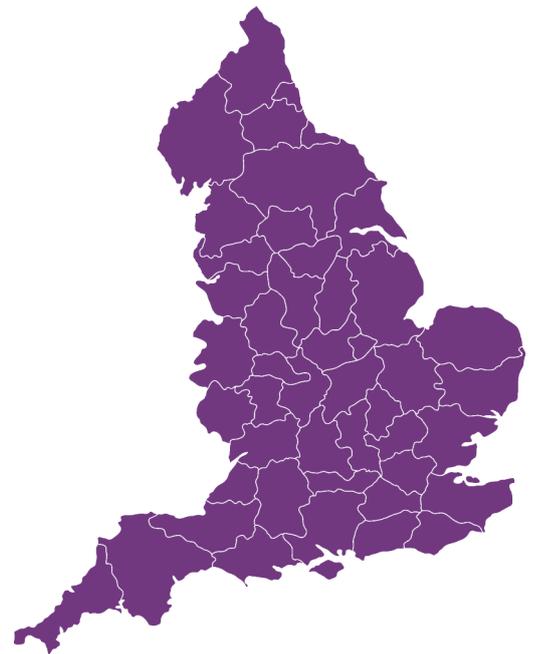




 SAFER
AGEING
INDEX



ENGLAND



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ABOUT HOURGLASS

The Hourglass mission is simple: to end the harm, abuse and exploitation of older people. Every year, over 2.6 million older people across the UK experience physical, sexual, psychological, economic/financial abuse and neglect.

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

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

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

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

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

WHAT IS SAFER AGEING?

Safer ageing (Hourglass official definition):

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

WHAT IS SAFER AGEING IN PRACTICE?

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

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

A Safer Ageing Society for England: Empowering Our Future

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Richard Robinson,
Hourglass CEO



ENGLAND SAFER AGEING INDEX: SUMMARY OF KEY FINDINGS

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

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

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

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

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

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

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

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

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

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

THE ABUSE OF OLDER PEOPLE IN ENGLAND

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

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

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

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

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

Intersectionality

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

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

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

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

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

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

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

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

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

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

KEY LEGISLATION AND GUIDELINES RELATED TO SAFER AGEING IN ENGLAND

The Domestic Abuse Act 2021 set out a statutory definition of abuse in UK law for the first time. Other pieces of legislation in England and Wales which are not specific to abuse and neglect of older people, but which are relevant, include the Mental Capacity Act 2005 (section 44 relevant to neglect of those with reduced mental capacity, as well as certain issues of physical restraint), and the Mental Health Act 1983¹⁴ (section 127 relevant to abuse or neglect of mental health hospital patients).

The Crown Prosecution Service, (CPS) (for England and Wales) defines a crime against an older person as 'Where the victim is 65 or over, any criminal offence which is perceived by the victim or any other person, to be committed by reason of the victim's vulnerability through age or presumed vulnerability through age'. Various pieces of the CPS Code of Practice for Victims of Crime, which helps to determine which alleged crimes should be prosecuted, states among other determining factors that 'that where the offence was motivated by any form of prejudice, including against the victims age or the suspect targeted or exploited the victim or demonstrated hostility towards the victim based on their age, it is more likely that prosecution is required'.

Other factors mentioned by the CPS Code pointing to greater likelihood of prosecution, which are directly relevant to the abuse of older people, include the suspect perceiving the victim to be vulnerable, and the suspect being in a position of authority or trust in relationship to the victim.¹⁵

The CPS notes that 'There is not an offence simply of neglect of an older person other than in those circumstances set out in the Mental Capacity Act 2005, the Mental Health Act 1983 and the Criminal Justice and Courts Act 2015. However, the term abuse is used to describe a wide range of behaviours, many of which in fact amount to criminal offences.' It also notes that even where there are no grounds for criminal prosecution, there may be other steps required to hold an alleged abuser of older people to account, including referral for investigation by relevant regulatory bodies. Examples of these include the Care Quality Commission, the NHS, Local Authorities, and the Health and Safety Executive.

ENGLAND SAFER AGEING INDEX

Safer ageing is about creating environments and procedures so that older people are not put at risk of abuse or neglect. Just as crucially, it's about empowering older people so they can, where suitable, live their lives independently and fully trusting those people around them.

Hourglass believe in safer ageing and stopping abuse for all older people. And we invite you to join us in our mission.

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

- Create a resource that delivers insights for all stakeholder audiences. It will enable the monitoring of progress towards a safer ageing

agenda and provides an opportunity to describe and shape the challenges. These will then become trends and insights on such progress as well as indicators towards creating support networks for victim survivors of abuse and neglect. All data, analysis and commentary can be revisited yearly.

- Increase levels of awareness and engagement on the issue of safer ageing for all audiences – across a variety of sectors and within core influencers.
- Start a debate which puts safer ageing in the centre of the discussion, rather than on the periphery and ensures that ageing safer becomes a byword within all policies and strategies.

METHODOLOGY

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

- Population
- Health
- Isolation and Mental Health

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

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

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

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

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

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

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

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

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

Freedom of information requests were also sent out to all police forces across England, with the basic outline as follows.

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

- The number of violence against the person offences recorded by [inset police force] involving victims in age categories 65-74 and 75+.
- A breakdown of the gender of the victims identified above.
- A breakdown of the relationship of victim to principal suspect for each victim identified above.”

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

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

While less apparent than in Wales and in Northern Ireland, broader age-related data problems were also encountered. This is due to several reasons. We know older people face significant risks of harm and abuse perpetrated by those in a position of trust.

The abuse of older people requires specialised policy responses as older people are unique from the general population of victims of interpersonal abuse. There are different demographic and relationship characteristics associated with victims and perpetrators. However, there is an absence of convincing data to depict the experience of abuse in later life in the UK. This poses a

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

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

On the latter the report recommended 'that research and statistical data on ageing can be disaggregated into smaller five-year cohorts.'¹⁶ On data on violence and abuse, the report identified a global scarcity and highlighted that where countries are supported in measuring gender-based violence,¹⁷ no such guidelines exist for violence and abuse in later life.

ENGLAND POPULATION DATA

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

Demographic Transformation

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

Healthcare and Social Care

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

Housing and Infrastructure

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

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

Economic and Social Inclusion

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

Intergenerational Relations

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

ENGLAND HEALTH DATA

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

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

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

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

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

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

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

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

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

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

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

ENGLAND ISOLATION AND MENTAL HEALTH DATA

The risk of loneliness in older age is a continual concern, and social isolation and loneliness have been identified as increasing the risk of poor physical and mental health. Social isolation has been associated with a 32% increase in stroke risk, a 29% increase in coronary heart disease, and a 50% increased risk of developing dementia²⁷.

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

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

Morrall et al noted abuse and crime induced changes in behaviour, revolving around lack of confidence, lack of independence, and increased fear - especially with women, regarding attitudes towards going out alone or going out after dark.²⁹

Abuse, crime, and fear can be just as damaging to the social network and capital of older people. Concern about violence or feeling unsafe in their local community or neighbourhood is a key determinant for quality of life for older people in England and across the whole of the UK.

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

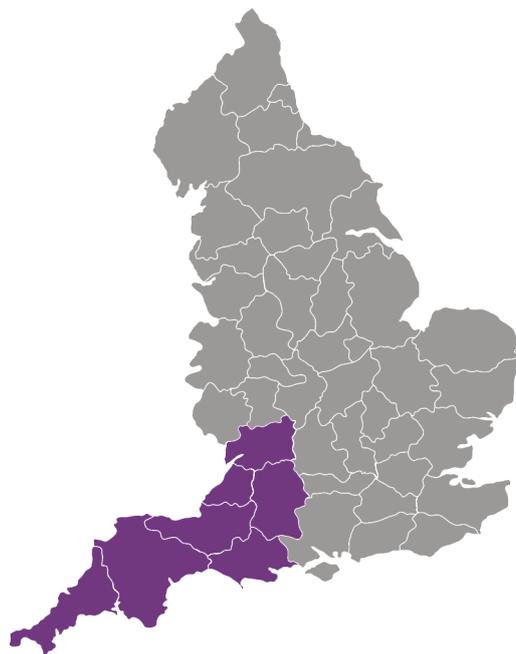
While some studies suggest that older adults who have

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

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

SOUTH WEST ENGLAND

SAFER AGEING INDEX



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

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

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

And the following unitary authorities:

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

SOUTH WEST ENGLAND DATA

POPULATION DATA

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

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

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

SELF-CARE DATA

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

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

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

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

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

LONG TERM ILLNESS DATA

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

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

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

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

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

OBESITY DATA

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

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

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

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

DEMENTIA DATA

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

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

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

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

DEPRESSION DATA

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

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

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

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

Population aged 65 and over, projected to 2024



<p>South West</p>  <p>2023 1,341,600</p> <p>2024 1,367,500</p>	<p>Bath & North East Somerset</p> <p>2023 38,700</p> <p>2024 39,100</p>	<p>Bournemouth, Christchurch & Poole</p> <p>2023 89,900</p> <p>2024 91,200</p>
<p>Devon</p> <p>2023 220,100</p> <p>2024 224,700</p>	<p>Dorset</p> <p>2023 118,200</p> <p>2024 120,500</p>	<p>Gloucestershire</p> <p>2023 149,100</p> <p>2024 152,400</p>
<p>Isles of Scilly</p> <p>2023 400</p> <p>2024 400</p>	<p>North Somerset</p> <p>2023 54,200</p> <p>2024 55,000</p>	<p>Plymouth</p> <p>2023 51,500</p> <p>2024 52,500</p>
<p>Somerset</p> <p>2023 151,800</p> <p>2024 155,000</p>	<p>S. Gloucestershire</p> <p>2023 56,600</p> <p>2024 57,400</p>	<p>Swindon</p> <p>2023 39,600</p> <p>2024 40,600</p>
<p>Torbay</p> <p>2023 39,000</p> <p>2024 119,600</p>	<p>Wiltshire</p> <p>2023 116,900</p> <p>2024 119,600</p>	

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



<p>South West</p>  <p>2023 23.10%</p> <p>2024 23.40%</p>	<p>Bath & North East Somerset</p> <p>2023 19.35%</p> <p>2024 19.40%</p>	<p>Bournemouth, Christchurch & Poole</p> <p>2023 22.49%</p> <p>2024 22.77%</p>
<p>Devon</p> <p>2023 26.41%</p> <p>2024 26.73%</p>	<p>City of Bristol</p> <p>2023 12.93%</p> <p>2024 12.98%</p>	<p>Cornwall</p> <p>2023 25.89%</p> <p>2024 26.20%</p>
<p>Isles of Scilly</p> <p>2023 21.05%</p> <p>2024 22.22%</p>	<p>Dorset</p> <p>2023 30.69%</p> <p>2024 31.16%</p>	<p>Gloucestershire</p> <p>2023 22.57%</p> <p>2024 22.90%</p>
<p>Somerset</p> <p>2023 26.19%</p> <p>2024 26.58%</p>	<p>North Somerset</p> <p>2023 24.47%</p> <p>2024 24.66%</p>	<p>Plymouth</p> <p>2023 19.43%</p> <p>2024 19.77%</p>
<p>Torbay</p> <p>2023 27.86%</p> <p>2024 28.20%</p>	<p>S. Gloucestershire</p> <p>2023 18.92%</p> <p>2024 18.99%</p>	<p>Swindon</p> <p>2023 17.23%</p> <p>2024 17.58%</p>
	<p>Wiltshire</p> <p>2023 22.58%</p> <p>2024 22.99%</p>	

