk 2023 26,863 2024 27,296
Thurrock 2023 3,571 2024 3,624		

Population aged 65 and over who need help with at least one self-care activity



East England



2023
379,316
2024
386,889

Bedford

2023
9,581
2024
9,812

Cambridgeshire

2023
38,442
2024
39,313

Central Bedfordshire

2023
16,002
2024
16,479

Essex

2023
93,403
2024
95,071

Hertfordshire

2023
62,688
2024
63,765

Luton

2023
8,111
2024
8,178

Norfolk

2023
68,484
2024
69,886

Peterborough

2023
9,225
2024
9,392

Southend-on-Sea

2023
10,759
2024
10,937

Suffolk

2023
55,531
2024
56,765

Thurrock

2023
7,076
2024
7,162

Population aged 65+ with a long term illness limiting day-to-day activities



East England  2023 379,316 2024 386,889	Bedford 2023 9,581 2024 9,812	Cambridgeshire 2023 38,442 2024 39,313
	Central Bedfordshire 2023 16,002 2024 16,479	Essex 2023 93,403 2024 95,071
Hertfordshire 2023 62,688 2024 63,765	Luton 2023 8,111 2024 8,178	Norfolk 2023 68,484 2024 69,886
Peterborough 2023 9,225 2024 9,392	Southend-on-Sea 2023 10,759 2024 10,937	Suffolk 2023 55,531 2024 56,765
Thurrock 2023 7,076 2024 7,162		

Population aged 65 and over predicted to have depression



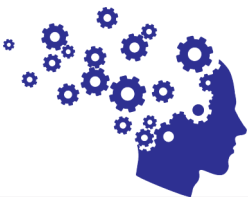
East England  2023 112,904 2024 114,845	Bedford 2023 2,859 2024 2,927	Cambridgeshire 2023 11,440 2024 11,647
	Central Bedfordshire 2023 4,817 2024 4,944	Essex 2023 27,882 2024 28,292
Hertfordshire 2023 18,569 2024 18,874	Luton 2023 2,416 2024 2,443	Norfolk 2023 20,315 2024 20,661
Peterborough 2023 2,790 2024 2,837	Southend-on-Sea 2023 3,191 2024 3,237	Suffolk 2023 16,462 2024 16,763
Thurrock 2023 2,163 2024 2,189		

Population aged 65 and over with a BMI of 30 or more



East England  2023 396,671 2024 403,030	Bedford 2023 10,053 2024 10,289	Cambridgeshire 2023 40,309 2024 40,985
	Central Bedfordshire 2023 17,073 2024 17,479	Essex 2023 97,719 2024 99,019
Hertfordshire 2023 65,023 2024 66,055	Luton 2023 8,524 2024 8,617	Norfolk 2023 71,356 2024 72,470
Peterborough 2023 9,837 2024 10,015	Southend-on-Sea 2023 11,171 2024 11,316	Suffolk 2023 57,911 2024 58,878
Thurrock 2023 7,667 2024 7,756		

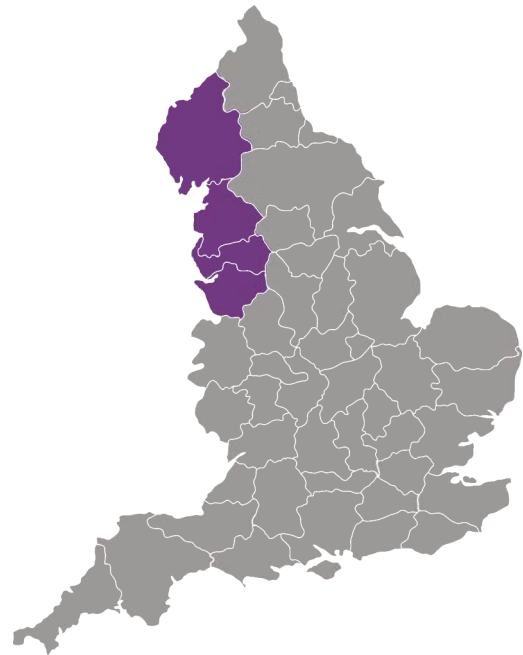
Population aged 65 and over predicted to have dementia



East England  2023 96,387 2024 98,557	Bedford 2023 2,422 2024 2,512	Cambridgeshire 2023 9,783 2024 10,088
	Central Bedfordshire 2023 3,930 2024 4,053	Essex 2023 23,490 2024 23,991
Hertfordshire 2023 16,322 2024 16,636	Luton 2023 2,086 2024 2,096	Norfolk 2023 17,405 2024 17,798
Peterborough 2023 2,287 2024 2,337	Southend-on-Sea 2023 2,786 2024 2,834	Suffolk 2023 14,224 2024 14,578
Thurrock 2023 1,683 2024 1,691		

NORTH WEST ENGLAND

SAFER AGEING INDEX



An index to assess factors affecting safer ageing in North West England.

Geographically covering the north eastern part of England up to the Scottish border. It includes the ceremonial counties of:

- Cheshire
- Cumbria
- Merseyside
- Greater Manchester
- Lancashire

And the unitary authorities of:

- Blackburn with Darwen
- Blackpool
- Bolton
- Bury
- Cheshire East

- Cheshire West and Chester
- Halton
- Knowsley
- Liverpool
- Manchester
- Oldham
- Rochdale
- Salford
- Sefton
- St. Helens
- Stockport
- Tameside
- Trafford
- Warrington
- Wigan
- Wirral.

NORTH WEST ENGLAND DATA

POPULATION DATA

We can see from the indices measuring population data of North West England, that the counties and unitary authorities in North West England with the highest predicted number of older people aged 65 and over are Lancashire (268,800), Cumbria (128,500), and Cheshire East (94,500). The counties and unitary authorities with the lowest predicted number of older people are Blackburn with Darwen (22,600), Halton (25,700), and Knowsley (28,000).

Looking at the regions and unitary authorities in North West England ranked in order of the proportion of people aged 65 and over in 2023, the individual areas with the highest predicted proportion were Cumbria (25.67%), Sefton (24.80%), and Cheshire East (24.17%).

The individual areas with the lowest predicted proportion in 2023 were Manchester (9.65%), Salford (14.19%), and Blackburn with Darwen (15.14%).

SELF-CARE DATA

Looking at the health data for counties and unitary authorities in North West England, the overall number of over 65s needing help with at least one self-care activity in 2023 were 412,697 (28.93%). The individual areas with the highest predicted number of over 65s needing help with at least one self-care activity in 2023 were Lancashire (76,486), Cumbria (36,604), and Cheshire East (27,317).

The counties and unitary authorities with the lowest predicted number of over 65s needing help with at least one self-care activity in 2023, were Blackburn with Darwen (6,275), Halton (7,061), and Knowsley (7,718).

Looking at the regions and unitary authorities ranked in order of the percentage of people aged 65 and over who need help with at least one self-care activity in 2023, the

individual areas with the highest predicted percentage were Sefton (29.61%), Cheshire East (29.55%), and Trafford (29.43%).

The individual areas with the lowest predicted percentage in 2023 were Manchester (27.78%), Liverpool (27.95%), and Knowsley (28.22%).

LONG TERM ILLNESS DATA

As to the levels of limiting long term illnesses that affect day to day activities a lot, affecting over 65s in North West England, it's predicted that 406,309 over 65s in 2023 suffer from this (27.63%).

The counties and unitary authorities with the highest predicted number of those over 65 suffering from limiting long term illness are Lancashire (69,700), Cumbria (30,176), and Liverpool (29,316).

The counties and unitary authorities with the lowest predicted number of those over 65 suffering from limiting long term illness are Blackburn with Darwen (7,068), Halton (8,658), and Blackpool (9,068).

Looking at the regions and unitary authorities ranked in order of the percentage of people aged 65 and over suffering from limiting long term illnesses in 2023, the individual areas with the highest predicted percentage were Liverpool (37.47%), Knowsley (36.58%), and Blackburn with Darwen (31.39%).

The individual areas with the lowest predicted percentage in 2023 were Cheshire East (21.44%), Cumbria (23.46%), and Sefton (24.60%).

OBESITY DATA

Looking at the projected levels of obesity and morbid obesity in North West England among over 65s in 2023, it is projected that 101,161 over 65s are either obese or morbidly obese – 30.24%. The counties and unitary authorities with the highest predicted number of those over 65 being obese or morbidly obese are Lancashire (81,149), Cumbria (38,766), and Cheshire East (28,492).

The counties and unitary authorities with the lowest predicted number of those over 65 being obese or morbidly obese are Blackburn with Darwen (6,864), Halton (7,856), and Knowsley (8,499).

Looking at the regions and unitary authorities ranked in order of the percentage of people aged 65 and either obese or morbidly obese in 2023, the individual areas with the highest predicted percentage were Blackpool (31.49%), Knowsley (31.08%), and Bury (31.00%).

The individual areas with the lowest predicted percentage in 2023 were Sefton (30.08%), Trafford (30.11%), and Liverpool (30.16%).

DEMENTIA DATA

Looking at the projected levels of dementia sufferers among over 65s in North West England, it is projected that 101,161 (7.26%) over 65s suffer from dementia in 2023.

The counties and unitary authorities with the highest predicted number of over 65 dementia sufferers in 2023 are Lancashire (18,777), Cumbria (9,104), and Cheshire East (6,941).

The counties and unitary authorities with the lowest predicted number of over 65 dementia sufferers in 2023 are Blackburn with Darwen (1,461), Halton (1,566), and Knowsley (1,817).

Looking at the regions and unitary authorities ranked in order of the percentage of people aged 65 and predicted to have dementia in 2023, the individual areas with the

highest predicted percentage were Halton (7.49%), Cheshire West and Chester (7.36%), and Cumbria (7.14%).

The individual areas with the lowest predicted percentage in 2023 were Trafford (6.35%), Knowsley (6.49%), and Salford (6.51%).

DEPRESSION DATA

Finally in 2023, in all of North West England, it's predicted that 124,356 over 65s suffer from depression. The counties and unitary authorities with the highest overall projected numbers of over 65 depression sufferers are Lancashire (23,009), Cumbria (10,960), and Liverpool (6,686).

The counties and unitary authorities with the lowest projected numbers of over 65 depression sufferers are the Blackburn with Darwen (1,933), Halton (2,210), and Blackpool (2,505).

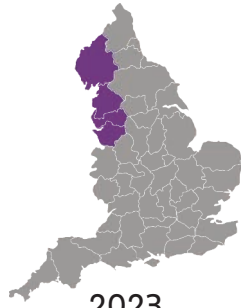
Looking at the regions and unitary authorities ranked in order of the percentage of people aged 65 and predicted to have depression in 2023, the individual areas with the highest predicted percentage were Halton (7.49%), Cheshire West and Chester (7.36%), and Cumbria (7.14%).

The individual areas with the lowest predicted percentage in 2023 were Trafford (6.35%), Knowsley (6.49%), and Salford (6.51%).

