

Sefton Strategic Needs Assessment Older People Section (65 and Over)

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Older People

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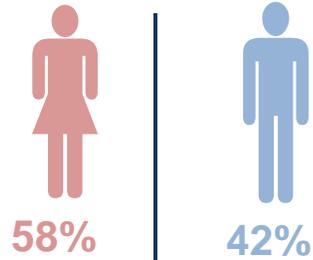
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Summary

Gender (Over 65)



Population Change & Projection

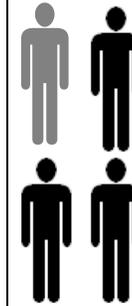


Fuel Poverty



More than 2,500 over 60's living in fuel poverty

Pension Credits



One in four over 65 year olds in receipt of pension credits

Living Alone

31%

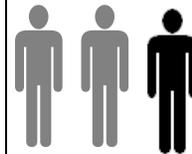
More than 18,000 Over 65 Single Occupant Households

Day Care

£128,345

In 2012/13 there were 665 over 65's accessing day care at an average unit cost of £193

Residential Care



By 2030 two in three care home residents will be over 85

Joint Replacement



23% increase in Hip Replacements & 13% increase in knee replacements between 2007/08 and 2011/12)

Summary

Elective Hospital Admissions



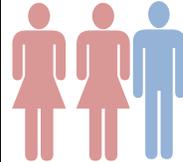
15% of elective admissions were for joint replacements

Non Elective Hospital Admissions



In 2013/14 Non Elective admissions cost £35.5m

Depression



Two out of three over 65's suffering depression are female

Dementia



49% predicted increase in sufferers between 2015 and 2030

Heart Attack / COPD



Sefton COPD mortality amongst over 65's 225 per 100,000 compared to 202 nationally

Diabetes

57%

Of diabetes sufferers in Sefton are over 65

Adult Safeguarding

480

Safeguarding referrals relating to over 65's, 69% of which relate to females

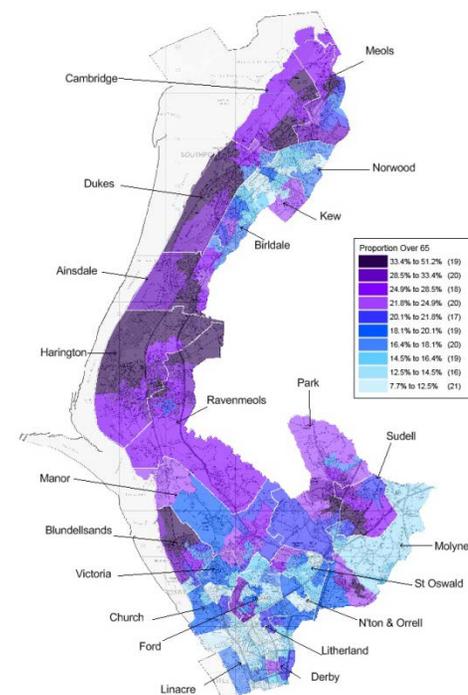
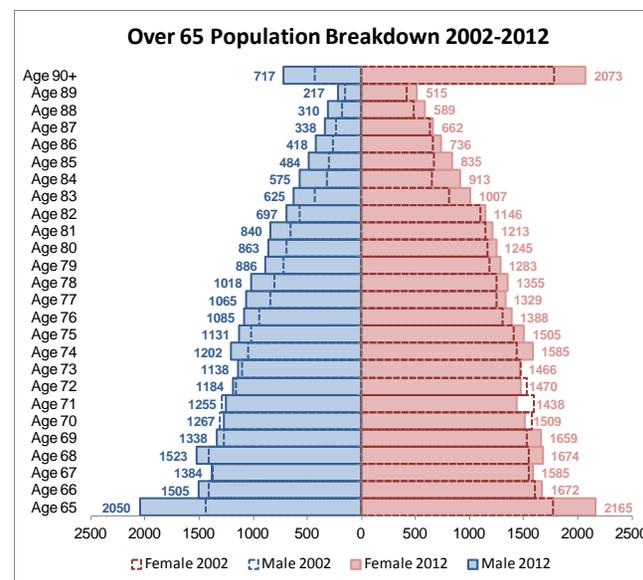
Reablement



91% of over 65's receiving services at home 90+ days after hospital discharge

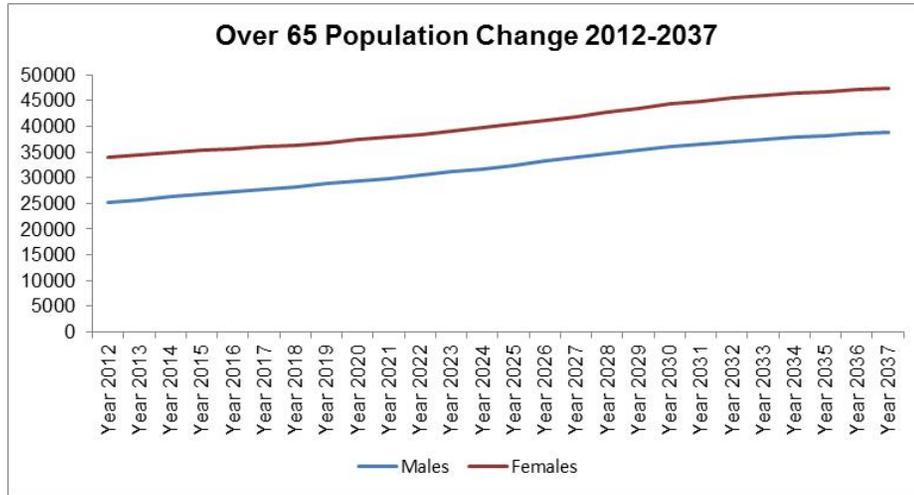
Population 65+ Age & Gender Breakdown

- In 2012 there were estimated to be 59,132 people over 65 years living in Sefton, an increase of 12% since 2002, and 7,894 people who are over 85 years old, an increase of 27% (1,698) since 2002.
- At 22% Sefton has the highest proportion of over 65's both across the North West and amongst its comparator authorities and a considerably higher proportion than across England as a whole where over 65's account for 17% of the population.
- Sefton also has the highest proportion of 85 and over residents across the North West at 3% of the overall population, again higher than the national proportion of 2%
- 58% (34,017) of residents over 65 in Sefton are female, while amongst the over 85's 69% (5,410 of 7,894) are female
- The proportion of over 65's varies significantly across the borough from 35% (4,138 of 11,849) in Cambridge to just 13% (1,616 of 12,424) in Linacre ward.
- Both wards that make up the Formby area (Harington & Ravenmeols) are amongst the six wards with the highest proportions of older people, the remaining four (Cambridge, Dukes, Ainsdale & Meols) are all in the Southport area. In all six of these wards more than one in four residents are aged 65 or over
- By contrast five of the six wards with the lowest proportion of over 65's are in the south of the borough (Linacre, Litherland, Church, Derby & Netherton & Orrell). In all of these wards less than one in six residents are over 65.
- Amongst over 65's within Sefton just 1.1% of the population are from BME backgrounds

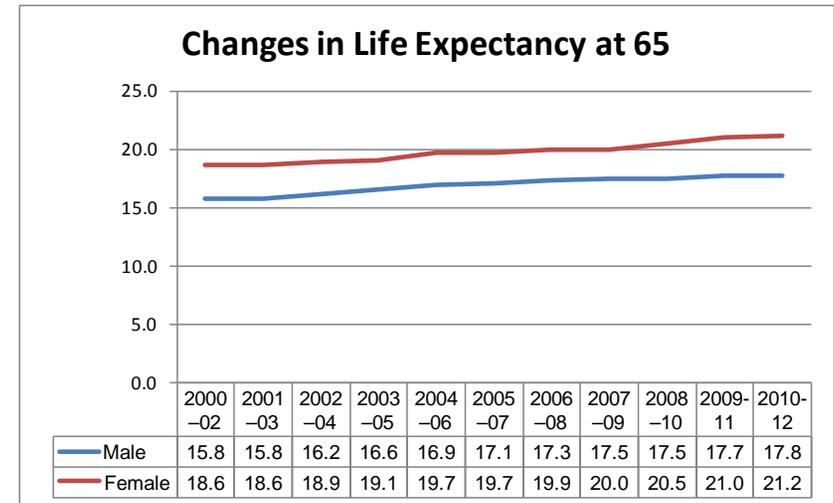


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Population Projection (65+)



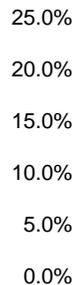
Disability Free Life Expectancy



- The number of residents over 65 is projected to increase steadily between 2012 and 2037 for males the increase is projected to be 54% (25,000 to 39,000) and an increase for females of 39% (34,000 to 48,000). This means an overall 65+ population increase of 46% rising from 59,000 in 2012 to 86,000 by 2037
- Greatest increases are amongst those aged 85 and above with the male over 85 population rising by almost 192% (3,000 to 7,000) between 2012 and 2037. For female the increase is projected to be 103% (5,000 to 11,000).
- Currently one in five Sefton residents are aged 65 or over. The rate of increase in the over 65 population of 46% compared to overall population increases of just 2% means that by 2037 one in three Sefton residents will be age 65 or over.
- Projected reductions in working age population of 11% compared to increases in the over 65 population will mean the proportion of the adult population of the borough that is of pensionable age will be 39% by 2037, compared to 28% in 2012.
- Life expectancy amongst males within Sefton at birth is currently 77.5 years (2010-2012), this is slightly below the national average of 79.1, however it has increased by almost five years since 1991-1993 when it was 72.7 years and has been in line with the North West Average over this time period
- For females the current life expectancy for females is 82.8 years, an increase of four years since 1991-1993 when it was 78.8 years. Unlike males where life expectancy is below the national average, for females life expectancy is on a par with the national average. Compared to the North West, female life expectancy in Sefton is slightly higher
- Although male life expectancy is lower than female life expectancy the proportion of life males are estimated to spend disability free, at 79% is higher than females at 76.5%
- For male residents age 65 life expectancy is 17.8 years, however only 44% (8 years) of this is expected to be disability free. Amongst females aged 65 life expectancy is 21.2 years, as with males, less than half of this time 40% (8.5 years) is expected to be disability free.

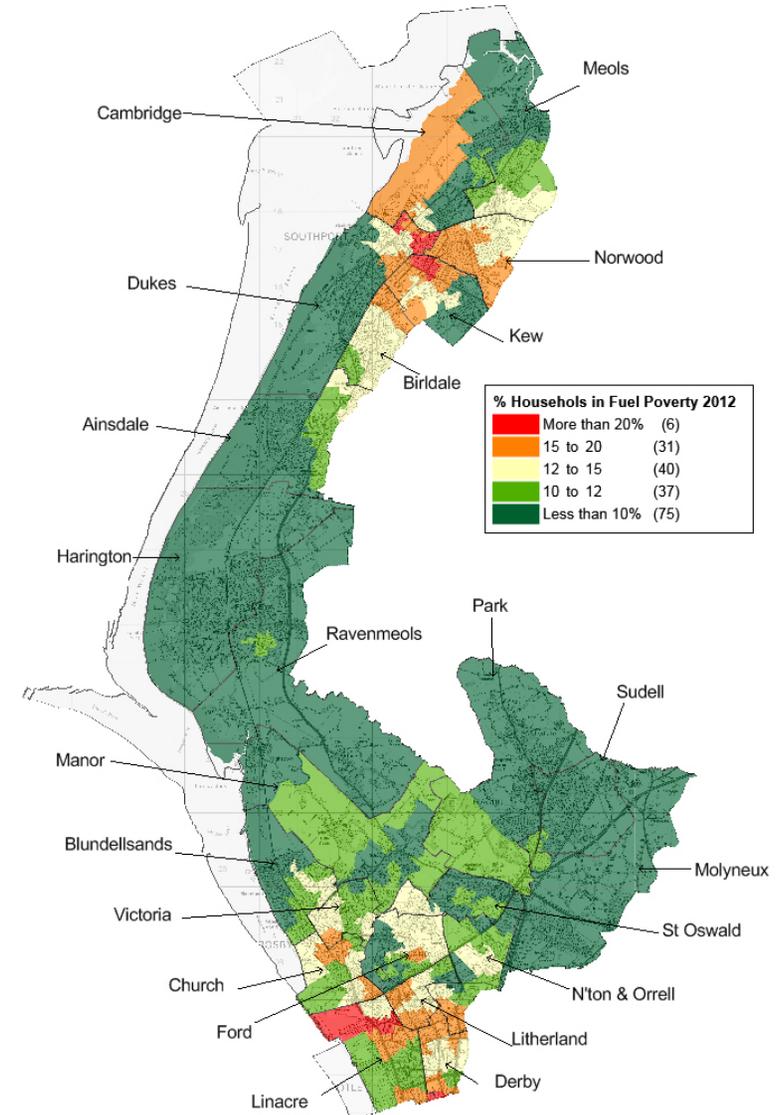
Fuel Poverty / Affordable Warmth

Households in Fuel Poverty 2010-2012 (%)



	2010	2011	2012
Sefton	20.0%	14.4%	11.4%
North West	20.3%	12.5%	11.3%
England	17.0%	11.2%	10.7%

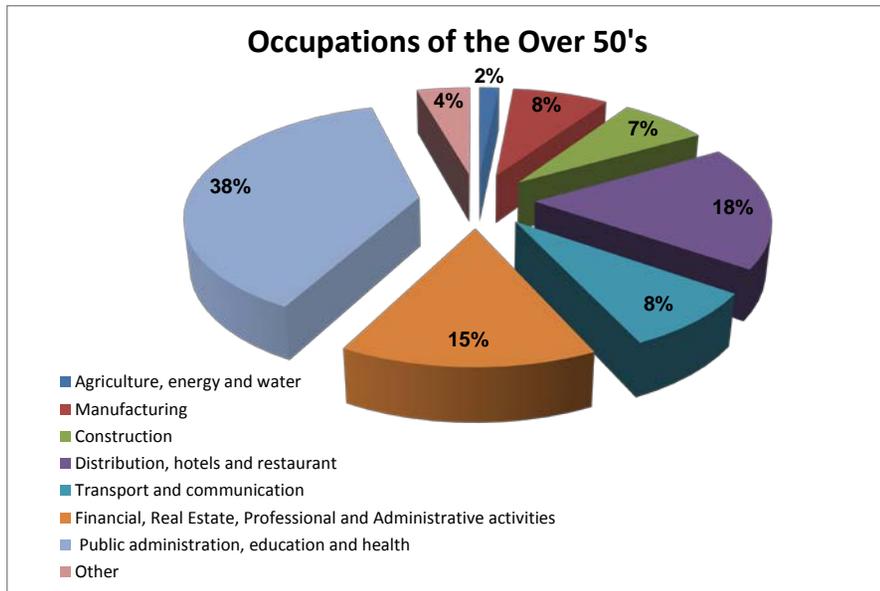
- It is estimated that across Sefton in 2012 there are 11.4% households that are fuel poor, this relates to 13,319 households, this has fallen from 14.4% (17,425) in 2011 and 20% (25,202) in 2010, a total reduction of 47%
- The chart shows how the proportion of households in fuel poverty in Sefton has reduced compared to the North West and England. While the rate of fuel poverty households has remained in line with the regional rate, it has reduced faster than the national rate to move from being significantly above to almost in line with the national average.
- However, there are significant differences across the borough, from almost one in four households to just 3%.
- The map shows that areas in the North of the borough that have higher levels of older residents also have higher levels of fuel poverty
- Nationally, statistics show that one in five households living in fuel poverty are either couples over the age of 60 or lone occupants over the age of 60. For Sefton this relates to 2,664 households.