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



<p>South West</p>  <p>2023 44,113</p> <p>2024 45,172</p>	<p>Bath & North East Somerset</p> <p>2023 1,254</p> <p>2024 1,275</p>	<p>Bournemouth, Christchurch & Poole</p> <p>2023 3,278</p> <p>2024 3,321</p>
<p>Devon</p> <p>2023 7,420</p> <p>2024 7,597</p>	<p>Dorset</p> <p>2023 3,254</p> <p>2024 3,336</p>	<p>Gloucestershire</p> <p>2023 4,122</p> <p>2024 4,246</p>
<p>Isles of Scilly</p> <p>2023 0</p> <p>2024 0</p>	<p>North Somerset</p> <p>2023 2,472</p> <p>2024 2,533</p>	<p>Plymouth</p> <p>2023 1,823</p> <p>2024 1,870</p>
<p>Somerset</p> <p>2023 5,360</p> <p>2024 5,506</p>	<p>S. Gloucestershire</p> <p>2023 1,815</p> <p>2024 1,857</p>	<p>Swindon</p> <p>2023 1,037</p> <p>2024 1,061</p>
<p>Torbay</p> <p>2023 1,682</p> <p>2024 1,736</p>	<p>Wiltshire</p> <p>2023 3,850</p> <p>2024 3,955</p>	

Population aged 65 and over providing unpaid care



<p>South West</p>  <p>2023 195,353</p> <p>2024 198,991</p>	<p>Bath & North East Somerset</p> <p>2023 5,401</p> <p>2024 5,455</p>	<p>Bournemouth, Christchurch & Poole</p> <p>2023 13,095</p> <p>2024 13,288</p>
<p>Devon</p> <p>2023 31,507</p> <p>2024 32,155</p>	<p>City of Bristol</p> <p>2023 9,470</p> <p>2024 9,577</p>	<p>Cornwall</p> <p>2023 22,597</p> <p>2024 23,051</p>
<p>Isles of Scilly</p> <p>2023 100</p> <p>2024 100</p>	<p>Dorset</p> <p>2023 17,273</p> <p>2024 17,598</p>	<p>Gloucestershire</p> <p>2023 21,322</p> <p>2024 21,758</p>
<p>Somerset</p> <p>2023 21,664</p> <p>2024 22,104</p>	<p>North Somerset</p> <p>2023 8,157</p> <p>2024 8,250</p>	<p>Plymouth</p> <p>2023 7,926</p> <p>2024 8,075</p>
<p>Torbay</p> <p>2023 6,152</p> <p>2024 6,255</p>	<p>S. Gloucestershire</p> <p>2023 8,567</p> <p>2024 8,697</p>	<p>Swindon</p> <p>2023 5,376</p> <p>2024 5,511</p>
	<p>Wiltshire</p> <p>2023 16,606</p> <p>2024 16,981</p>	

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



<p>South West</p>  <p>2023 386,050</p> <p>2024 394,806</p>	<p>Bath & North East Somerset</p> <p>2023 11,250</p> <p>2024 11,461</p>	<p>Bournemouth, Christchurch & Poole</p> <p>2023 26,271</p> <p>2024 26,658</p>
<p>Devon</p> <p>2023 63,266</p> <p>2024 64,788</p>	<p>Dorset</p> <p>2023 34,200</p> <p>2024 35,002</p>	<p>Gloucestershire</p> <p>2023 42,780</p> <p>2024 43,906</p>
<p>Isles of Scilly</p> <p>2023 140</p> <p>2024 140</p>	<p>North Somerset</p> <p>2023 N/A</p> <p>2024 N/A</p>	<p>Plymouth</p> <p>2023 14,743</p> <p>2024 14,981</p>
<p>Somerset</p> <p>2023 43,636</p> <p>2024 44,716</p>	<p>S. Gloucestershire</p> <p>2023 16,397</p> <p>2024 16,659</p>	<p>Swindon</p> <p>2023 11,058</p> <p>2024 11,431</p>
<p>Torbay</p> <p>2023 11,188</p> <p>2024 11,491</p>	<p>Wiltshire</p> <p>2023 33,577</p> <p>2024 34,495</p>	

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



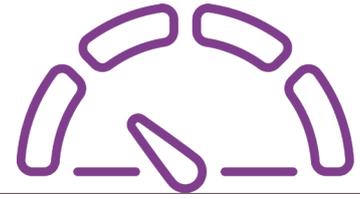
<p>South West</p>  <p>2023 284,183</p> <p>2024 290,613</p>	<p>Bath & North East Somerset</p> <p>2023 7,925</p> <p>2024 8,039</p>	<p>Bournemouth, Christchurch & Poole</p> <p>2023 18,619</p> <p>2024 18,905</p>
<p>Devon</p> <p>2023 43,182</p> <p>2024 44,224</p>	<p>City of Bristol</p> <p>2023 17,171</p> <p>2024 17,386</p>	<p>Cornwall</p> <p>2023 35,440</p> <p>2024 36,305</p>
<p>Isles of Scilly</p> <p>2023 88</p> <p>2024 88</p>	<p>Dorset</p> <p>2023 22,305</p> <p>2024 22,819</p>	<p>Gloucestershire</p> <p>2023 30,333</p> <p>2024 31,137</p>
<p>Somerset</p> <p>2023 30,525</p> <p>2024 31,303</p>	<p>North Somerset</p> <p>2023 10,965</p> <p>2024 11,181</p>	<p>Plymouth</p> <p>2023 13,957</p> <p>2024 14,259</p>
<p>Torbay</p> <p>2023 9,149</p> <p>2024 9,368</p>	<p>S. Gloucestershire</p> <p>2023 12,523</p> <p>2024 12,767</p>	<p>Swindon</p> <p>2023 9,320</p> <p>2024 9,554</p>
	<p>Wiltshire</p> <p>2023 9,149</p> <p>2024 9,368</p>	

Population aged 65 and over predicted to have depression



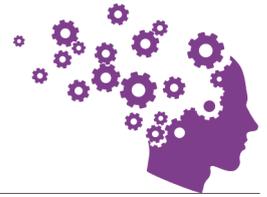
<p>South West</p>  <p>2023 115,080</p> <p>2024 117,330</p>	<p>Bath & North East Somerset</p> <p>2023 3,314</p> <p>2024 3,365</p>	<p>Bournemouth, Christchurch & Poole</p> <p>2023 7,728</p> <p>2024 7,829</p>
<p>Devon</p> <p>2023 18,879</p> <p>2024 19,285</p>	<p>City of Bristol</p> <p>2023 5,342</p> <p>2024 5,377</p>	<p>Cornwall</p> <p>2023 13,170</p> <p>2024 13,446</p>
<p>Isles of Scilly</p> <p>2023 50</p> <p>2024 50</p>	<p>Dorset</p> <p>2023 10,125</p> <p>2024 10,330</p>	<p>Gloucestershire</p> <p>2023 12,810</p> <p>2024 13,090</p>
<p>Somerset</p> <p>2023 13,002</p> <p>2024 13,278</p>	<p>North Somerset</p> <p>2023 4,661</p> <p>2024 4,722</p>	<p>Plymouth</p> <p>2023 4,410</p> <p>2024 4,480</p>
<p>Torbay</p> <p>2023 3,324</p> <p>2024 3,399</p>	<p>S. Gloucestershire</p> <p>2023 4,843</p> <p>2024 4,907</p>	<p>Swindon</p> <p>2023 3,367</p> <p>2024 3,467</p>
<p>Wiltshire</p> <p>2023 10,010</p> <p>2024 10,250</p>		

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



<p>South West</p>  <p>2023 404,489</p> <p>2024 411,978</p>	<p>Bath & North East Somerset</p> <p>2023 11,579</p> <p>2024 11,751</p>	<p>Bournemouth, Christchurch & Poole</p> <p>2023 27,032</p> <p>2024 27,381</p>
<p>Devon</p> <p>2023 66,328</p> <p>2024 67,663</p>	<p>Dorset</p> <p>2023 35,608</p> <p>2024 36,271</p>	<p>Gloucestershire</p> <p>2023 45,021</p> <p>2024 45,974</p>
<p>Isles of Scilly</p> <p>2023 185</p> <p>2024 185</p>	<p>North Somerset</p> <p>2023 16,295</p> <p>2024 16,455</p>	<p>Plymouth</p> <p>2023 15,540</p> <p>2024 15,778</p>
<p>Somerset</p> <p>2023 45,778</p> <p>2024 46,700</p>	<p>S. Gloucestershire</p> <p>2023 16,969</p> <p>2024 17,174</p>	<p>Swindon</p> <p>2023 11,935</p> <p>2024 12,293</p>
<p>Torbay</p> <p>2023 11,720</p> <p>2024 11,947</p>	<p>Wiltshire</p> <p>2023 35,185</p> <p>2024 35,969</p>	

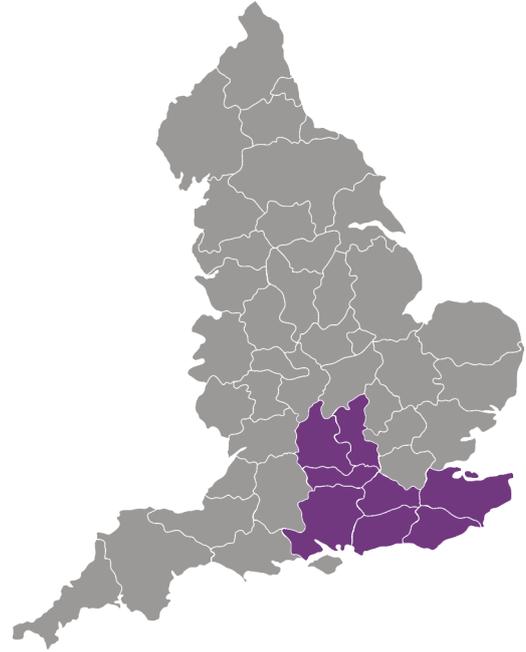
Population aged 65 and over predicted to have dementia



<p>South West</p>  <p>2023 97,464</p> <p>2024 99,821</p>	<p>Bath & North East Somerset</p> <p>2023 2,919</p> <p>2024 2,974</p>	<p>Bournemouth, Christchurch & Poole</p> <p>2023 6,872</p> <p>2024 6,964</p>
<p>Devon</p> <p>2023 16,023</p> <p>2024 16,394</p>	<p>Dorset</p> <p>2023 8,682</p> <p>2024 8,897</p>	<p>Cornwall</p> <p>2023 10,644</p> <p>2024 10,956</p>
<p>Isles of Scilly</p> <p>2023 21</p> <p>2024 21</p>	<p>North Somerset</p> <p>2023 4,034</p> <p>2024 4,142</p>	<p>Gloucestershire</p> <p>2023 10,619</p> <p>2024 10,965</p>
<p>Somerset</p> <p>2023 11,057</p> <p>2024 11,348</p>	<p>S. Gloucestershire</p> <p>2023 4,167</p> <p>2024 4,268</p>	<p>Plymouth</p> <p>2023 3,690</p> <p>2024 3,747</p>
<p>Torbay</p> <p>2023 2,822</p> <p>2024 2,894</p>	<p>Swindon</p> <p>2023 2,711</p> <p>2024 2,787</p>	<p>Wiltshire</p> <p>2023 8,495</p> <p>2024 8,704</p>