Population aged 65 and over, projected to 2024



North West



2023
1,452,000
2024
1,475,200

Blackburn with Darwen

2023
22,600
2024
22,900

Blackpool

2023
29,400
2024
29,700

Bolton

2023
51,900
2024
52,600

Bury

2023
36,400
2024
36,800

Cheshire East

2023
94,500
2024
96,400

Cheshire West & Chester

2023
80,000
2024
81,500

Cumbria

2023
128,500
2024
130,600

Halton

2023
25,700
2024
26,400

Knowsley

2023
28,000
2024
28,600

Lancashire

2023
268,800
2024
273,200

Liverpool

2023
78,100
2024
79,300

Manchester

2023
54,000
2024
54,700

Oldham

2023
40,200
2024
40,700

Rochdale

2023
38,700
2024
39,500

Salford

2023
38,100
2024
38,800

Sefton

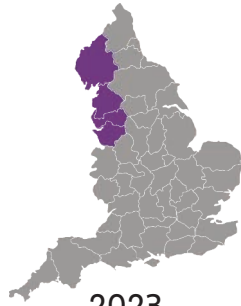
2023
69,200
2024
70,400

St. Helens 2023 38,800 2024 39,400	Stockport 2023 61,100 2024 61,800	Tameside 2023 42,100 2024 42,700
Trafford 2023 42,900 2024 43,500	Warrington 2023 42,200 2024 43,100	Wigan 2023 65,700 2024 66,800
Wirral 2023 74,800 2024 76,000		

Population % aged 65 and over as a proportion of the total population



North West



2023
19.48%
2024
19.72%

Blackburn with Darwen

2023
15.14%
2024
15.34%

Blackpool

2023
21.15%
2024
21.38%

Bolton

2023
17.96%
2024
18.16%

Bury

2023
18.75%
2024
18.89%

Cheshire East

2023
24.17%
2024
24.54%

Cheshire West & Chester

2023
22.61%
2024
22.87%

Cumbria

2023
25.67%
2024
26.09%

Halton

2023
19.62%
2024
20.09%

Knowsley

2023
18.26%
2024
18.57%

Lancashire

2023
21.69%
2024
21.95%

Liverpool

2023
15.30%
2024
15.45%

Manchester

2023
9.65%
2024
9.74%

Oldham

2023
16.58%
2024
16.71%

Rochdale

2023
16.97%
2024
17.23%

Salford

2023
14.19%
2024
14.33%

Sefton

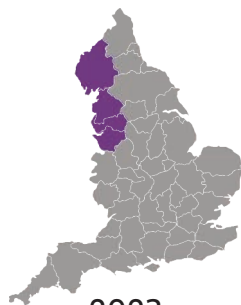
2023
24.80%
2024
25.17%

St. Helens 2023 21.11% 2024 21.37%	Stockport 2023 20.53% 2024 20.70%	Tameside 2023 18.25% 2024 18.44%
Trafford 2023 17.70% 2024 17.87%	Warrington 2023 19.91% 2024 20.29%	Wigan 2023 19.78% 2024 20.05%
Wirral 2023 22.92% 2024 23.25%		

Population aged 65 and over living in a care home with or without nursing



North West



2023
49,839
2024
50,912

Blackburn with Darwen

2023
659
2024
663

Blackpool

2023
1,247
2024
1,277

Bolton

2023
1,280
2024
1,314

Bury

2023
1,381
2024
1,425

Cheshire East

2023
3,491
2024
3,593

Cheshire West & Chester

2023
2,760
2024
2,836

Cumbria

2023
4,356
2024
4,463

Halton

2023
714
2024
741

Knowsley

2023
815
2024
825

Lancashire

2023
10,303
2024
10,553

Liverpool

2023
2,266
2024
2,300

Manchester

2023
1,679
2024
1,695

Oldham

2023
1,708
2024
1,737

Rochdale

2023
1,349
2024
1,384

Salford

2023
1,183
2024
1,194

Sefton

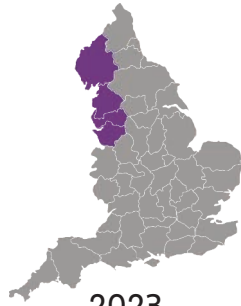
2023
3,089
2024
3,135

St. Helens 2023 990 2024 1,009	Stockport 2023 1,856 2024 1,881	Tameside 2023 1,398 2024 1,432
Trafford 2023 1,159 2024 1,186	Warrington 2023 1,682 2024 1,748	Wigan 2023 1,969 2024 2,037
Wirral 2023 2,621 2024 2,681		

Population aged 65 and over providing unpaid care



North West



2023
212,238
2024
215,495

Blackburn with Darwen

2023
3,343
2024
3,379

Blackpool

2023
4,274
2024
4,328

Bolton

2023
7,593
2024
7,687

Bury

2023
5,144
2024
5,225

Cheshire East

2023
13,159
2024
13,416

Cheshire West & Chester

2023
11,894
2024
12,099

Cumbria

2023
17,844
2024
18,136

Halton

2023
4,235
2024
4,344

Knowsley

2023
4,466
2024
4,572

Lancashire

2023
40,143
2024
40,766

Liverpool

2023
11,385
2024
11,563

Manchester

2023
7,140
2024
7,254

Oldham

2023
5,405
2024
5,469

Rochdale

2023
5,556
2024
5,665

Salford

2023
5,461
2024
5,555

Sefton

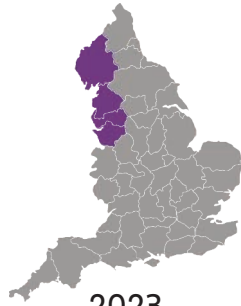
2023
10,677
2024
10,865

St. Helens 2023 6,231 2024 6,305	Stockport 2023 8,851 2024 8,949	Tameside 2023 5,822 2024 5,914
Trafford 2023 5,861 2024 5,941	Warrington 2023 6,304 2024 6,423	Wigan 2023 10,055 2024 10,197
Wirral 2023 11,434 2024 11,625		

Population aged 65 and over who need help with at least one self-care activity



North West



2023
412,697
2024
420,195

Blackburn with Darwen

2023
6,275
2024
6,446

Blackpool

2023
8,331
2024
8,467

Bolton

2023
14,662
2024
14,913

Bury

2023
10,398
2024
10,554

Cheshire East

2023
27,317
2024
27,909

Cheshire West & Chester

2023
22,891
2024
23,372

Cumbria

2023
36,604
2024
37,323

Halton

2023
7,061
2024
7,287

Knowsley

2023
7,718
2024
7,881

Lancashire

2023
76,480
2024
77,994

Liverpool

2023
21,845
2024
22,168

Manchester

2023
14,959
2024
15,175

Oldham

2023
11,404
2024
11,610

Rochdale

2023
10,817
2024
11,009

Salford

2023
10,723
2024
10,911

Sefton

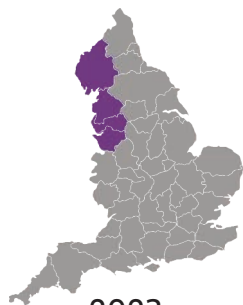
2023
20,087
2024
20,489

St. Helens 2023 11,001 2024 11,215	Stockport 2023 17,661 2024 17,858	Tameside 2023 11,814 2024 11,980
Trafford 2023 12,436 2024 12,613	Warrington 2023 12,127 2024 12,362	Wigan 2023 18,418 2024 18,742
Wirral 2023 21,453 2024 21,790		

Population aged 65+ with a long term illness limiting day-to-day activities



North West



2023
406,309
2024
413,697

Blackburn with Darwen

2023
7,068
2024
7,129

Blackpool

2023
9,068
2024
9,218

Bolton

2023
15,180
2024
15,448

Bury

2023
9,217
2024
9,409

Cheshire East

2023
20,252
2024
20,753

Cheshire West & Chester

2023
19,383
2024
19,828

Cumbria

2023
30,176
2024
30,801

Halton

2023
8,658
2024
8,918

Knowsley

2023
11,011
2024
11,235

Lancashire

2023
69,707
2024
71,082

Liverpool

2023
29,316
2024
29,775

Manchester

2023
18,935
2024
19,199

Oldham

2023
11,509
2024
11,664

Rochdale

2023
11,356
2024
11,620

Salford

2023
12,552
2024
12,730

Sefton

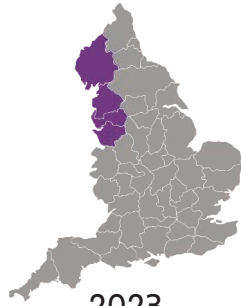
2023
19,044
2024
19,375

St. Helens 2023 13,058 2024 13,251	Stockport 2023 14,210 2024 14,400	Tameside 2023 12,387 2024 12,626
Trafford 2023 10,420 2024 10,596	Warrington 2023 10,880 2024 11,152	Wigan 2023 20,955 2024 21,408
Wirral 2023 21,066 2024 21,483		

Population aged 65 and over predicted to have depression



North West



2023
124,358
2024
126,373

Blackburn with Darwen

2023
1,933
2024
1,978

Blackpool

2023
2,505
2024
2,543

Bolton

2023
4,432
2024
4,495

Bury

2023
3,128
2024
3,160

Cheshire East

2023
8,111
2024
8,250

Cheshire West & Chester

2023
6,847
2024
6,977

Cumbria

2023
10,960
2024
11,146

Halton

2023
2,210
2024
2,267

Knowsley

2023
2,398
2024
2,452

Lancashire

2023
23,009
2024
23,399

Liverpool

2023
6,686
2024
6,794

Manchester

2023
4,624
2024
4,688

Oldham

2023
3,449
2024
3,501

Rochdale

2023
3,308
2024
3,365

Salford

2023
3,238
2024
3,292

Sefton

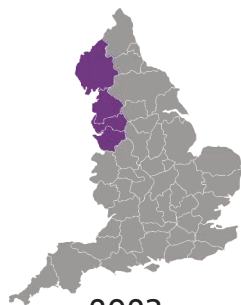
2023
5,970
2024
6,084

St. Helens 2023 3,322 2024 3,378	Stockport 2023 5,246 2024 5,293	Tameside 2023 3,582 2024 3,629
Trafford 2023 3,685 2024 3,739	Warrington 2023 3,636 2024 3,698	Wigan 2023 5,609 2024 5,691
Wirral 2023 6,428 2024 6,527		

Population aged 65 and over with a BMI of 30 or more



North West



2023
438,862
2024
445,635

Blackburn with Darwen

2023
6,864
2024
7,039

Blackpool

2023
8,848
2024
8,992

Bolton

2023
15,654
2024
15,851

Bury

2023
10,987
2024
11,100

Cheshire East

2023
28,492
2024
28,948

Cheshire West & Chester

2023
24,142
2024
24,574

Cumbria

2023
38,766
2024
39,372

Halton

2023
7,856
2024
8,058

Knowsley

2023
8,499
2024
8,717

Lancashire

2023
81,149
2024
82,441

Liverpool

2023
23,677
2024
24,074

Manchester

2023
16,431
2024
16,673

Oldham

2023
12,153
2024
12,330

Rochdale

2023
11,735
2024
11,913

Salford

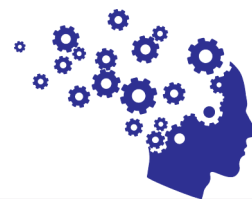
2023
11,497
2024
11,711

Sefton

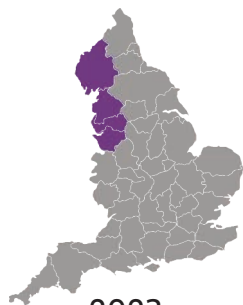
2023
20,837
2024
21,223

St. Helens 2023 11,718 2024 11,891	Stockport 2023 18,448 2024 18,617	Tameside 2023 12,703 2024 12,879
Trafford 2023 12,930 2024 13,107	Warrington 2023 12,795 2024 13,001	Wigan 2023 19,903 2024 20,156
Wirral 2023 22,592 2024 22,914		

