

# Older people

## Key Findings:

- Havering has the highest proportion of pensioners in London, with around a fifth of the population in Havering being of retirement age, which is also above the England average
  - The number of older people is expected to increase in the future in Havering, with the fastest increase being in the 90 and over age group, which is expected to increase by 125% by 2025.
  - People aged 65 in Havering will (on average) have a further 13.9 years of good or fairly good health ahead of them. This is better than the London and England averages. However, women in Havering have a greater number of years of good or fairly good health ahead of them than men
  - Havering has a larger proportion of older people living alone than is the average nationally. Older people in Gooshays, Heaton and St Andrew's Wards are most likely to be living alone
  - Over 60% of pensioner households in Havering do not have access to transport, a higher proportion than the England average
  - Older people living in Gooshays, Heaton and Cranham are most likely to be experiencing deprivation
  - Around 46% of all Havering pensioners have a long term limiting illness
  - Nearly 6% of pensioners in Havering are estimated to have dementia; dementia is predicted to be most common among those living in Heaton, Cranham and St Andrew's wards. The number of those with dementia is expected to rise by 8% over the next 5 years
  - Around 11190 pensioners in Havering are predicted to have a fall this year, with around 8% of these resulting in hospital admissions. The number of hospital admissions due to falls in older people is predicted to increase by 14% over the next 5 years
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- 74% of older people in Havering were vaccinated against flu in 2008/09, which is in line with the England average
  - People of pensionable age made up 71% of all adult social care users in 2008/09 receiving residential care, nursing care or care in the community
  - Around a quarter of pensioners in Havering are estimated to be obese
  - Around 12% of pensioners in Havering are estimated to have diabetes, with numbers expected to increase by 10% in the next 5 years
  - Older people in Havering identified road and pavement repairs, level of crime, clean streets, health services and activities for teenagers as the issues of most concern to them

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## For Decision Makers to Consider:

- The large increase in the number of older people in Havering in future will place very much greater demands on health and social care services
- The resource implications of the increased numbers of people with long term conditions such as diabetes and dementia, and the need for emergency hospital admissions will need to be modelled in detail
- There may be higher levels of need for community based/ mobile services for older people due to the large proportion who do not have their own transport
- Develop a joint dementia commissioning strategy to ensure that future needs are met and that services comply with recent national guidance
- Ensure that plans for the personalisation of care caters for an increasingly diverse older population and for people in more socially deprived circumstances



## The Older Population

Havering has a large elderly population, with more than 37% of residents aged 50+ and more than 20% of the population of retirement age<sup>1</sup>.

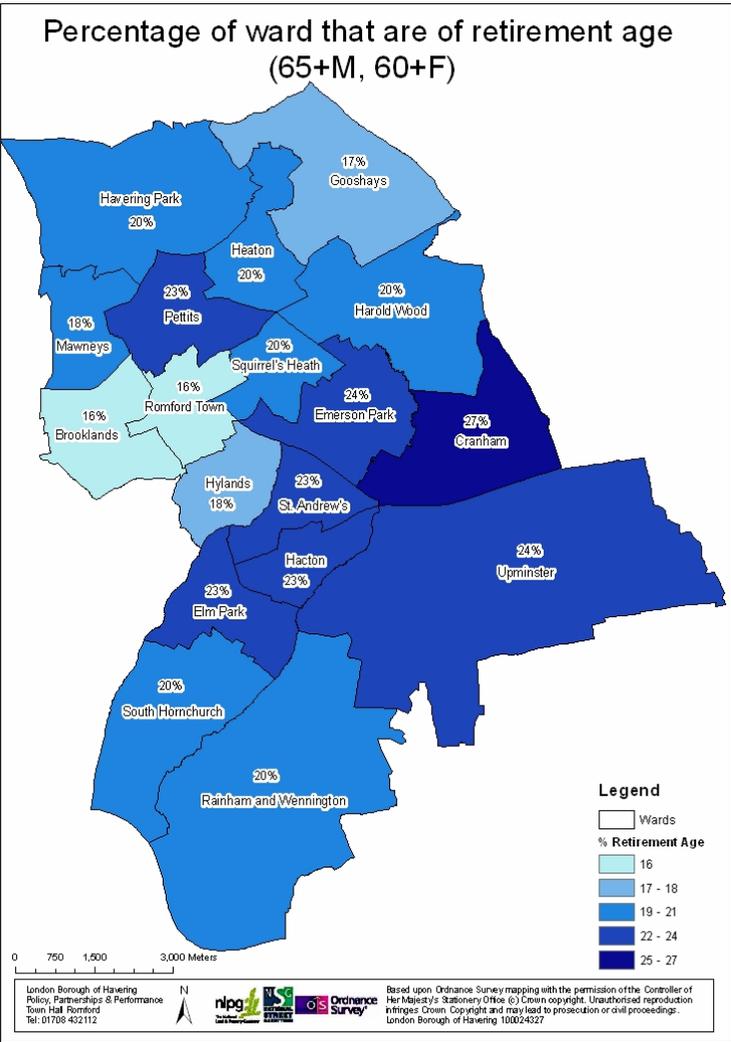
The borough has a larger proportion of older (retirement age) residents than the London or England average<sup>2</sup>.

The number of older people in Havering is expected to continue to increase in the future, with the number of people of pensionable age increasing by more than 23% by 2025.

The number of people in each of the older age groups in Havering is expected to increase in the future, with the fastest increase being in the 90 and over age group (expected to increase by 125% by 2025).

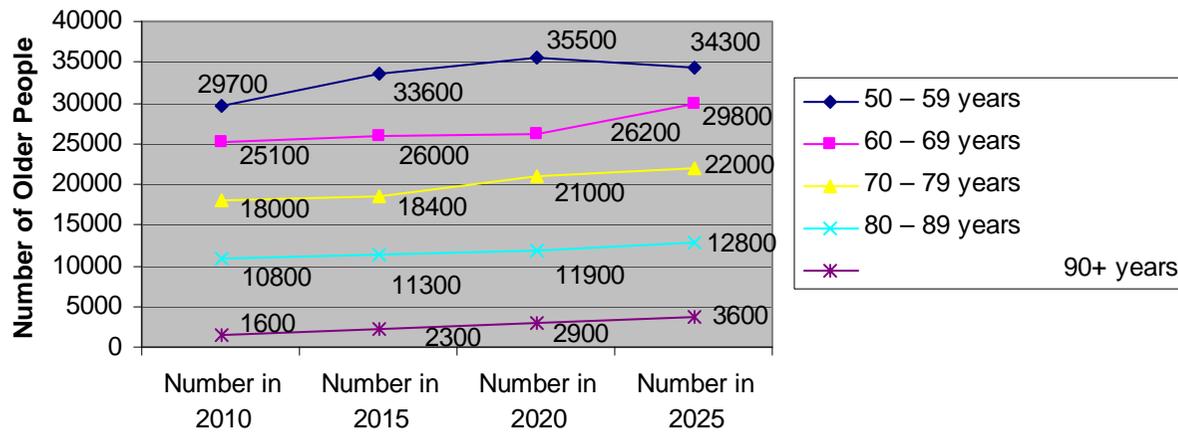
MOSAIC data suggests that households of pensionable age in Havering, they are most likely to belong to the group active older people nearing retirement with private pensions, who are likely to have comfortable incomes and be faced with health conditions indicative of their age, including heart and lung disease, dementia and type 2 diabetes.