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



<p>South East</p>  <p>2023 1,912,900</p> <p>2024 1,948,100</p>	<p>Bracknell Forest</p> <p>2023 20,100</p> <p>2024 20,600</p>	<p>Brighton & Hove</p> <p>2023 40,400</p> <p>2024 40,800</p>
<p>Hampshire</p> <p>2023 322,800</p> <p>2024 328,900</p>	<p>Buckinghamshire</p> <p>2023 109,100</p> <p>2024 111,000</p>	<p>East Sussex</p> <p>2023 154,600</p> <p>2024 157,400</p>
<p>Medway</p> <p>2023 46,900</p> <p>2024 47,700</p>	<p>Isle of Wight</p> <p>2023 43,900</p> <p>2024 44,900</p>	<p>Kent</p> <p>2023 340,500</p> <p>2024 346,700</p>
<p>Milton Keynes</p> <p>2023 42,500</p> <p>2024 43,700</p>	<p>Oxfordshire</p> <p>2023 138,100</p> <p>2024 141,000</p>	

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



<p>South East</p>  <p>2023 20.42% 2024 20.71%</p>	<p>Bracknell Forest</p> <p>2023 16.05% 2024 16.39%</p>	<p>Brighton & Hove</p> <p>2023 13.63% 2024 13.74%</p>
<p>Hampshire</p> <p>2023 22.95% 2024 23.30%</p>	<p>Buckinghamshire</p> <p>2023 19.70% 2024 19.96%</p>	<p>East Sussex</p> <p>2023 27.17% 2024 27.54%</p>
<p>Medway</p> <p>2023 16.67% 2024 16.91%</p>	<p>Isle of Wight</p> <p>2023 30.17% 2024 30.71%</p>	<p>Kent</p> <p>2023 20.84% 2024 21.06%</p>
<p>Milton Keynes</p> <p>2023 15.48% 2024 15.87%</p>	<p>Oxfordshire</p> <p>2023 19.56% 2024 19.88%</p>	

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



<p>South East</p>  <p>2023 67,720 2024 69,373</p>	<p>Bracknell Forest</p> <p>2023 464 2024 471</p>	<p>Brighton & Hove</p> <p>2023 1,434 2024 1,458</p>
<p>Hampshire</p> <p>2023 11,695 2024 12,011</p>	<p>Isle of Wight</p> <p>2023 1,861 2024 1,906</p>	<p>Kent</p> <p>2023 11,869 2024 12,172</p>
<p>Medway</p> <p>2023 1,213 2024 1,241</p>	<p>Milton Keynes</p> <p>2023 1,475 2024 1,534</p>	<p>Oxfordshire</p> <p>2023 4,327 2024 4,464</p>
<p>Buckinghamshire</p> <p>2023 3,432 2024 3,511</p>	<p>East Sussex</p> <p>2023 6,479 2024 6,630</p>	

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



<h2>South East</h2>  <p>2023 260,947</p> <p>2024 265,579</p>	<h2>Bracknell Forest</h2> <p>2023 2,657</p> <p>2024 2,725</p>	<h2>Brighton & Hove</h2> <p>2023 5,336</p> <p>2024 5,396</p>
<h2>Hampshire</h2> <p>2023 44,002</p> <p>2024 44,793</p>	<h2>Buckinghamshire</h2> <p>2023 15,069</p> <p>2024 15,313</p>	<h2>East Sussex</h2> <p>2023 21,699</p> <p>2024 22,079</p>
<h2>Medway</h2> <p>2023 6,026</p> <p>2024 6,126</p>	<h2>Isle of Wight</h2> <p>2023 6,133</p> <p>2024 6,271</p>	<h2>Kent</h2> <p>2023 46,581</p> <p>2024 47,396</p>
<h2>Milton Keynes</h2> <p>2023 6,033</p> <p>2024 6,179</p>	<h2>Oxfordshire</h2> <p>2023 19,342</p> <p>2024 19,726</p>	

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



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

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



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

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



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

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



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

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

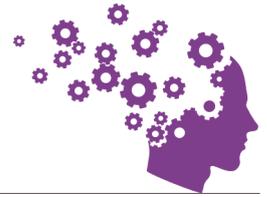
Windsor & Maidenhead

2023
8,986
2024
9,122

Wokingham

2023
9,842
2024
10,011

Population aged 65 and over predicted to have dementia



<p>South East</p>  <p>2023 142,011 2024 145,422</p>	<p>Bracknell Forest</p> <p>2023 1,347 2024 1,406</p>	<p>Brighton & Hove</p> <p>2023 2,994 2024 3,035</p>
<p>Hampshire</p> <p>2023 24,272 2024 24,893</p>	<p>Buckinghamshire</p> <p>2023 8,323 2024 8,557</p>	<p>East Sussex</p> <p>2023 11,788 2024 12,077</p>
<p>Medway</p> <p>2023 3,190 2024 3,228</p>	<p>Isle of Wight</p> <p>2023 3,109 2024 3,190</p>	<p>Kent</p> <p>2023 24,627 2024 25,209</p>
<p>Milton Keynes</p> <p>2023 2,827 2024 2,909</p>	<p>Oxfordshire</p> <p>2023 10,321 2024 10,618</p>	

Portsmouth

2023
2,328
2024
2,355

Reading

2023
1,561
2024
1,582

Slough

2023
1,112
2024
1,115

Southampton

2023
2,544
2024
2,593

Surrey

2023
18,577
2024
18,931

West Berkshire

2023
2,337
2024
2,381

West Sussex

2023
15,977
2024
16,335

Windsor & Maidenhead

2023
2,367
2024
2,432

Wokingham

2023
2,490
2024
2,548

WEST MIDLANDS ENGLAND

SAFER AGEING INDEX



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

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

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

And the following unitary authorities/metropolitan boroughs:

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

WEST MIDLANDS ENGLAND DATA

POPULATION DATA

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

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

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

SELF-CARE DATA

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

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

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

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

LONG TERM ILLNESS DATA

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

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

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

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

OBESITY DATA

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

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

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

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

DEMENTIA DATA

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

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

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

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

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

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

DEPRESSION DATA

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

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

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

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

Population aged 65 and over, projected to 2024



<p>West Midlands</p>  <p>2023 1,165,100</p> <p>2024 1,182,500</p>	<p>Birmingham</p> <p>2023 154,800</p> <p>2024 156,700</p>	<p>Coventry</p> <p>2023 52,000</p> <p>2024 52,700</p>
<p>Sandwell</p> <p>2023 51,400</p> <p>2024 51,900</p>	<p>Shropshire</p> <p>2023 87,300</p> <p>2024 89,400</p>	<p>Solihull</p> <p>2023 47,200</p> <p>2024 47,700</p>
<p>Staffordshire</p> <p>2023 203,600</p> <p>2024 206,800</p>	<p>Stoke-on-Trent</p> <p>2023 46,100</p> <p>2024 46,600</p>	<p>Telford & Wrekin</p> <p>2023 33,900</p> <p>2024 34,600</p>
<p>Walsall</p> <p>2023 51,400</p> <p>2024 51,900</p>	<p>Warwickshire</p> <p>2023 127,700</p> <p>2024 129,800</p>	<p>Wolverhampton</p> <p>2023 45,400</p> <p>2024 46,000</p>
<p>Worcestershire</p> <p>2023 145,200</p> <p>2024 147,700</p>		

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



<p>West Midlands</p>  <p>2023 19.11% 2024 19.28%</p>	<p>Birmingham</p> <p>2023 13.28% 2024 13.40%</p>	<p>Coventry</p> <p>2023 13.25% 2024 13.29%</p>
<p>Sandwell</p> <p>2023 15.23% 2024 15.31%</p>	<p>Shropshire</p> <p>2023 25.99% 2024 26.39%</p>	<p>Herefordshire</p> <p>2023 25.91% 2024 26.20%</p>
<p>Staffordshire</p> <p>2023 22.74% 2024 23.00%</p>	<p>Stoke-on-Trent</p> <p>2023 17.72% 2024 17.87%</p>	<p>Solihull</p> <p>2023 21.27% 2024 21.37%</p>
<p>Walsall</p> <p>2023 17.54% 2024 17.61%</p>	<p>Telford & Wrekin</p> <p>2023 18.11% 2024 18.33%</p>	<p>Warwickshire</p> <p>2023 21.38% 2024 21.55%</p>
<p>Wolverhampton</p> <p>2023 16.77% 2024 16.91%</p>	<p>Worcestershire</p> <p>2023 23.66% 2024 23.92%</p>	

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



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

Population aged 65 and over providing unpaid care



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

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



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

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



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

Population aged 65 and over predicted to have depression



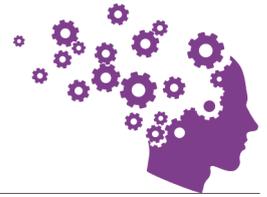
<p>West Midlands</p>  <p>2023 99,951</p> <p>2024 101,478</p>	<p>Birmingham</p> <p>2023 13,314</p> <p>2024 13,483</p>	<p>Coventry</p> <p>2023 4,465</p> <p>2024 4,522</p>
<p>Sandwell</p> <p>2023 4,415</p> <p>2024 4,456</p>	<p>Shropshire</p> <p>2023 7,468</p> <p>2024 7,664</p>	<p>Solihull</p> <p>2023 4,057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

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



<p>West Midlands</p>  <p>2023 351,510</p> <p>2024 356,552</p>	<p>Birmingham</p> <p>2023 46,790</p> <p>2024 47,398</p>	<p>Coventry</p> <p>2023 15,689</p> <p>2024 15,898</p>
<p>Sandwell</p> <p>2023 15,532</p> <p>2024 15,686</p>	<p>Shropshire</p> <p>2023 26,337</p> <p>2024 26,980</p>	<p>Herefordshire</p> <p>2023 15,558</p> <p>2024 15,907</p>
<p>Staffordshire</p> <p>2023 61,385</p> <p>2024 62,292</p>	<p>Stoke-on-Trent</p> <p>2023 13,999</p> <p>2024 14,140</p>	<p>Solihull</p> <p>2023 14,155</p> <p>2024 14,294</p>
<p>Walsall</p> <p>2023 15,473</p> <p>2024 15,614</p>	<p>Telford & Wrekin</p> <p>2023 10,247</p> <p>2024 10,480</p>	<p>Warwickshire</p> <p>2023 38,439</p> <p>2024 39,037</p>
<p>Wolverhampton</p> <p>2023 13,674</p> <p>2024 13,916</p>	<p>Worcestershire</p> <p>2023 43,813</p> <p>2024 44,509</p>	

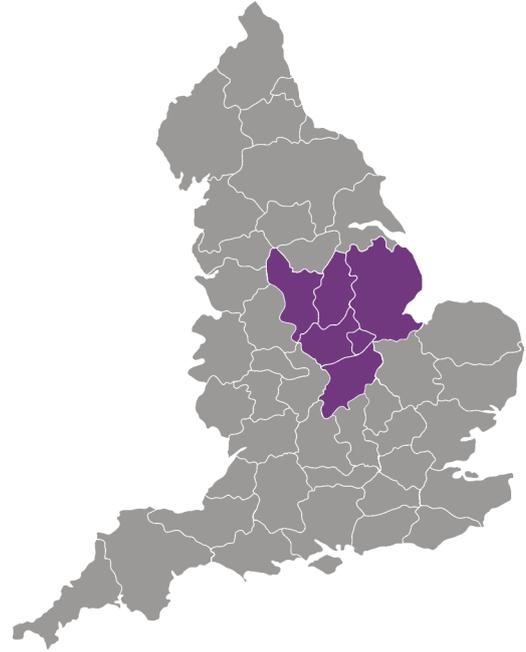
Population aged 65 and over predicted to have dementia