Population aged 65 and over predicted to have dementia



North West



2023
101,161
2024
103,195

Blackburn with Darwen

2023
1,461
2024
1,495

Blackpool

2023
2,062
2024
2,060

Bolton

2023
3,551
2024
3,591

Bury

2023
2,560
2024
2,648

Cheshire East

2023
6,941
2024
7,126

Cheshire West & Chester

2023
5,723
2024
5,887

Cumbria

2023
9,104
2024
9,294

Halton

2023
1,566
2024
1,657

Knowsley

2023
1,817
2024
1,840

Lancashire

2023
18,727
2024
19,181

Liverpool

2023
5,257
2024
5,316

Manchester

2023
3,564
2024
3,567

Oldham

2023
2,764
2024
2,824

Rochdale

2023
2,586
2024
2,618

Salford

2023
2,609
2024
2,647

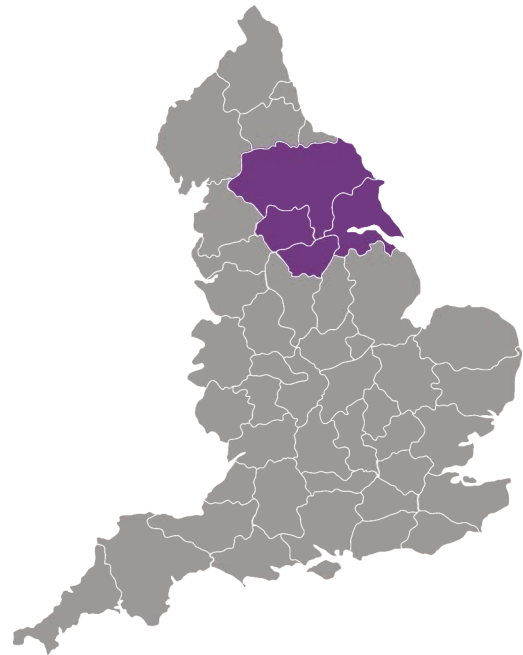
Sefton

2023
5,164
2024
5,270

St. Helens 2023 2,658 2024 2,702	Stockport 2023 4,463 2024 4,538	Tameside 2023 2,773 2024 2,807
Trafford 2023 3,201 2024 3,272	Warrington 2023 2,922 2024 3,042	Wigan 2023 4,261 2024 4,353
Wirral 2023 5,311 2024 5,430		

YORKSHIRE AND HUMBER ENGLAND

SAFER AGEING INDEX



An index to assess factors affecting safer ageing in Yorkshire and Humber, England.

Geographically covering the areas of Yorkshire and parts of Lincolnshire. It includes the ceremonial counties of:

- East Riding of Yorkshire
- North Yorkshire

And the following unitary authorities:

- Barnsley
- Bradford
- Calderdale

- Doncaster
- Kingston upon Hull: City of
- Kirklees
- Leeds
- North East Lincolnshire
- North Lincolnshire
- Rotherham
- Sheffield
- York

YORKSHIRE AND HUMBER DATA

POPULATION DATA

We can see from the indices measuring population data of Yorkshire and Humber, that the counties and unitary authorities in Yorkshire and Humber with the highest predicted number of older people aged 65 and over are North Yorkshire (164,100), Leeds (128,300), and Sheffield (97,900). The counties and unitary authorities with the lowest number of older people are North East Lincolnshire (34,800), North Lincolnshire (39,400), and York (40,700).

Looking at the regions and unitary authorities in Yorkshire and Humber ranked in order of the proportion of people aged 65 and over in 2023, the individual areas with the highest predicted proportion were the East Riding of Yorkshire (27.62%), North Yorkshire (26.24%), and North Lincolnshire (22.58%).

The individual areas with the lowest predicted proportion in 2023 were the City of Kingston upon Hull (15.6%), Bradford (15.85%), and Leeds (16.03%).

SELF-CARE DATA

Looking at the health data for counties and unitary authorities in Yorkshire and Humber, the predicted overall number of over 65s needing help with at least one self-care activity in 2023 were 311,770 (28.44%).

The individual areas with the highest predicted number of over 65s needing help with at least one self-care activity in 2023 were North Yorkshire (47,055), Leeds (36,716), and Sheffield (28,176).

The counties and unitary authorities with the lowest predicted number of over 65s needing help with at least one self-care activity in 2023, were North East Lincolnshire (9,982), North Lincolnshire (11,053), and the City of Kingston upon Hull (9,987).

Looking at the regions and unitary authorities ranked in order of the percentage of people aged 65 and over who

need help with at least one self-care activity in 2023, the individual areas with the highest predicted percentage were York (29.58%), Sheffield (28.76%) and North East Lincolnshire (28.71%).

The individual areas with the lowest predicted percentage in 2023 were City of Kingston Upon Hull (27.77%), Calderdale (28.03%), and North Lincolnshire (28.04%).

LONG TERM ILLNESS DATA

As to the levels of limiting long term illnesses that affect day to day activities a lot, affecting over 65s in Yorkshire and Humber, it's predicted that 284,832 over 65s in 2023 suffer from this (25.98%).

The counties and unitary authorities with the highest predicted number of those over 65 suffering from limiting long term illness are North Yorkshire (33,590), Leeds (32,448), and Sheffield (28,140).

The counties and unitary authorities with the lowest predicted number of those over 65 suffering from limiting long term illness are York (8,634), North East Lincolnshire (8,681), and Calderdale (9,770).

Looking at the regions and unitary authorities ranked in order of the percentage of people aged 65 and over suffering from limiting long term illnesses in 2023, the individual areas with the highest predicted percentage were Barnsley (34.07%), Wakefield (32.60%), and Rotherham (31.98%).

The individual areas with the lowest predicted percentage in 2023 were York (21.22%), East Riding of Yorkshire (21.31%), and Calderdale (23.04%).

OBESITY DATA

Looking at the projected levels of obesity and morbid obesity in Yorkshire and Humber among over 65s in 2023, it is projected that 331,257 over 65s are either obese or morbidly obese – 30.30%. The counties and unitary authorities with the highest predicted number of those over 65 being obese or morbidly obese are North Yorkshire (49,541), Leeds (38,764), and Sheffield (29,450).

The counties and unitary authorities with the lowest predicted number of those over 65 being obese or morbidly obese are North East Lincolnshire (10,503), York (12,250), and the City of Kingston upon Hull (12,452).

Looking at the regions and unitary authorities ranked in order of the percentage of people aged 65 and either obese or morbidly obese in 2023, the individual areas with the highest predicted percentage were North East Lincolnshire (30.45%), City of Kingston upon Hull (30.40%), and Sheffield/Barnsley (both 30.35%).

The individual areas with the lowest predicted percentage in 2023 were North Yorkshire (30.21%), Bradford (30.21%), and Rotherham (30.23%).

DEMENTIA DATA

Looking at the projected levels of dementia sufferers among over 65s in Yorkshire and Humber, it is projected that 76,580 (7.19%) over 65s suffer from dementia in 2023.

The counties and unitary authorities with the highest predicted number of over 65 dementia sufferers in 2023 are North Yorkshire (11,755), Leeds (9,035), and Sheffield (7,098). The counties and unitary authorities with the lowest predicted number of over 65 dementia sufferers in 2023 are North East Lincolnshire (2,473), the City of Kingston upon Hull (2,629), and York (3,092).

Looking at the regions and unitary authorities ranked in order of the percentage of people aged 65 and predicted

to have dementia in 2023, the individual areas with the highest predicted percentage were Wakefield (7.39%), North Yorkshire (7.38%), and the City of Kingston upon Hull (7.34%).

The individual areas with the lowest predicted percentage in 2023 were Doncaster (7%), Leeds (7.04%), and Rotherham (7.05%).

Looking at the regions and unitary authorities ranked in order of the percentage of people aged 65 and predicted to have dementia in 2023, the individual areas with the highest predicted percentage were Halton (7.49%), Cheshire West and Chester (7.36%), and Cumbria (7.14%).

The individual areas with the lowest predicted percentage in 2023 were Trafford (6.35%), Knowsley (6.49%), and Salford (6.51%).

DEPRESSION DATA

Finally in 2023, in all of North West England, it's predicted that 124,356 over 65s suffer from depression. The counties and unitary authorities with the highest overall projected numbers of over 65 depression sufferers are Lancashire (23,009), Cumbria (10,960), and Liverpool (6,686).

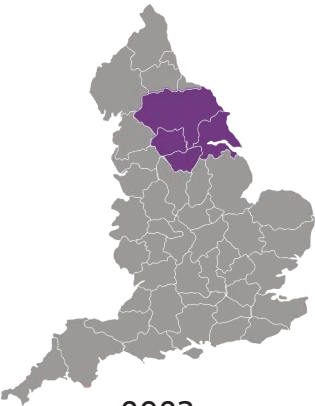
The counties and unitary authorities with the lowest projected numbers of over 65 depression sufferers are the Blackburn with Darwen (1933), Halton (2,210), and Blackpool (2,505).

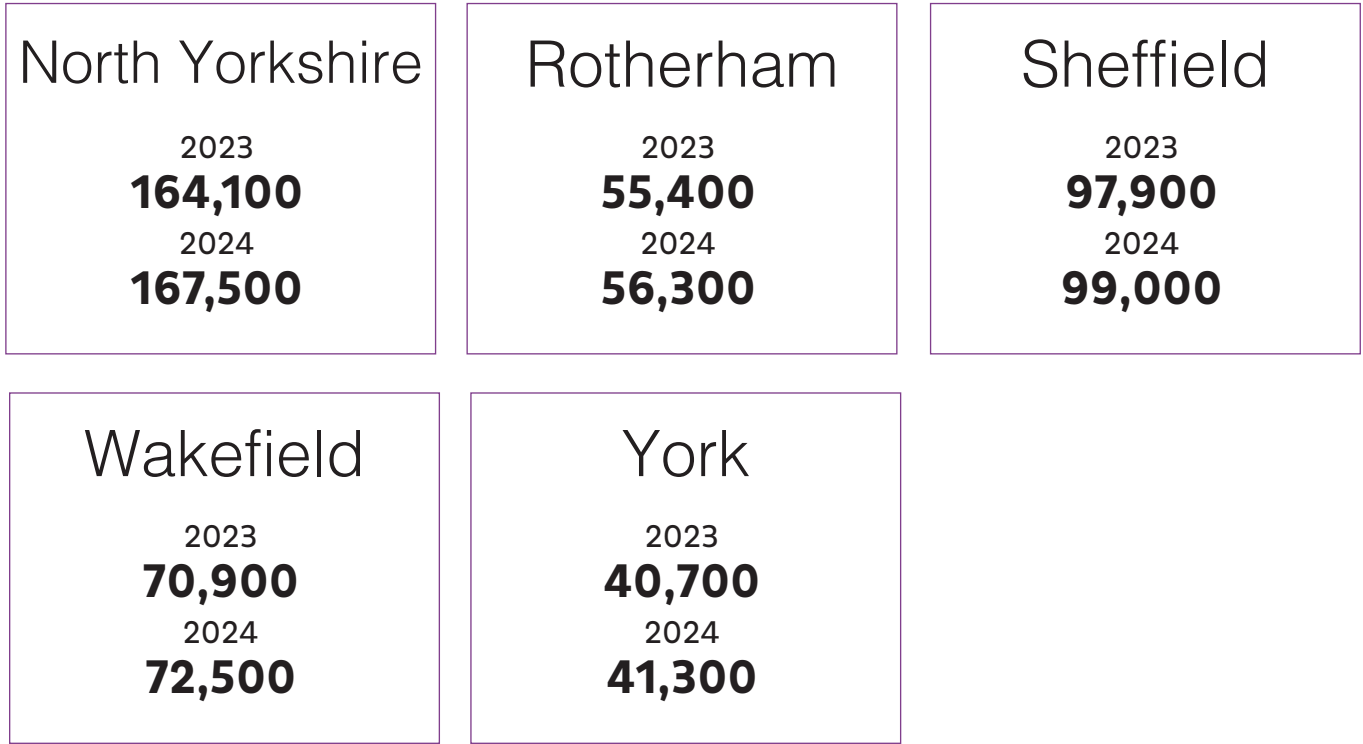
Looking at the regions and unitary authorities ranked in order of the percentage of people aged 65 and predicted to have depression in 2023, the individual areas with the highest predicted percentage were Halton (7.49%), Cheshire West and Chester (7.36%), and Cumbria (7.14%).