However there is also an above average number of pensioner households in Havering who fall into the group “older affluent families”. This group is likely to have high incomes and are of an age where certain types of health conditions are starting to be expressed, such as cancers (Experian and the London Borough of Havering, 2010)



The map shows that Cranham, followed by Upminster and Emerson Park have the largest proportion of residents of retirement age. Brooklands and Romford Town have the smallest proportion of residents of retirement age (Mid Year Estimates, Office of National Statistics, 2008).

**Older People in Havering Projected Population Growth**  
(ONS, 2008)



**Gender**

There are a greater number of females than males in Havering’s older population, particularly among the very elderly. In the 90 and over age group there are more than twice as many females than males in 2010<sup>3</sup>. This is likely to be due in part to the longer life expectancy of women. It is predicted that there will continue to be a greater number of older women than men in Havering in the future.

For further details of Havering’s predicted future population changes, please see the demographics chapter.

<sup>3</sup> 2008 Mid Year Estimates, Office of National Statistics, 2008

## Deprivation Among Older People

Havering Wards Ranked by Income Deprivation Affecting Older People (IDAOP) : Indices of Deprivation, Communities and Local Government, 2007)

Ward	Rank (1 = Most Deprived)
Gooshays	1
Heaton	2
Brooklands	3
Romford Town	4
Havering Park	5
St Andrew's	6
Harold Wood	7
South Hornchurch	8
Elm Park	9
Mawneys	10
Rainham and Wennington	11
Pettits	12
Hylands	13
Squirrel's Heath	14
Hacton	15
Emerson Park	16
Cranham	17
Upminster	18

The Income Deprivation Affecting Older People Index (IDAOP) provides a measure of poverty in relation to older people. It can be used to rank local authorities and their component wards in terms of the income deprivation of their older residents and thus offers a useful perspective on likely health inequalities.

In Havering, the IDAOP suggests that older people in Gooshays, followed by Heaton and Brooklands are most likely to be experiencing deprivation, and those in Upminster and Cranham are least likely to be experiencing deprivation.

## Housing and Living Conditions

### Housing Tenure

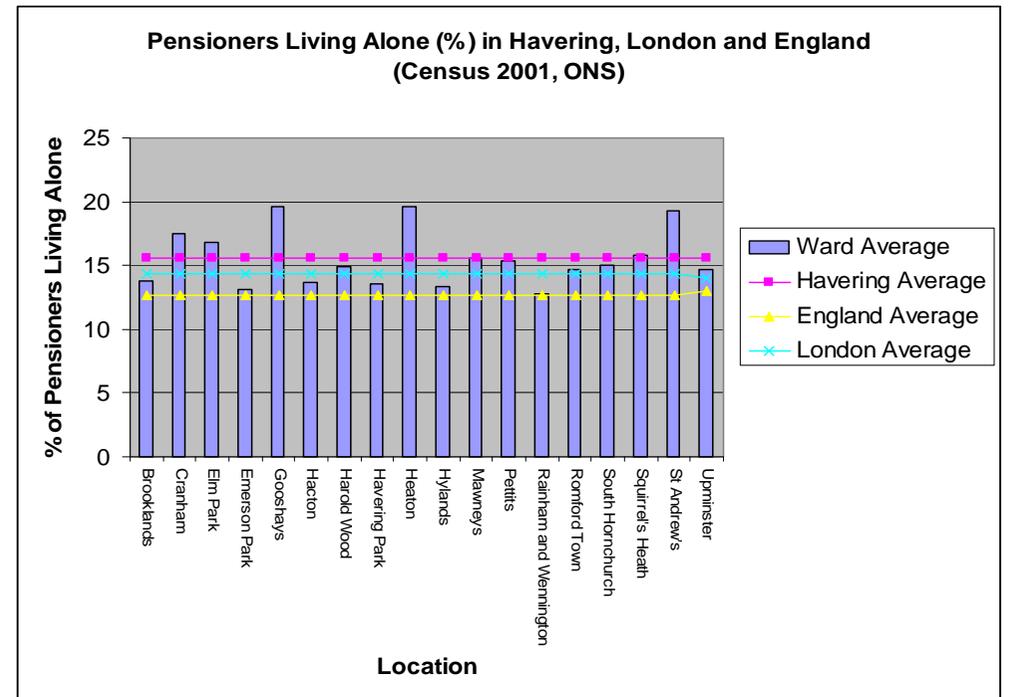
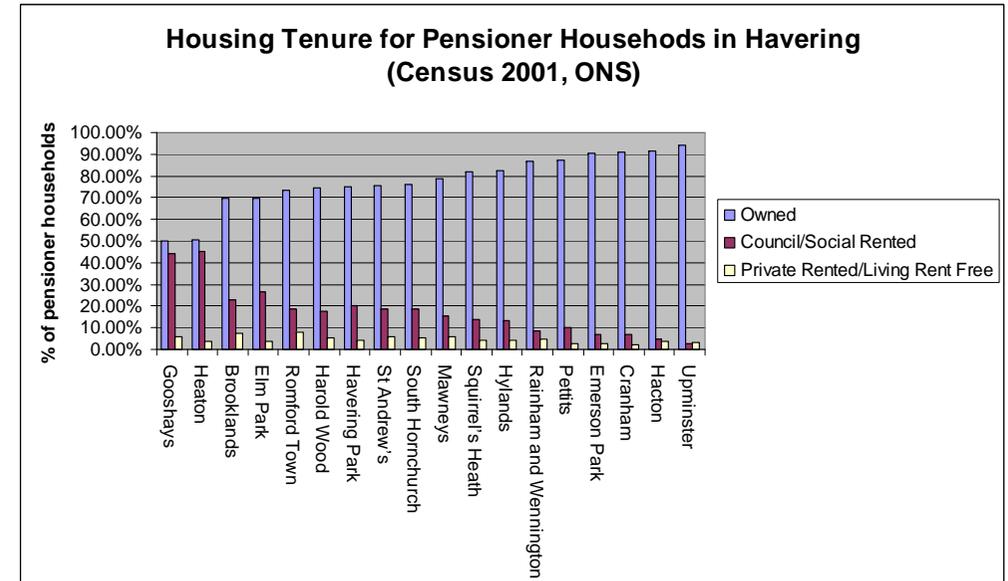
The majority of older people in Havering own their own home (77.3%), with a higher proportion of older people doing so than is the case nationally. This follows the same pattern as for the housing tenure of people in younger age groups. Upminster has the highest proportion of older people owning their home and Gooshays the lowest.