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

EAST MIDLANDS ENGLAND

SAFER AGEING INDEX



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

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

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

And the following unitary authorities:

- Derby
- Leicestershire

EAST MIDLANDS ENGLAND DATA

POPULATION DATA

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

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

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

SELF-CARE DATA

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

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

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

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

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

LONG TERM ILLNESS DATA

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

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

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

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

OBESITY DATA

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

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

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

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

DEMENTIA DATA

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

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

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

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

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

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

DEPRESSION DATA

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

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

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

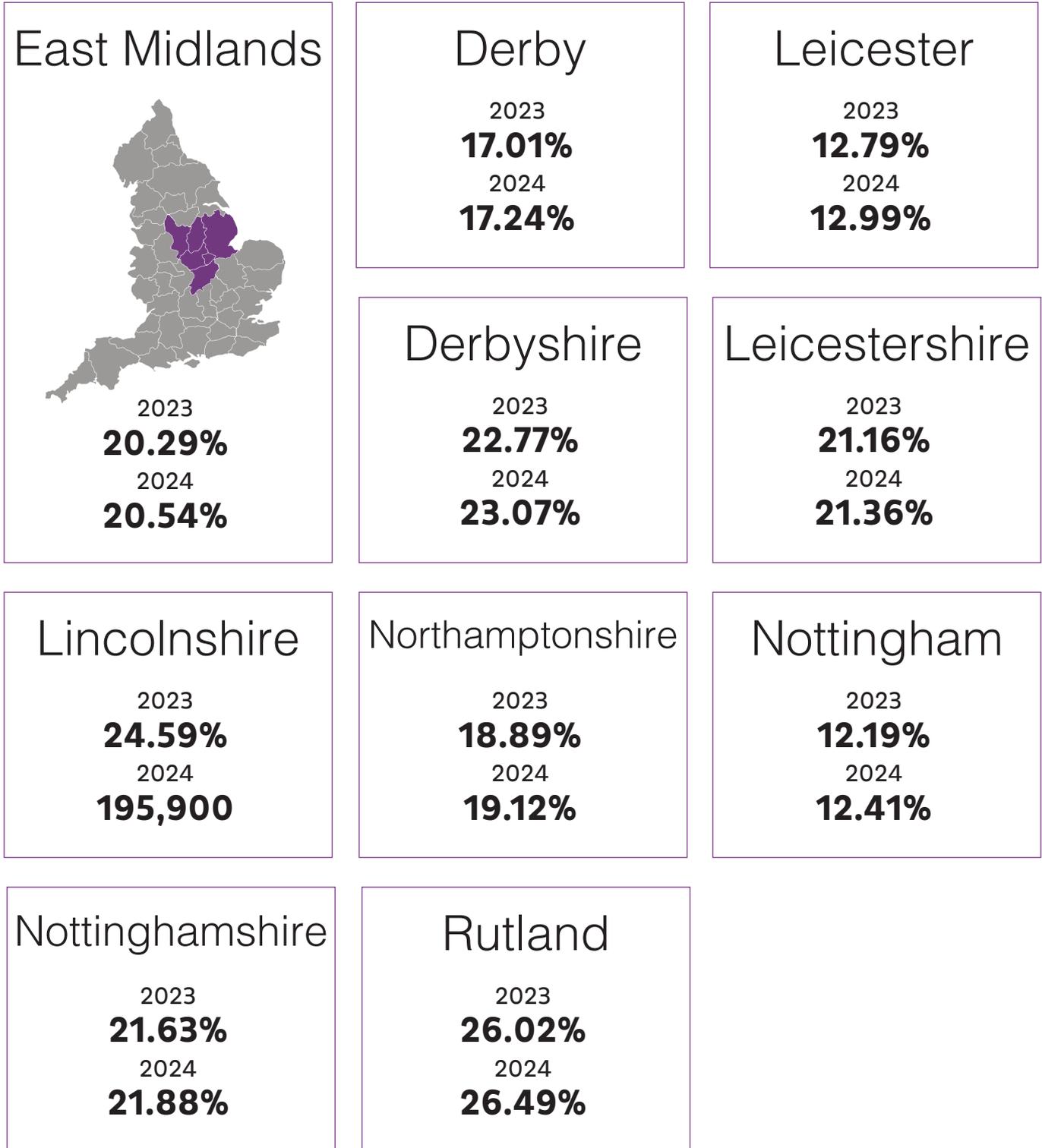
The individual areas with the lowest predicted percentage in 2023 were Lincolnshire / Derbyshire / Northamptonshire (all 8.54%).

Population aged 65 and over, projected to 2024



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

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



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



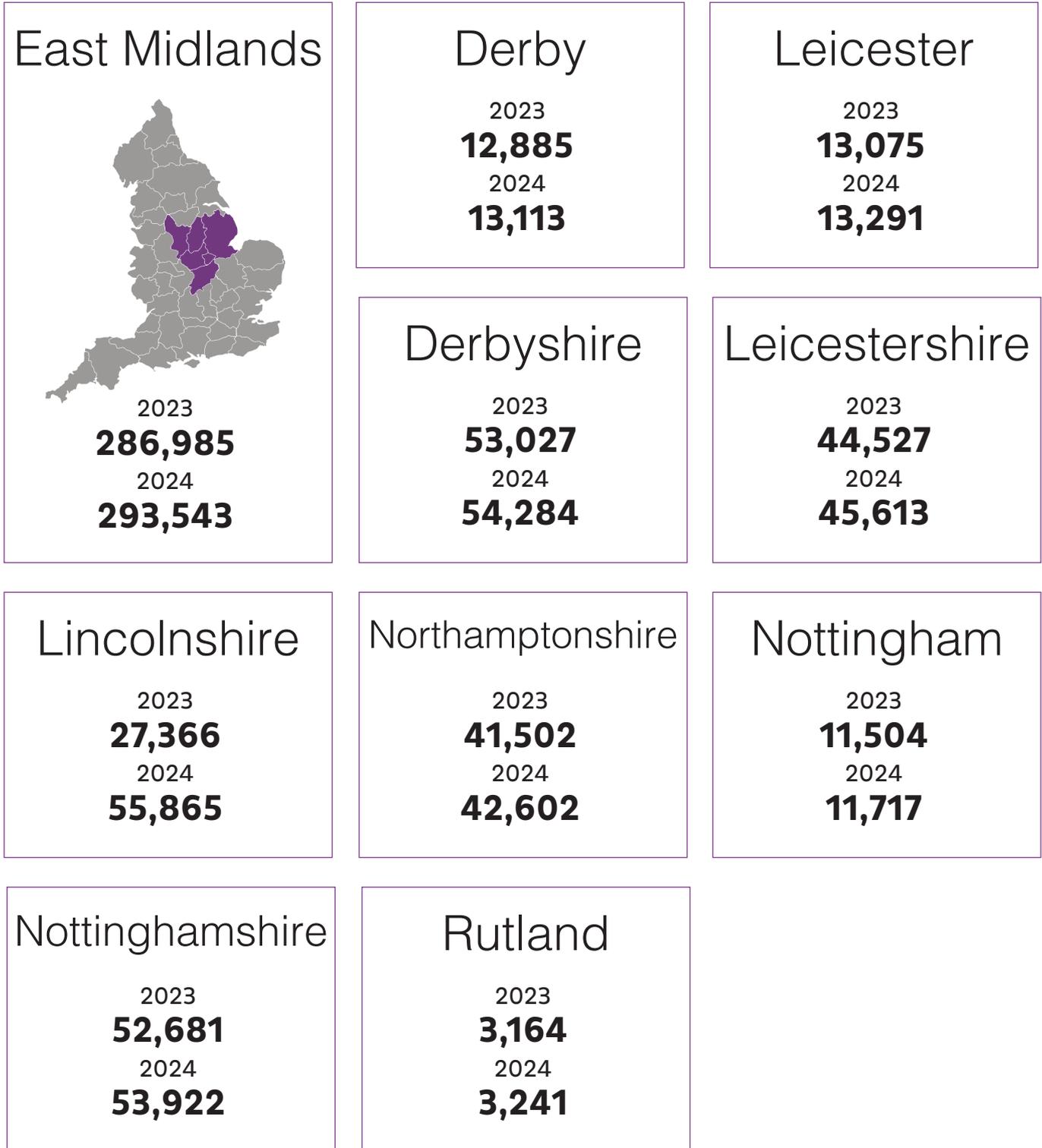
<h3>East Midlands</h3>  <p>2023 32,945 2024 33,812</p>	<h3>Derby</h3> <p>2023 1,464 2024 1,487</p>	<h3>Leicester</h3> <p>2023 1,711 2024 1,749</p>
	<h3>Derbyshire</h3> <p>2023 6,198 2024 6,364</p>	<h3>Leicestershire</h3> <p>2023 4,097 2024 4,223</p>
<h3>Lincolnshire</h3> <p>2023 6,621 2024 6,800</p>	<h3>Northamptonshire</h3> <p>2023 4,809 2024 4,954</p>	<h3>Nottingham</h3> <p>2023 1,333 2024 1,351</p>
<h3>Nottinghamshire</h3> <p>2023 6,386 2024 6,565</p>	<h3>Rutland</h3> <p>2023 342 2024 361</p>	