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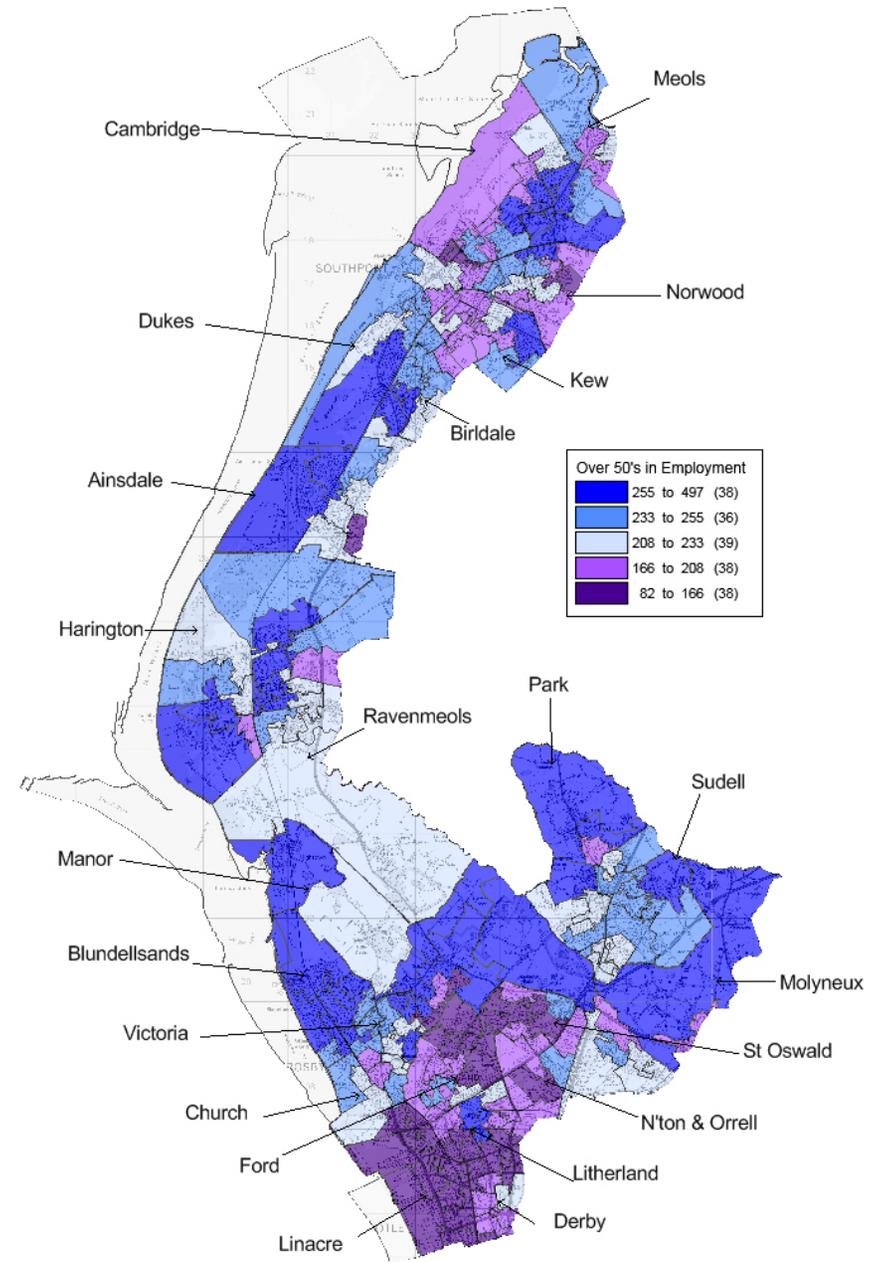
Source: www.gov.uk/government/collections/fuel-poverty-sub-regional-statistics#2012-statistics

Employment (50+)



- Census 2011 reveals there are 40,287 sefton residents over the age of 50 in employment, this represents almost a third (40,287 of 122,709) of all adults in the Borough who are in employment. There are 4,580 around residents in employment who are age 65 or over, this equates to around 8% of all over 65's in the borough.
- Amongst over 50's the most common form of employment is in Public Administration, Education and Health with 15,254 of 40,287 (38%) employed in these industries with almost 1,400 over 65's (30% of employed over 65's) employed in these areas. Hotel and restaurant work is also prominent amongst over 65's with 21% of employed over 65's in this area of work
- Agriculture, Energy and Water is the least common form of employment amongst the over 50's accounting for only 2% of employed over 50's (650 of 40,287).

Source: Nomis / Census 2011



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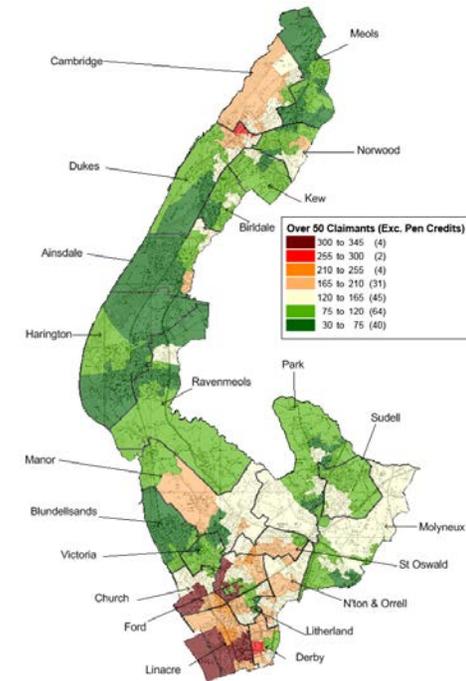
Benefits Claimants (50+)

Benefit Type	2009			2013		
	total claimants	age - 50 to 59	age - 60 and over	total claimants	age - 50 to 59	age - 60 and over
Incapacity Benefit / ESA / Income Support*	25,815	8,045	2,140	19,215	5,835	2,210
Job Seekers Allowance	8,220	1,180	90	6,340	1,040	140
Carers Allowance	3,010	860	380	3,730	1,100	420
Disability Living Allowance	20,840	3,870	9,640	21,060	3,800	9,910
Pension Credits	16,810	N/A	16,810	14,690	N/A	14,690
Total	74,695	13,955	29,060	65,035	11,775	27,370

*Employment and Support Allowance (ESA) replaced Incapacity Benefit and Income Support paid on the grounds of incapacity for new claims from 27th October 2008.

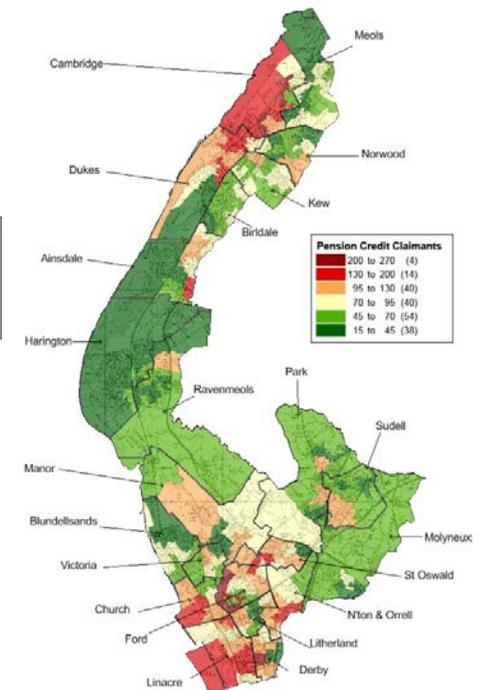
- November 2013 data shows that there are 39,145 benefits claimants over the age of 50. This represents a reduction of 9% since November 2009
- Despite this reduction in the number of claimants over the age of 50, the proportion of claimants that are over 50 years of age has increased from 57.6% in 2009 to 60.2% in 2013. This indicates that the rate at which claimants over the age of 50 is falling is slower than the rate of reduction for those under the age of 50
- Pension Credits is an income-related benefit which helps provide a minimum guaranteed income for those aged 60 and over and account for 37.5%, of over 50's claimant.
- Disability Living Allowance accounts for the second highest proportion of claimants with 35% (13,710) of the total over 50 cohort of claimants, almost three quarters of whom are age 60 or over
- The maps show the distribution of total benefits claimants over the age of 50 (excluding pension credits) throughout the borough and the distribution of Pension Credit claimants

Total Benefits Claimants aged 50+ (Excluding Pension Credits)



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Pension Credit Claimants



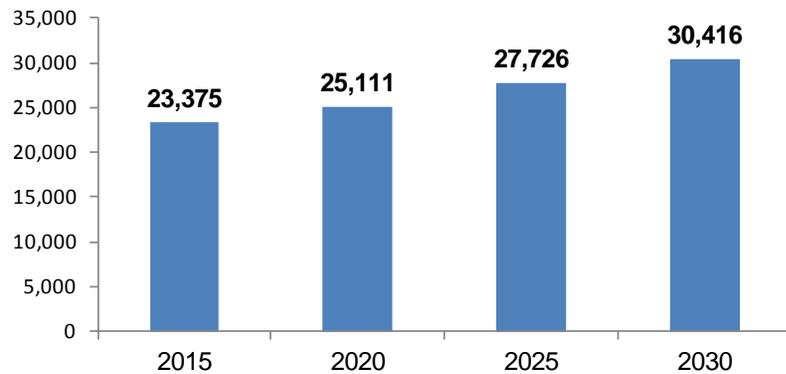
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- The maps show there are similarities in distribution, with areas in the south of the borough, and pockets in the far north most affected, with Central Sefton relatively unaffected
- This may indicate that many of Sefton's residents that claim out of work benefits in their later working life continue to be reliant on benefits after retirement age. In turn this may also indicate a reliance on other services later in life

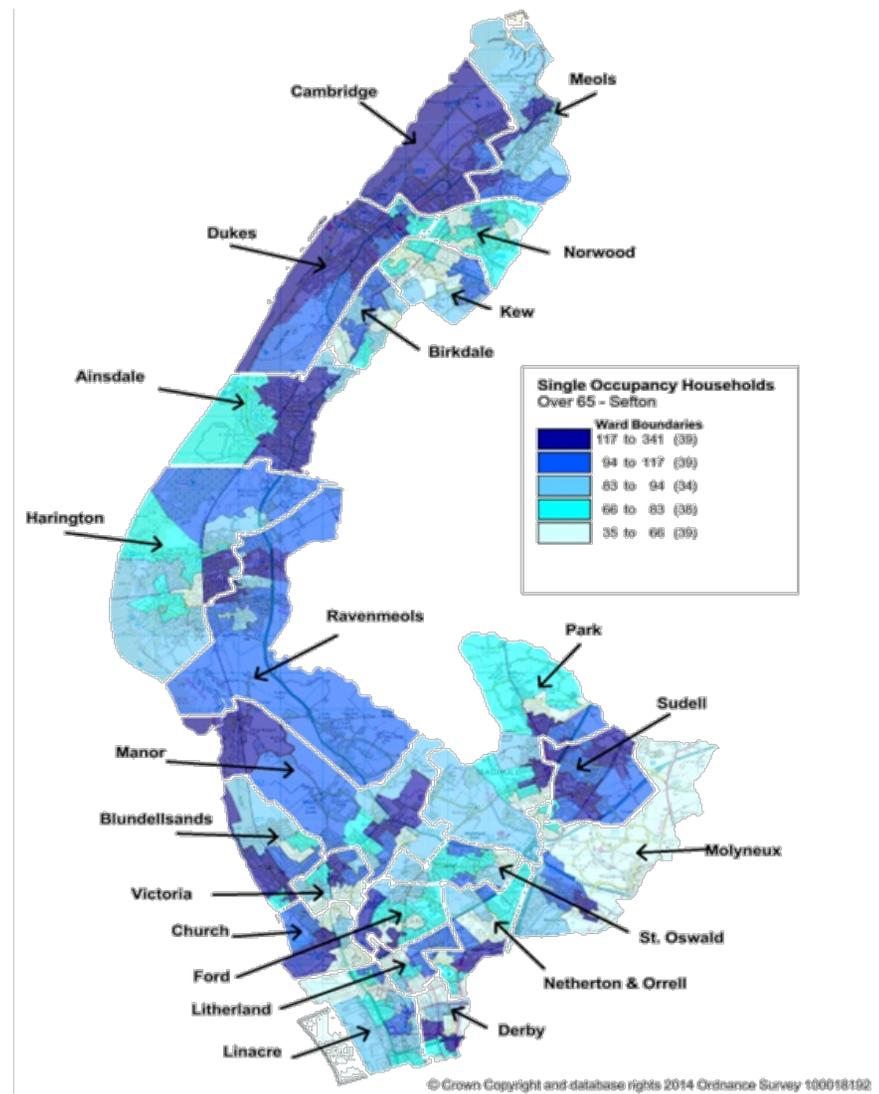
Source: NOMIS Official Labour Market Statistics

Social Isolation - Older People Living Alone

Over 65's predicted to live alone (2015-2030)