It is less common for older people in Havering to rent Council or social housing than is the case nationally, although over 40% of older people in Heaton and Gooshays rent Council or social housing.

### Older People Living Alone

Some studies have found that older people living alone are more likely to have contact with social services and use services such as home help and meals on wheels than elderly people living with others. Older people living alone are also more likely to be in contact with community health professionals<sup>4</sup>.

Census (2001) data shows that Havering had a higher percentage of older people living alone than is the case nationally. Gooshays, Heaton and St Andrew's have the highest proportions and residents in these areas might therefore be expected to have a higher demand for care services than other areas.



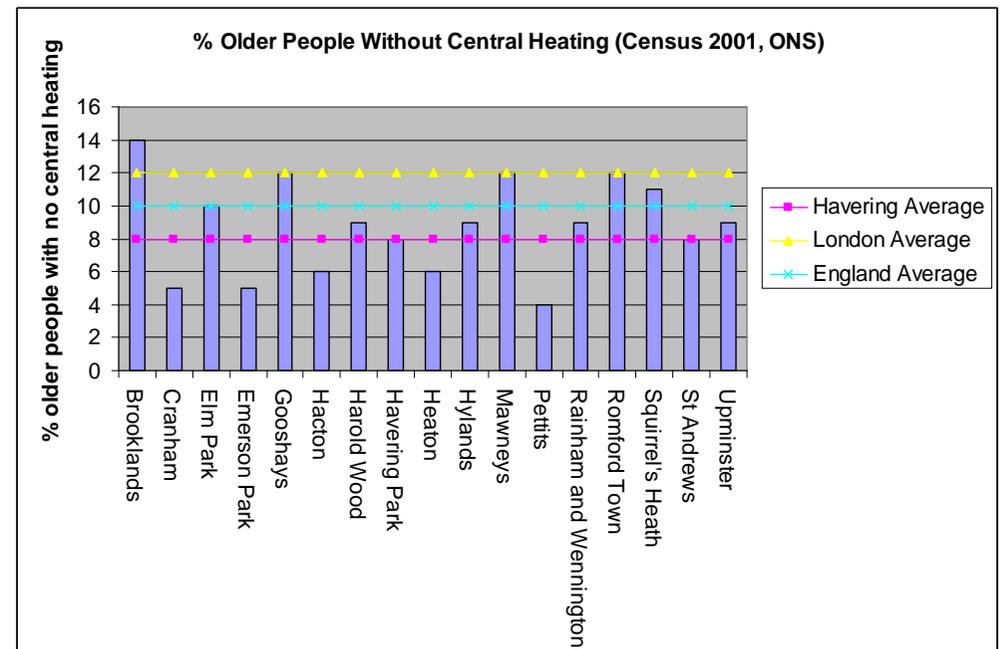
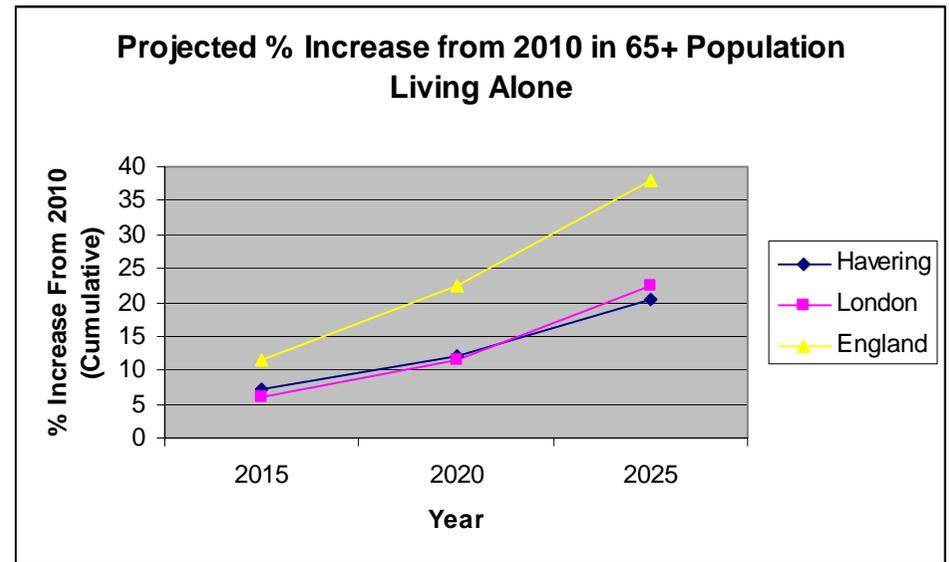
<sup>4</sup> Are Elderly People Living Alone an At Risk Group?, Illiffe, S; Tai, S; Haines, A; Gallivan, S; Goldenberg, E; Booroff, A; Morgan, P, British Medical Journal, 1992

It is predicted that<sup>5</sup> the number of elderly people living alone in Havering will continue to grow, increasing by 12% in the next 10 years when compared with current (2010) levels. The rate of growth of older people living alone in Havering is expected to be similar to the London rate, but slower than the England rate.

MOSAIC data suggests that in Havering the group of people who are most likely to be pensioners living alone are middle aged manual workers and pensioners in rented accommodation. This group are of an age where long term conditions are beginning to be expressed, are more likely to be registered disabled than the average and usually have low incomes.