Population aged 65 and over providing unpaid care



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

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

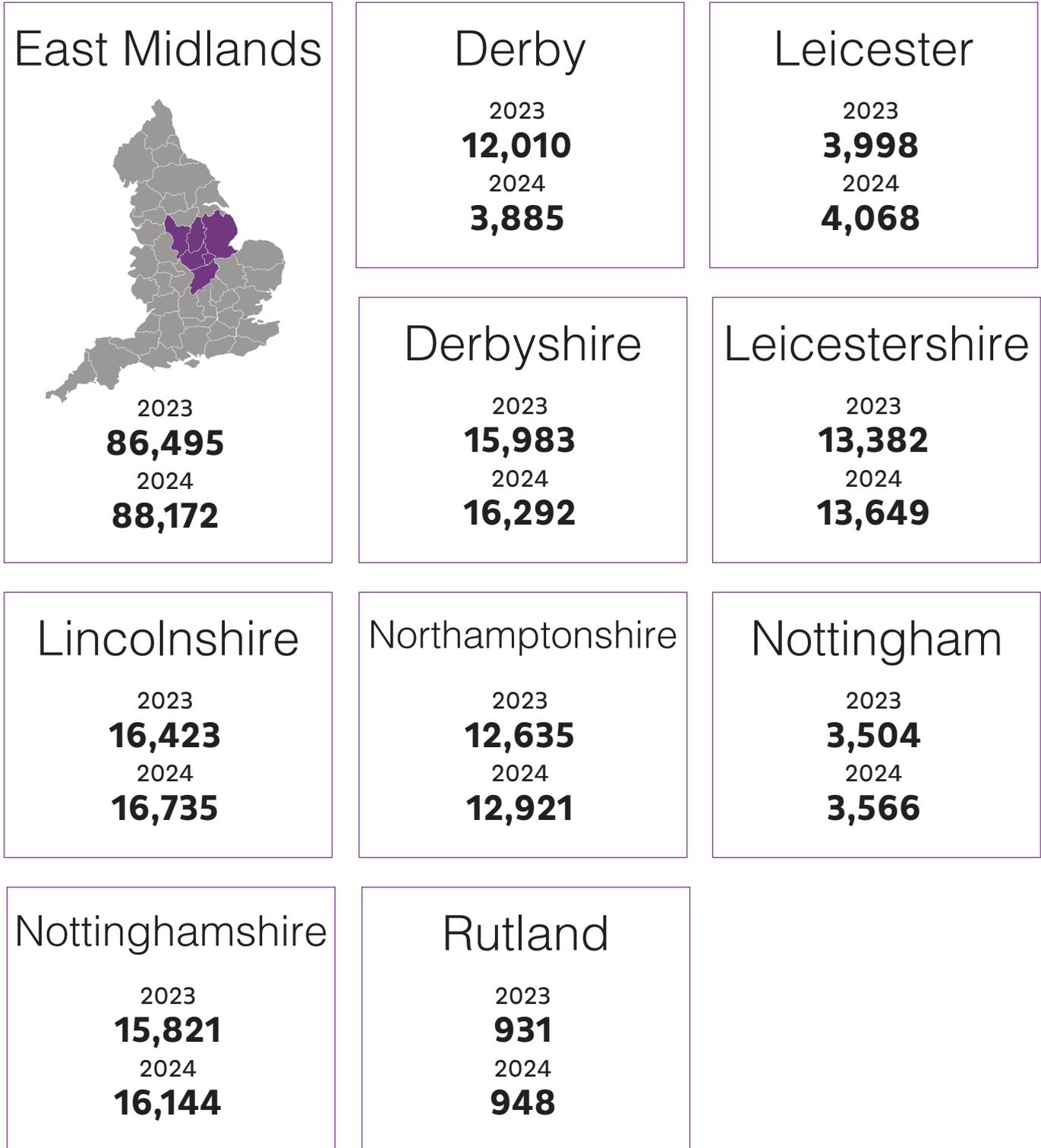


Population aged 65+ with a long term illness limiting day-to-day activities



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

Population aged 65 and over predicted to have depression

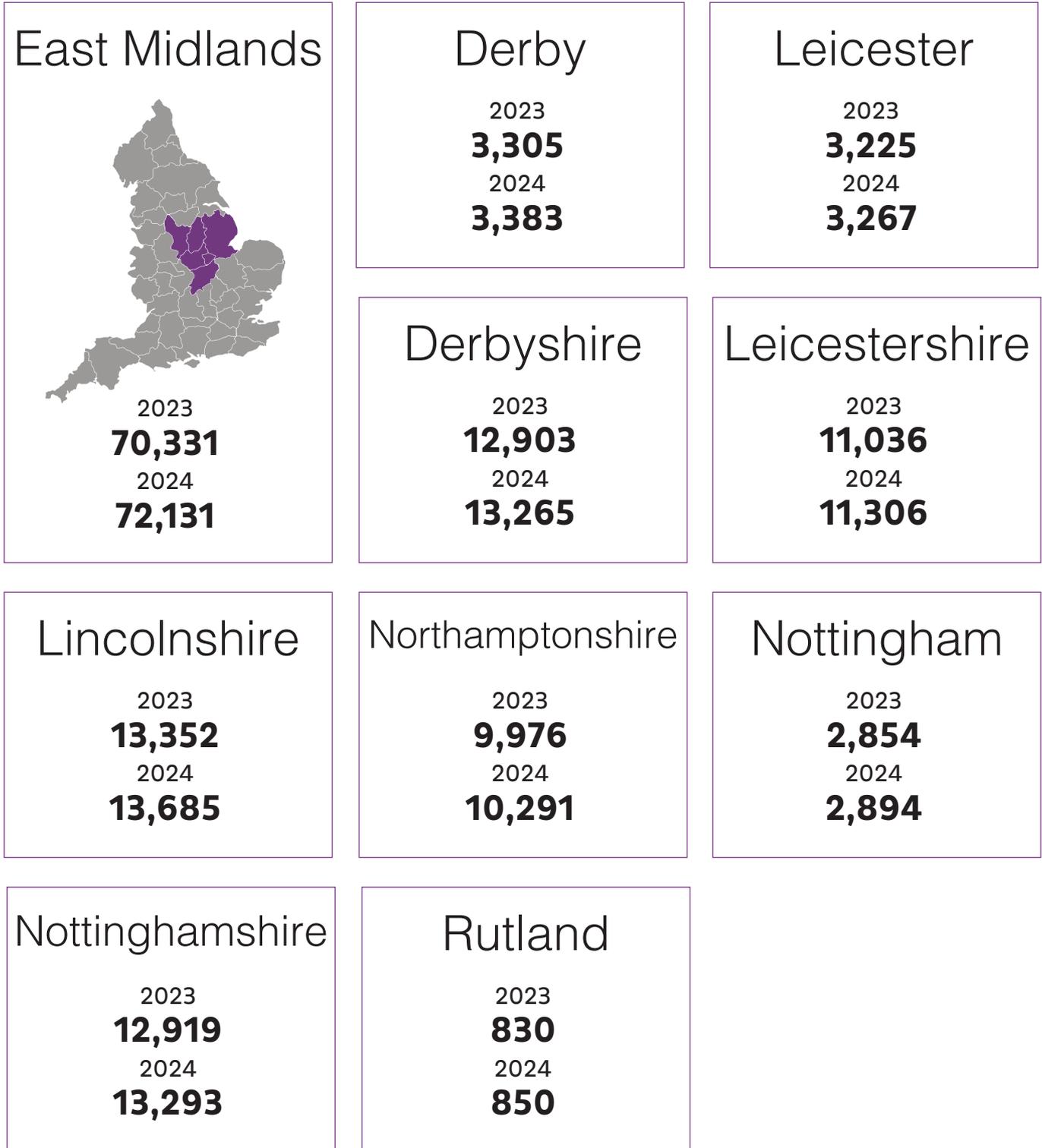
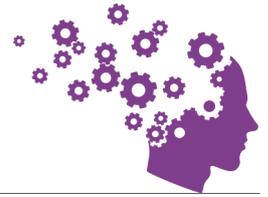


Population aged 65 and over with a BMI of 30 or more



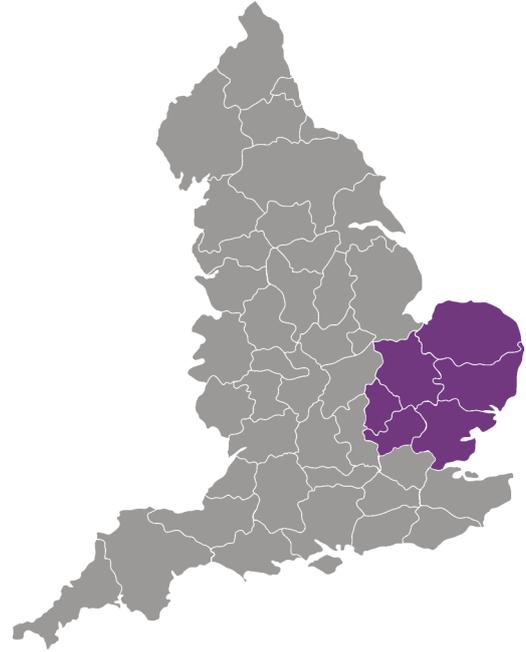
<p>East Midlands</p>  <p>2023 305,539</p> <p>2024 311,060</p>	<p>Derby</p> <p>2023 13,378</p> <p>2024 13,588</p>	<p>Leicester</p> <p>2023 14,193</p> <p>2024 14,431</p>
<p>Lincolnshire</p> <p>2023 58,089</p> <p>2024 59,103</p>	<p>Derbyshire</p> <p>2023 56,444</p> <p>2024 157,451</p>	<p>Leicestershire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

Population aged 65 and over predicted to have dementia



EAST ENGLAND

SAFER AGEING INDEX



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

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

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

And the following unitary authorities:

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

EAST ENGLAND DATA

POPULATION DATA

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

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

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

SELF-CARE DATA

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

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

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

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

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

LONG TERM ILLNESS DATA

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

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

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

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

OBESITY DATA

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

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

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

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

DEMENTIA DATA

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

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

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

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

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

DEPRESSION DATA

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

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

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

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

Population aged 65 and over projected to 2024



<h2>East England</h2>  <p>2023 1,316,100</p> <p>2024 1,338,300</p>	<h2>Bedford</h2> <p>2023 33,300</p> <p>2024 34,000</p>	<h2>Cambridgeshire</h2> <p>2023 133,800</p> <p>2024 135,900</p>
<h2>Hertfordshire</h2> <p>2023 215,900</p> <p>2024 219,500</p>	<h2>Central Bedfordshire</h2> <p>2023 56,400</p> <p>2024 57,900</p>	<h2>Essex</h2> <p>2023 324,400</p> <p>2024 329,000</p>
<h2>Peterborough</h2> <p>2023 32,500</p> <p>2024 33,300</p>	<h2>Luton</h2> <p>2023 28,100</p> <p>2024 28,500</p>	<h2>Norfolk</h2> <p>2023 236,900</p> <p>2024 240,900</p>
<h2>Thurrock</h2> <p>2023 25,300</p> <p>2024 25,600</p>	<h2>Southend-on-Sea</h2> <p>2023 37,200</p> <p>2024 37,800</p>	<h2>Suffolk</h2> <p>2023 192,300</p> <p>2024 195,700</p>

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



<h2>East England</h2>  <p>2023 20.63%</p> <p>2024 20.88%</p>	<h2>Bedford</h2> <p>2023 18.60%</p> <p>2024 18.86%</p>	<h2>Cambridgeshire</h2> <p>2023 20.09%</p> <p>2024 20.34%</p>
<h2>Hertfordshire</h2> <p>2023 17.94%</p> <p>2024 18.20%</p>	<h2>Central Bedfordshire</h2> <p>2023 18.90%</p> <p>2024 19.25%</p>	<h2>Essex</h2> <p>2023 21.26%</p> <p>2024 21.44%</p>
<h2>Peterborough</h2> <p>2023 15.35%</p> <p>2024 15.61%</p>	<h2>Luton</h2> <p>2023 13.32%</p> <p>2024 13.56%</p>	<h2>Norfolk</h2> <p>2023 25.30%</p> <p>2024 25.57%</p>
<h2>Thurrock</h2> <p>2023 13.89%</p> <p>2024 13.94%</p>	<h2>Southend-on-Sea</h2> <p>2023 19.76%</p> <p>2024 19.96%</p>	<h2>Suffolk</h2> <p>2023 24.78%</p> <p>2024 25.12%</p>

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



<h3>East England</h3>  <p>2023 39,267</p> <p>2024 40,156</p>	<h3>Bedford</h3> <p>2023 1,134</p> <p>2024 1,164</p>	<h3>Cambridgeshire</h3> <p>2023 3,553</p> <p>2024 3,648</p>
	<h3>Central Bedfordshire</h3> <p>2023 1,245</p> <p>2024 1,284</p>	<h3>Essex</h3> <p>2023 9,305</p> <p>2024 9,515</p>
<h3>Hertfordshire</h3> <p>2023 6,675</p> <p>2024 6,789</p>	<h3>Luton</h3> <p>2023 815</p> <p>2024 830</p>	<h3>Norfolk</h3> <p>2023 7,655</p> <p>2024 7,825</p>
<h3>Peterborough</h3> <p>2023 677</p> <p>2024 694</p>	<h3>Southend-on-Sea</h3> <p>2023 1,581</p> <p>2024 1,613</p>	<h3>Suffolk</h3> <p>2023 6,049</p> <p>2024 6,205</p>
<h3>Thurrock</h3> <p>2023 467</p> <p>2024 480</p>		

