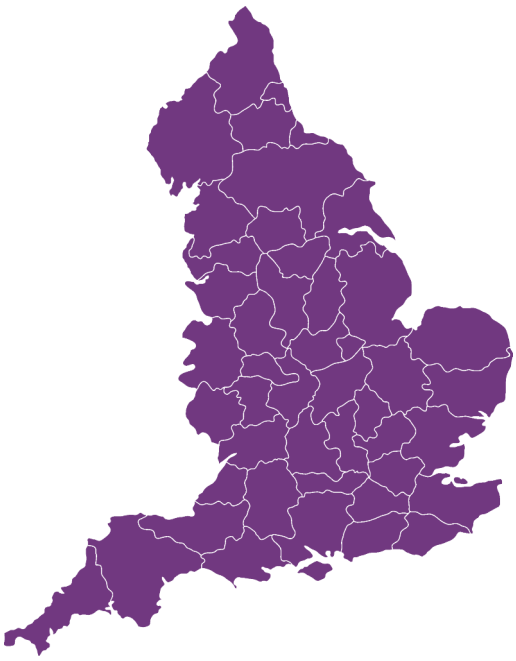
SAFER AGEING INDEX



ENGLAND

Hourglass

Safer ageing · Stopping abuse

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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 ethanic 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 1983[14] (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 dementia[27].

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.

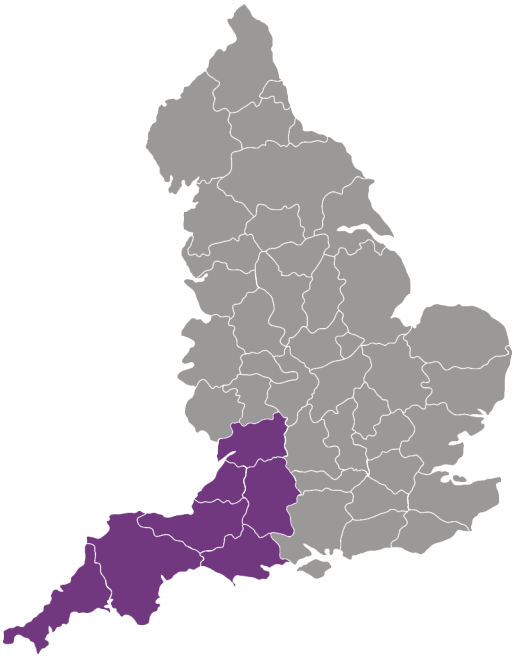
As well as loneliness, depression can also be both a risk factor and an effect of abuse and violence committed against older adults. Depressed older adults may be more likely to be dependent on a perpetrator figure, or seem more vulnerable to abusers.[30]

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 countries 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).

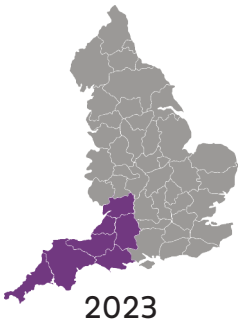
The counties and unitary authorities with the lowest projected numbers of over 65 depression sufferers are the Isles of Scilly (50), Bath and North East Somerset (3,314), and Torbay (3,324).