The individual areas with the lowest predicted percentage in 2023 were Trafford (6.35%), Knowsley (6.49%), and Salford (6.51%).

Population aged 65 and over, projected to 2024



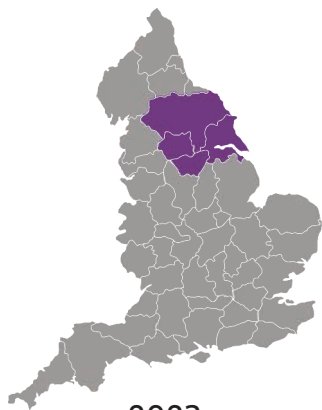
Yorkshire & Humber  2023 1,096,100 2024 1,114,100	Barnsley 2023 52,000 2024 53,100	Bradford 2023 86,400 2024 88,000
	Calderdale 2023 42,400 2024 43,100	Doncaster 2023 64,100 2024 65,200
East Riding 2023 95,600 2024 97,400	Kingston upon Hull 2023 40,900 2024 41,500	Kirklees 2023 82,600 2024 84,100
Leeds 2023 128,300 2024 129,800	North East Lincolnshire 2023 34,800 2024 35,400	North Lincolnshire 2023 39,400 2024 40,000



Population % aged 65 and over as a proportion of the total population



Yorkshire & Humber



2023
19.62%
2024
19.87%

Barnsley

2023
20.52%
2024
20.84%

Bradford

2023
15.85%
2024
16.11%

Calderdale

2023
19.99%
2024
20.29%

Doncaster

2023
20.16%
2024
20.43%

East Riding

2023
27.62%
2024
28.04%

Kingston upon Hull

2023
15.67%
2024
15.90%

Kirklees

2023
18.54%
2024
18.83%

Leeds

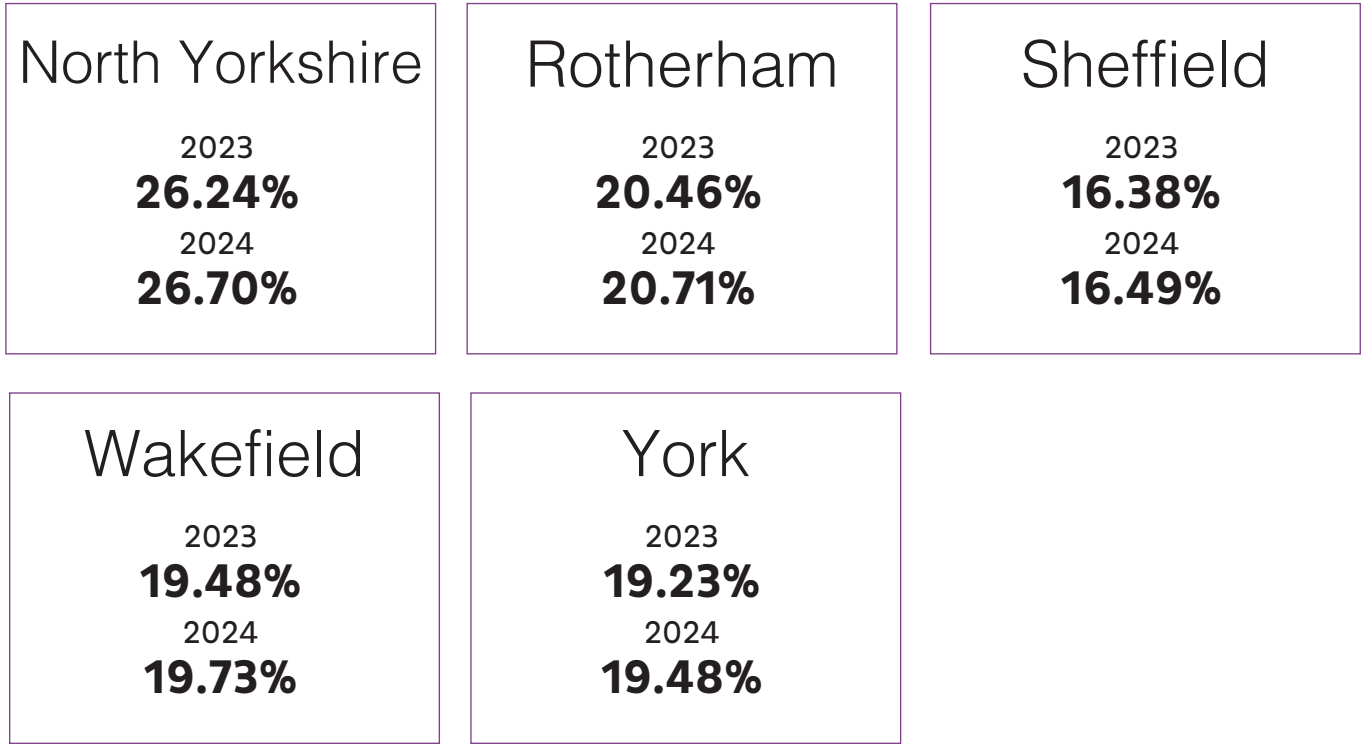
2023
16.00%
2024
16.14%

North East Lincolnshire

2023
21.75%
2024
22.13%

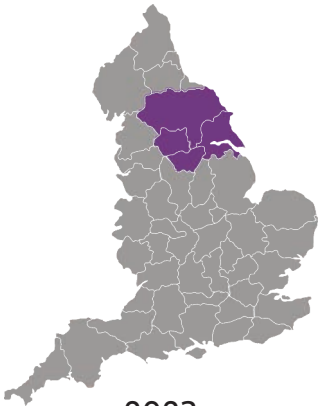
North Lincolnshire

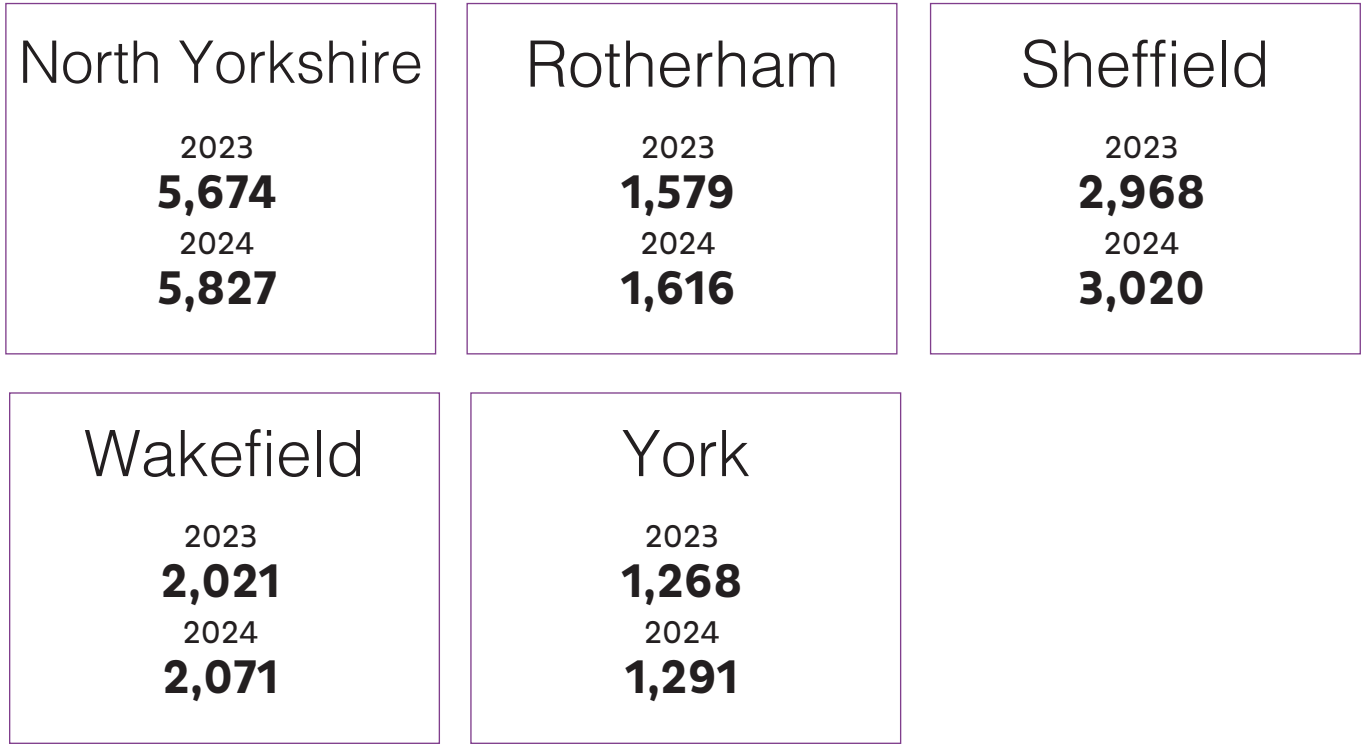
2023
22.58%
2024
22.87%



Population aged 65 and over living in a care home with or without nursing



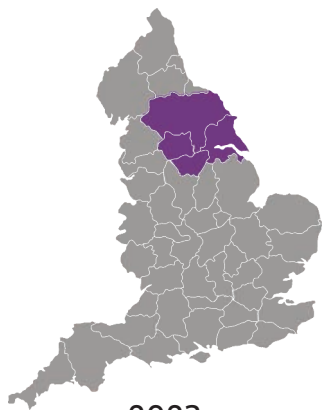
Yorkshire & Humber  2023 35,289 2024 36,043	Barnsley 2023 1,492 2024 1,526	Bradford 2023 3,098 2024 3,136
	Calderdale 2023 1,200 2024 1,230	Doncaster 2023 1,965 2024 2,002
East Riding 2023 3,812 2024 3,913	Kingston upon Hull 2023 1,639 2024 1,655	Kirklees 2023 2,474 2024 2,528
Leeds 2023 3,459 2024 3,511	North East Lincolnshire 2023 1,348 2024 1,379	North Lincolnshire 2023 1,371 2024 1,401