Population aged 65 and over providing unpaid care



<h3>East England</h3>  <p>2023 185,162</p> <p>2024 188,146</p>	<h3>Bedford</h3> <p>2023 4,656</p> <p>2024 4,764</p>	<h3>Cambridgeshire</h3> <p>2023 19,205</p> <p>2024 19,487</p>
	<h3>Central Bedfordshire</h3> <p>2023 7,816</p> <p>2024 7,997</p>	<h3>Essex</h3> <p>2023 45,970</p> <p>2024 46,585</p>
<h3>Hertfordshire</h3> <p>2023 29,745</p> <p>2024 30,263</p>	<h3>Luton</h3> <p>2023 3,578</p> <p>2024 3,628</p>	<h3>Norfolk</h3> <p>2023 34,010</p> <p>2024 34,562</p>
<h3>Peterborough</h3> <p>2023 4,599</p> <p>2024 4,692</p>	<h3>Southend-on-Sea</h3> <p>2023 5,169</p> <p>2024 5,249</p>	<h3>Suffolk</h3> <p>2023 26,863</p> <p>2024 27,296</p>
<h3>Thurrock</h3> <p>2023 3,571</p> <p>2024 3,624</p>		

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



<h2>East England</h2>  <p>2023 379,316</p> <p>2024 386,889</p>	<h2>Bedford</h2> <p>2023 9,581</p> <p>2024 9,812</p>	<h2>Cambridgeshire</h2> <p>2023 38,442</p> <p>2024 39,313</p>
<h2>Hertfordshire</h2> <p>2023 62,688</p> <p>2024 63,765</p>	<h2>Central Bedfordshire</h2> <p>2023 16,002</p> <p>2024 16,479</p>	<h2>Essex</h2> <p>2023 93,403</p> <p>2024 95,071</p>
<h2>Peterborough</h2> <p>2023 9,225</p> <p>2024 9,392</p>	<h2>Luton</h2> <p>2023 8,111</p> <p>2024 8,178</p>	<h2>Norfolk</h2> <p>2023 68,484</p> <p>2024 69,886</p>
<h2>Thurrock</h2> <p>2023 7,076</p> <p>2024 7,162</p>	<h2>Southend-on-Sea</h2> <p>2023 10,759</p> <p>2024 10,937</p>	<h2>Suffolk</h2> <p>2023 55,531</p> <p>2024 56,765</p>

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



<h2>East England</h2>  <p>2023 379,316</p> <p>2024 386,889</p>	<h2>Bedford</h2> <p>2023 9,581</p> <p>2024 9,812</p>	<h2>Cambridgeshire</h2> <p>2023 38,442</p> <p>2024 39,313</p>
<h2>Hertfordshire</h2> <p>2023 62,688</p> <p>2024 63,765</p>	<h2>Central Bedfordshire</h2> <p>2023 16,002</p> <p>2024 16,479</p>	<h2>Essex</h2> <p>2023 93,403</p> <p>2024 95,071</p>
<h2>Peterborough</h2> <p>2023 9,225</p> <p>2024 9,392</p>	<h2>Luton</h2> <p>2023 8,111</p> <p>2024 8,178</p>	<h2>Norfolk</h2> <p>2023 68,484</p> <p>2024 69,886</p>
<h2>Thurrock</h2> <p>2023 7,076</p> <p>2024 7,162</p>	<h2>Southend-on-Sea</h2> <p>2023 10,759</p> <p>2024 10,937</p>	<h2>Suffolk</h2> <p>2023 55,531</p> <p>2024 56,765</p>

Population aged 65 and over predicted to have depression



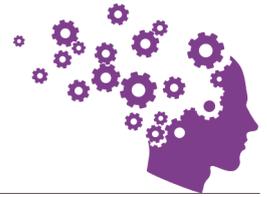
<h2>East England</h2>  <p>2023 112,904</p> <p>2024 114,845</p>	<h2>Bedford</h2> <p>2023 2,859</p> <p>2024 2,927</p>	<h2>Cambridgeshire</h2> <p>2023 11,440</p> <p>2024 11,647</p>
<h2>Hertfordshire</h2> <p>2023 18,569</p> <p>2024 18,874</p>	<h2>Central Bedfordshire</h2> <p>2023 4,817</p> <p>2024 4,944</p>	<h2>Essex</h2> <p>2023 27,882</p> <p>2024 28,292</p>
<h2>Peterborough</h2> <p>2023 2,790</p> <p>2024 2,837</p>	<h2>Luton</h2> <p>2023 2,416</p> <p>2024 2,443</p>	<h2>Norfolk</h2> <p>2023 20,315</p> <p>2024 20,661</p>
<h2>Thurrock</h2> <p>2023 2,163</p> <p>2024 2,189</p>	<h2>Southend-on-Sea</h2> <p>2023 3,191</p> <p>2024 3,237</p>	<h2>Suffolk</h2> <p>2023 16,462</p> <p>2024 16,763</p>

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



<h2>East England</h2>  <p>2023 396,671</p> <p>2024 403,030</p>	<h2>Bedford</h2> <p>2023 10,053</p> <p>2024 10,289</p>	<h2>Cambridgeshire</h2> <p>2023 40,309</p> <p>2024 40,985</p>
<h2>Hertfordshire</h2> <p>2023 65,023</p> <p>2024 66,055</p>	<h2>Central Bedfordshire</h2> <p>2023 17,073</p> <p>2024 17,479</p>	<h2>Essex</h2> <p>2023 97,719</p> <p>2024 99,019</p>
<h2>Peterborough</h2> <p>2023 9,837</p> <p>2024 10,015</p>	<h2>Luton</h2> <p>2023 8,524</p> <p>2024 8,617</p>	<h2>Norfolk</h2> <p>2023 71,356</p> <p>2024 72,470</p>
<h2>Thurrock</h2> <p>2023 7,667</p> <p>2024 7,756</p>	<h2>Southend-on-Sea</h2> <p>2023 11,171</p> <p>2024 11,316</p>	<h2>Suffolk</h2> <p>2023 57,911</p> <p>2024 58,878</p>

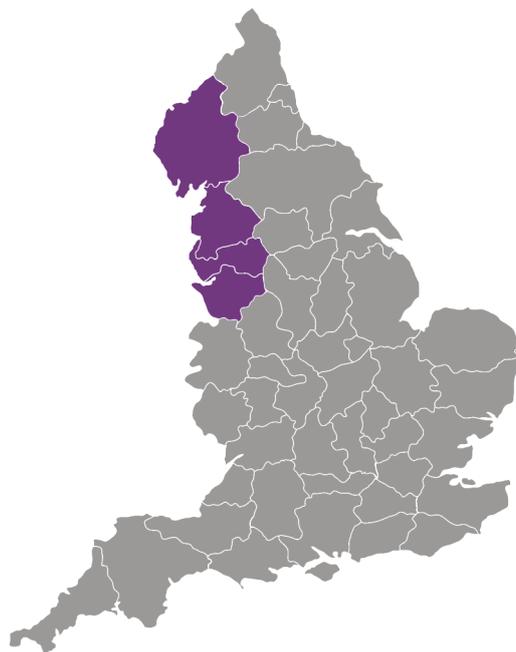
Population aged 65 and over predicted to have dementia



<h2>East England</h2>  <p>2023 96,387</p> <p>2024 98,557</p>	<h2>Bedford</h2> <p>2023 2,422</p> <p>2024 2,512</p>	<h2>Cambridgeshire</h2> <p>2023 9,783</p> <p>2024 10,088</p>
<h2>Hertfordshire</h2> <p>2023 16,322</p> <p>2024 16,636</p>	<h2>Central Bedfordshire</h2> <p>2023 3,930</p> <p>2024 4,053</p>	<h2>Essex</h2> <p>2023 23,490</p> <p>2024 23,991</p>
<h2>Peterborough</h2> <p>2023 2,287</p> <p>2024 2,337</p>	<h2>Luton</h2> <p>2023 2,086</p> <p>2024 2,096</p>	<h2>Norfolk</h2> <p>2023 17,405</p> <p>2024 17,798</p>
<h2>Thurrock</h2> <p>2023 1,683</p> <p>2024 1,691</p>	<h2>Southend-on-Sea</h2> <p>2023 2,786</p> <p>2024 2,834</p>	<h2>Suffolk</h2> <p>2023 14,224</p> <p>2024 14,578</p>

NORTH WEST ENGLAND

SAFER AGEING INDEX



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

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

- Cheshire
- Cumbria
- Merseyside
- Greater Manchester
- Lancashire

And the unitary authorities of:

- Blackburn with Darwen
- Blackpool
- Bolton
- Bury
- Cheshire East
- Cheshire West and Chester
- Halton
- Knowsley
- Liverpool
- Manchester
- Oldham
- Rochdale
- Salford
- Sefton
- St. Helens
- Stockport
- Tameside
- Trafford
- Warrington
- Wigan
- Wirral.

NORTH WEST ENGLAND DATA

POPULATION DATA

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

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

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

SELF-CARE DATA

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

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

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

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

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

LONG TERM ILLNESS DATA

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

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

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

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

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

OBESITY DATA

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

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

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

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

DEMENTIA DATA

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

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

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

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

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

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

DEPRESSION DATA

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

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

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

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

Population aged 65 and over, projected to 2024



<p>North West</p>  <p>2023 1,452,000</p> <p>2024 1,475,200</p>	<p>Blackburn with Darwen</p> <p>2023 22,600</p> <p>2024 22,900</p>	<p>Blackpool</p> <p>2023 29,400</p> <p>2024 29,700</p>
<p>Cheshire East</p> <p>2023 94,500</p> <p>2024 96,400</p>	<p>Cheshire West & Chester</p> <p>2023 80,000</p> <p>2024 81,500</p>	<p>Cumbria</p> <p>2023 128,500</p> <p>2024 130,600</p>
<p>Halton</p> <p>2023 25,700</p> <p>2024 26,400</p>	<p>Knowsley</p> <p>2023 28,000</p> <p>2024 28,600</p>	<p>Lancashire</p> <p>2023 268,800</p> <p>2024 273,200</p>
<p>Liverpool</p> <p>2023 78,100</p> <p>2024 79,300</p>	<p>Manchester</p> <p>2023 54,000</p> <p>2024 54,700</p>	<p>Oldham</p> <p>2023 40,200</p> <p>2024 40,700</p>
<p>Rochdale</p> <p>2023 38,700</p> <p>2024 39,500</p>	<p>Salford</p> <p>2023 38,100</p> <p>2024 38,800</p>	<p>Sefton</p> <p>2023 69,200</p> <p>2024 70,400</p>

St. Helens
2023
38,800
2024
39,400

Stockport
2023
61,100
2024
61,800

Tameside
2023
42,100
2024
42,700

Trafford
2023
42,900
2024
43,500

Warrington
2023
42,200
2024
43,100

Wigan
2023
65,700
2024
66,800

Wirral
2023
74,800
2024
76,000

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



<p>North West</p>  <p>2023 19.48%</p> <p>2024 19.72%</p>	<p>Blackburn with Darwen</p> <p>2023 15.14%</p> <p>2024 15.34%</p>	<p>Blackpool</p> <p>2023 21.15%</p> <p>2024 21.38%</p>
<p>Cheshire East</p> <p>2023 24.17%</p> <p>2024 24.54%</p>	<p>Cheshire West & Chester</p> <p>2023 22.61%</p> <p>2024 22.87%</p>	<p>Cumbria</p> <p>2023 25.67%</p> <p>2024 26.09%</p>
<p>Halton</p> <p>2023 19.62%</p> <p>2024 20.09%</p>	<p>Knowsley</p> <p>2023 18.26%</p> <p>2024 18.57%</p>	<p>Lancashire</p> <p>2023 21.69%</p> <p>2024 21.95%</p>
<p>Liverpool</p> <p>2023 15.30%</p> <p>2024 15.45%</p>	<p>Manchester</p> <p>2023 9.65%</p> <p>2024 9.74%</p>	<p>Oldham</p> <p>2023 16.58%</p> <p>2024 16.71%</p>
<p>Rochdale</p> <p>2023 16.97%</p> <p>2024 17.23%</p>	<p>Salford</p> <p>2023 14.19%</p> <p>2024 14.33%</p>	<p>Sefton</p> <p>2023 24.80%</p> <p>2024 25.17%</p>