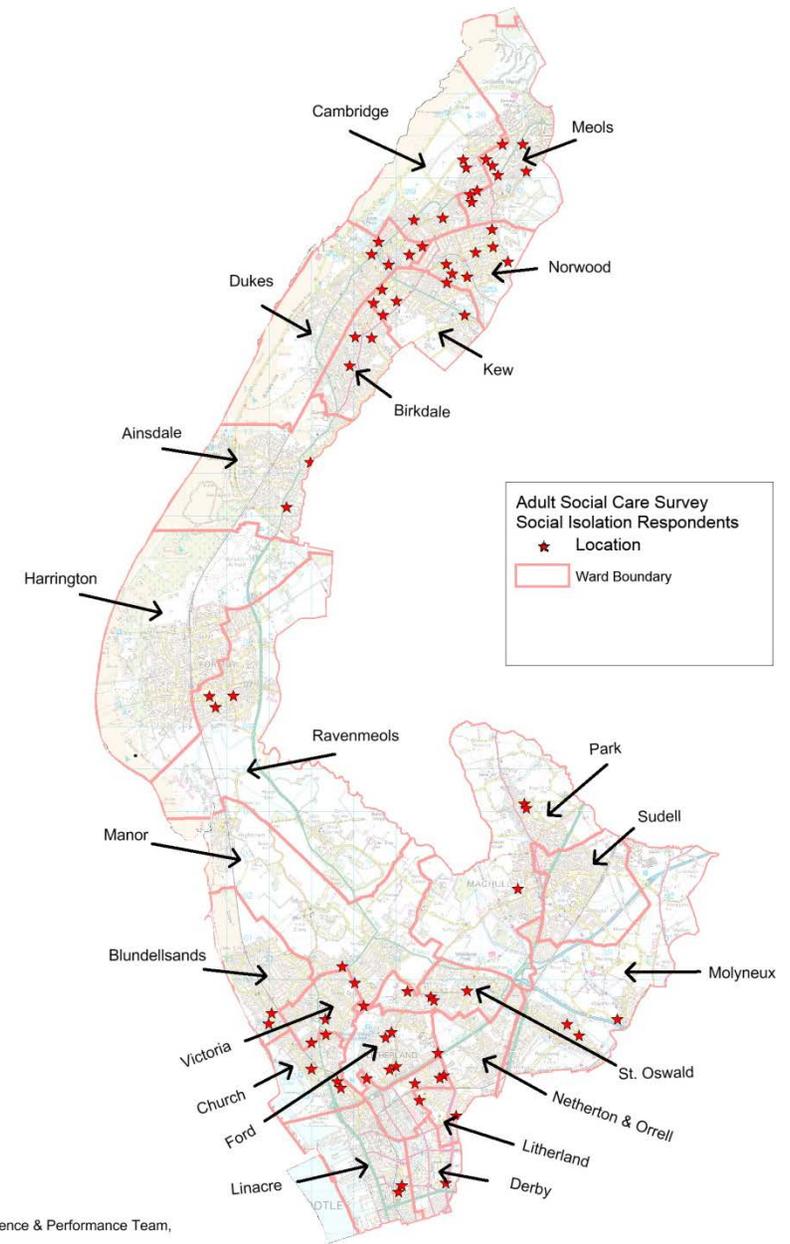
- Census 2011 indicates that there are 18,414 over 65's living in single occupancy households within Sefton, this equates to 31%, around one in three, of the total over 65 population of the borough. Comparison with previous Census data is not possible as data in 2001 Census referred to pensioners (which included females over 60) and not over 65's living in single occupancy households
- At 15.6% (18,414 of 117,930) of all households Sefton has a considerably higher rate over 65's living alone than the North West average of 12.8% and the England average of 12.4%. The proportion of single occupancy homes (over 65's) in Sefton is the highest level of all Merseyside authorities and the 4th highest of all North West local authorities.
- Future projections by Oxford Brookes University predict that by 2030 the number of over 65's in Sefton living alone will increase by 65% from the levels recorded in Census 2011 to in excess of 30,000.
- Proportionally more females live alone than males one in five males 65-74 live alone and one in three 75 and over. Among Females around one in three 65-74 year olds live alone and almost two thirds of over 75's.



Source: POPPI / Census 2011

Social Isolation – Adult Social Care Survey

- The map on the previous page shows the distribution of single occupancy households within the borough. There are pockets of high concentrations of single occupancy in all areas.
- The map on this page showing the location of people feel socially isolated shows a high concentration in the North of the borough and this correlates with high levels of single occupancy household in and around Dukes and Cambridge wards
- Social isolation may cause loneliness – in the 2013/14 Sefton Adult Social Care Survey 20% of respondents to the question; thinking about how much contact you've had with people you like, which of the following statements best describes your social situation? Responded that they had “some social contact but not enough” or had “little social contact and felt socially isolated”.
- Of the 79 who responded in this way 53 (67%) most probably live alone. The map shows the wards where these respondents live.

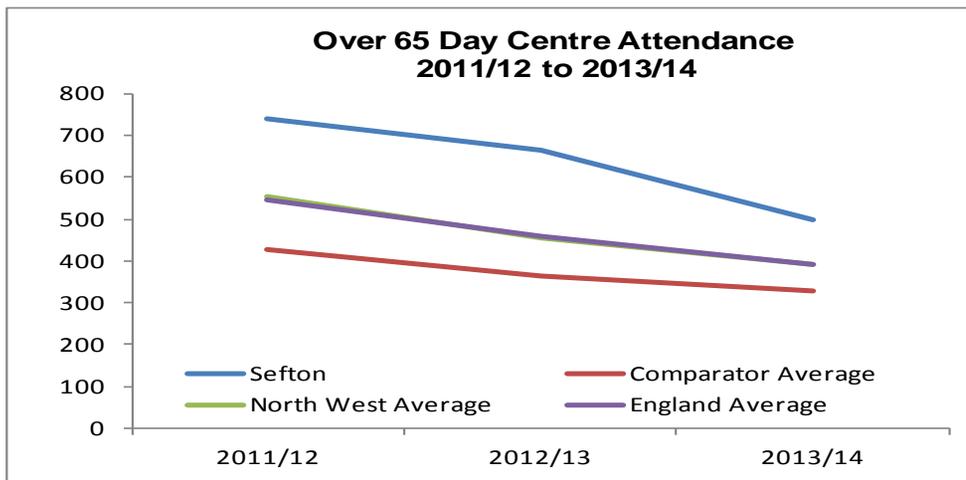


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Source: **Sefton Adult Social Care Survey**

Access To Day Care

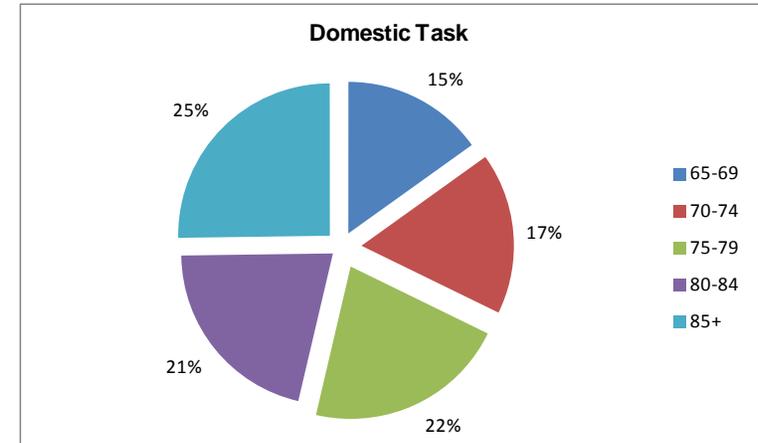
- Day Care provision provided by the council has steadily declined over the last 3 years.
- In 2011/12 740 people over 65 attended day care services, in 2012/13 this fell to 665 and in 2013/14 fell further to 500. However, day centre attendance in the 18-64 age group has remained fairly constant over the 3 years with around 430 people.
- The trend is a national one with average attendance numbers falling by 28% between 2011/12 and 2013/14
- Sefton has a higher attendance level when compared to comparator councils, North West councils or even England as a whole.
- Latest available data shows that the average unit cost for day care for older people in Sefton in 2012/13 was £193, this is 45% higher than the average across metropolitan authorities of £133, and represents a 14% increase on 2010/11, when average unit costs in Sefton were £170



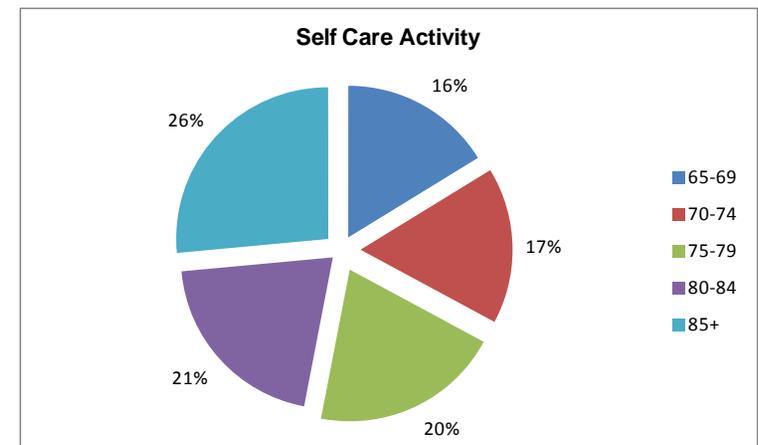
Source: Health & Social Care Information Centre

Supported Arrangements (Assisted Living)

- Older people who cannot perform a domestic task or one self care activity may require support.
- There are 25,476 older people who cannot perform at least one domestic task on their own and this increases with age.



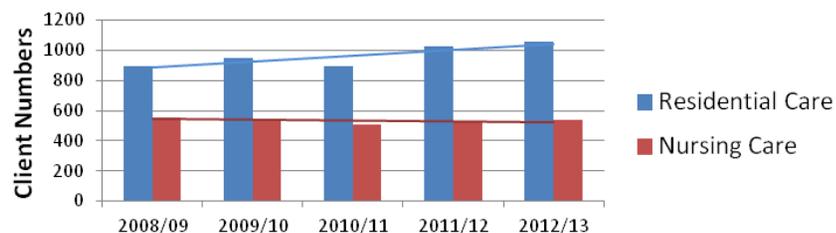
- There are 20,856 older people who cannot perform at least one self care activity on their own and this too increases with age.



Source: POPPI

Living in Nursing/ Residential Care Homes

Clients Supported in Residential or Nursing Care Aged 65+
(Snapshot at end of March each year)

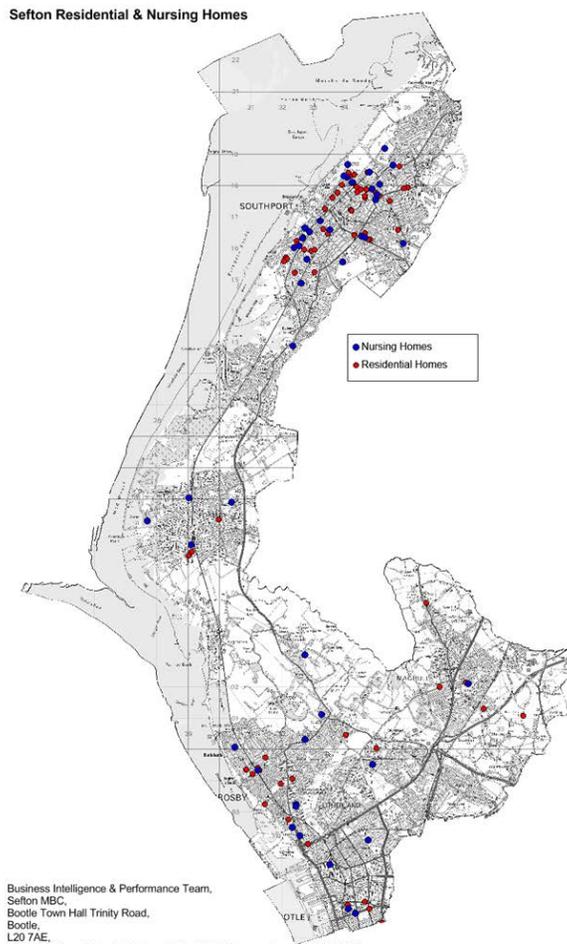


Projections

People aged 65 and over living residential / nursing care home					
	2014	2015	2020	2025	2030
aged 65-74	340	344	364	376	416
aged 75-84	825	828	866	992	1,058
aged 85 and over	1,435	1,487	1,812	2,119	2,444
Total	2,600	2,659	3,042	3,487	3,918

- The majority of Sefton's clients in residential/nursing care homes are older people, with some 60% of all clients supported in care homes aged over 80. Since 2008/2009 the number of clients supported in residential care aged 65+ at the end of the year has increased by some 18%. However, there has been a slight decrease in the overall end of year number of clients aged 65+ supported in nursing care (a fall of around 4% from 2008/2009).
- The number of Sefton residents in residential / nursing care per 100,000 is 235, compared to 160 per 100,000 across England and 185 per 100,000 across the North West
- Latest available information shows that the number of Sefton care home residents over the age of 65 in 2014 is 2,600, this equates to 4% of the overall over 65 population.
- By 2030 it is projected that this figure will increase by 51% to more than 3,900 residents over the age of 65 living in care homes.
- Predominantly older residents living in care homes are over 85, currently accounting for more than half (1,435 of 2,600) of over 65 in residential care. By 2030 it is estimated that almost two thirds of residents of care homes over the age of 65 will be more than 85 years of age
- The maps show the location of care homes throughout the Borough with the highest densities are in Cambridge and Dukes ward.