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

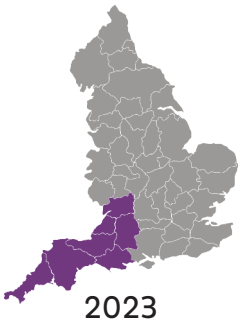
2023
39,000
2024
119,600

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

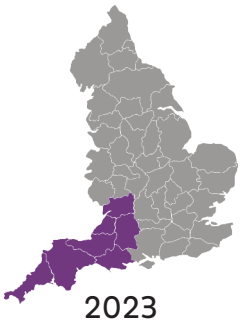
2023
27.86%
2024
28.20%

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

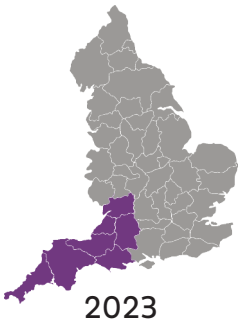
2023
1,682
2024
1,736

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

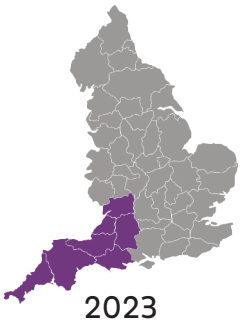
2023
6,152
2024
6,255

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

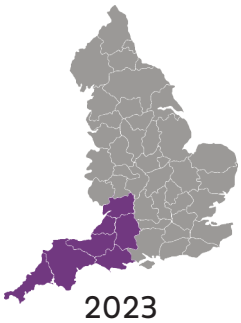
2023
11,188
2024
11,491

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

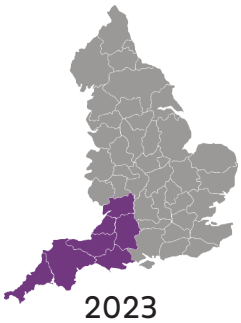
2023
9,149
2024
9,368

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

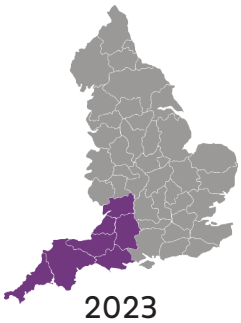
2023
3,324
2024
3,399

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

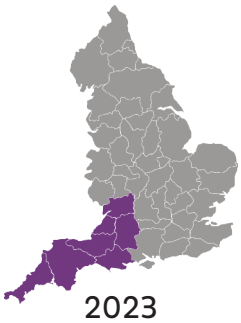
2023
11,720
2024
11,947

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

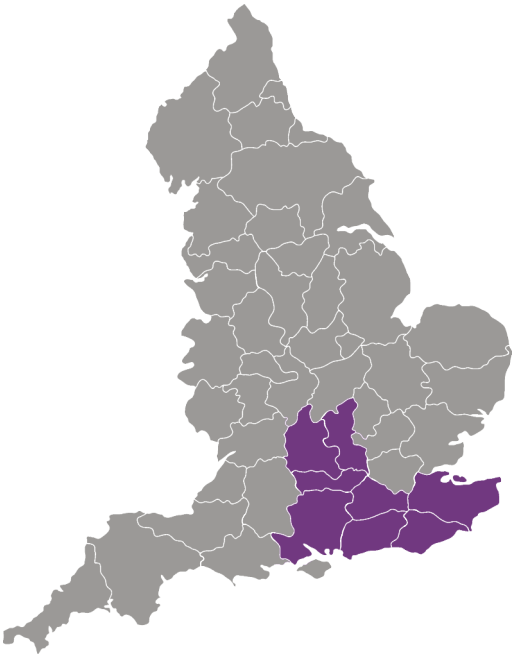
2023
2,822
2024
2,894

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

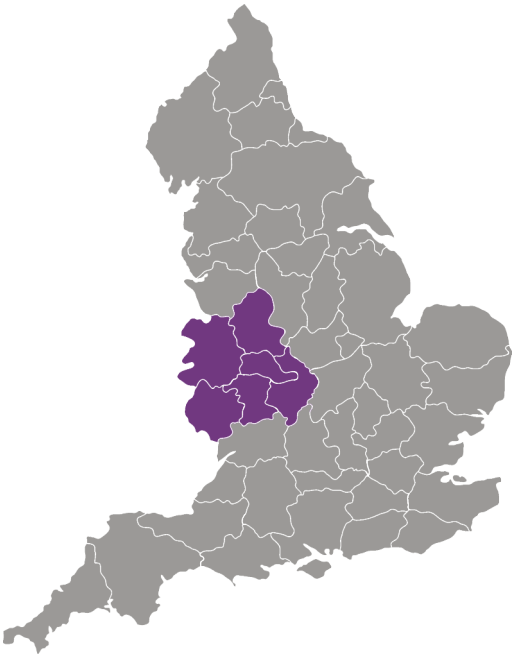
2023
2,367
2024
2,432

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 countries 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).

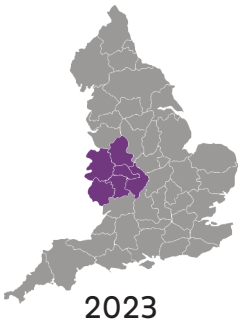
The counties and unitary authorities with the lowest projected numbers of over 65 depression sufferers are Telford and Wrekin (2,892), Stoke on Trent (3,948), and Wolverhampton (2,893).