St. Helens
2023
21.11%
2024
21.37%

Stockport
2023
20.53%
2024
20.70%

Tameside
2023
18.25%
2024
18.44%

Trafford
2023
17.70%
2024
17.87%

Warrington
2023
19.91%
2024
20.29%

Wigan
2023
19.78%
2024
20.05%

Wirral
2023
22.92%
2024
23.25%

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



<p>North West</p>  <p>2023 49,839</p> <p>2024 50,912</p>	<p>Blackburn with Darwen</p> <p>2023 659</p> <p>2024 663</p>	<p>Blackpool</p> <p>2023 1,247</p> <p>2024 1,277</p>
<p>Cheshire East</p> <p>2023 3,491</p> <p>2024 3,593</p>	<p>Cheshire West & Chester</p> <p>2023 2,760</p> <p>2024 2,836</p>	<p>Cumbria</p> <p>2023 4,356</p> <p>2024 4,463</p>
<p>Halton</p> <p>2023 714</p> <p>2024 741</p>	<p>Knowsley</p> <p>2023 815</p> <p>2024 825</p>	<p>Lancashire</p> <p>2023 10,303</p> <p>2024 10,553</p>
<p>Liverpool</p> <p>2023 2,266</p> <p>2024 2,300</p>	<p>Manchester</p> <p>2023 1,679</p> <p>2024 1,695</p>	<p>Oldham</p> <p>2023 1,708</p> <p>2024 1,737</p>
<p>Rochdale</p> <p>2023 1,349</p> <p>2024 1,384</p>	<p>Salford</p> <p>2023 1,183</p> <p>2024 1,194</p>	<p>Sefton</p> <p>2023 3,089</p> <p>2024 3,135</p>

St. Helens

2023

990

2024

1,009

Stockport

2023

1,856

2024

1,881

Tameside

2023

1,398

2024

1,432

Trafford

2023

1,159

2024

1,186

Warrington

2023

1,682

2024

1,748

Wigan

2023

1,969

2024

2,037

Wirral

2023

2,621

2024

2,681

Population aged 65 and over providing unpaid care



<p>North West</p>  <p>2023 212,238</p> <p>2024 215,495</p>	<p>Blackburn with Darwen</p> <p>2023 3,343</p> <p>2024 3,379</p>	<p>Blackpool</p> <p>2023 4,274</p> <p>2024 4,328</p>
<p>Cheshire East</p> <p>2023 13,159</p> <p>2024 13,416</p>	<p>Cheshire West & Chester</p> <p>2023 11,894</p> <p>2024 12,099</p>	<p>Cumbria</p> <p>2023 17,844</p> <p>2024 18,136</p>
<p>Halton</p> <p>2023 4,235</p> <p>2024 4,344</p>	<p>Knowsley</p> <p>2023 4,466</p> <p>2024 4,572</p>	<p>Lancashire</p> <p>2023 40,143</p> <p>2024 40,766</p>
<p>Liverpool</p> <p>2023 11,385</p> <p>2024 11,563</p>	<p>Manchester</p> <p>2023 7,140</p> <p>2024 7,254</p>	<p>Oldham</p> <p>2023 5,405</p> <p>2024 5,469</p>
<p>Rochdale</p> <p>2023 5,556</p> <p>2024 5,665</p>	<p>Salford</p> <p>2023 5,461</p> <p>2024 5,555</p>	<p>Sefton</p> <p>2023 10,677</p> <p>2024 10,865</p>

St. Helens

2023

6,231

2024

6,305

Stockport

2023

8,851

2024

8,949

Tameside

2023

5,822

2024

5,914

Trafford

2023

5,861

2024

5,941

Warrington

2023

6,304

2024

6,423

Wigan

2023

10,055

2024

10,197

Wirral

2023

11,434

2024

11,625

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



<p>North West</p>  <p>2023 412,697</p> <p>2024 420,195</p>	<p>Blackburn with Darwen</p> <p>2023 6,275</p> <p>2024 6,446</p>	<p>Blackpool</p> <p>2023 8,331</p> <p>2024 8,467</p>
<p>Cheshire East</p> <p>2023 27,317</p> <p>2024 27,909</p>	<p>Cheshire West & Chester</p> <p>2023 22,891</p> <p>2024 23,372</p>	<p>Cumbria</p> <p>2023 36,604</p> <p>2024 37,323</p>
<p>Halton</p> <p>2023 7,061</p> <p>2024 7,287</p>	<p>Knowsley</p> <p>2023 7,718</p> <p>2024 7,881</p>	<p>Lancashire</p> <p>2023 76,480</p> <p>2024 77,994</p>
<p>Liverpool</p> <p>2023 21,845</p> <p>2024 22,168</p>	<p>Manchester</p> <p>2023 14,959</p> <p>2024 15,175</p>	<p>Oldham</p> <p>2023 11,404</p> <p>2024 11,610</p>
<p>Rochdale</p> <p>2023 10,817</p> <p>2024 11,009</p>	<p>Salford</p> <p>2023 10,723</p> <p>2024 10,911</p>	<p>Sefton</p> <p>2023 20,087</p> <p>2024 20,489</p>

St. Helens

2023

11,001

2024

11,215

Stockport

2023

17,661

2024

17,858

Tameside

2023

11,814

2024

11,980

Trafford

2023

12,436

2024

12,613

Warrington

2023

12,127

2024

12,362

Wigan

2023

18,418

2024

18,742

Wirral

2023

21,453

2024

21,790

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



<p>North West</p>  <p>2023 406,309</p> <p>2024 413,697</p>	<p>Blackburn with Darwen</p> <p>2023 7,068</p> <p>2024 7,129</p>	<p>Blackpool</p> <p>2023 9,068</p> <p>2024 9,218</p>
<p>Cheshire East</p> <p>2023 20,252</p> <p>2024 20,753</p>	<p>Cheshire West & Chester</p> <p>2023 19,383</p> <p>2024 19,828</p>	<p>Cumbria</p> <p>2023 30,176</p> <p>2024 30,801</p>
<p>Halton</p> <p>2023 8,658</p> <p>2024 8,918</p>	<p>Knowsley</p> <p>2023 11,011</p> <p>2024 11,235</p>	<p>Lancashire</p> <p>2023 69,707</p> <p>2024 71,082</p>
<p>Liverpool</p> <p>2023 29,316</p> <p>2024 29,775</p>	<p>Manchester</p> <p>2023 18,935</p> <p>2024 19,199</p>	<p>Oldham</p> <p>2023 11,509</p> <p>2024 11,664</p>
<p>Rochdale</p> <p>2023 11,356</p> <p>2024 11,620</p>	<p>Salford</p> <p>2023 12,552</p> <p>2024 12,730</p>	<p>Sefton</p> <p>2023 19,044</p> <p>2024 19,375</p>

St. Helens

2023

13,058

2024

13,251

Stockport

2023

14,210

2024

14,400

Tameside

2023

12,387

2024

12,626

Trafford

2023

10,420

2024

10,596

Warrington

2023

10,880

2024

11,152

Wigan

2023

20,955

2024

21,408

Wirral

2023

21,066

2024

21,483

Population aged 65 and over predicted to have depression



<p>North West</p>  <p>2023 124,358</p> <p>2024 126,373</p>	<p>Blackburn with Darwen</p> <p>2023 1,933</p> <p>2024 1,978</p>	<p>Blackpool</p> <p>2023 2,505</p> <p>2024 2,543</p>
<p>Cheshire East</p> <p>2023 8,111</p> <p>2024 8,250</p>	<p>Cheshire West & Chester</p> <p>2023 6,847</p> <p>2024 6,977</p>	<p>Cumbria</p> <p>2023 10,960</p> <p>2024 11,146</p>
<p>Halton</p> <p>2023 2,210</p> <p>2024 2,267</p>	<p>Knowsley</p> <p>2023 2,398</p> <p>2024 2,452</p>	<p>Lancashire</p> <p>2023 23,009</p> <p>2024 23,399</p>
<p>Liverpool</p> <p>2023 6,686</p> <p>2024 6,794</p>	<p>Manchester</p> <p>2023 4,624</p> <p>2024 4,688</p>	<p>Oldham</p> <p>2023 3,449</p> <p>2024 3,501</p>
<p>Rochdale</p> <p>2023 3,308</p> <p>2024 3,365</p>	<p>Salford</p> <p>2023 3,238</p> <p>2024 3,292</p>	<p>Sefton</p> <p>2023 5,970</p> <p>2024 6,084</p>

St. Helens

2023

3,322

2024

3,378

Stockport

2023

5,246

2024

5,293

Tameside

2023

3,582

2024

3,629

Trafford

2023

3,685

2024

3,739

Warrington

2023

3,636

2024

3,698

Wigan

2023

5,609

2024

5,691

Wirral

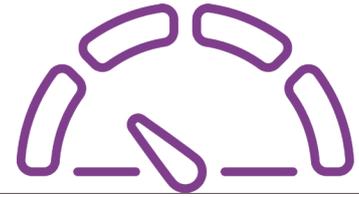
2023

6,428

2024

6,527

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



<p>North West</p>  <p>2023 438,862</p> <p>2024 445,635</p>	<p>Blackburn with Darwen</p> <p>2023 6,864</p> <p>2024 7,039</p>	<p>Blackpool</p> <p>2023 8,848</p> <p>2024 8,992</p>
<p>Cheshire East</p> <p>2023 28,492</p> <p>2024 28,948</p>	<p>Cheshire West & Chester</p> <p>2023 24,142</p> <p>2024 24,574</p>	<p>Cumbria</p> <p>2023 38,766</p> <p>2024 39,372</p>
<p>Halton</p> <p>2023 7,856</p> <p>2024 8,058</p>	<p>Knowsley</p> <p>2023 8,499</p> <p>2024 8,717</p>	<p>Lancashire</p> <p>2023 81,149</p> <p>2024 82,441</p>
<p>Liverpool</p> <p>2023 23,677</p> <p>2024 24,074</p>	<p>Manchester</p> <p>2023 16,431</p> <p>2024 16,673</p>	<p>Oldham</p> <p>2023 12,153</p> <p>2024 12,330</p>
<p>Rochdale</p> <p>2023 11,735</p> <p>2024 11,913</p>	<p>Salford</p> <p>2023 11,497</p> <p>2024 11,711</p>	<p>Sefton</p> <p>2023 20,837</p> <p>2024 21,223</p>