Sefton Residential & Nursing Homes



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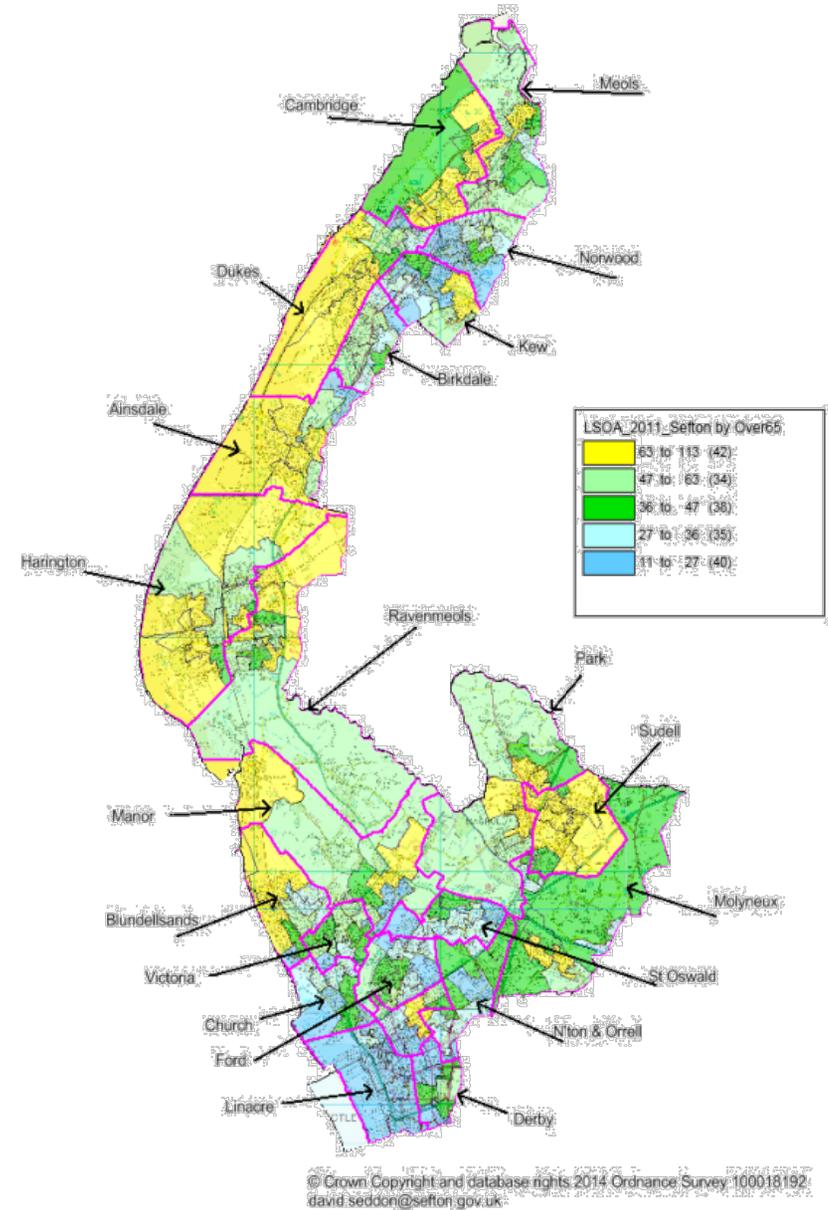
Source: POPPI

Health and Social Care Information Centre

Carers

Sefton - Unpaid Carers by Age Band and Number of Hours of Unpaid Care						
Age Band		2014	2015	2016	2017	2018
65-69		3,169	3,223	3,041	3,387	3,734
70-74		2,242	2,258	2,709	2,665	2,871
75-79		1,902	1,902	1,981	2,405	2,295
80-84		1,378	1,392	1,466	1,654	1,906
85+		820	849	1,036	1,211	1,388
Total		9,511	9,624	10,233	11,122	12,203
Number of Hours		2014	2015	2020	2025	2030
1-19 hours	65-69	1,626	1,653	1,660	1,737	1,816
	70-74	952	959	1,161	1,090	1,220
	75-79	762	762	793	963	919
	80-84	455	460	484	613	629
	85+	261	270	330	385	445
Total all ages 1-19 hours		4,056	4,104	4,318	4,688	5,128
20-49 hours	65-69	471	479	452	503	555
	70-74	330	332	398	377	422
	75-79	242	242	252	308	292
	80-84	185	187	197	209	256
	85+	109	113	138	161	186
Total all ages 20-49 hours		1,337	1,353	1,437	1,556	1,711
50+ hours	65-69	1,073	1,081	1,029	1,147	1,264
	70-74	960	967	1,160	1,098	1,229
	75-79	898	898	936	1,136	1,084
	80-84	738	745	785	832	1,020
	85+	450	466	568	655	767
Total all ages 50+ hours		4,119	4,167	4,478	4,878	5,364
Total over 65 providing unpaid care		9,511	9,625	10,232	11,121	12,201

- There are 9,511 over 65 unpaid carers within Sefton according to the 2011 census projections. This is predicted to rise to 12,201 unpaid carers by 2030.
- The highest number of “over 65” carers is in the “65-69” age band with 3,169 people (33%).
- 820 carers (9%) are over the age of 85.
- More people provide over 50 hours of care than any other amount of hours.
- Harington ward has the highest number of unpaid carers over the age of 65 based on 2011 census data. There are 655 carers from 8,522 in 2011 (8%)
- Generally wards in the north of the borough have the highest number of carers over 65.



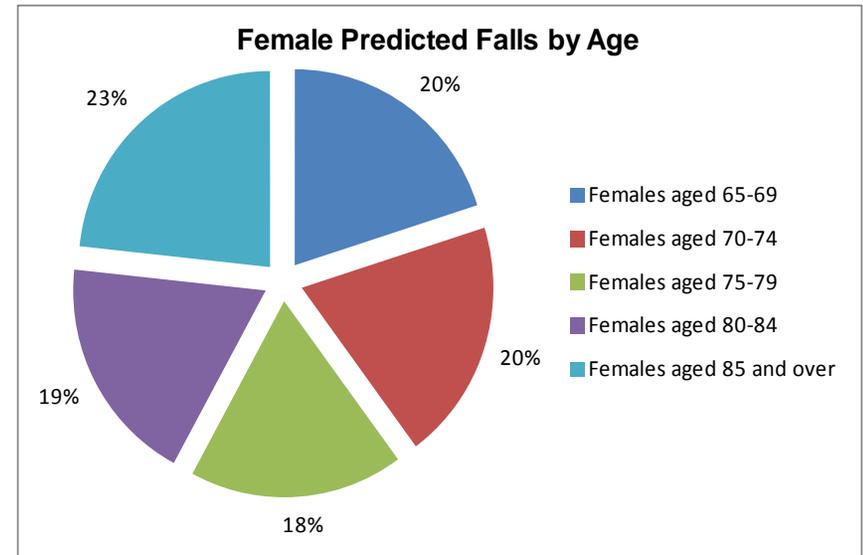
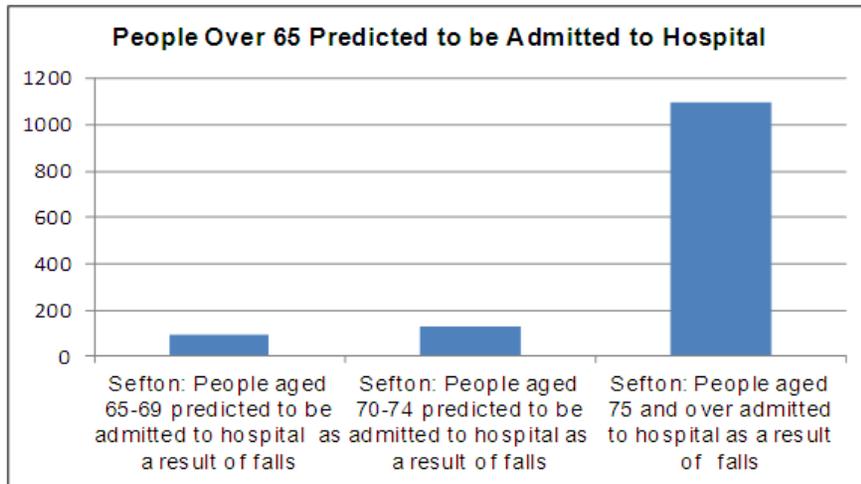
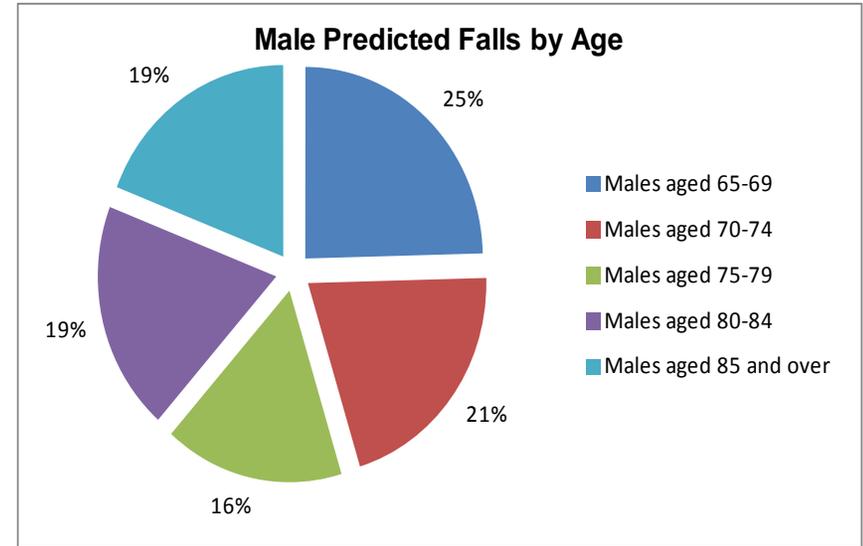
Source: POPPI

www.nomisweb.co.uk/census/2011

Falls

Proportion of Males to Females Predicted to Fall by Age Band						
	65-69	70-74	75-79	80-84	85+	Total
Male	42%	38%	35%	38%	33%	37%
Female	58%	62%	65%	62%	67%	63%

- The proportion of females who fall is consistently higher than males with the exception of the 65-69 age band.
- Males in the 65-69 age band are more likely to fall (25%) than any other age band. Whereas females are more likely (23%) to fall in the over 85 age band.
- As people age they are much more likely to be admitted to hospital as a result of a fall. Of the 1,319 predicted hospital admissions due to falls only 7% are predicted to be from the 65-69 age band, whereas 83% will be from the over 75's.

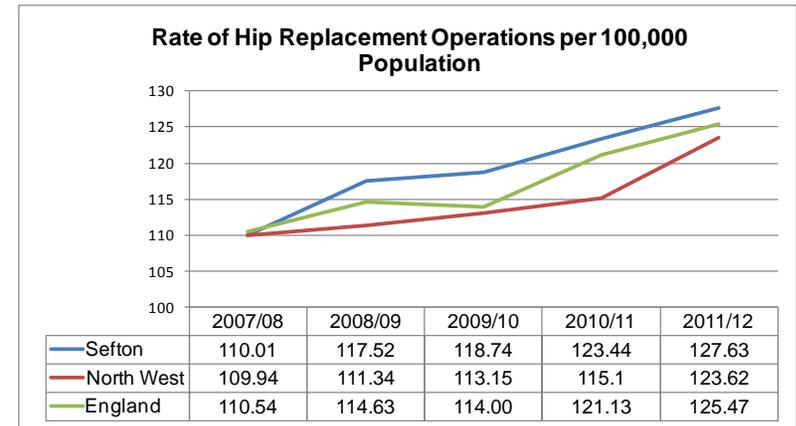


Source: POPPI

Hip & Knee Replacements

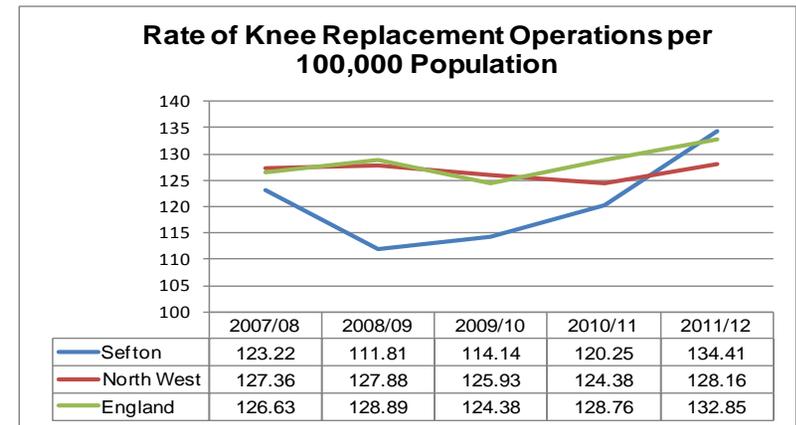
Hip Replacement

- The top chart shows the rate of hip replacement operations for Sefton residents over the last five years and compares with the rate across the North West and England.
- The rate for Sefton has risen from 110.01 in 2007/08 to 127.63 in 2011/12. While the rate for Sefton has been consistently higher than both the North West and England rates, this is to be expected as a result of increasing high levels of older people residing in the borough.
- The increase in the rate relates to an increase in actual operations of 20% from 366 operations in 2007/08 to 440 carried out in 2011/12
- Two thirds of hip replacement operation in 2011/12 (286) were carried out on females at a rate of 149.74 per 100,000 female residents with the number of operations carried out increasing by 23% from 233 in 2007/08 to 286 in 2011/12
- The rate of hip replacement operations amongst males is lower at 100.89 per 100,000 male residents, with the number of operations increasing at a slower rate (16%) rising from 133 operations in 2007/08 to 154 in 2011/12



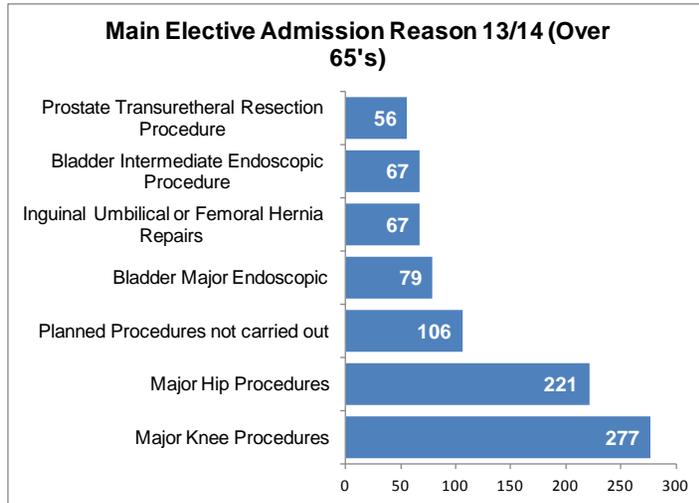
Knee Replacement

- The bottom chart shows the rate of knee replacement operations for Sefton residents over the last five years and compares with the rate across the North West and England.
- The rate for Sefton has risen from 123.22 in 2007/08 to 134.41 in 2011/12, as with hip replacement operations changes in population mean an increased rate is to be expected. However, the rate has gone from considerably below the North West and England rates to above both
- The increase in the rate equates to an increase in operations of 13% from 412 operations in 2007/08 to 467 carried out in 2011/12
- 55% of knee replacement operations carried out in 2011/12 were on females, a five year increase of 19% (218 to 259). Amongst males the number of operations increased by 7% from 194 in 2007/08 to 208 in 2011/12



Source: Health & Social Care Information Centre

Hospital Admissions (Elective)