Population aged 65 and over providing unpaid care



Yorkshire & Humber



2023
152,561
2024
154,960

Barnsley

2023
7,535
2024
7,691

Bradford

2023
11,135
2024
11,330

Calderdale

2023
5,472
2024
5,570

Doncaster

2023
9,393
2024
9,553

East Riding

2023
13,163
2024
13,376

Kingston upon Hull

2023
5,471
2024
5,543

Kirklees

2023
11,141
2024
11,327

Leeds

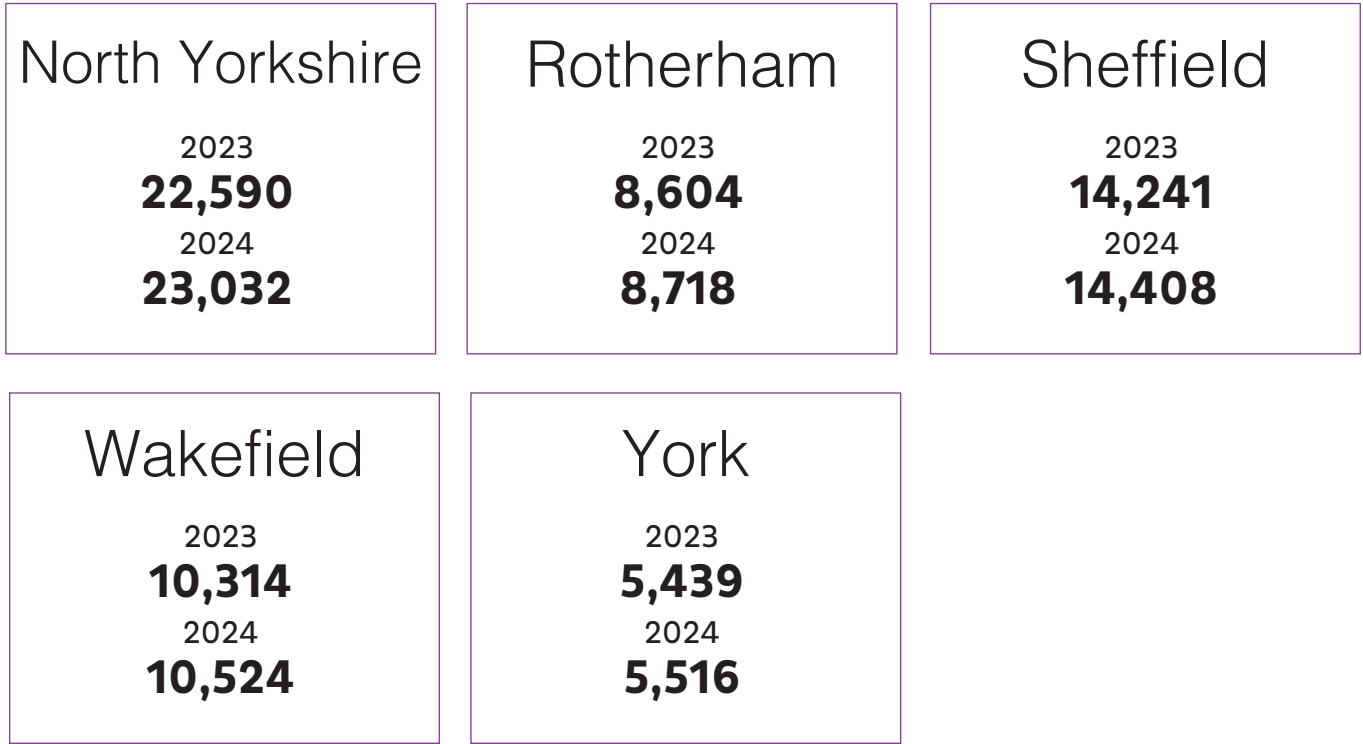
2023
17,437
2024
17,630

North East Lincolnshire

2023
4,847
2024
4,943

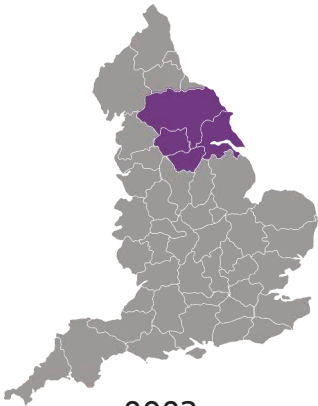
North Lincolnshire

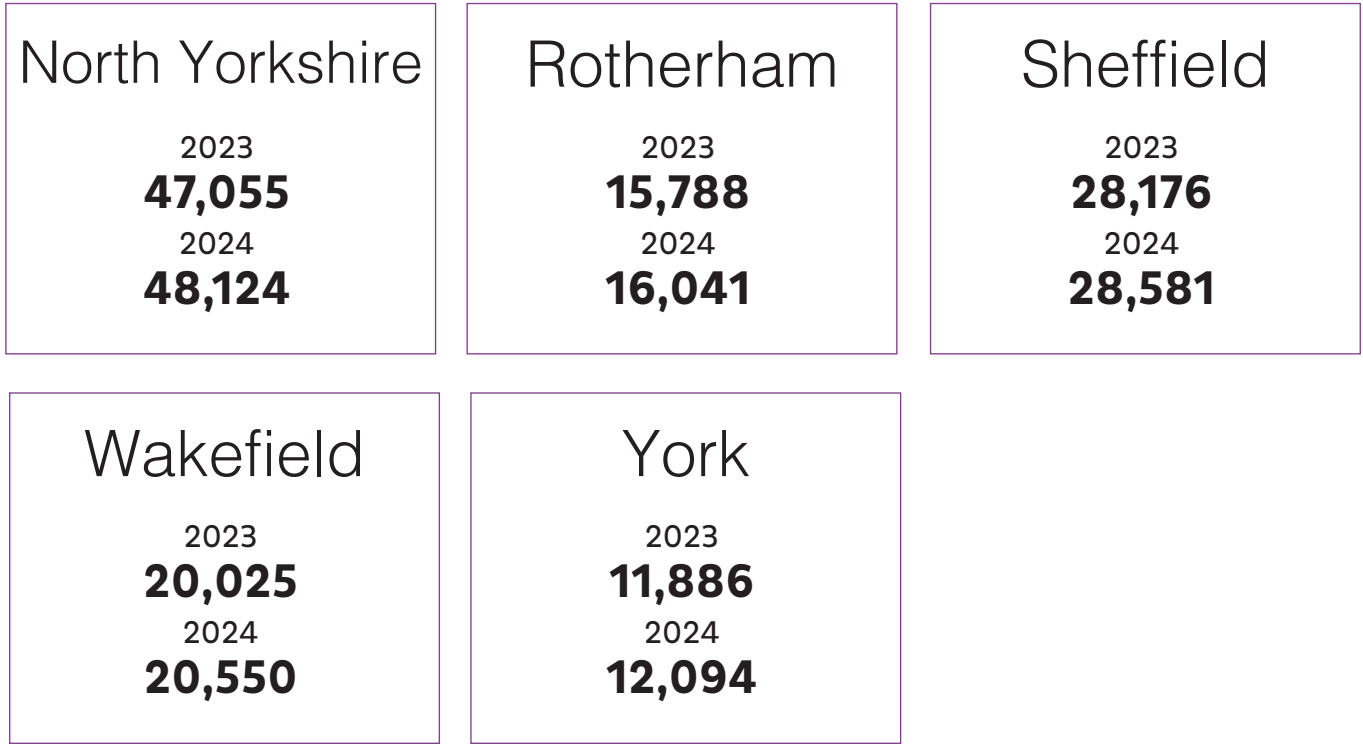
2023
5,653
2024
5,735



Population aged 65 and over who need help with at least one self-care activity

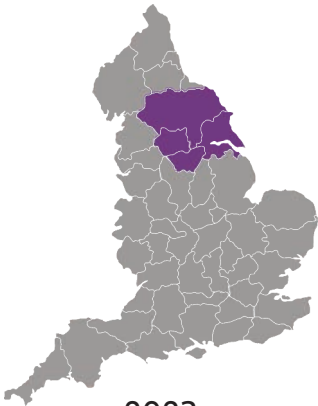


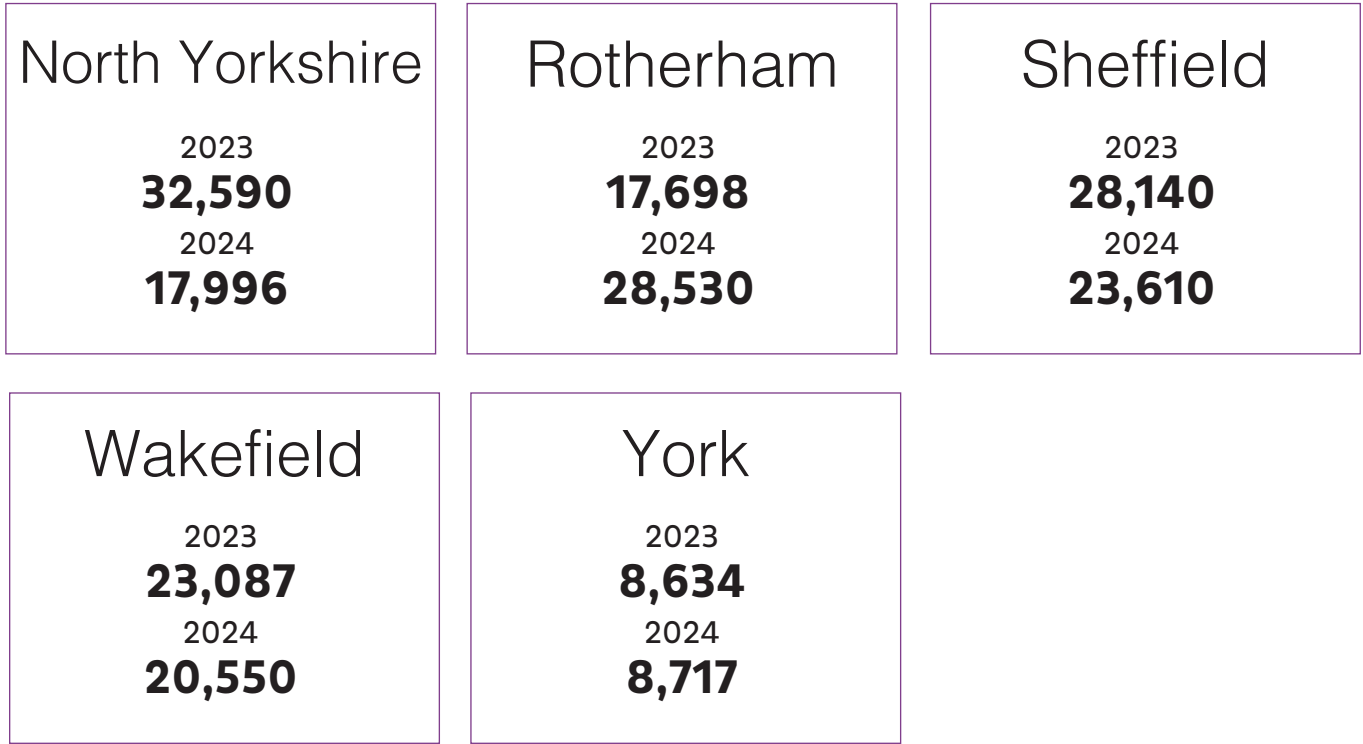
Yorkshire & Humber  2023 311,770 2024 317,630	Barnsley 2023 14,607 2024 14,959	Bradford 2023 24,332 2024 24,760
	Calderdale 2023 11,884 2024 12,103	Doncaster 2023 18,068 2024 18,333
East Riding 2023 27,286 2024 27,845	Kingston upon Hull 2023 11,362 2024 11,527	Kirklees 2023 23,458 2024 23,924
Leeds 2023 36,716 2024 37,209	North East Lincolnshire 2023 9,982 2024 10,185	North Lincolnshire 2023 11,053 2024 11,283