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

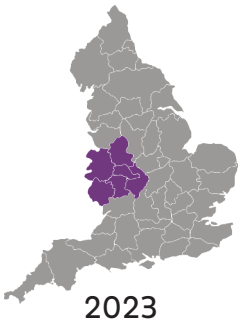
2023
45,400
2024
46,000

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

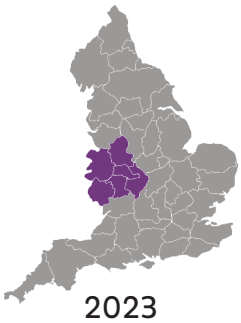
2023
16.77%
2024
16.91%

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

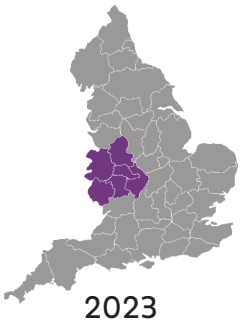
2023
1,610
2024
1,633

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

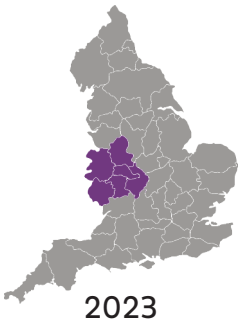
2023
6,504
2024
6,589

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

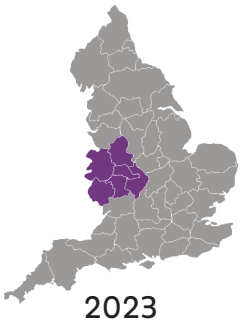
2023
13,103
2024
13,352

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

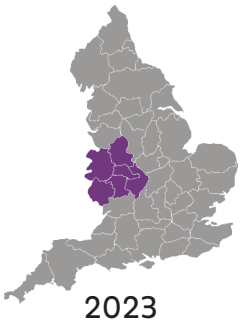
2023
13,749
2024
13,933

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

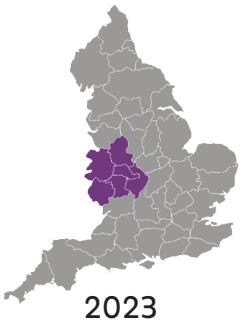
2023
3,893
2024
3,962

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

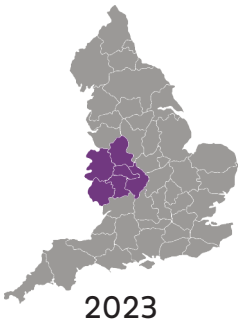
2023
13,674
2024
13,916

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

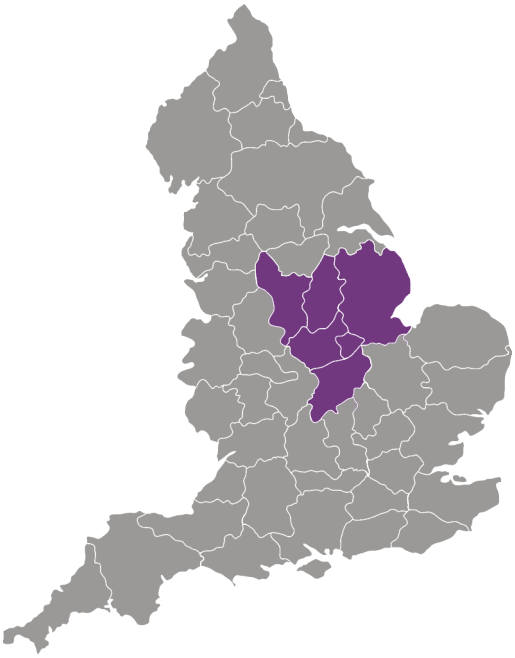
2023
3,357
2024
3,431

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 countries 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).

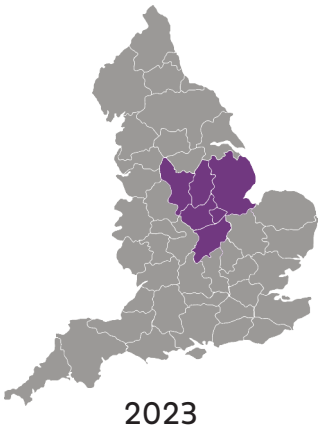
The counties and unitary authorities with the lowest projected numbers of over 65 depression sufferers are Rutland (931), Nottingham (3,504), and Derby (3,824),