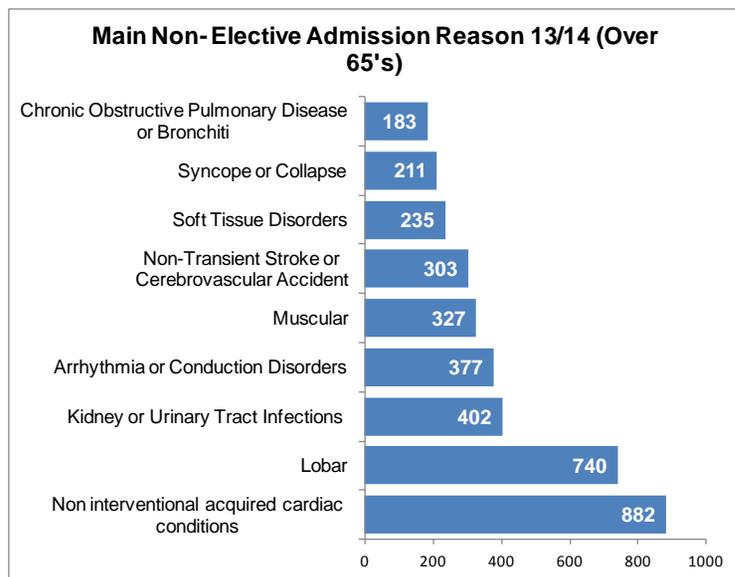


- In 2013-14, for over 65's there were a total of 3,489 elective admissions at a total cost of almost £11million. The average cost per elective admission for over 65's was £3,147, with an average length of stay in hospital of 4 days
- The top seven reasons for elective admission accounted for one in four elective admissions and were mostly for joint replacement procedures
- There were a total of 277 elective major knee procedures carried out in 2013/14, accounting for 8% (one in twelve) of all elective admissions at an average cost of almost £6,000 per admission
- There were a total of 15,297 bed days used by over 65's admitted to hospital for elective procedures
- However, in more than 3% (106) of cases a planned procedure was not carried out, at a total cost of around £30,000 and taking up bed space for a total of 64 days

HRG Code and Description (HRG4)	13/14 Admissions	Total cost (£m)	Total length of stay (days)	Average admission cost	Average LoS (days)	% of all coded admissions
Major Knee Procedures for non Trauma Category 2	277	1.64	1232	5930	4.45	8.30%
Major Hip Procedures for non Trauma Category 1 & 2	221	1.3	1039	5788	4.84	6.70%
Planned Procedures not carried out	106	0.03	64	287	0.6	3.20%
Bladder Major Endoscopic Procedure with CC	79	0.15	219	1915	2.77	2.40%
Inguinal Umbilical or Femoral Hernia Repairs	67	0.06	67	825	1	2.00%
Bladder Intermediate Endoscopic Procedure	67	0.02	54	260	0.81	2.00%
Prostate Transurethral Resection Procedure	56	0.11	174	1960	3.11	1.70%
Total of above	873	3.31	2849	3791	3.26	26.20%
Admissions with Blank HRGs	162	0	565	0	3.49	4.6% (all elective admissions)
All elective admissions for 65+ 2013/14	3489	10.98	15297	3147	4.38	100.00%

Source: Cheshire & Merseyside Commissioning Support Unit

Hospital Admissions (Non-Elective)

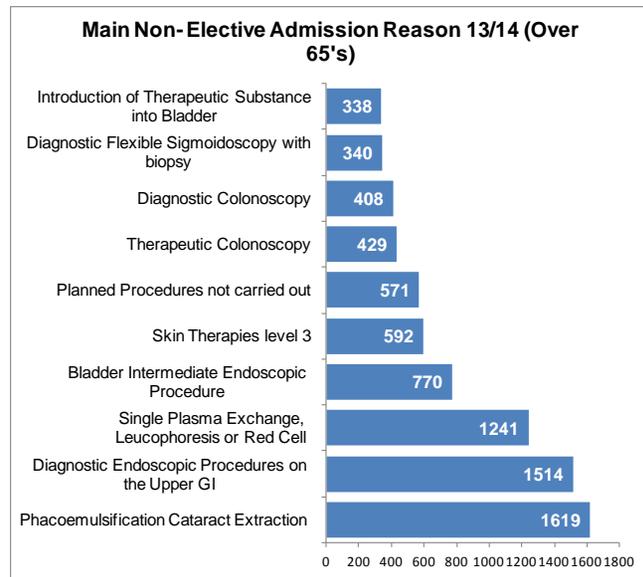


- In 2013-14, for over 65's there were more than 15,000 non-elective hospital admissions at a total cost of more than £35.5million, more than three times the amount spent on elective procedures. However, the average cost per non-elective admission for over 65's lower than for elective admissions at £2,365
- The top nine reasons for non-elective admission accounted for around one in four with the most common condition for a non elective admission a heart related condition that does not require surgery
- Of the top nine conditions the most expensive per stay is kidney/urinary tract infections, which costs £3,848 per admission. With 740 cases in 2013/14 this equates to a total cost in excess of £2.5million
- There were more than 135,000 bed days used by over 65's admitted to hospital for non-elective conditions, with an average length of stay of around nine days

HRG Code and Description (HRG4)	13/14 Admissions	Total cost (£m)	Total length of stay (days)	Average admission cost (£)	Average LoS (days)	% of all coded admissions
Non interventional acquired cardiac conditions	882	0.66	2120	746	2.4	6.00%
Lobar	740	2.52	9062	3403	12.25	5.00%
Kidney or Urinary Tract Infections	402	1.55	5502	3848	13.69	2.70%
Arrhythmia or Conduction Disorders	377	0.31	822	810	2.18	2.60%
Muscular	327	0.64	2646	3380	8.09	2.10%
Non-Transient Stroke or Cerebrovascular Accident	303	1.11	6485	391	21.4	1.60%
Soft Tissue Disorders	235	0.12	164	684	0.7	1.40%
Syncope or Collapse	211	0.16	555	2680	2.63	1.20%
Chronic Obstructive Pulmonary Disease or Bronchiti	183	0.57	1876	2026	10.25	1.20%
Total of above	3660	7.64	29232	1996	8.18	23.80%
Admissions with Blank HRGs	355	0	11984	0	33.76	2.40%
All non-elective admissions for 65+ 2013/14	15036	35.56	135,057	2365	8.98	100.00%

Source: Cheshire & Merseyside Commissioning Support Unit

Hospital Admissions (Day Cases)



- In 2013-14, for over 65's there were more almost 18,000 day case hospital admissions at a total cost of almost £11million, on average this works out to around £610 per case.
- The top 10 reasons for day care cases accounted for around 44% of cases
- Cataract extractions are the most common day cases for over 65's and account for around one in ten of all day case procedures carried on patients in this cohort
- More than 3% (571) planned day case procedures are not carried out, at a cost of £140,000

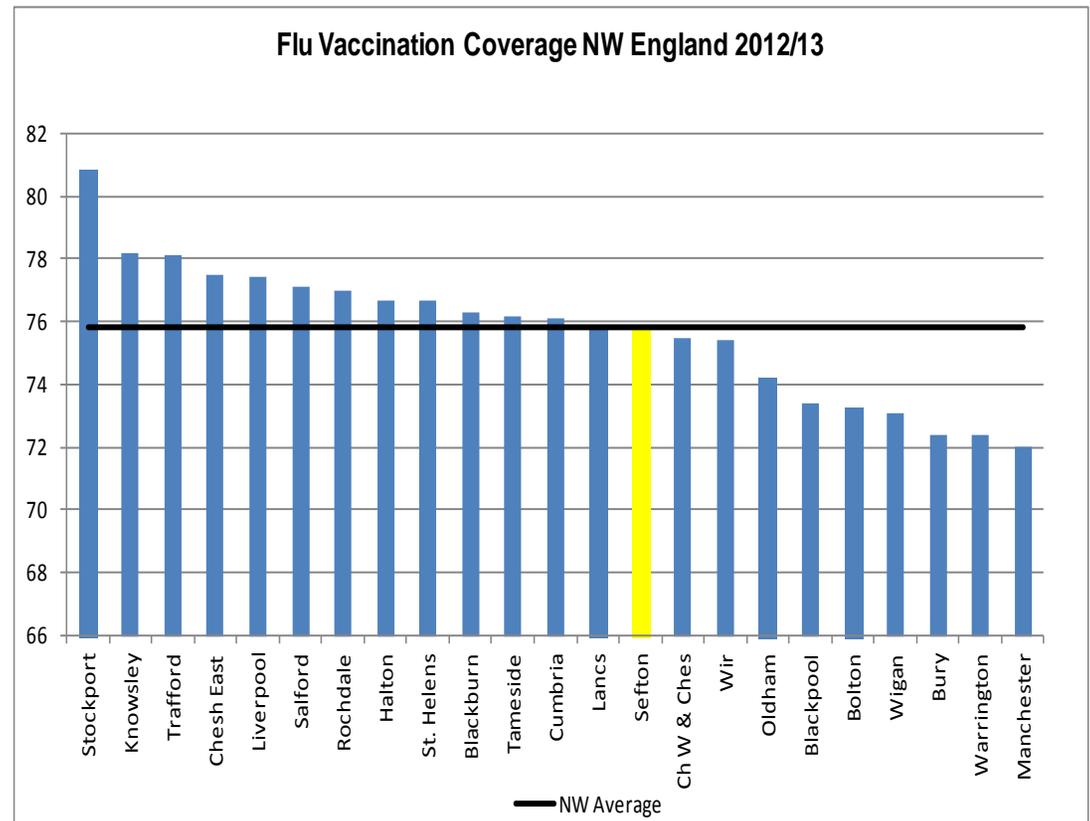
HRG Code and Description (HRG4)	13/14 Day Cases	Total cost (£m)	Average admission cost (£)	% of all coded admissions
Phacoemulsification Cataract Extraction and Lens I	1619	1.19	733	9.10%
Diagnostic Endoscopic Procedures on the Upper GI	1514	0.61	401	8.50%
Single Plasma Exchange, Leucophoresis or Red Cell	1241	0.53	427	7.00%
Bladder Intermediate Endoscopic Procedure	770	0.2	260	4.30%
Skin Therapies level 3	592	0.33	564	3.30%
Planned Procedures not carried out	571	0.14	239	3.20%
Therapeutic Colonoscopy	429	0.27	628	2.40%
Diagnostic Colonoscopy	408	0.19	469	2.30%
Diagnostic Flexible Sigmoidoscopy with biopsy	340	0.12	350	1.90%
Introduction of Therapeutic Substance into Bladder	338	0.08	227	1.90%
Total of above	7822	3.65	467	44.10%
Admissions with Blank HRGs	57	0	0	0.30%
All day cases for 65+ 2013/14	17789	10.86	610	100.00%

Source: Cheshire & Merseyside Commissioning Support Unit

Flu Vaccinations

- The Public Health Outcomes Framework shows that, in 2012/13 Sefton achieved 75.8% of its target, for flu vaccination coverage for the over 65's
- The figure is marginally down on last year (-0.6%) and a slight improvement on the year before (+2.2%)
- England as a whole achieved a rate of 73.4% whilst the North West region achieved 75.8%
- For 2012/13 Sefton ranked 14th out of 23 comparator councils in the North West; with Stockport the best (80.8%) and Manchester the worst (72.0%)

Flu Vaccination Coverage over 65's – Last 3 Years			
Year	England Average	NW Average	Sefton
2010/11	72.8%	74.6%	73.6%
2011/12	74.0%	76.7%	76.4%
2012/13	73.4%	75.8%	75.8%



Source: www.phoutcomes.info

Mental Health

- Getting older and retirement both involve a change in lifestyle for most people and it's important to take care of yourself mentally as well as physically. There's an assumption that mental health problems are a 'normal' aspect of ageing but most older people don't develop mental health problems, and they can be helped if they do. While a significant number of people do develop dementia or depression in old age (more information on these conditions later in the document), they aren't an inevitable part of getting older.
- The Mental Health Minimum Data Set (MHMDS) contains record-level data about the care of adults and older people using secondary mental health services. In 2013-14, over a third of the people in the MHMDS were over the age of 65.
- **Retirement** - Not everyone feels ready to retire at the same time. If work or career is a major part of your life, it can affect
 - The social aspect of your life if your job also provided friendships
 - Your sense of self-worth and self-esteem if you felt valued at work
 - Your financial security
- **Alcohol abuse** - Although this is a problem for people of all ages, it is more likely to go unrecognised among older people. Reasons for alcohol abuse in older age include,
 - Bereavement and other losses
 - Loneliness
 - Physical ill health, disability and pain
 - Loss of independence
 - Boredom and depression
 - Retirement may also provide more opportunities for drinking too much.
- **Medication** - Prescribed medications can cause symptoms associated with mental illness in older people. Most older people are taking some kind of medication, and many are taking several at the same time. There are risks associated with taking multiple medications, including confusion.
- **Mental capacity and caring for others** - People with dementia or severe mental illness may be unable to make and communicate decisions. Very few people are completely incapable of making any choices or decisions, but some older people may have partial or fluctuating mental capacity and may need help. Older people with mental health problems often need special support, they may take longer to make decisions, may need an advocate to speak on their behalf and their mental functioning may also vary by day, and time of day. Family members or carers are often useful sources of information but it is important to take account of the views of the person with dementia alongside those of their carer. Being a carer isn't always easy. Many find it demanding both physically and emotionally.

Source: Mental Health Foundation/ Health & Social Care Information Centre

Mental Health - Depression

People aged 65 and over predicted to have depression / severe depression, by age										
	2014		2015		2020		2025		2030	
	Depression	Severe Depression								
Aged 65-69	1,462	435	1,491	443	1,412	418	1,574	465	1,745	513
Aged 70-74	1,157	222	1,164	224	1,388	269	1,316	254	1,473	285
Aged 75-79	1,045	424	1,045	424	1,079	441	1,296	536	1,241	511
Aged 80-84	893	282	903	285	940	300	998	318	1,225	390
Aged 85 and over	759	328	803	339	955	413	1,106	484	1,263	558
Total population aged 65 and over	5,317	1,691	5,405	1,714	5,774	1,841	6,289	2,057	6,946	2,256

- Depression describes a range of moods, from feeling a bit low in mood to feeling unable to cope with everyday life. It can affect anyone, of any culture, age or background but more older people are affected than any other age group. This is because older people are much more vulnerable to factors that lead to depression, such as:

- Being widowed or divorced
- Being retired/unemployed
- Physical disability or illness
- Loneliness and isolation.