### Central Heating

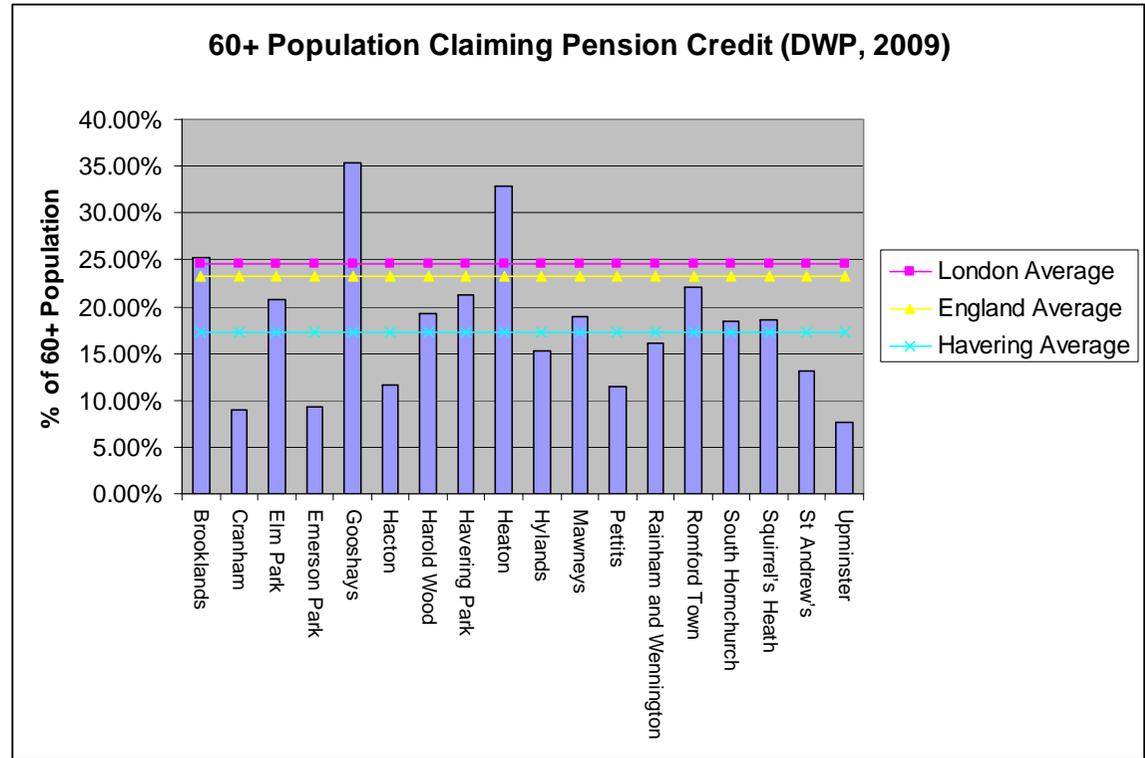
Fewer pensioners in Havering are living without central heating than the average for England or London. However, there are large differences between wards, with Brooklands having the highest proportion of pensioners without central heating (14%) and Gooshays, Mawneys, Romford Town having the next highest proportions (12%).



<sup>5</sup> Projecting Older People Population Information System, 2010

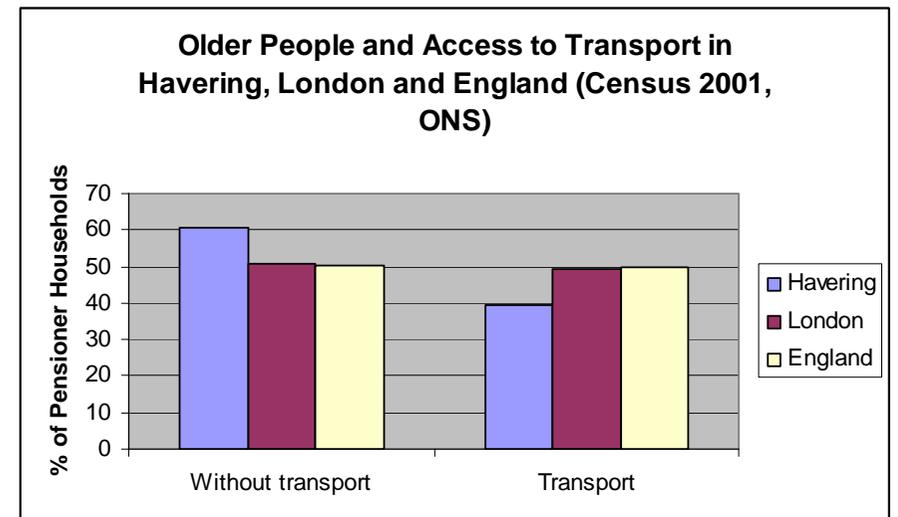
### Pension Credit

Pension credit is provided by the Government where pensioners' income falls below a certain threshold, with the aim of ensuring all pensioners have a minimum income. It is less common for pensioners in Havering to claim pension credit than in London or England. However, there are large variations between wards and Gooshays and Heaton have large proportions of pensioners claiming pension credit.



### Transport

Census (2001) data suggests that over 60% of pensioner households in Havering do not have access to their own transport (a bigger proportion than London or England). This may mean that there is greater demand in Havering for transport and community based services in Havering than in other areas.



## Health Status of Older People (Aged 65+)

### Healthy Life Expectancy

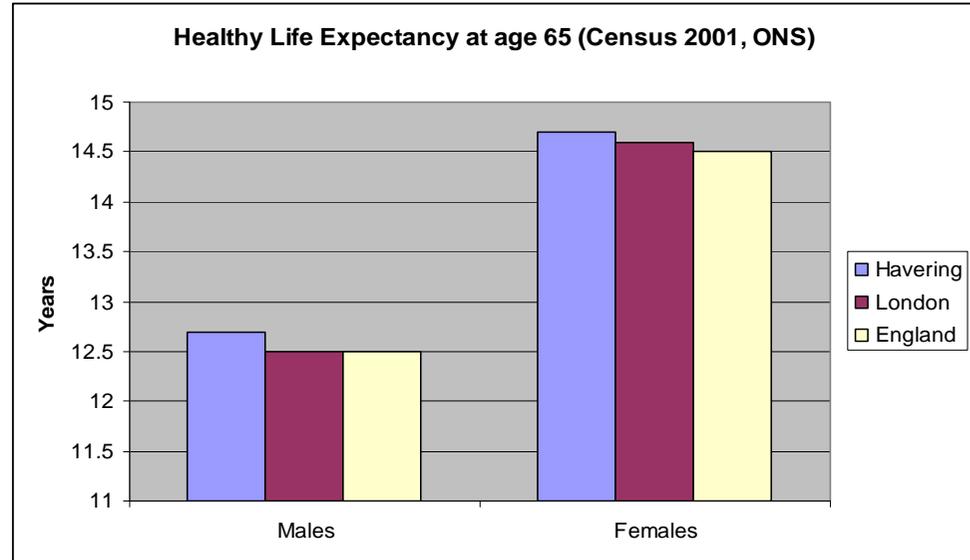
In Havering people aged 65 will on average have a further 13.9 years of good or fairly good health ahead of them. This is slightly better than the London figure of 13.6 years and the England average of 13.1 years<sup>6</sup>. Women in Havering live an extra 2 years in good health than men in Havering.