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

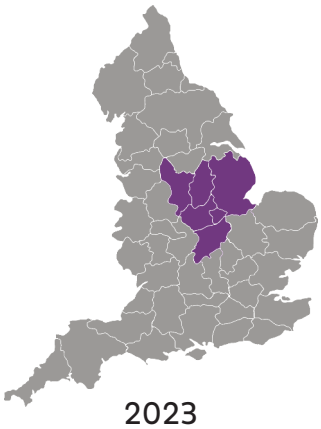
2023
185,100
2024
188,500

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

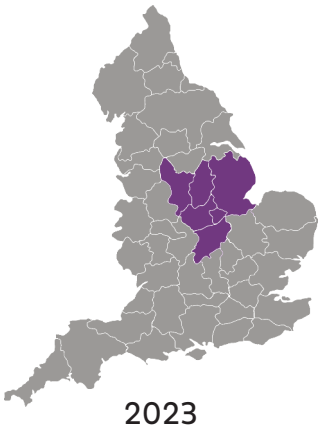
2023
21.63%
2024
21.88%

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

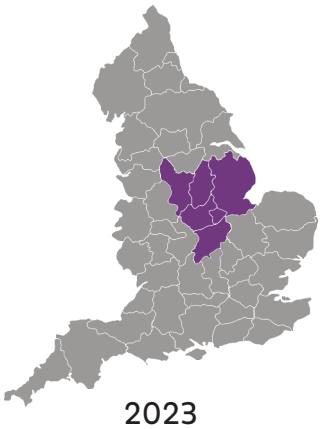
2023
6,386
2024
6,565

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

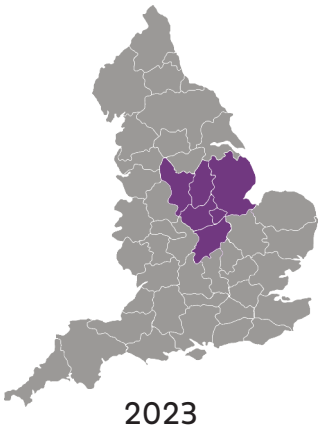
2023
27,825
2024
28,316

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

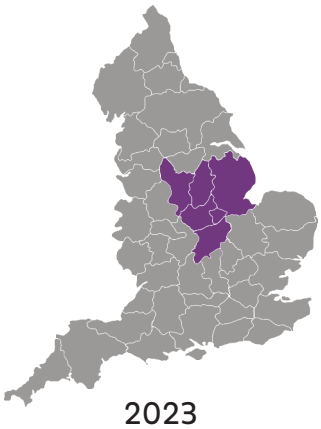
2023
52,681
2024
53,922

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

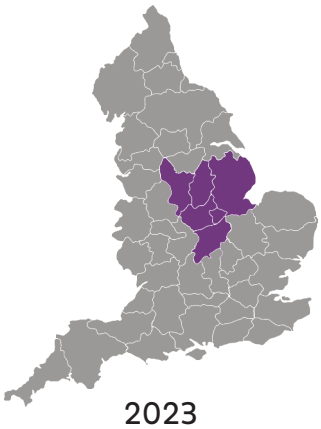
2023
49,048
2024
50,149

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

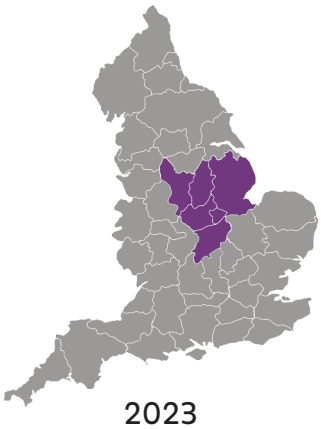
2023
15,821
2024
16,144

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

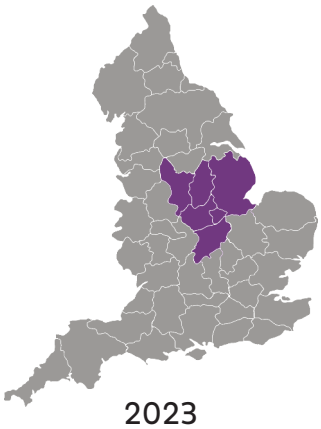
2023
55,820
2024
56,867

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 thearea 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 countries 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

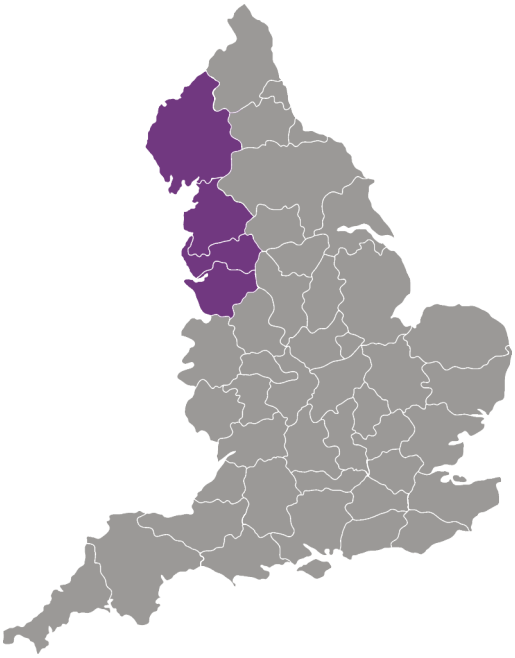
2023
14,224
2024
14,578

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 countries 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).

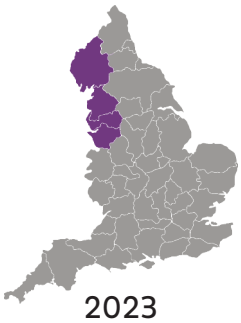
The counties and unitary authorities with the lowest projected numbers of over 65 depression sufferers are the Blackburn with Darwen (1,933), Halton (2,210), and Blackpool (2,505).