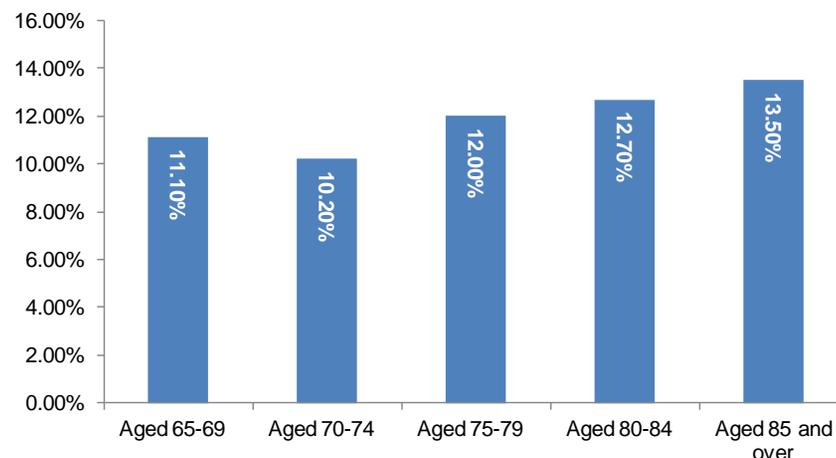
- It is currently predicted that there are 5,317 Sefton residents over the age of 65 suffering from depression and a further 1,691 suffering from severe depression, this equates to around one in eight people in this cohort suffering some form of depression.

- Female older people are more likely to suffer from depression, 2014 figures show that more than two thirds of over 65 sufferers of depression in Sefton are women

- Despite the number of sufferers falling as residents get older (as shown in the table), the chart shows the proportion of residents actually increases with age. 11% of 65-96 year olds suffer from depression, compared to 13.5% over the age of 85.

- As the older population continues to grow. It is estimated that the number of sufferers of depression / severe depression will rise by almost 70% by 2030 to 11,902, which will put considerable strain on services

% of Older Population with Depression / Severe Depression (2014)



Source: www.poppi.org.uk/ / Mental Health Foundation

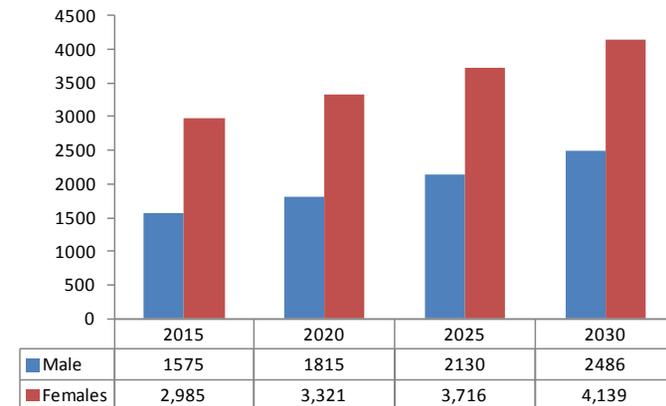
Mental Health - Dementia

- Dementia is a decline in mental ability which affects memory, thinking, problem-solving, concentration and perception. It occurs as a result of the death of brain cells or damage in parts of the brain that deal with our thought processes. People with dementia can become confused and some also become restless or display repetitive behaviour. They may also seem irritable, tearful or agitated which can be very distressing for both the person with dementia and their family and friends
- Research on Alzheimer's has shown that 800,000 people in the UK have a form of dementia; more than half have Alzheimer's disease and in less than ten years a million people will be living with dementia, soaring to 1.7 million people by 2051.
- Dementia costs the UK economy £23 billion per year. This is more than cancer (£12bn) and heart disease (£8bn) combined (www.alzheimersresearchuk.org).
- There are over 4,000 people estimated to be living with dementia in Sefton and one in three people over 65 will die whilst suffering from some form of dementia. It is estimated that by 2030 there will be increases across all the key factors that influence demand, most prominently amongst people predicted to be living with dementia which is estimated to increase by 49% between 2015 and 2030
- The increase in the numbers of clients who are likely to need care as a result of their dementia or who will need support to live longer with the disease will have a significant impact on our ability to cope with these needs in future years. In particular we need to begin planning now for the increased needs of our elderly population and identify new and innovative ways of assisting these clients in a climate of reduced and reducing resources. Much of this effort may need to be focussed on supporting carers in terms of their ability to cope with loved ones suffering from dementia and help prevent carer breakdown.

Predicted Dementia	Sefton				
	2014	2015	2020	2025	2030
People aged 65-69	215	220	207	231	253
People aged 70-74	378	381	459	434	486
People aged 75-79	714	714	741	895	855
People aged 80-84	1,146	1,156	1,206	1,270	1,549
People aged 85-89	1,094	1,133	1,328	1,467	1,578
People aged 90 and over	899	957	1,194	1,549	1,903
Total	4,446	4,561	5,135	5,846	6,624

Sources: POPPI

People aged 65 and over predicted to have dementia, by gender (2015-2030)

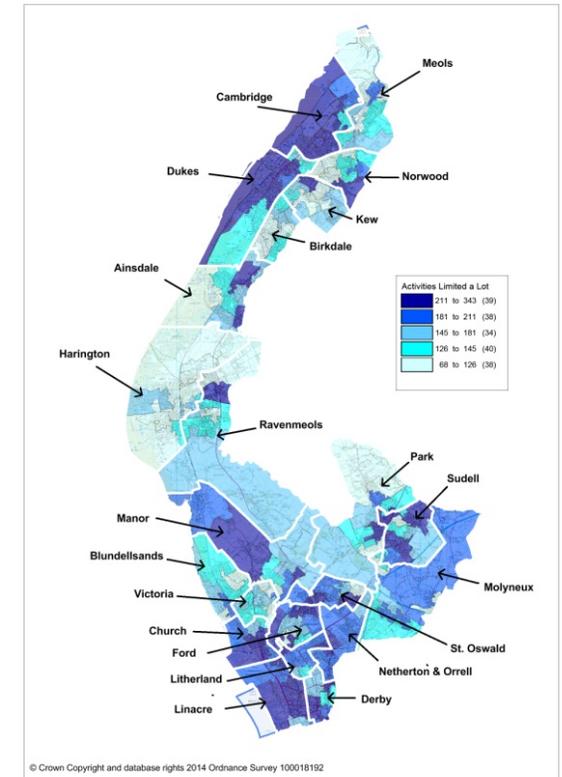
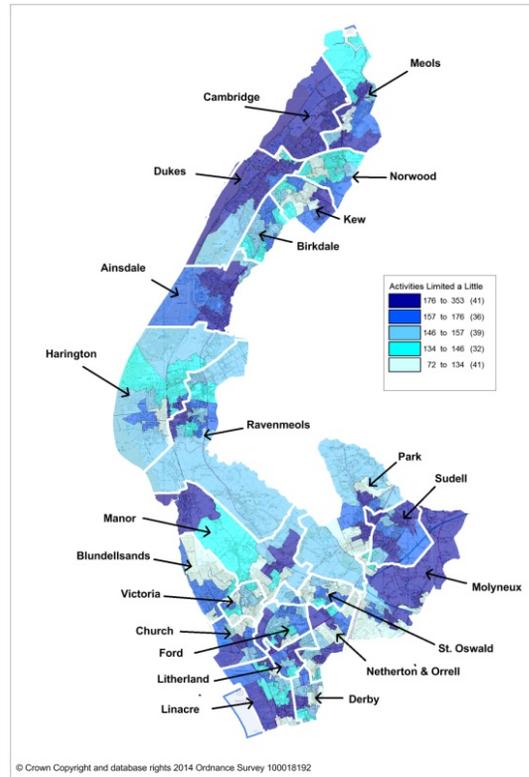


Source: www.poppi.org.uk / Mental Health Foundation

Limiting Long Term Conditions

Limiting Long Term Conditions by Age				
	65-74	75-84	85+	All
Limited a Little	6,876	6,198	2,040	15,114
Limited a Lot	6,520	6,665	3,476	16,661

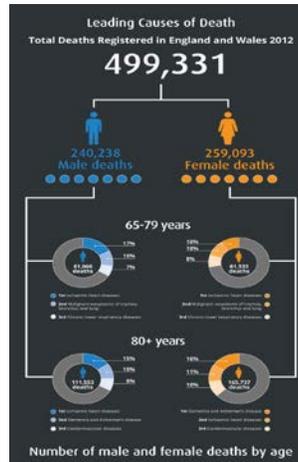
- Limiting long term conditions constitute a long-term health problem or disability that limits a person's day-to-day activities, and has lasted, or is expected to last at least 12 months.
- In 2011 9.6 million people in England and Wales described themselves as having a long-term limiting illness or disability, an increase of 1 million since 2001. Almost all of this growth has been among those aged 65 and over <http://data.jrf.org.uk/data/number-disability-time/>
- POPPI tells us there are an estimated 15,114 Sefton residents in 2014 with a condition that limits them a little, and a further 16,661 with a condition that limits them a lot.
- People over 85 are proportionately more likely to have a condition that limits them a lot.
- The maps show the distribution of population densities for people whose activities are limited a lot or a little using the 2011 census.
- Cambridge and Dukes ward in the north have high densities for both a lot and a little.



Source: Joseph Rowntree Foundation / POPPI / Nomisweb

Heart Attack /COPD

- ONS data shows that heart disease was the biggest cause of death in England and Wales in 2012. Heart disease nationally accounted for 17% of male deaths between 65 and 79 years and 10% of female deaths.
- COPD costs the NHS more than £800 million each year (equivalent to £1.3 million per 100,000 population) and is responsible for 24 million lost working days per annum estimated as costing £2.7 billion.
- In 2012/13 there are a total of 12,187 patients suffering from Coronary Heart Disease registered with GPs within the two Sefton CCGs,
 - 6,808 (56%) are within the South Sefton CCG
 - 5,379 (44%) are within the Southport and Formby CCG
- The prevalence of Coronary Heart Disease within Sefton stands at 4.4%, this is higher than both the Merseyside and England prevalence² rates (4.2% and 3.3% respectively)
- Both South Sefton along with Southport and Formby CCGs have the same prevalence¹ (4.4%) of people suffering Coronary Heart Disease this is higher than both the Merseyside and England rates, and on par with those of Sefton.
- The mortality rates for Sefton are higher than England as a whole but slightly lower than for the North West region. Mortality rates for COPD are higher for Sefton Male residents than females and this is also true nationally
- Sefton Male residents 65-74 are more likely to have a long standing condition, as a result of a heart attack, than females. The gender proportions over 75 reverse; with more females than males having a long standing condition.



Coronary Heart Disease Prevalence (Registered with GPs) - HSCIC 2012/13



COPD Mortality Rates Per 100,000 over 65 2011/12			
	Sefton	England	North West
Male	273.5	244.4	279.8
Female	176.1	158.9	210.1
Total	225	202	245

Long Standing Health Condition Caused by a Heart Attack.				
Age Band	M	F	M %	F %
65-74	949	432	69%	31%
75+	667	928	42%	58%

Source: www.whmpo.org.uk / www.ons.gov.uk

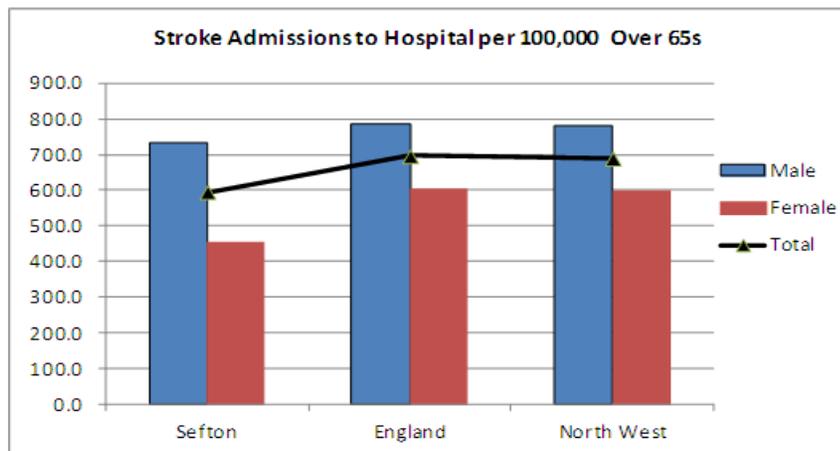
Stroke

- The Stroke Association indicates that a stroke occurs approximately 152,000 times a year in the UK that is one every 3 minutes and 27 seconds.
- One in three strokes are fatal within a year, and stroke is the third single largest cause of death in the UK, accounting for approximately one in ten deaths. It is also the biggest cause of complex disability – over half of stroke survivors have a disability and need support.

Admissions to Hospital

- Sefton older males are more likely to be admitted to hospital as a result of a stroke than females. However, this rate of admissions is lower than the rate for the North West and for England.

Stroke Admissions to Hospital Per 100,000 over 65 2011/12			
Gender	Sefton	England	North West
Male	733.5	786.5	780.4
Female	457.4	605.0	598.3
Total	595.4	695.8	689.3



Long Standing Health Conditions

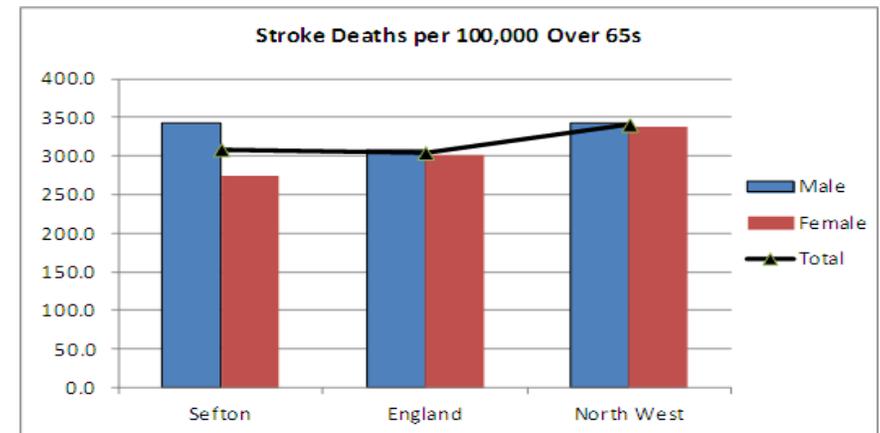
- The latest projections POPPI projections show that strokes cause long standing health conditions, for Sefton older residents, fairly evenly over the genders, and the numbers increase with age.

Long Standing Health Condition Caused by a Stroke 2014					
Age Band	M	F	Total	M %	F%
65-74	608	691	1,299	47%	53%
75+	790	819	1,609	49%	51%

Stroke Deaths

- Sefton males are more likely to die as a result of a stroke than females. This is higher than the England rate and on a par with the North West. Although, the number for females is below both England and North West rates.