### Ill Health

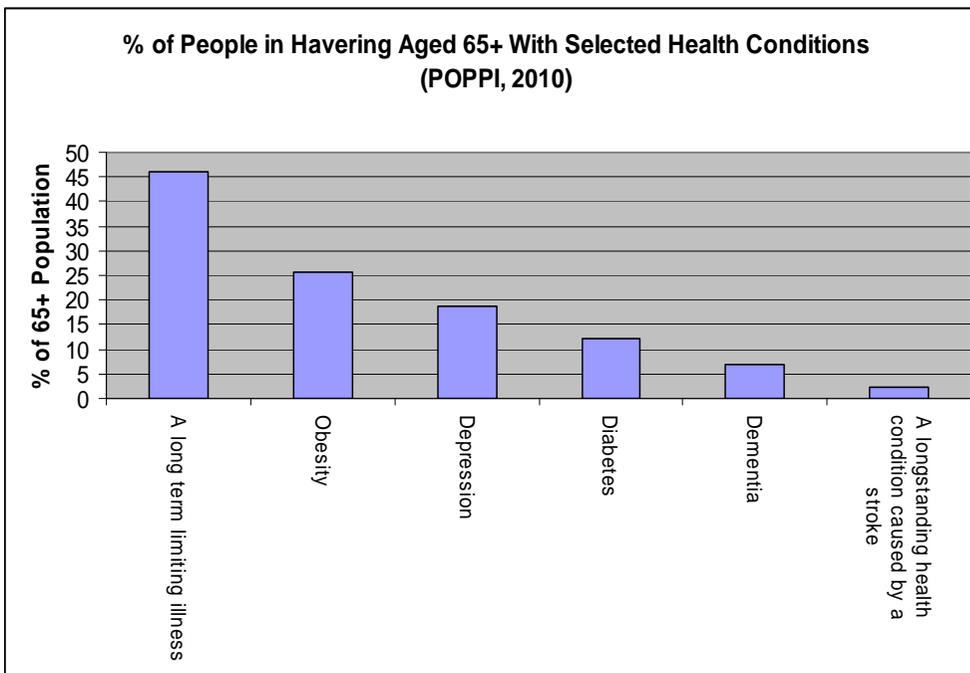
Estimates of the number of older people in Havering with certain health conditions have been made by the Projecting Older People Information System (POPPI). This uses population projections and prevalence data to identify current and future need and thus inform service planning

The graph on the right suggests that currently around 46% of Havering residents aged 65+ have a long term limiting illness. Risk factors such as obesity and diabetes are also common in the older population and about 1 in 6 people are affected by depression.

Healthy Life Expectancy at age 65 (Census 2001, ONS)

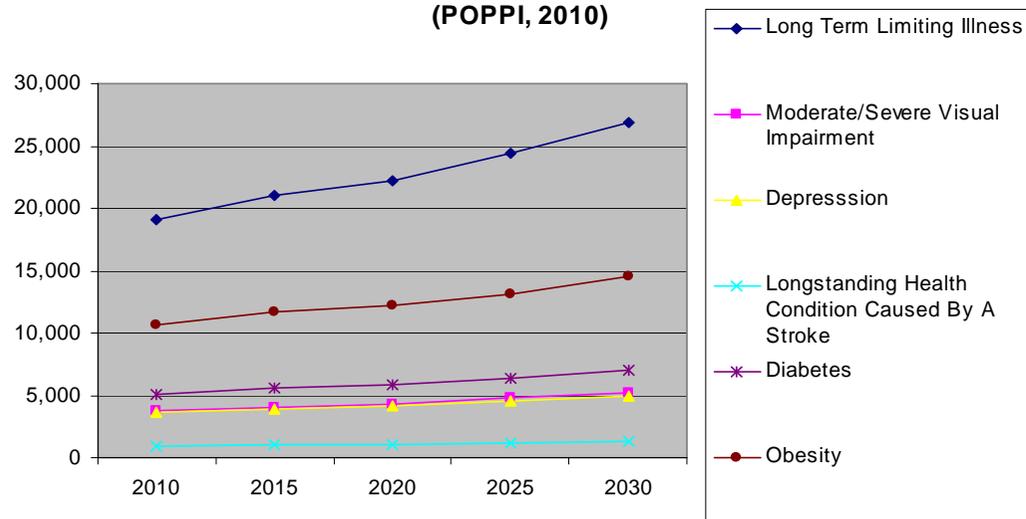


% of People in Havering Aged 65+ With Selected Health Conditions (POPPI, 2010)



<sup>6</sup> NI137, Audit Commission, 2009, based on 2001 census population data

**Increase in Number of People Aged 65+ With Selected Health Conditions in Havering (POPPI, 2010)**



Looking to the future, the numbers of older people in Havering with long term limiting illness and key health conditions will continue to increase.

Long term limiting illness and risk factors such as obesity and diabetes are predicted to remain some of the most common health conditions affecting older people in Havering.

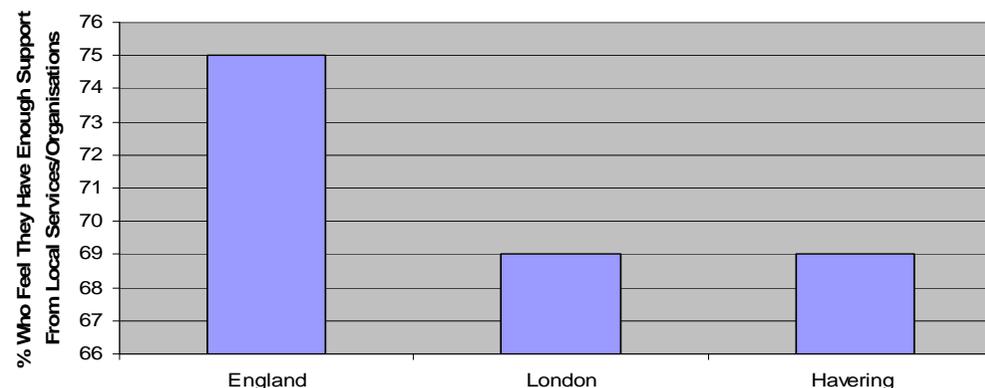
It is expected that, for each of the health conditions listed, the numbers affected will increase by 15-17% on current (2010) figures by 2020 and by 36-42% by 2030. This will lead to increased demand for health and social care services in the coming years.