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

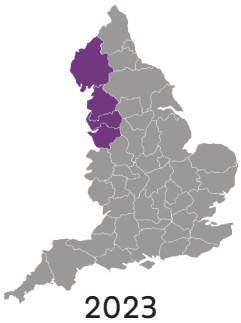
St. Helens	Stockport	Tameside
2023	2023	2023
38,800	**61,100**	**42,100**
2024	2024	2024
39,400	**61,800**	**42,700**

Trafford	Warrington	Wigan
2023	2023	2023
42,900	**42,200**	**65,700**
2024	2024	2024
43,500	**43,100**	**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%

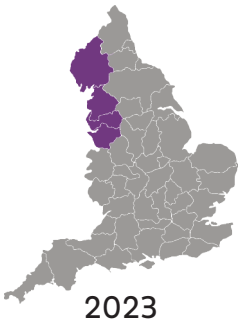
St. Helens	Stockport	Tameside
2023	2023	2023
21.11%	**20.53%**	**18.25%**
2024	2024	2024
21.37%	**20.70%**	**18.44%**

Trafford	Warrington	Wigan
2023	2023	2023
17.70%	**19.91%**	**19.78%**
2024	2024	2024
17.87%	**20.29%**	**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

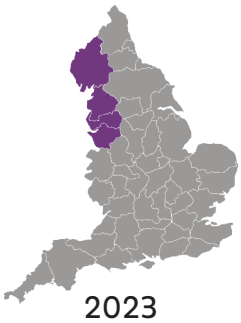
St. Helens	Stockport	Tameside
2023	2023	2023
990	**1,856**	**1,398**
2024	2024	2024
1,009	**1,881**	**1,432**

Trafford	Warrington	Wigan
2023	2023	2023
1,159	**1,682**	**1,969**
2024	2024	2024
1,186	**1,748**	**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

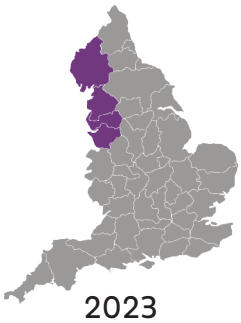
St. Helens	Stockport	Tameside
2023	2023	2023
6,231	**8,851**	**5,822**
2024	2024	2024
6,305	**8,949**	**5,914**

Trafford	Warrington	Wigan
2023	2023	2023
5,861	**6,304**	**10,055**
2024	2024	2024
5,941	**6,423**	**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

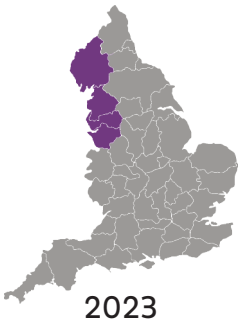
St. Helens	Stockport	Tameside
2023	2023	2023
11,001	**17,661**	**11,814**
2024	2024	2024
11,215	**17,858**	**11,980**

Trafford	Warrington	Wigan
2023	2023	2023
12,436	**12,127**	**18,418**
2024	2024	2024
12,613	**12,362**	**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

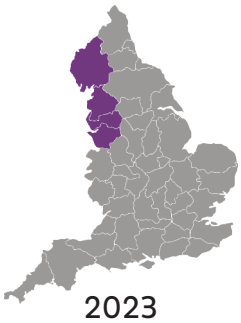
St. Helens	Stockport	Tameside
2023	2023	2023
13,058	**14,210**	**12,387**
2024	2024	2024
13,251	**14,400**	**12,626**

Trafford	Warrington	Wigan
2023	2023	2023
10,420	**10,880**	**20,955**
2024	2024	2024
10,596	**11,152**	**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

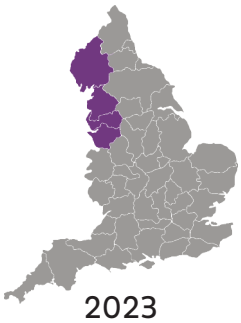
St. Helens	Stockport	Tameside
2023	2023	2023
3,322	**5,246**	**3,582**
2024	2024	2024
3,378	**5,293**	**3,629**

Trafford	Warrington	Wigan
2023	2023	2023
3,685	**3,636**	**5,609**
2024	2024	2024
3,739	**3,698**	**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

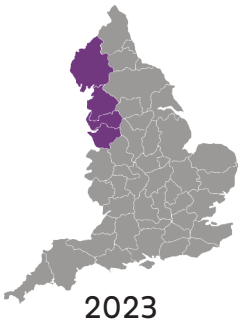
St. Helens	Stockport	Tameside
2023	2023	2023
11,718	**18,448**	**12,703**
2024	2024	2024
11,891	**18,617**	**12,879**