Stroke Deaths Per 100,000 over 65 2011/12			
Gender	Sefton	England	North West
Male	342.6	308.0	343.9
Female	275.0	301.1	337.8
Total	308.8	304.6	340.9

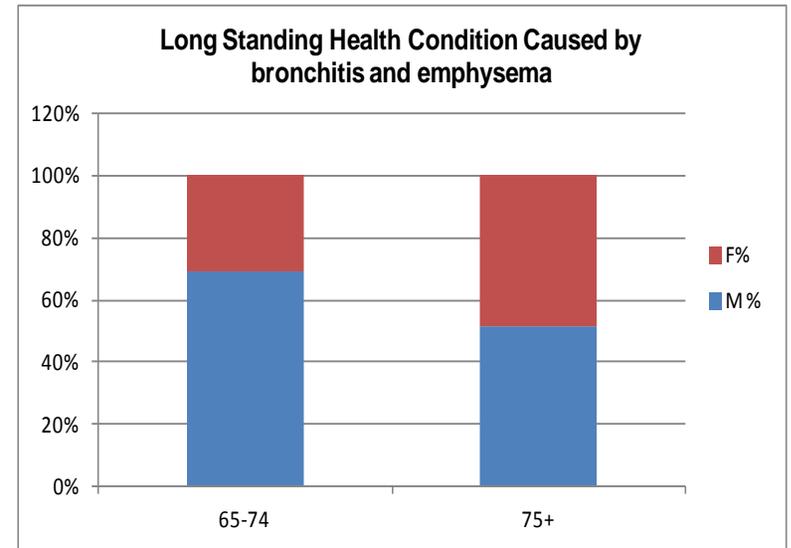


Source: www.stroke.org.uk www.wmpho.org.uk
www.poppi.org.uk

Respiratory Conditions

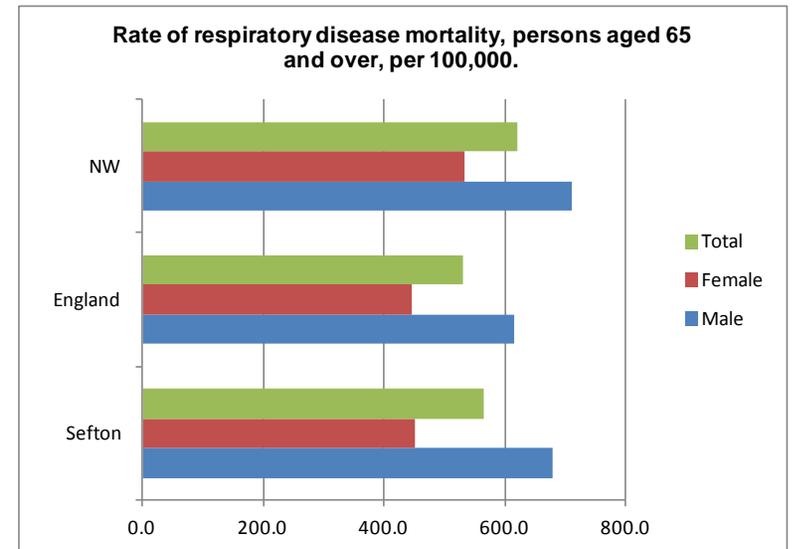
- In 2014 there are predicted to be 160,339 over 65's in Sefton who have a long standing illness caused by bronchitis and emphysema.
- Between the ages of 65-74 this affects 69% of males compared to 31% of females.
- Over the age of 75 the number of females with the condition is almost the same as males.

Long Standing Health Condition Caused by Bronchitis and Emphysema 2014					
Age Band	M	F	Total	M %	F%
65-74	59,606	26,702	86,308	69%	31%
75+	38,249	35,781	74,030	52%	48%



- In the over 65's there is a higher rate of mortality for males nationally than for females.
- In Sefton the mortality rate is higher for both males and female compared to the England figure but is lower than the rate for the North West.

Mortality Rates Per 100,000 over 65 Respiratory Deaths 2011/12			
Gender	Sefton	England	North West
Male	677.9	616.0	710.3
Female	450.6	444.5	532.6
Total	564.3	530.2	621.4



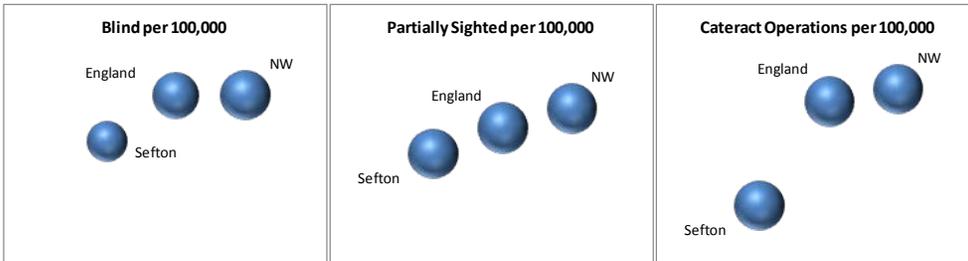
Sensory Impairment

Visual Impairment

- In 2014 there are predicted to be 5,461 over 65's who will have a moderate or severe visual impairment, with a further 1,914 having a registrable eye condition.

Predicted Visual Impairment Sefton 2014		
Age Band	Moderate or Severe	Registrable Eye Condition
65-74	1,753	
75+	3,708	1,914
Total	5,461	1,914

- Visual impairment rates in Sefton are lower than the rates for the North West and for England as a whole. With the indicators for blind, partially sighted and cataract operations all showing lower.



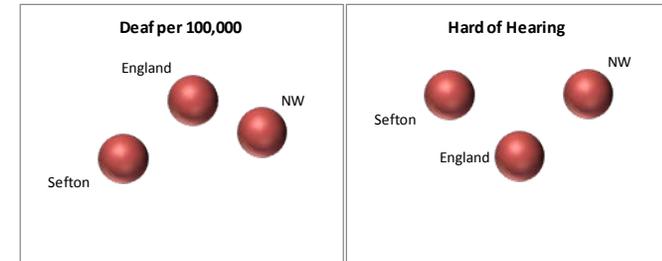
Visual Impairment Rates Per 100,000 over 65 2011/12			
	Sefton	England	North West
Blind	8.7	12.4	12.4
Partially Sighted	10.2	13.0	15.1
Cataract Operations	2438.7	2776.2	2817.4

Hearing Impairment

- In 2014 there are predicted to be 26,428 over 65's who will have a moderate or severe hearing impairment, with a further 688 having a profound impairment.

Predicted Hearing Impairment Sefton 2014		
Age Band	Moderate or Severe	Profound
65-74	5,934	192
75-84	13,449	138
85+	7,045	358
Total	26,428	688

- Deafness impairment rates for Sefton are lower when comparing deafness rates to the North West and for England. However, hard of hearing rates are higher than England and only slightly lower when compared to the North West.



Hearing Impairment Rates Per 100,000 over 65 2011/12			
	Sefton	England	North West
Deaf	1.7	2.8	2.2
Hard of Hearing	24.8	14.9	25.1

Source: www.poppi.org.uk

wmpo.org.uk/olderpeopleatlas

Mobility

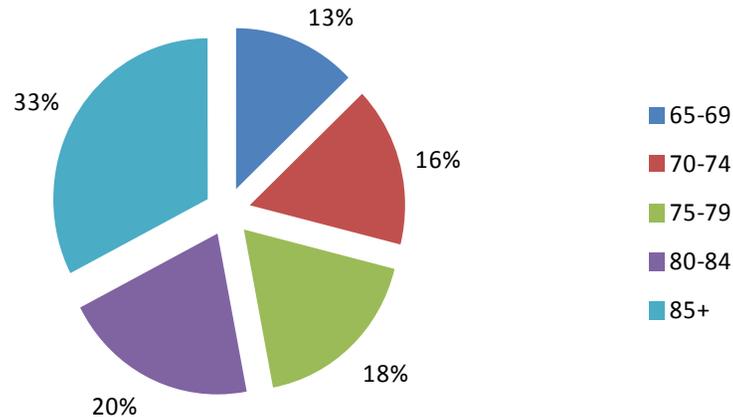
- Age is the biggest factor in a person's ability to manage a mobility activity on their own, with a third of people over 85 and a fifth of people between 80 and 84.

- As at February 2014 there were 6,500 pension age people in Sefton who had been awarded a mobility award as part of their Disability Living Allowance.
- 80% of these awards were for the higher rate. This could be awarded if a person is unable to walk or have great difficulty in walking without severe discomfort or seriously affecting health because of a physical disability

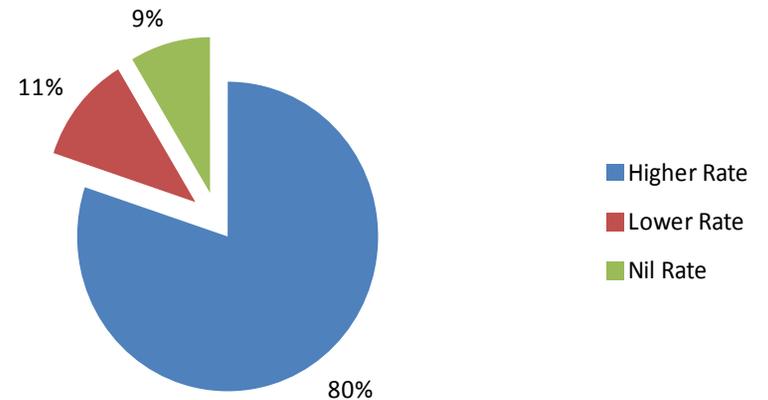
People Aged 65+ Unable to Manage at Least One Mobility Activity on Their Own					
Age Band	65-69	70-74	75-79	80-84	85+
People	1,474	1,846	2,073	2,337	3,745

Mobility Awards at Pension Age – Caseload (Thousands)			
Total	Higher Rate	Lower Rate	Nil Rate
6.5	5.2	0.7	0.6

People aged 65 and over unable to manage at least one mobility activity on their own



Mobility Awards Sefton Caseload (Thousands) - Pension Age



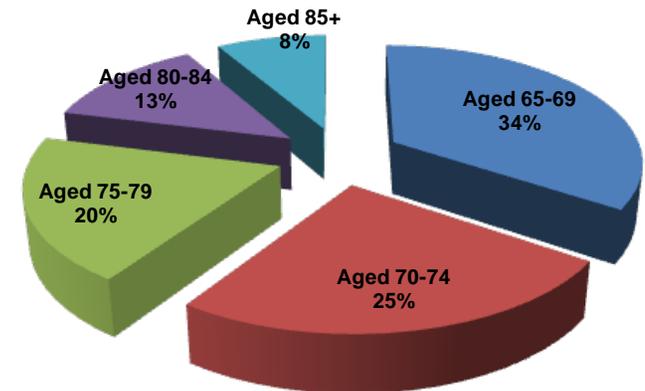
Weight Management - Obesity

People aged 65 and over who are obese or morbidly obese, by age and gender, projected to 2030					
	2014	2015	2020	2025	2030
Aged 65-69	5,460	5,583	5,271	5,871	6,477
Aged 70-74	3,981	4,008	4,800	4,545	5,088
Aged 75-79	3,093	3,093	3,206	3,869	3,698
Aged 80-84	2,014	2,031	2,120	2,229	2,714
Aged 85+	1,334	1,411	1,681	1,951	2,231
Total	15,882	16,126	17,078	18,465	20,208

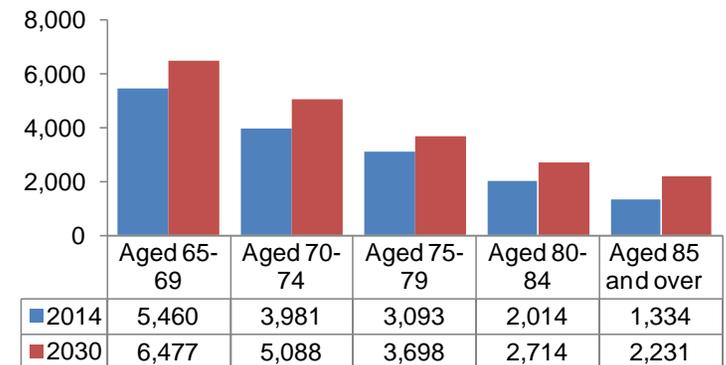
- The prevalence of obesity among elderly people in the United Kingdom is higher than among young people, with almost three quarters of those aged between 65 and 74 years classed as obese or overweight (*British Medical Journal Publication*)
- Across Sefton there are a total of 15,882 residents over the age of 65, with a Body Mass Index (BMI) in excess of 30 making them obese or morbidly obese. This equates to one in four residents over the age of 65 being either obese or morbidly obese
- By 2030 the number of residents whose BMI is more than 30 is expected to rise by 27% to in excess of 20,000
- As people get older obesity is less prevalent, however this is likely to be as a result of those who are obese / morbidly obese having a shorter life expectancy
- Females over the age of 65 are more likely to be obese or morbidly obese than their male counterparts. Currently 27% of female over 65's are obese / morbidly obese compared to 21% of male residents

Source: www.poppi.org.uk

Breakdown of Obese/Morbidly Obese 65+ Residents by Age (2014)



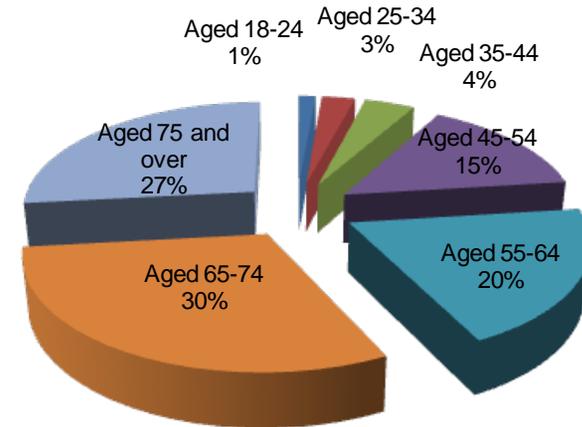
Over 65 Population Obese/Morbidly Obese 2014-2030