**Long Term Limiting Illness**

A long term limiting illness is any long term health problem, illness or disability that limits daily activities or work. Currently in (2010), around 46% of Havering's older population are estimated to be living with a long term limiting illness. The number is expected to rise by 16% over the next ten years. It is less common for older people in Havering to have a limiting long term illness than is the case nationally<sup>7</sup>.

69% of people in Havering feel they received enough support from local organisations and services to manage their long term condition, which is in line with the London figure but below the national average of 75%<sup>8</sup>.

**Proportion of People With Long Term Conditions Supported To Be Independent And In Control of Their Condition (2007/08 Healthcare Commission)**



<sup>7</sup>National Centre for Health Outcomes Development, 2009, census data, Office of National Statistics, 2001

<sup>8</sup> Place Survey, Communities and Local Government, 2007/08

## Dementia

Dementia is one of the main causes of disability in later life<sup>9</sup>. Dementia can affect people of any age, but is most common in older people. There are a number of types of dementia, with Alzheimer's disease being the most common, accounting for around 62% of all dementia cases<sup>10</sup>. Alzheimer's disease is more common in women than men, whereas other types of dementia are more common in men<sup>11</sup>.

GP records suggests that in Havering 0.4% of people have dementia, the same recorded prevalence as for England overall<sup>12</sup>, but the 3<sup>rd</sup> highest prevalence in London<sup>13</sup>. However there is wide variation between GP practices, with prevalence ranging from 0% to 1.5% within Havering<sup>14</sup>.

The recorded numbers of dementia in Havering are lower than the expected level - modelled estimates suggest that 1.1% of people in Havering have dementia, rising to a prevalence of 6.0% in the over 65s<sup>15</sup>. Another source of data estimates that around 7% of over 65 year olds in Havering currently have dementia<sup>16</sup>.

<sup>9</sup> Dementia UK report, Alzheimer's Society, 2007

<sup>10</sup> Dementia UK report, Alzheimer's Society, 2007

<sup>11</sup> Dementia UK report, Alzheimer's Society, 2007

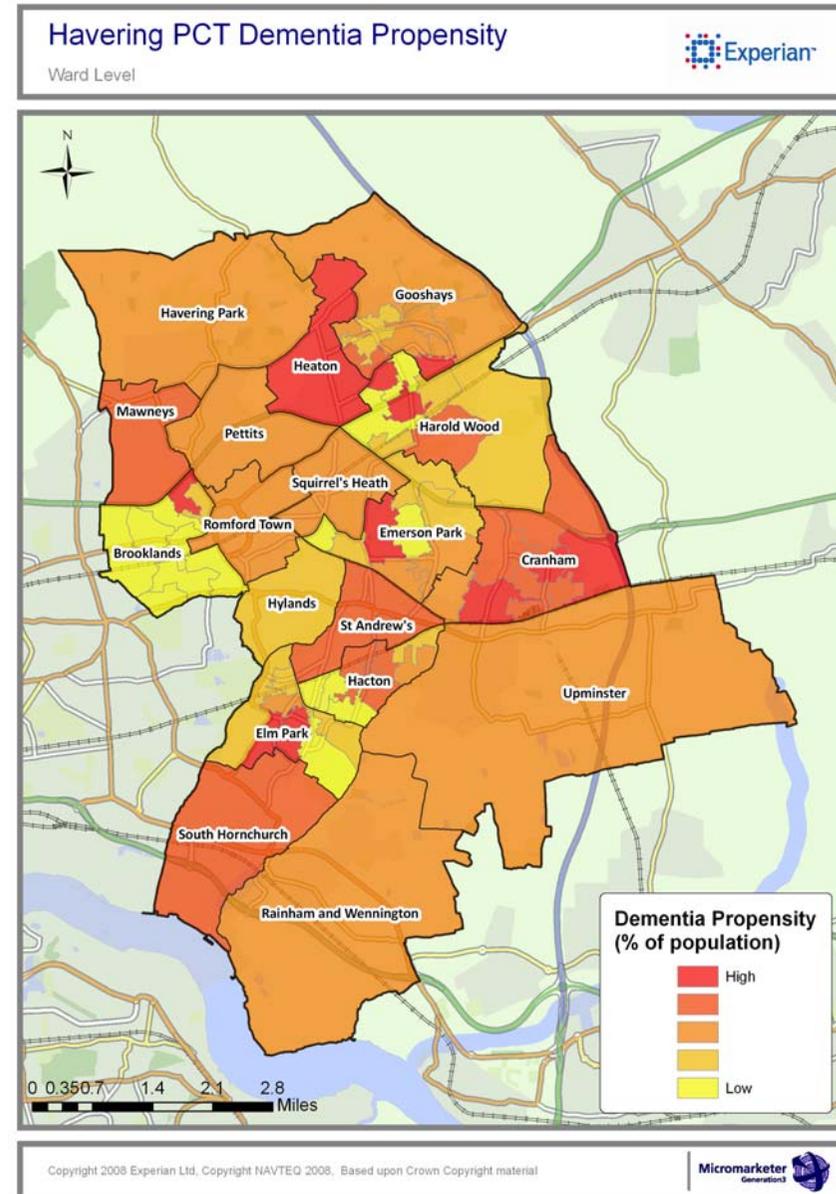
<sup>12</sup> The Quality Outcomes Framework, The National Health Service Information Centre for Health and Social Care, 2008/09