Trafford	Warrington	Wigan
2023	2023	2023
12,930	**12,795**	**19,903**
2024	2024	2024
13,107	**13,001**	**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

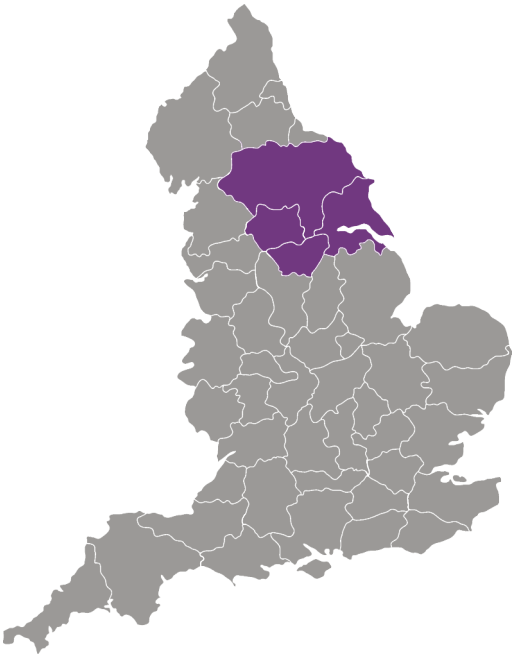
St. Helens	Stockport	Tameside
2023	2023	2023
2,658	**4,463**	**2,773**
2024	2024	2024
2,702	**4,538**	**2,807**

Trafford	Warrington	Wigan
2023	2023	2023
3,201	**2,922**	**4,261**
2024	2024	2024
3,272	**3,042**	**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 countries 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).

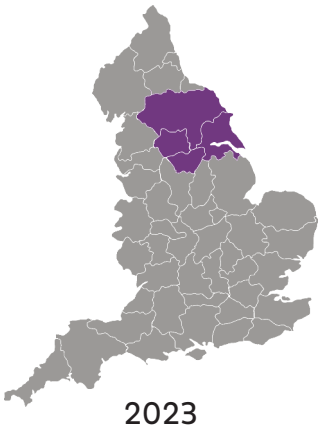
The counties and unitary authorities with the lowest projected numbers of over 65 depression sufferers are the Blackburn with Darwen (1933), Halton (2,210), and Blackpool (2,505).