Diabetes

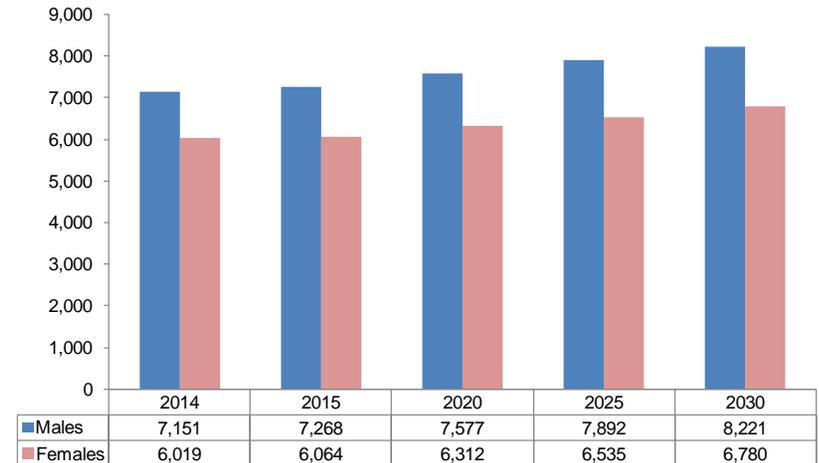
Sefton Residents Predicted to have Type 1 or Type 2 Diabetes, by Age					
	2014	2015	2020	2025	2030
Aged 18-24	182	179	156	146	159
Aged 25-34	359	365	379	362	331
Aged 35-44	542	535	521	569	587
Aged 45-54	1,949	1,927	1,690	1,471	1,450
Aged 55-64	2,601	2,653	2,907	2,884	2,576
Aged 65-74	4,019	4,092	4,332	4,457	4,937
Aged 75 and over	3,519	3,581	3,905	4,537	4,961
Total	13,171	13,332	13,890	14,426	15,001

Breakdown of Diabetes Sufferers by age (2014)



- It is estimated that there are in excess of 13,000 adults across Sefton that suffer from diabetes, this equates to 8% of the borough's adult population. It is estimated that by 2030 the number of adult residents suffering from diabetes across the borough will rise by 14% to in excess of 15,000.
- Diabetes is particularly prevalent amongst those over the age of 65, with 57% (7,538 of 13,171) of sufferers falling into the over 65 age group.
- Diabetes sufferers over the age of 65 are predicted to increase by almost a third by 2030 to almost 10,000 when sufferers over the age of 65 will account for two thirds of adult diabetes sufferers.
- Males are more likely to suffer from diabetes than females accounting for 54% of all adult sufferers, however after the age of 65 there is an almost even split between the genders with 51% of sufferers age 65 and over being male
- Between 2014 and 2030 the number of male diabetes sufferers is projected to increase by 15% from 7,151 to 8,221. Over the same period the number of female sufferers is expected to rise from 6,019 to 6,780, an increase of 12.6%

Diabetes Projection by Gender (2014-2030)



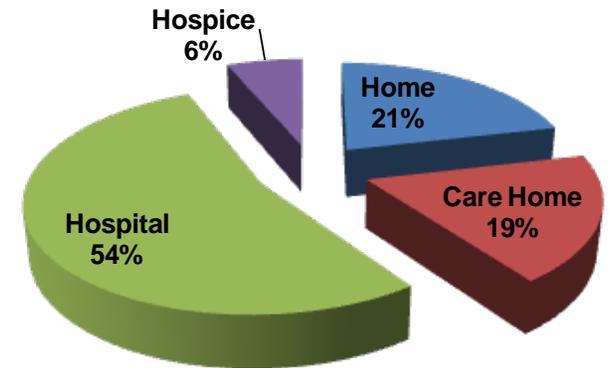
Source: www.poppi.org.uk

End of Life Care

Place of Death	All Causes	Underlying Cause of Death			Causes mentioned on Death Certificate			
		Cancer	Cardiovascular	Respiratory Disease	Alzheimers/ Dementia	Liver Disease	Renal Disease	Respiratory Disease
Home	661	289	186	57	53	33	18	127
Care Home	577	101	150	99	333	5	17	177
Hospital	1660	325	510	301	204	92	139	716
Hospice	196	174	7	2	9	5	2	12
Total	3157	889	853	459	599	135	176	1032

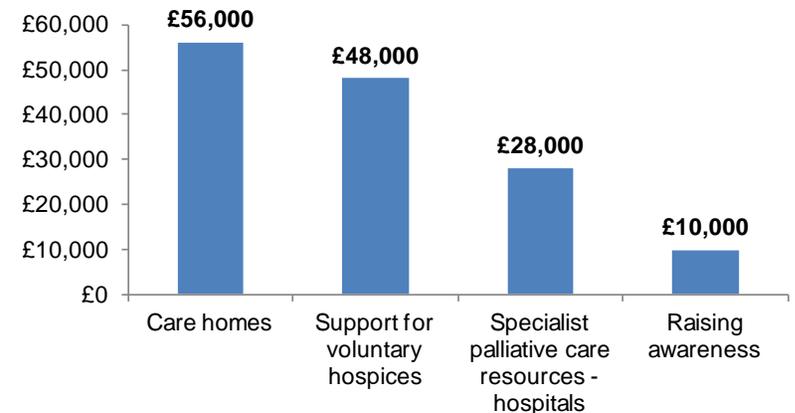
Source: ONS Mortality Data 2008-10. Notes: i) 'Underlying cause' of death is the main cause of death recorded on a death certificate. 'Causes mentioned' include the underlying cause and any contributory causes recorded. We have selected the most common underlying causes of death and the most common 'mentioned' causes that are demanding of end of life care. ii) While an individual will have only one recorded underlying cause, they may have more than one contributory cause recorded. iii) Numbers are annual averages.

Place of Death (2008-10)



- There were a total of 3,157 deaths recorded in Sefton in the period 2008-10, over half of these occurred in hospitals, with hospitals being the most prominent place of death for the three major underlying causes and three of the four causes mentioned on the Death Certificate. A further one in five deaths occurred in the home and one in five in Care homes.
- 58% of Dementia / Alzheimers sufferers died in a Care Home, this is the only cause of death where the most prominent place of death was a hospital
- In 2010/11 Sefton PCT invested £142,000 in new end of life care, which equates to £2.54 per person over the age of 65, less than any other Merseyside PCT and significantly less than the £7.56 per head over 65 spend nationally.
- 39% of the PCT spend in 2010/11 went to care homes and a further 34% to support voluntary hospices.

Breakdown of PCT End of Life Spend (2010/11)

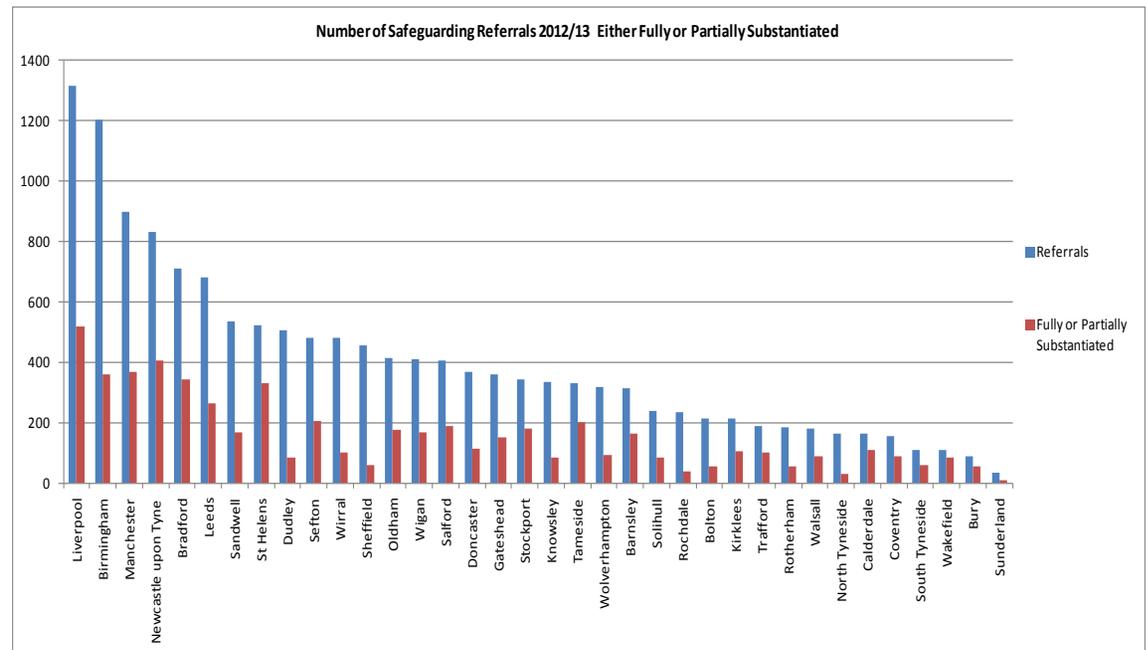


Source: End of Life Care Profile

Adult Safeguarding – Referrals and Outcome

Local Authority	Referrals	Fully or Partially Substantiated	Proportion
Liverpool	1315	520	40%
Birmingham	1205	360	30%
Manchester	900	370	41%
Newcastle upon Tyne	830	405	49%
Bradford	710	345	49%
Leeds	680	265	39%
Sandwell	535	170	32%
St Helens	525	330	63%
Dudley	505	85	17%
Sefton	480	205	43%
Wirral	480	100	21%
Sheffield	455	60	13%
Oldham	415	175	42%
Wigan	410	170	41%
Salford	405	190	47%
Doncaster	370	115	31%
Gateshead	360	150	42%
Stockport	345	180	52%
Knowsley	335	85	25%
Tameside	330	200	61%
Wolverhampton	320	95	30%
Barnsley	315	165	52%
Solihull	240	85	35%
Rochdale	235	40	17%
Bolton	215	55	26%
Kirklees	215	105	49%
Trafford	190	100	53%
Rotherham	185	55	30%
Walsall	180	90	50%
North Tyneside	165	30	18%
Calderdale	165	110	67%
Coventry	155	90	58%
South Tyneside	110	60	55%
Wakefield	110	85	77%
Bury	90	55	61%
Sunderland	35	10	29%
Comparator Total	14,515	5,710	39%

- In 2012/13 there were 480 safeguarding referrals for older people in Sefton of which 205 were fully or partially substantiated (43%)
- Sefton had the 10th highest number of referrals when compared to its basket of comparator authorities.
- 43% of referrals in Sefton resulted in an outcome of fully or partially substantiated. Which is slightly above the comparator average of 39%



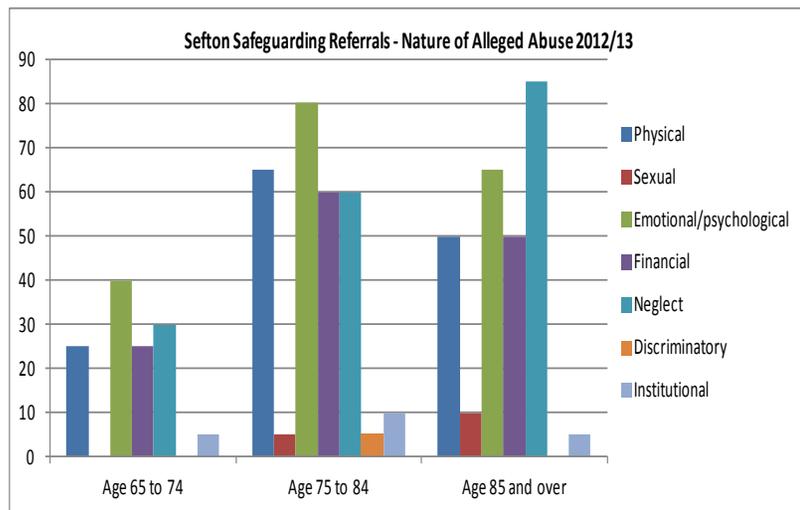
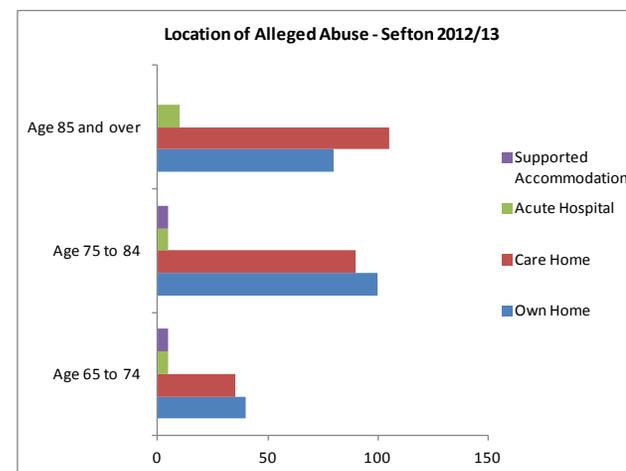
Source: Health & Social Care Information Centre

Adult Safeguarding – Location and Nature of Alleged Abuse

- Of the 480 over 65 safeguarding referrals in Sefton 330 (69%) of the alleged victims were female. Most of the allegations were against people over 75.
- The two locations where the alleged abuse took place the most are in the victims own home (46%) or in a care home (48%)
- 185 allegations were considered to be of an emotional / psychological nature, closely followed by neglect (175). Neglect is highest in the over 85 age group.

Gender of Alleged Abuse		
Age Band	Female	Male
Age 65 to 74	50	35
Age 75 to 84	135	65
Age 85 and over	145	50
2012/13 Total	330	150

Location of Alleged Abuse – Sefton 2012/13				
Age Band	Own Home	Care Home	Acute Hospital	Supported Accommodation
Age 65 to 74	40	35	5	5
Age 75 to 84	100	90	5	5
Age 85 and over	80	105	10	0
2012/13 Total	220	230	20	10



Nature of Alleged Abuse – Sefton 2012/13				
	Age 65 to 74	Age 75 to 84	Age 85 and over	Total
Physical	25	65	50	140
Sexual		5	10	15
Emotional/psychological	40	80	65	185
Financial	25	60	50	135
Neglect	30	60	85	175
Discriminatory		5		5
Institutional	5	10	5	20
No. of unique referrals which involved multiple types of abuse	35	75	60	170

Source: Health & Social Care Information Centre

Reablement or Intermediate Care Intervention

- Reablement is generally designed to help people learn or relearn the skills necessary for daily living which may have been lost through deterioration in health and/or increased support needs.
- The effectiveness of the reablement service is measured by the proportion of older people (65 and over) who were still at home 91 days after discharge from hospital into reablement / rehabilitation services
- The number of Sefton older people per 10,000 population, who received reablement or intermediate care prevention, was measured at 120.4. This was the lowest value when compared to the comparator councils in the North West
- However, despite having the lowest rate of older people receiving services, the proportion of Sefton older people in 2013 /14 still at home more than 90 days after discharge from hospital was 91.0%. This is the highest level across North West comparators and indicates that the service is very effective.