<sup>13</sup> ONEL Dementia Analysis, ONEL Acute Commissioning Unit, 2010

<sup>14</sup> ONEL Dementia Analysis, ONEL Acute Commissioning Unit, 2010

<sup>15</sup> Dementia UK report, Alzheimer's Society, 2007

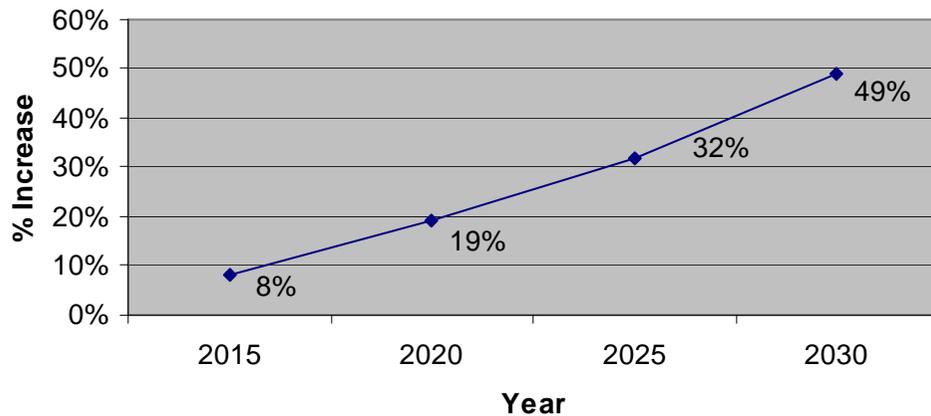
<sup>16</sup> Projecting Older People Population Information System, 2010



The above map uses MOSAIC data and suggests that the biggest proportion of residents with dementia are likely to live in Heaton, followed by Cranham and St Andrew's Wards (Experian and the London Borough of Havering, 2010)

**Projected Increase from 2010 in the Number of People Aged 65+ With Dementia in Havering**

(POPPI, 2010)



The graph suggests that the number of people aged 65+ with dementia in Havering will increase by 49% by 2030.

Comparison of the number of cases of dementia diagnosed in Havering (and recorded on GP registers) with the expected number of cases of dementia in Havering, suggests that around 65% of people with dementia in Havering are undiagnosed, equating to around 2,010 cases of undiagnosed dementia in Havering<sup>17</sup>.

Dementia becomes more common with advancing age, with 45% of all dementia in Havering occurring in the 85+ age group<sup>18</sup>. It is predicted that the number of people with dementia in Havering will continue to rise in the future, with numbers predicted to rise by 8% in the next 5 years alone<sup>19</sup>.

It is estimated that around two thirds of those with dementia will be living in their own homes and a third in care homes (although the proportion living in care homes increases with age)<sup>20</sup>.

<sup>17</sup> ONEL Dementia Analysis, ONEL Acute Commissioning Unit, 2010

<sup>18</sup> Projecting Older People Population Information System, 2010

<sup>19</sup> Projecting Older People Population Information System, 2010

<sup>20</sup> Dementia UK report, Alzheimer's Society, 2007

### Stroke

It is estimated that 2% of those aged 65+ in Havering have a longstanding health condition caused by having had a stroke. A greater number of those affected are male rather than female<sup>21</sup>. It is predicted that older people with a longstanding health condition caused by having had a stroke will have increased by 17% by 2020. More information about Stroke is provided in the “Health and Wellbeing Status” chapter of this JSNA.

### Depression

There are currently 3,607 people aged 65 and over with depression in Havering. It is predicted that this number will increase by 14% by 2020<sup>22</sup>. In line with the national position, it is estimated that in Havering there are over twice as many older women with depression than men in Havering, and this is predicted to continue in the future<sup>23</sup>.

### Mobility

It is estimated that 19% of older people in Havering (aged 65+) have limited mobility and are unable to manage at least one activity on their own (e.g. walking down the road, getting to the toilet or getting out of bed<sup>24</sup>). This is particularly the case for older women, who are more likely than men to be unable to manage at least one activity<sup>25</sup>. It is expected that the number of people unable to manage one activity alone will continue to rise in the future, as is the case nationally<sup>26</sup>.

### Visual Impairment

There are currently 3718 older people with a moderate or severe visual impairment in Havering. This number is predicted to increase by 15% by 2020<sup>27</sup>. Visual impairment becomes more common with age, with 5.6% of 65-74 year olds having a visual impairment, which rises to 12.4% for those aged 75+. Around half of all visual impairments in those aged 75+ are correctable for example cataracts<sup>28</sup>.

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<sup>21</sup> Projecting Older People Population Information System, 2010

<sup>22</sup> Projecting Older People Population Information System, 2010

<sup>23</sup> Projecting Older People Population Information System, 2010

<sup>24</sup> Projecting Older People Population Information System, 2010

<sup>25</sup> Projecting Older People Population Information System, 2010

<sup>26</sup> Projecting Older People Population Information System, 2010

<sup>27</sup> Projecting Older People Population Information System, 2010

<sup>28</sup> Projecting Older People Population Information System, 2010

## Risk Factors

### Obesity

Around a quarter of Havering's older people are obese, with higher prevalence in women than men. The proportion of people who are obese reduces with age<sup>29</sup>. Despite this, the number of older people with obesity is expected to rise in the future, as a result of the rising older population. Of those who have received NHS health checks in Havering, obesity was most common in those aged 55 to 64, with 26.4% of this group being obese and a further 40% overweight. However, this information is based on a relatively small number of people who have received checks so far and as further checks are carried out, the evidence base will become stronger.

### Diabetes

Around 12% of older people (aged 65+) in Havering have diabetes<sup>30</sup>. In line with the national picture, it is estimated that there will be a greater number of older males than females with diabetes in Havering<sup>31</sup>. It is predicted that the number of older people with diabetes will continue to rise in the future, with numbers rising by 10% in Havering by 2015<sup>32</sup>.

### Risk of Cardiovascular Disease (CVD)

The NHS Health Check programme offers a range of investigations for people aged between 40 and 74 years. Of those aged 65-74 checked in Havering so far, some 47% of this age group were identified as being at risk of being admitted to hospital within the next 10 years as a result of CVD. However this is based on a very small proportion of Havering's older population (as the programme is in its early stages) and further information will reveal whether this is a true pattern.

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<sup>29</sup> Projecting Older People Population Information System, 2010

<sup>30</sup> Projecting Older People Population Information System, 2010

<sup>31</sup> Projecting Older People Population Information System, 2010

<sup>32</sup> Projecting Older People Population Information System, 2010

## Falls

Falls are a common source of injury, and can have an adverse psychological impact on older people who may lose confidence or feel they have lost their independence following a fall<sup>33</sup>. Older people are more vulnerable to falls. It is predicted that in Havering, around 11,190 people aged 65 or over will have a fall this year<sup>34</sup>. Around 912 of these falls (8%) will result in hospital admissions. Within the older people category, those aged 75 and over are most likely to be admitted to hospital as a result of a fall. It is predicted that the number of older people admitted to hospital due to falls will increase by 14% in Havering by 2020, which is consistent with national trends<sup>35</sup>.