Population aged 65+ with a long term illness limiting day-to-day activities

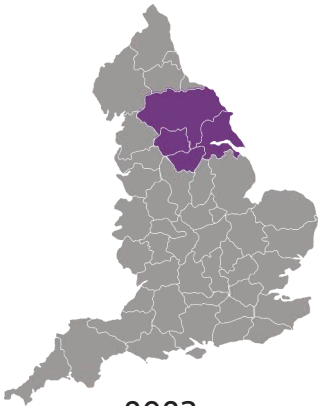


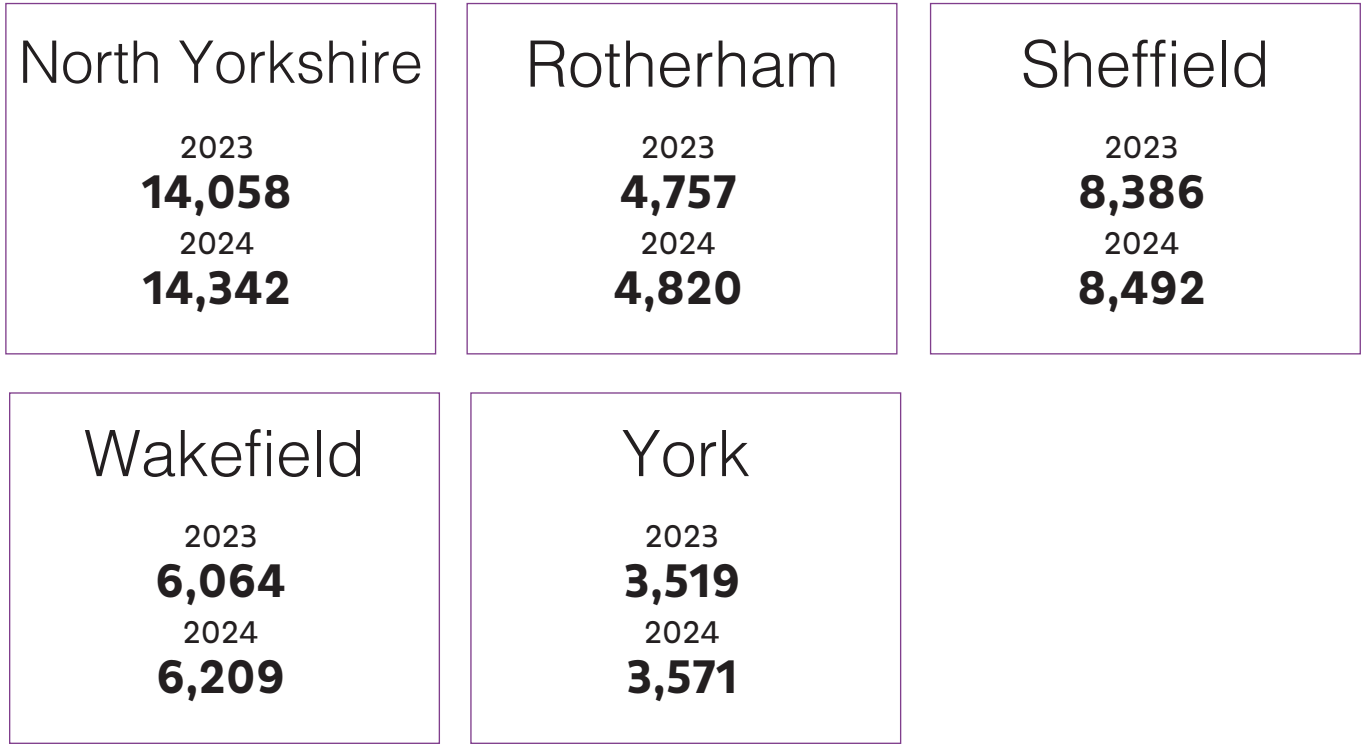
Yorkshire & Humber  2023 284,832 2024 290,212	Barnsley 2023 17,736 2024 18,128	Bradford 2023 21,934 2024 22,319
	Calderdale 2023 9,770 2024 9,996	Doncaster 2023 19,789 2024 20,157
East Riding 2023 20,396 2024 20,850	Kingston upon Hull 2023 12,299 2024 12,450	Kirklees 2023 20,931 2024 21,354
Leeds 2023 32,448 2024 32,901	North East Lincolnshire 2023 8,681 2024 8,876	North Lincolnshire 2023 9,915 2024 33,369



Population aged 65 and over predicted to have depression

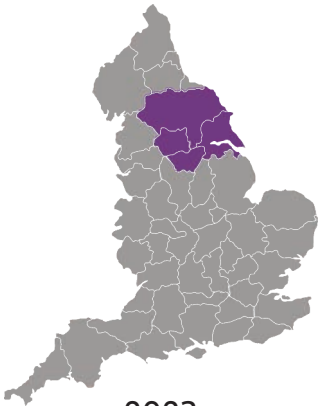


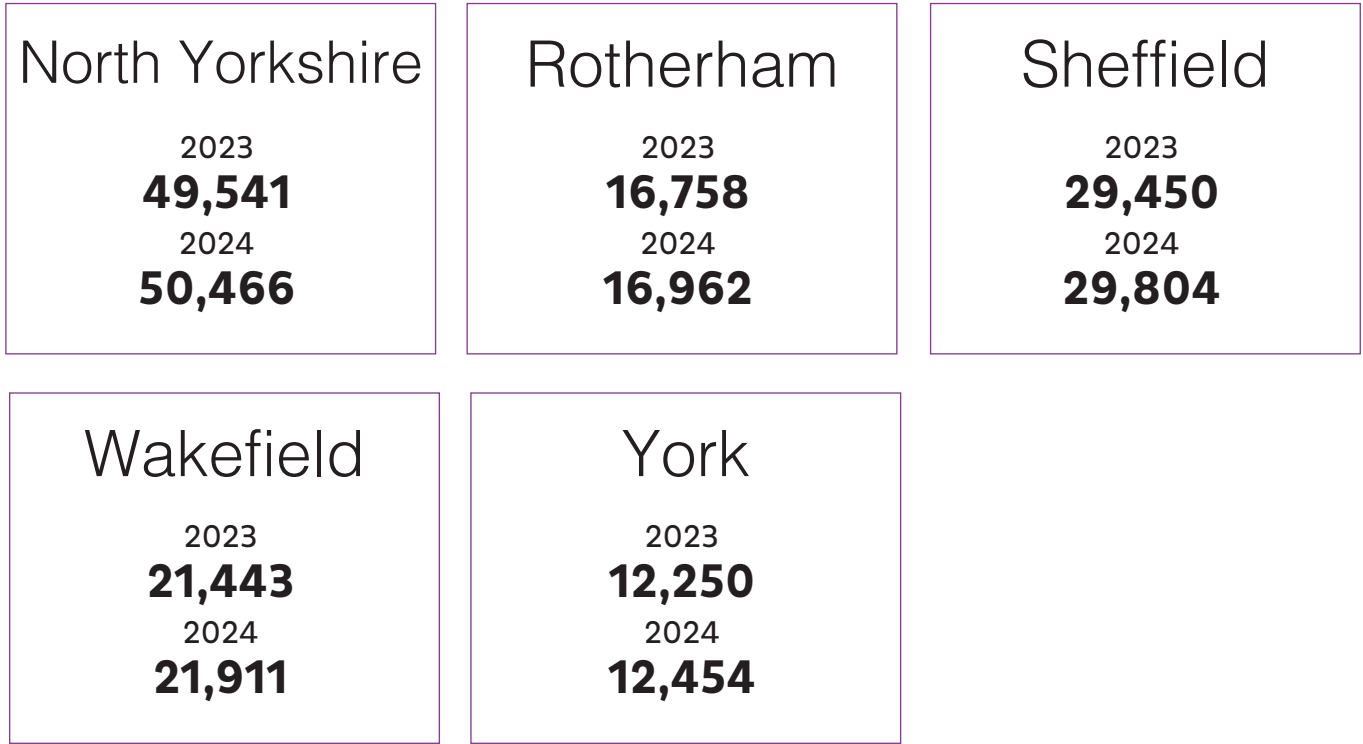
Yorkshire & Humber  2023 93,975 2024 95,550	Barnsley 2023 4,450 2024 4,549	Bradford 2023 7,418 2024 7,547
	Calderdale 2023 3,627 2024 3,690	Doncaster 2023 5,501 2024 5,573
East Riding 2023 8,186 2024 8,327	Kingston upon Hull 2023 3,504 2024 3,548	Kirklees 2023 7,090 2024 7,212
Leeds 2023 11,050 2024 11,185	North East Lincolnshire 2023 2,990 2024 3,052	North Lincolnshire 2023 3,352 2024 3,415



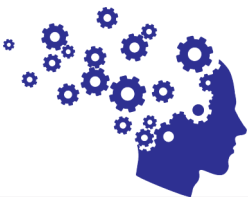
Population aged 65 and over with a BMI of 30 or more

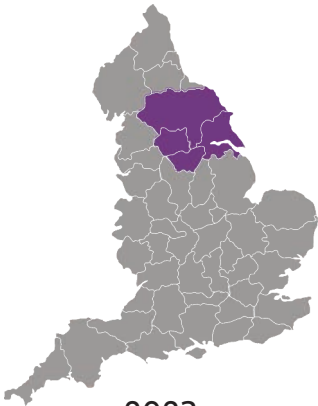


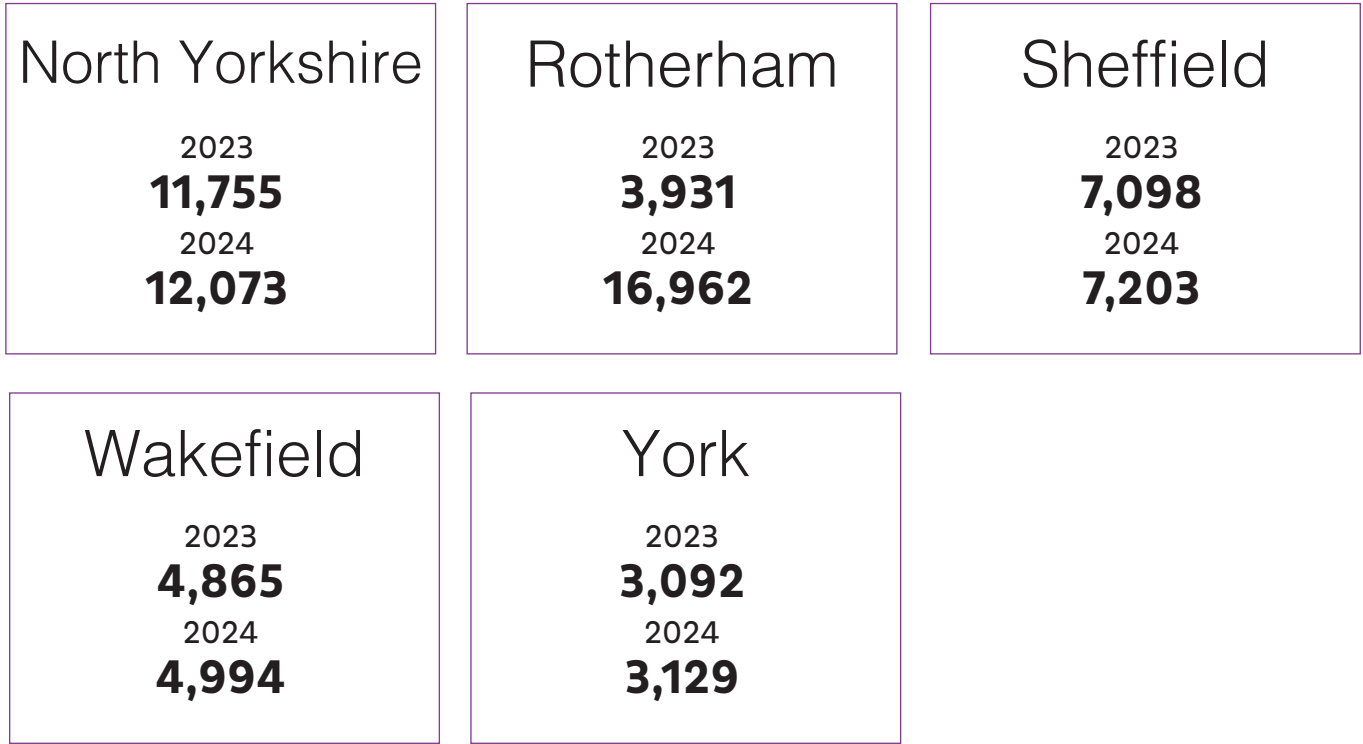
Yorkshire & Humber  2023 331,257 2024 336,484	Barnsley 2023 15,743 2024 16,105	Bradford 2023 26,231 2024 26,674
	Calderdale 2023 12,810 2024 13,010	Doncaster 2023 19,443 2024 19,705
East Riding 2023 28,849 2024 29,336	Kingston upon Hull 2023 12,452 2024 12,624	Kirklees 2023 25,003 2024 25,404
Leeds 2023 38,764 2024 39,195	North East Lincolnshire 2023 10,503 2024 10,713	North Lincolnshire 2023 11,869 2024 12,106