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

North Yorkshire

2023
164,100
2024
167,500

Rotherham

2023
55,400
2024
56,300

Sheffield

2023
97,900
2024
99,000

Wakefield

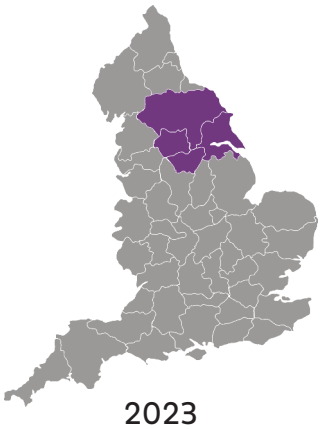
2023
70,900
2024
72,500

York

2023
40,700
2024
41,300

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%

North Yorkshire

2023
26.24%
2024
26.70%

Rotherham

2023
20.46%
2024
20.71%

Sheffield

2023
16.38%
2024
16.49%

Wakefield

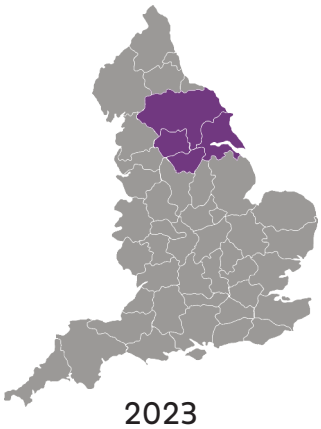
2023
19.48%
2024
19.73%

York

2023
19.23%
2024
19.48%

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

North Yorkshire

2023
5,674
2024
5,827

Rotherham

2023
1,579
2024
1,616

Sheffield

2023
2,968
2024
3,020

Wakefield

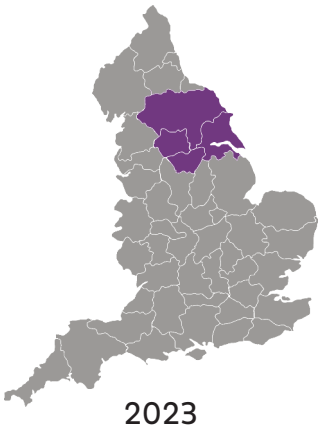
2023
2,021
2024
2,071

York

2023
1,268
2024
1,291

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

North Yorkshire

2023
22,590
2024
23,032

Rotherham

2023
8,604
2024
8,718

Sheffield

2023
14,241
2024
14,408

Wakefield

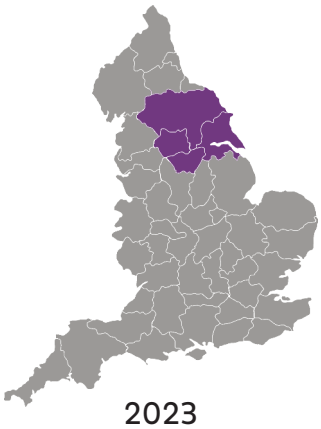
2023
10,314
2024
10,524

York

2023
5,439
2024
5,516

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

North Yorkshire

2023
47,055
2024
48,124

Rotherham

2023
15,788
2024
16,041

Sheffield

2023
28,176
2024
28,581

Wakefield

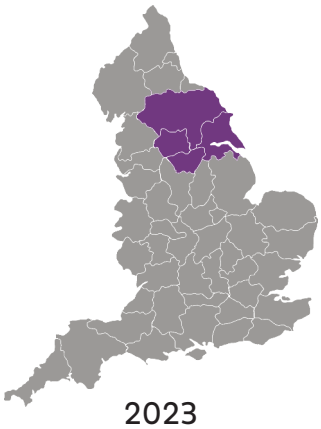
2023
20,025
2024
20,550

York

2023
11,886
2024
12,094

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

North Yorkshire

2023
32,590
2024
17,996

Rotherham

2023
17,698
2024
28,530

Sheffield

2023
28,140
2024
23,610

Wakefield

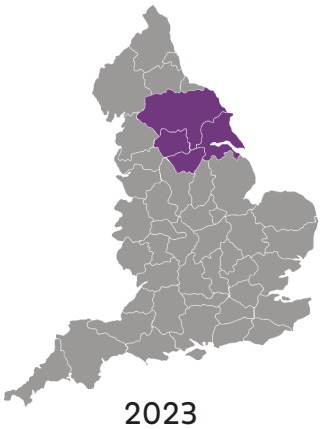
2023
23,087
2024
20,550

York

2023
8,634
2024
8,717

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

North Yorkshire

2023
14,058
2024
14,342

Rotherham

2023
4,757
2024
4,820

Sheffield

2023
8,386
2024
8,492

Wakefield

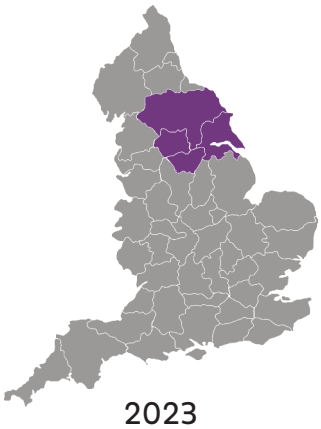
2023
6,064
2024
6,209

York

2023
3,519
2024
3,571

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

North Yorkshire

2023
49,541
2024
50,466

Rotherham

2023
16,758
2024
16,962

Sheffield

2023
29,450
2024
29,804

Wakefield

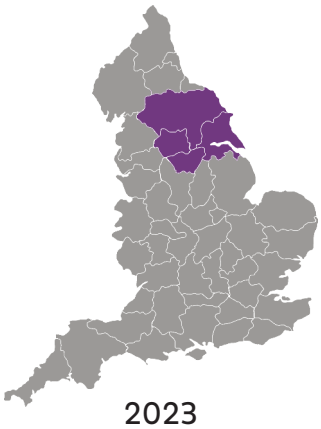
2023
21,443
2024
21,911

York

2023
12,250
2024
12,454

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 Yorkshire

2023
11,755
2024
12,073

Rotherham

2023
3,931
2024
16,962

Sheffield

2023
7,098
2024
7,203

Wakefield

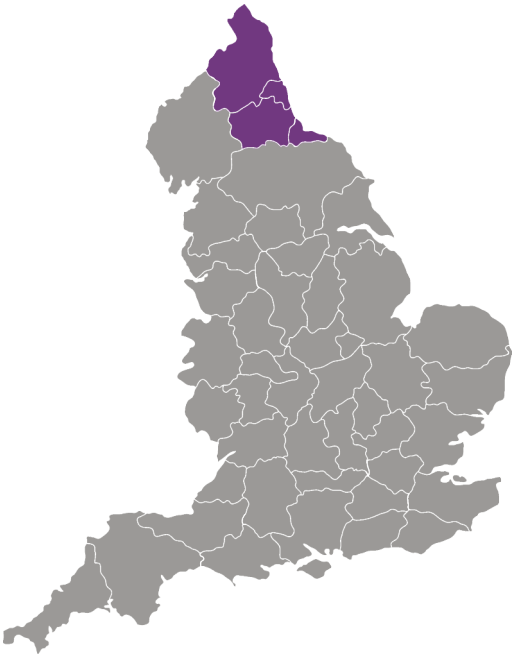
2023
4,865
2024
4,994

York

2023
3,092
2024
3,129

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

And the following unitary authorities:

- Darlington
- Durham
- Gateshead
- Hartlepool
- Middlesbrough
- Newcastle upon Tyne
- North Tyneside
- Redcar and Cleveland
- Stockton on Tees
- Sunderland

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 countries 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).