## Immunisations for Older People

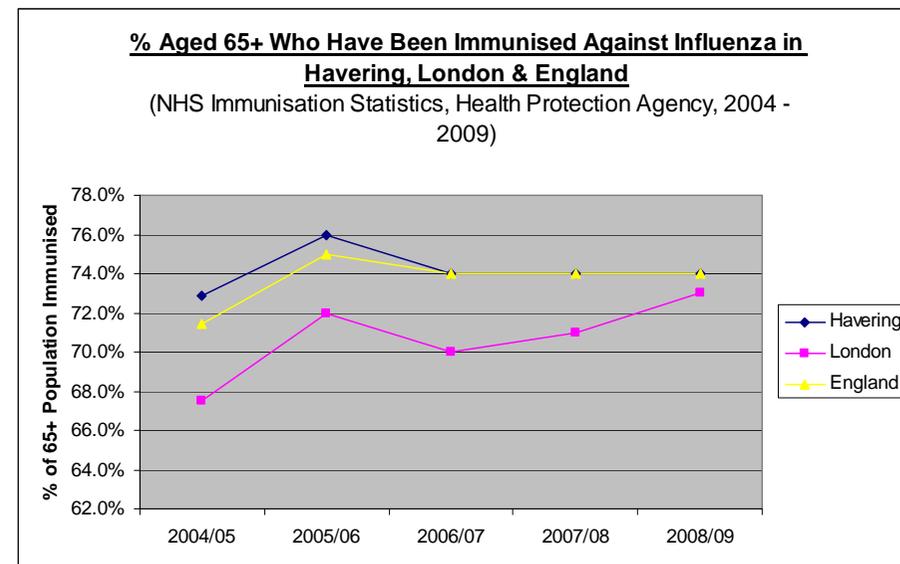
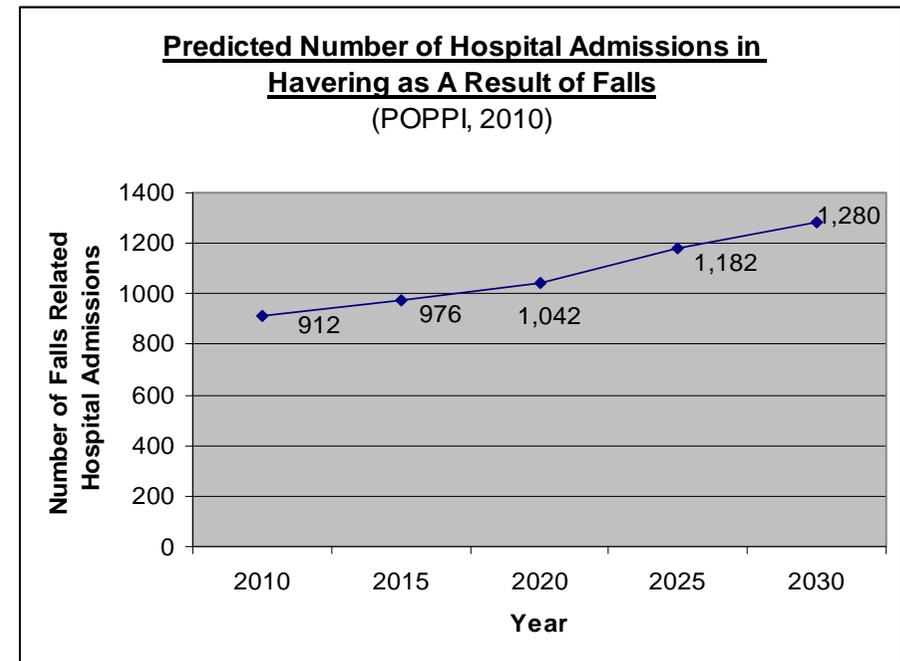
In 2008/09, 74% of the 65+ population in Havering were immunised against influenza. This is consistent with the England average, but slightly above the London average.

However, this still leaves 26% of the older population who do not receive their immunisations. It is suggested that further work looking at specific groups of people and geographic locations with low vaccination uptake be continued with a view to increasing coverage.

<sup>33</sup> NHS Choices website, <http://www.nhs.uk/conditions/falls/Pages/Introduction.aspx>, 2010

<sup>34</sup> Projecting Older People Population Information System, 2010

<sup>35</sup> Projecting Older People Population Information System, 2010



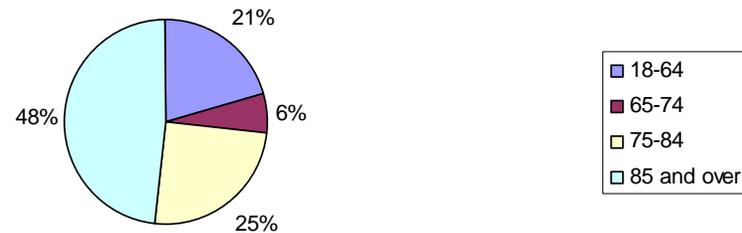
## Care Services for Older People

Almost half of clients in Havering receiving residential or nursing care fall into the 85+ age group, with another quarter falling into the 75-84 age group<sup>36</sup>

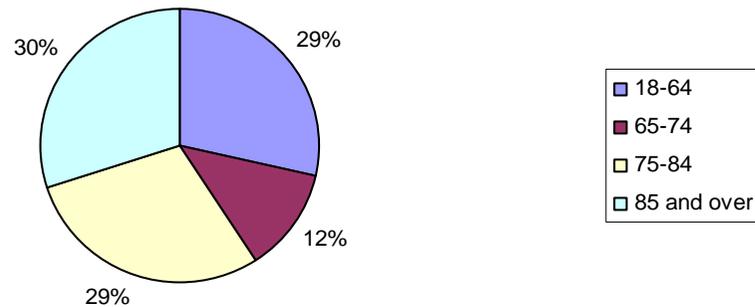
Similarly, for care services that are provided in the community in Havering, clients aged 85+ were the biggest group, making up 30% of the total. Older people (aged 65+) make up 71% of all clients receiving care services in the community during the year.

The projected growth in the numbers of elderly residents in Havering in the future suggests that the demand on social care services from the elderly population will continue to increase.

**Age Breakdown of Adult Social Care Clients in Havering Receiving Residential or Nursing Care 2008/09**  
(CASSR 2008/09)



**Age Breakdown of Havering Adult Social Care Clients Receiving Care in the Community 2008/09**  
(CASSR, 2008/09)



<sup>36</sup> Referrals, Assessments and Packages of Care for Adults, National Adult Social Care Intelligence Service, 2008/09

POPPI (2010) estimates that future demand for community based services, direct payments and supported care homes will continue to increase in the future.