Population aged 65 and over predicted to have dementia

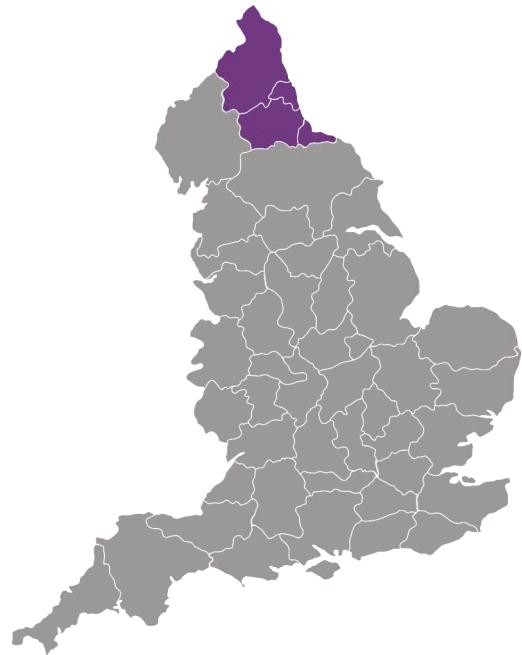


Yorkshire & Humber  2023 76,580 2024 78,188	Barnsley 2023 3,545 2024 3,607	Bradford 2023 5,914 2024 6,043
	Calderdale 2023 2,853 2024 2,939	Doncaster 2023 4,347 2024 4,424
East Riding 2023 6,696 2024 6,841	Kingston upon Hull 2023 2,629 2024 2,670	Kirklees 2023 5,702 2024 5,853
Leeds 2023 9,035 2024 9,195	North East Lincolnshire 2023 2,473 2024 2,533	North Lincolnshire 2023 2,660 2024 2,734



NORTH EAST ENGLAND

SAFER AGEING INDEX



An index to assess factors affecting safer ageing in North East England.

Geographically covering the north eastern part of England up to the Scottish border. It includes the ceremonial counties of:

- Northumberland

- Middlesbrough
- Newcastle upon Tyne
- North Tyneside
- Redcar and Cleveland
- Stockton on Tees
- Sunderland

And the following unitary authorities:

- Darlington
- Durham
- Gateshead
- Hartlepool

NORTH EAST ENGLAND DATA

POPULATION DATA

We can see from the indices measuring population data of North East England, that the counties and unitary authorities in North East England with the highest predicted number of older people aged 65 and over are Durham (117,800), Northumberland (86,500), and Sunderland (58,300). The counties and unitary authorities with the lowest predicted number of older people are Hartlepool (19,300), Darlington (23,500), and Middlesbrough (24,600).

Looking at the regions and unitary authorities in North East England ranked in order of the proportion of people aged 65 and over in 2023, the individual areas with the highest predicted proportion were Northumberland (26.50%), Redcar and Cleveland (23.64%), and Darlington (21.94%).

The individual areas with the lowest predicted proportion in 2023 were Newcastle upon Tyne (15.29%), Middlesbrough (17.57%), and Stockton on Tees (19.60%).

SELF-CARE DATA

Looking at the health data for counties and unitary authorities in North East England, the overall number of over 65s needing help with at least one self-care activity in 2023 were 160,141. The individual areas with the highest predicted number of over 65s needing help with at least one self-care activity in 2023 were Durham (33,001), Northumberland (24,304), and Sunderland (16,340).

The counties and unitary authorities with the lowest predicted number of over 65s needing help with at least one self-care activity in 2023, were Hartlepool (5,454), Darlington (6,773), and Middlesbrough (6,950).

Looking at the regions and unitary authorities ranked in order of the percentage of people aged 65 and over who need help with at least one self-care activity in 2023, the individual areas with the highest predicted percentage were Sunderland (33.73%), South Tyneside (32.68%), and Middlesbrough (31.72%).

The individual areas with the lowest predicted percentage in 2023 were Hartlepool (28.41%), Northumberland (28.77%), and Durham (29.29%).

LONG TERM ILLNESS DATA

As to the levels of limiting long term illnesses that affect day to day activities a lot, affecting over 65s in North East England, it's predicted that 164,933 over 65s in 2023 suffer from this (%).

The counties and unitary authorities with the highest predicted number of those over 65 suffering from limiting long term illness are Durham (32,487), Northumberland (20,369), and Sunderland (19,801).

The counties and unitary authorities with the lowest predicted number of those over 65 suffering from limiting long term illness are Darlington (5,596), Hartlepool (6,092), and Middlesbrough (7,418).

Looking at the regions and unitary authorities ranked in order of the percentage of people aged 65 and over suffering from limiting long term illnesses in 2023, the individual areas with the highest predicted percentage were Newcastle Upon Tyne (13.04%), Sunderland (12.83%), and South Tyneside (12.27%).

The individual areas with the lowest predicted percentage in 2023 were Hartlepool (8.86%), Middlesbrough (9.68%), and Darlington (9.80%).

OBESITY DATA

Looking at the projected levels of obesity and morbid obesity in North East England among over 65s in 2023, it is projected that 172,013 over 65s are either obese or morbidly obese – 30.3%. The counties and unitary authorities with the highest predicted number of those over 65 being obese or morbidly obese are Durham (35,678), Northumberland (26,186), and Sunderland (17,749).

The counties and unitary authorities with the lowest predicted number of those over 65 being obese or morbidly obese are Hartlepool (5848), Darlington (7,120), and Middlesbrough (7,493).

Looking at the regions and unitary authorities ranked in order of the percentage of people aged 65 and either obese or morbidly obese in 2023, the individual areas with the highest predicted percentage were Sunderland (33.24%), Gateshead (31.53%), and South Tyneside (31.43%).

The individual areas with the lowest predicted percentage in 2023 Durham (28.93%), Hartlepool (29.25%) and Northumberland (29.43%).

DEMENTIA DATA

Looking at the projected levels of dementia sufferers among over 65s in North East England, it is projected that 38,622 (7.05%) over 65s suffer from dementia in 2023.

The counties and unitary authorities with the highest predicted number of over 65 dementia sufferers in 2023 are Durham (7,808), Northumberland (5,830), Sunderland (3,817).

The counties and unitary authorities with the lowest predicted number of over 65 dementia sufferers in 2023 are Hartlepool (1,319), Middlesbrough (1,622), and Darlington (1,691).

Looking at the regions and unitary authorities ranked in order of the percentage of people aged 65 and predicted to have dementia in 2023, the individual areas with the highest predicted percentage were Newcastle upon Tyne (6.63%), Sunderland (6.52%), and South Tyneside (6.45%).

The individual areas with the lowest predicted percentage in 2023 Durham (6.02%), Hartlepool (6.03%), and Redcare and Cleveland (6.05%).

Looking at the regions and unitary authorities ranked in order of the percentage of people aged 65 and predicted to have dementia in 2023, the individual areas with the highest predicted percentage were Halton (7.49%), Cheshire West and Chester (7.36%), and Cumbria (7.14%).

The individual areas with the lowest predicted percentage in 2023 were Trafford (6.35%), Knowsley (6.49%), and Salford (6.51%).

DEPRESSION DATA

Finally in 2023, in all of North East England, it's predicted that 101,266 (8.57%) over 65s suffer from depression. The counties and unitary authorities with the highest overall projected numbers of over 65 depression sufferers are Durham (10,001), Northumberland (7,388), and Sunderland (5,026).

The counties and unitary authorities with the lowest projected numbers of over 65 depression sufferers are Hartlepool (1,646), Darlington (2,025), and Middlesbrough (2,128).

Looking at the regions and unitary authorities ranked in order of the percentage of people aged 65 and predicted to have depression in 2023, the individual areas with the highest predicted percentage were Middlesbrough (8.68%), North Tyneside (8.64%), and Sunderland (8.63%).

The individual areas with the lowest predicted

Population aged 65 and over projected to 2024

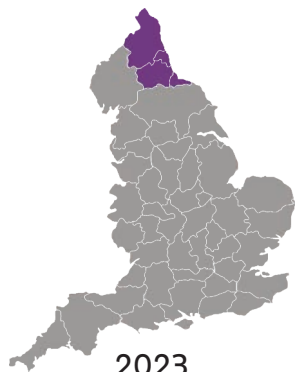


North East  2023 568,000 2024 579,000	Darlington 2023 23,500 2024 24,100	Durham 2023 117,800 2024 119,900
	Gateshead 2023 41,400 2024 41,900	Hartlepool 2023 19,300 2024 19,700
Middlesbrough 2023 24,600 2024 25,000	Newcastle upon Tyne 2023 46,500 2024 47,200	N. Tyneside 2023 45,100 2024 46,100
Northumberland 2023 86,500 2024 88,600	Redcar and Cleveland 2023 32,900 2024 33,700	S. Tyneside 2023 32,500 2024 33,200
Stockton-on-Tees 2023 39,100 2024 39,900	Sunderland 2023 58,300 2024 59,300	