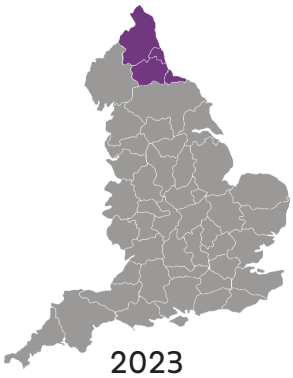
The counties and unitary authorities with the lowest projected numbers of over 65 depression sufferers are Hartlepool (1,646), Darlington (2,025), and Middlesbrough (2,128).

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

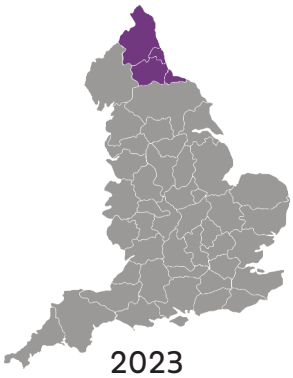
2023
39,100
2024
39,900

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

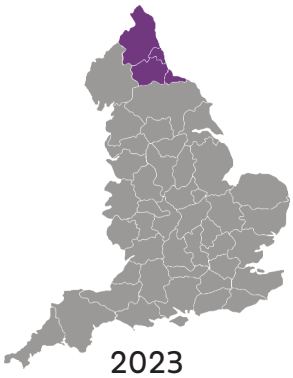
2023
19.60%
2024
19.97%

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

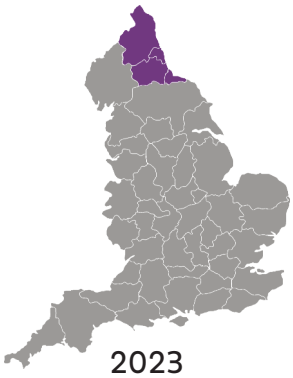
2023
1,549
2024
1,601

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

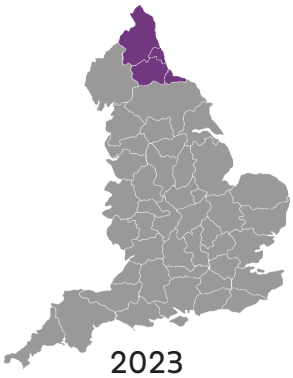
2023
11,045
2024
11,237

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

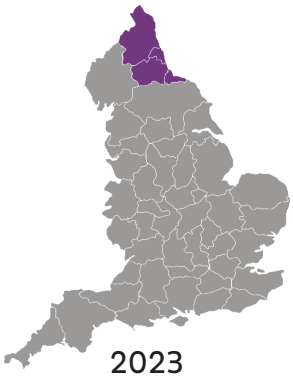
2023
11,045
2024
11,237

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

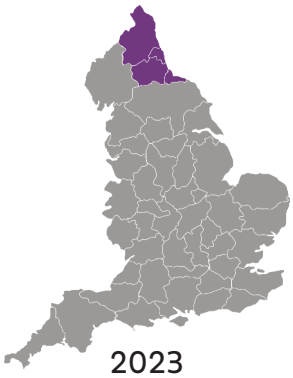
2023
10,155
2024
10,405

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

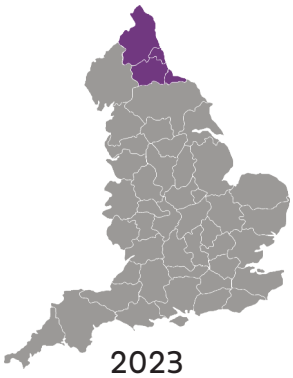
2023
3,373
2024
3,421

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

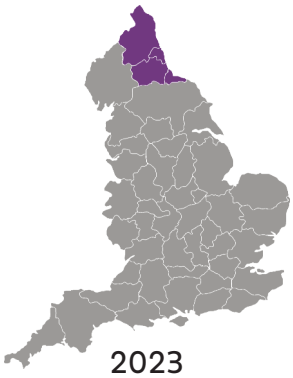
2023
11,945
2024
12,117

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 note[1], 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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