St. Helens
2023
11,718
2024
11,891

Stockport
2023
18,448
2024
18,617

Tameside
2023
12,703
2024
12,879

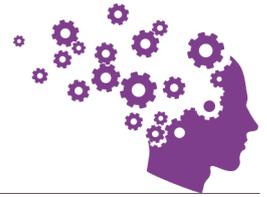
Trafford
2023
12,930
2024
13,107

Warrington
2023
12,795
2024
13,001

Wigan
2023
19,903
2024
20,156

Wirral
2023
22,592
2024
22,914

Population aged 65 and over predicted to have dementia



<p>North West</p>  <p>2023 101,161</p> <p>2024 103,195</p>	<p>Blackburn with Darwen</p> <p>2023 1,461</p> <p>2024 1,495</p>	<p>Blackpool</p> <p>2023 2,062</p> <p>2024 2,060</p>
<p>Cheshire East</p> <p>2023 6,941</p> <p>2024 7,126</p>	<p>Bolton</p> <p>2023 3,551</p> <p>2024 3,591</p>	<p>Bury</p> <p>2023 2,560</p> <p>2024 2,648</p>
<p>Halton</p> <p>2023 1,566</p> <p>2024 1,657</p>	<p>Cheshire West & Chester</p> <p>2023 5,723</p> <p>2024 5,887</p>	<p>Cumbria</p> <p>2023 9,104</p> <p>2024 9,294</p>
<p>Liverpool</p> <p>2023 5,257</p> <p>2024 5,316</p>	<p>Knowsley</p> <p>2023 1,817</p> <p>2024 1,840</p>	<p>Lancashire</p> <p>2023 18,727</p> <p>2024 19,181</p>
<p>Rochdale</p> <p>2023 2,586</p> <p>2024 2,618</p>	<p>Manchester</p> <p>2023 3,564</p> <p>2024 3,567</p>	<p>Oldham</p> <p>2023 2,764</p> <p>2024 2,824</p>
	<p>Salford</p> <p>2023 2,609</p> <p>2024 2,647</p>	<p>Sefton</p> <p>2023 5,164</p> <p>2024 5,270</p>

St. Helens

2023

2,658

2024

2,702

Stockport

2023

4,463

2024

4,538

Tameside

2023

2,773

2024

2,807

Trafford

2023

3,201

2024

3,272

Warrington

2023

2,922

2024

3,042

Wigan

2023

4,261

2024

4,353

Wirral

2023

5,311

2024

5,430

YORKSHIRE AND HUMBER ENGLAND

SAFER AGEING INDEX



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

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

- East Riding of Yorkshire
- North Yorkshire

And the following unitary authorities:

- Barnsley
- Bradford
- Calderdale

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

YORKSHIRE AND HUMBER DATA

POPULATION DATA

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

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

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

SELF-CARE DATA

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

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

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

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

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

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

LONG TERM ILLNESS DATA

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

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

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

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

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

OBESITY DATA

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

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

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

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

DEMENTIA DATA

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

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

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

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

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

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

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

DEPRESSION DATA

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

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

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

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

Population aged 65 and over, projected to 2024



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

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



<p>Yorkshire & Humber</p>  <p>2023 19.62% 2024 19.87%</p>	<p>Barnsley</p> <p>2023 20.52% 2024 20.84%</p>	<p>Bradford</p> <p>2023 15.85% 2024 16.11%</p>
<p>East Riding</p> <p>2023 27.62% 2024 28.04%</p>	<p>Kingston upon Hull</p> <p>2023 15.67% 2024 15.90%</p>	<p>Kirklees</p> <p>2023 18.54% 2024 18.83%</p>
<p>Leeds</p> <p>2023 16.00% 2024 16.14%</p>	<p>North East Lincolnshire</p> <p>2023 21.75% 2024 22.13%</p>	<p>North Lincolnshire</p> <p>2023 22.58% 2024 22.87%</p>
<p>Calderdale</p> <p>2023 19.99% 2024 20.29%</p>	<p>Doncaster</p> <p>2023 20.16% 2024 20.43%</p>	

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



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

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



<p>Yorkshire & Humber</p>  <p>2023 152,561</p> <p>2024 154,960</p>	<p>Barnsley</p> <p>2023 7,535</p> <p>2024 7,691</p>	<p>Bradford</p> <p>2023 11,135</p> <p>2024 11,330</p>
<p>East Riding</p> <p>2023 13,163</p> <p>2024 13,376</p>	<p>Kingston upon Hull</p> <p>2023 5,471</p> <p>2024 5,543</p>	<p>Kirklees</p> <p>2023 11,141</p> <p>2024 11,327</p>
<p>Leeds</p> <p>2023 17,437</p> <p>2024 17,630</p>	<p>North East Lincolnshire</p> <p>2023 4,847</p> <p>2024 4,943</p>	<p>North Lincolnshire</p> <p>2023 5,653</p> <p>2024 5,735</p>
<p>Calderdale</p> <p>2023 5,472</p> <p>2024 5,570</p>	<p>Doncaster</p> <p>2023 9,393</p> <p>2024 9,553</p>	



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



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

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



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



Population aged 65 and over predicted to have depression



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

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



<p>Yorkshire & Humber</p>  <p>2023 331,257 2024 336,484</p>	<p>Barnsley</p> <p>2023 15,743 2024 16,105</p>	<p>Bradford</p> <p>2023 26,231 2024 26,674</p>
<p>East Riding</p> <p>2023 28,849 2024 29,336</p>	<p>Kingston upon Hull</p> <p>2023 12,452 2024 12,624</p>	<p>Kirklees</p> <p>2023 25,003 2024 25,404</p>
<p>Leeds</p> <p>2023 38,764 2024 39,195</p>	<p>North East Lincolnshire</p> <p>2023 10,503 2024 10,713</p>	<p>North Lincolnshire</p> <p>2023 11,869 2024 12,106</p>

North Yorkshire

2023
49,541
2024
50,466

Rotherham

2023
16,758
2024
16,962

Sheffield

2023
29,450
2024
29,804

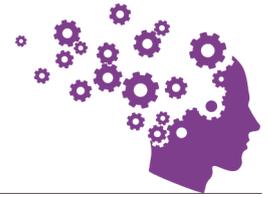
Wakefield

2023
21,443
2024
21,911

York

2023
12,250
2024
12,454

Population aged 65 and over predicted to have dementia



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

North Yorkshire

2023
11,755
2024
12,073

Rotherham

2023
3,931
2024
16,962

Sheffield

2023
7,098
2024
7,203

Wakefield

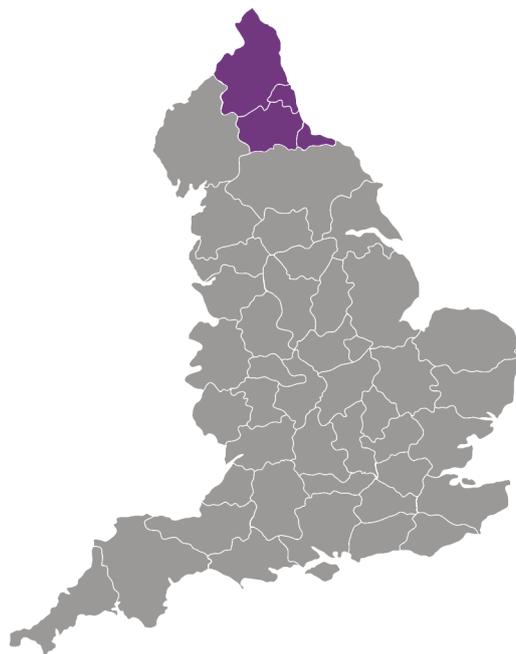
2023
4,865
2024
4,994

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

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

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

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

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

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

DEPRESSION DATA

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

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

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

The individual areas with the lowest predicted

Population aged 65 and over projected to 2024



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

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



<p>North East</p>  <p>2023 21.09%</p> <p>2024 21.45%</p>	<p>Darlington</p> <p>2023 21.94%</p> <p>2024 22.50%</p>	<p>Durham</p> <p>2023 21.90%</p> <p>2024 22.22%</p>
<p>Middlesbrough</p> <p>2023 17.57%</p> <p>2024 17.87%</p>	<p>Gateshead</p> <p>2023 20.41%</p> <p>2024 20.67%</p>	<p>Hartlepool</p> <p>2023 20.60%</p> <p>2024 21.02%</p>
<p>Newcastle upon Tyne</p> <p>2023 15.29%</p> <p>2024 15.49%</p>	<p>N. Tyneside</p> <p>2023 21.27%</p> <p>2024 21.64%</p>	<p>Northumberland</p> <p>2023 26.50%</p> <p>2024 27.06%</p>
<p>Redcar and Cleveland</p> <p>2023 23.64%</p> <p>2024 24.14%</p>	<p>S. Tyneside</p> <p>2023 21.26%</p> <p>2024 21.64%</p>	<p>Stockton-on-Tees</p> <p>2023 19.60%</p> <p>2024 19.97%</p>
<p>Sunderland</p> <p>2023 21.00%</p> <p>2024 21.37%</p>		

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



<p>North East</p>  <p>2023 19,825</p> <p>2024 20,284</p>	<p>Darlington</p> <p>2023 1,056</p> <p>2024 1,084</p>	<p>Durham</p> <p>2023 4,226</p> <p>2024 4,327</p>
<p>Middlesbrough</p> <p>2023 804</p> <p>2024 809</p>	<p>Newcastle upon Tyne</p> <p>2023 1,925</p> <p>2024 1,956</p>	<p>N. Tyneside</p> <p>2023 1,331</p> <p>2024 1,351</p>
<p>Northumberland</p> <p>2023 3,140</p> <p>2024 3,236</p>	<p>Redcar and Cleveland</p> <p>2023 1,141</p> <p>2024 1,166</p>	<p>S. Tyneside</p> <p>2023 897</p> <p>2024 922</p>
<p>Stockton-on-Tees</p> <p>2023 1,549</p> <p>2024 1,601</p>	<p>Sunderland</p> <p>2023 1,502</p> <p>2024 1,532</p>	

Population aged 65 and over providing unpaid care



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

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



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

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



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

Population aged 65 and over predicted to have depression



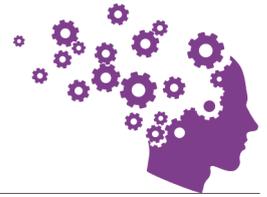
<p>North East</p>  <p>2023 48,661 2024 49,605</p>	<p>Darlington</p> <p>2023 2,025 2024 2,074</p>	<p>Durham</p> <p>2023 10,061 2024 10,258</p>
<p>Middlesbrough</p> <p>2023 2,128 2024 2,171</p>	<p>Newcastle upon Tyne</p> <p>2023 3,966 2024 4,032</p>	<p>N. Tyneside</p> <p>2023 3,903 2024 3,972</p>
<p>Northumberland</p> <p>2023 7,388 2024 7,583</p>	<p>Redcar and Cleveland</p> <p>2023 2,841 2024 2,889</p>	<p>S. Tyneside</p> <p>2023 2,801 2024 2,840</p>
<p>Stockton-on-Tees</p> <p>2023 3,373 2024 3,421</p>	<p>Sunderland</p> <p>2023 5,026 2024 5,091</p>	

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



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

Population aged 65 and over predicted to have dementia



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

CONCLUSION

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

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

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

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

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

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

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

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

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

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

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

RECOMMENDATIONS

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

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

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

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

Some progress has been made in recording and sharing information between the police and prosecution services but there remain significant gaps. The policy in place under the CPS should be adopted by all UK police forces and prosecution services. The CPS (England and Wales) have developed a category that is not purely based on the age of the victim.

It additionally considers the circumstances of the crime. In particular the policy states consideration of where there is an existing relationship and expectation of trust; where the perpetrator has perceived vulnerability of the older victim; where there appears to be hostility based on age.

In Scotland, 'age' is now a protected characteristic under hate crime law, but data practice should adopt the three-

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

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

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

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

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

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

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

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

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

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

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