Population % aged 65 and over as a proportion of the total population



North East



2023
21.09%
2024
21.45%

Darlington

2023
21.94%
2024
22.50%

Durham

2023
21.90%
2024
22.22%

Gateshead

2023
20.41%
2024
20.67%

Hartlepool

2023
20.60%
2024
21.02%

Middlesbrough

2023
17.57%
2024
17.87%

Newcastle upon Tyne

2023
15.29%
2024
15.49%

N. Tyneside

2023
21.27%
2024
21.64%

Northumberland

2023
26.50%
2024
27.06%

Redcar and Cleveland

2023
23.64%
2024
24.14%

S. Tyneside

2023
21.26%
2024
21.64%

Stockton-on-Tees

2023
19.60%
2024
19.97%

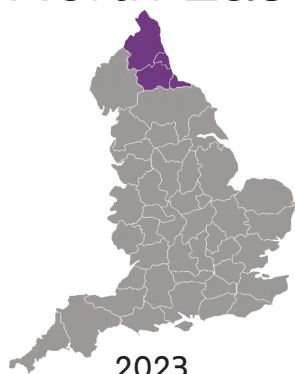
Sunderland

2023
21.00%
2024
21.37%

Population aged 65 and over living in a care home with or without nursing



North East



2023
19,825
2024
20,284

Darlington

2023
1,056
2024
1,084

Durham

2023
4,226
2024
4,327

Gateshead

2023
1,421
2024
1,442

Hartlepool

2023
900
2024
909

Middlesbrough

2023
804
2024
809

Newcastle upon Tyne

2023
1,925
2024
1,956

N. Tyneside

2023
1,331
2024
1,351

Northumberland

2023
3,140
2024
3,236

Redcar and Cleveland

2023
1,141
2024
1,166

S. Tyneside

2023
897
2024
922

Stockton-on-Tees

2023
1,549
2024
1,601

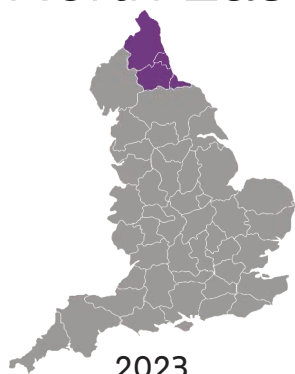
Sunderland

2023
1,502
2024
1,532

Population aged 65 and over providing unpaid care



North East



2023
160,141
2024
163,366

Darlington

2023
6,773
2024
6,970

Durham

2023
33,001
2024
33,744

Gateshead

2023
11,834
2024
12,024

Hartlepool

2023
5,454
2024
5,499

Middlesbrough

2023
6,950
2024
7,080

Newcastle upon Tyne

2023
13,219
2024
13,440

N. Tyneside

2023
12,743
2024
12,991

Northumberland

2023
24,304
2024
24,982

Redcar and Cleveland

2023
9,458
2024
9,616

S. Tyneside

2023
9,134
2024
9,245

Stockton-on-Tees

2023
11,045
2024
11,237

Sunderland

2023
16,340
2024
16,569

Population aged 65 and over who need help with at least one self-care activity



North East  2023 160,141 2024 163,366	Darlington 2023 6,773 2024 6,970	Durham 2023 33,001 2024 33,744
	Gateshead 2023 11,834 2024 12,024	Hartlepool 2023 5,454 2024 5,499
Middlesbrough 2023 6,950 2024 7,080	Newcastle upon Tyne 2023 13,219 2024 13,440	N. Tyneside 2023 12,743 2024 12,991
Northumberland 2023 24,304 2024 24,982	Redcar and Cleveland 2023 9,458 2024 9,616	S. Tyneside 2023 9,134 2024 9,245
Stockton-on-Tees 2023 11,045 2024 11,237	Sunderland 2023 16,340 2024 16,569	

Population aged 65+ with a long term illness limiting day-to-day activities

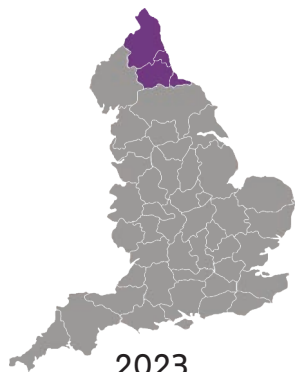


North East  2023 164,933 2024 168,390	Darlington 2023 5,596 2024 5,722	Durham 2023 32,487 2024 33,095
	Gateshead 2023 12,697 2024 12,839	Hartlepool 2023 6,092 2024 6,192
Middlesbrough 2023 7,417 2024 7,499	Newcastle upon Tyne 2023 13,561 2024 13,772	N. Tyneside 2023 12,030 2024 12,295
Northumberland 2023 20,369 2024 20,927	Redcar and Cleveland 2023 9,571 2024 9,761	S. Tyneside 2023 10,236 2024 10,479
Stockton-on-Tees 2023 10,155 2024 10,405	Sunderland 2023 19,801 2024 20,195	

Population aged 65 and over predicted to have depression



North East



2023
48,661
2024
49,605

Darlington

2023
2,025
2024
2,074

Durham

2023
10,061
2024
10,258

Gateshead

2023
3,547
2024
3,595

Hartlepool

2023
1,646
2024
1,675

Middlesbrough

2023
2,128
2024
2,171

Newcastle upon Tyne

2023
3,966
2024
4,032

N. Tyneside

2023
3,903
2024
3,972

Northumberland

2023
7,388
2024
7,583

Redcar and Cleveland

2023
2,841
2024
2,889

S. Tyneside

2023
2,801
2024
2,840

Stockton-on-Tees

2023
3,373
2024
3,421

Sunderland

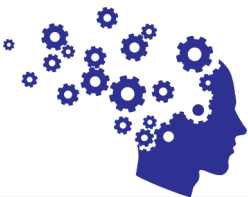
2023
5,026
2024
5,091

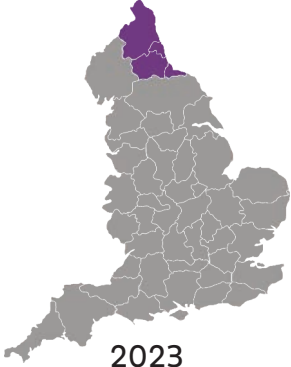
Population aged 65 and over with a BMI of 30 or more



North East  2023 172,013 2024 175,192	Darlington 2023 7,120 2024 7,295	Durham 2023 35,678 2024 36,315
	Gateshead 2023 12,470 2024 12,642	Hartlepool 2023 5,848 2024 5,940
Middlesbrough 2023 7,493 2024 7,642	Newcastle upon Tyne 2023 14,064 2024 14,272	N. Tyneside 2023 13,732 2024 13,966
Northumberland 2023 26,186 2024 26,835	Redcar and Cleveland 2023 9,995 2024 10,140	S. Tyneside 2023 9,889 2024 10,041
Stockton-on-Tees 2023 11,945 2024 12,117	Sunderland 2023 17,749 2024 17,983	

Population aged 65 and over predicted to have dementia



North East  2023 38,622 2024 39,439	Darlington 2023 1,691 2024 1,713	Durham 2023 7,808 2024 8,012
	Gateshead 2023 2,944 2024 3,002	Hartlepool 2023 1,319 2024 1,334
Middlesbrough 2023 1,622 2024 1,668	Newcastle upon Tyne 2023 3,332 2024 3,407	N. Tyneside 2023 3,081 2024 3,126
Northumberland 2023 5,830 2024 5,997	Redcar and Cleveland 2023 2,346 2024 2,368	S. Tyneside 2023 2,171 2024 2,203
Stockton-on-Tees 2023 2,657 2024 2,751	Sunderland 2023 3,817 2024 3,868	

CONCLUSION

Just as we saw with the Northern Ireland Safer Ageing Index, the Wales Safer Ageing Index, and the London 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.

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.

The projected data also reveals a dichotomy between regions closer to London and more Northern regions in terms of population, health and isolation effects. When examining health-related effects among older adults in England, regions in the North of England consistently show higher instances of self-care needs, limiting long-term illnesses, obesity, and dementia.

The South West, as a whole, also faces a substantial healthcare and support need for its older population. This suggests that there are broader health challenges outside of the South East of England which may be related to poverty, lack of investment, and lack of effective support.

However, the scope of this Index is not broad enough to investigate the various factors explaining these phenomena and as such, further research is needed to understand the underlying reasons behind this difference.

Abuse and violence against older people can have severe physical and mental health consequences. Older victims of abuse are at a higher risk of experiencing polyvictimisation and suffering from depression, anxiety, post-traumatic stress disorders, and other mental health issues. The abuse of older people also leads to increased healthcare utilization and costs, as victims

may require medical attention and ongoing care for physical and psychological injuries.

Loneliness and social isolation are also prevalent concerns among older individuals in England. Social isolation has been associated with poor physical and mental health outcomes, including an increased risk of stroke, coronary heart disease, dementia, diminished immune system functioning, anxiety, and depression. The fear of abuse and crime can further contribute to social isolation and disengagement from friends, families, and communities.

Addressing the challenges faced by older people in England requires proactive measures to ensure their well-being, quality of life, and ability to age safely. This includes providing adequate support for self-care needs, protection from the risk of abuse, violence, or neglect, addressing limiting long-term illnesses, promoting healthy lifestyles, and offering mental health services. Additionally, efforts should be made to combat social isolation and loneliness through community engagement, support networks, and initiatives that promote social interaction and connection among older individuals.

Overall, the data suggests the need for further research and data collection to understand the factors behind the disparities in the numbers and proportions of older people living in the different regions across England. While the Index provides valuable data, it also highlights the limitations in data collection and availability related to the abuse of older people.

The absence of comprehensive and disaggregated data poses challenges in developing evidence-based policies and monitoring progress. Addressing the needs and challenges faced by the growing population of older adults is crucial, including providing adequate housing options, healthcare services, social support, and combating social isolation to ensure a better quality of life for older people across England.

RECOMMENDATIONS

Variances in questions and datasets will also mean that unfortunately the England Safer Ageing index is not directly comparable with the Northern Ireland Safer Ageing Index or the Wales Safer Ageing Index. As seen above this has especially been a problem when dealing with police freedom of information data. Hourglass would as such like to see:

A UK specific strategy focused on abuse and violence committed against older people.

Hourglass is calling for a specific UK focused Violence Against Older People's strategy. Ideally a strategy focused specifically on the preventing abuse and violence committed against older people across the whole of the UK, and supporting older victim-survivors and their families. Much like the current strategy on Violence Against Woman and Girls (VAWG), this strategy would champion a public health approach and focus on prevention, specialised support, and partnership working.

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

Some progress has been made in recording and sharing information between the police and prosecution services but 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.

It additionally considers the circumstances of the crime. In particular the policy states consideration of 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 should adopt the three-

part definition, considering the expectation of trust and perceived vulnerability as well as evident hostility based on age. Northern Ireland the PSNI and PPS should also adopt the category of 'crimes against older people', which would allow for analysis of the prevalence of such cases in the justice system.

Regular release of accessible older person focused crime data by police forces across England.

Police forces across England should be encouraged to release yearly data collections related to crime statistics concerning victim's over 60. This should be accessible and broken down into age, gender, and victim-perpetrator relationship categories as much as possible.

Communication about data collection and research should be tailored to the needs of older people

As well as a wider focus and need to tailor communication about Domestic Abuse and Sexual Violence support services to older people, there is also a need to ensure that older people are encouraged to share their experiences in research and data collection. Such communication must be inclusive and ensure older victim-survivors and engaged.

A review of the restrictions in the Freedom of Information Act (2001)

As Zuffova and others note¹, restrictive freedom of information cost limits are antithetical to the idea of knowledge and information being a public good. In the Acts current state due to the asymmetry of collected information, requesters are regularly unable to effectively estimate where the exemption guidelines are, nor do requesters have a chance to verify if the refusals on cost grounds under Section 12 are genuine.

Allowed cost limits should be increased, and in case the limits are exceeded, charitable/public organisations and journalists should have a choice to pay the excess costs but have their requests answered, as it is common in other parts of the world.

As well as this, it should be investigated whether it is feasible for response time limits to be shortened. While the current measures stipulating a reply in twenty working days are effective for broad non time sensitive projects, for queries of a time sensitive nature, the use and effectiveness of FOIs would be more than doubled if a shorter response time was available.

Fundamentally, public authorities, especially Police Forces and the CPS should systemically publish regular public interest information, broken down into age categories.

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Hourglass

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