

Focus on...

OLDER PEOPLE



Older people are the fastest growing age group in Camden. Despite high average life expectancy, people over 65 face an excessive burden of poverty, isolation, and caring responsibilities. These unfavourable social circumstances have an important impact on older people's physical and mental health. Services that help face these health issues, tackle social isolation, and help maintain independent lives are essential to this growing population group.

Key points of this factsheet are:

- There are currently almost 28,000 people over 65 in Camden and this number is expected to increase to approximately 35,000 in the next ten years (25% increase).
- While life expectancy in Camden is high, particularly for women, Camden men spend less of their life in good health than the England average.
- Older people in Camden are less ethnically diverse than other age groups.
- Older people are more likely to live in social housing than any other age group; a quarter of older people live in poverty and over 40% live alone.
- More than half of all older people are overweight or obese; almost half (44%) have two or more long term conditions, the most common of which is diabetes (17%).
- It is estimated that 7% of older people have dementia, and 8% are living with depression.
- Older people in Camden are the population most likely to provide unpaid care for 50 or more hours a week.

Demographics

27,900 people in Camden were projected to be over the age of 65 in mid-2016 (12% of the total population): **44% male** and **56% female** (1).



Male life expectancy at 65: 21 years
4th highest local Authority in England (2).

Proportion of life spent in good health (2): **50%**

Lower than the English average of 56%

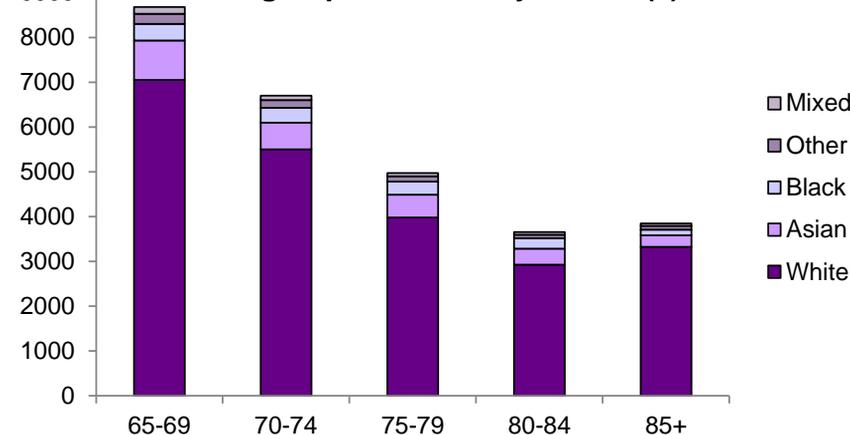


Female life expectancy at 65: 25 years
highest local authority in England (2).

Proportion of life spent in good health (2): **59%**

Higher than the English average of 54%

Estimated population over 65 in Camden, by age group and ethnicity in 2016 (1)



Future demographics



Camden's population is expected to grow by over 20,500 persons by 2026 (+8.5%).

25%

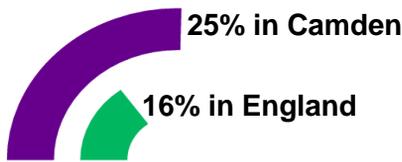
Locally, the number of over 65s are expected to increase by nearly a quarter (approximately 6,800 persons), this is the same increase as is expected for London (1).

The proportion of people aged 75-84 and 85 and over is expected to increase by 31% over the same time period.

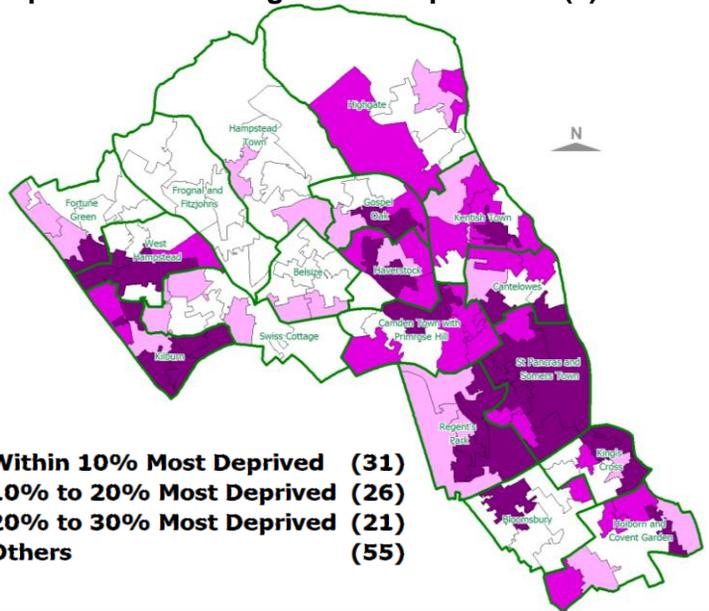
This increase is expected to continue with an **estimated over 65 population of 44,200** (including 8,400 aged 85 or over) in Camden by 2036 (1). As the elder population increases, it is important to consider **whether adequate facilities are in place**, such as dementia services and sufficient spaces in residential and care homes.

Poverty

Indices of Deprivation 2015: Rank of Income Deprivation Affecting Older People Index (4)



In 2015, a higher proportion of older people in Camden were living in income deprived households compared to England (3).



Fuel poverty



National estimates suggest that in Camden, about 13% of households experienced fuel poverty in 2014 (5). Within Camden, **some of the most affluent wards experience the highest level of fuel poverty**, probably because of a larger share of privately rented accommodation, which tends to have poorer insulation.

Older people are disproportionately affected by fuel poverty. Cold housing can exacerbate conditions such as arthritis and increase risk of accidents because of reduced dexterity. It also increases risk of hospital admissions, mental health problems, and an earlier death particularly during cold spells. initiatives like the winter fuel allowance and warm home discounts may help mitigate against fuel poverty.

70

excess winter deaths occurred in Camden in 2014/2015 (6). Those over age 65 accounted for more than 85% of excess winter deaths in London (7). These deaths are often associated with the cold weather, influenza and other respiratory conditions.

Between 2012 and 2015 The Excess Winter Deaths Index for Camden was 13 (compared to 19 in London and 20 in England) for all persons and 20 (compared to 29 in London and 28 in England) among those aged 85+ (8)

44%

Of older people in Camden live in social housing, a higher percentage than any other age group in Camden. Across London, 27% of older people live in social housing (9).

Social Isolation



42%

of people over 65 were living alone in Camden in 2011 (10,113 people), despite high levels of overcrowding in Camden. This was higher than the London (34%) and England (31%) averages (10).

Why is this important?

The chances of experiencing isolation are increased when a home is not shared. Older people living alone are particularly at risk and this is increased further where a person has poor mental health.

People who are isolated tend to visit their GP more, have higher use of medication, higher incidence of falls, low mental health and increased risk of entering long term care.

Residential and care homes in Camden

Like most inner London boroughs, Camden often has to place older people in homes outside Camden due to a lack of available places in the borough suitable for the person's care needs. Increased distance to their established networks can lead to social isolation and loneliness.

Older people receiving care in Camden

599

people over 65 were receiving care in residential or nursing homes supported by Camden Council in 2015/16 (11).

13

Care homes located in Camden:
1 public, 6 voluntary and 6 private (12).

2,792

people over 65 in Camden were supported by adult social care in 2015/16, including those in care homes in Camden (11).

3366

Forecasted demand for adult social services by older people in 2025, a 21% increase (13).

Older people providing care in Camden

2,700

people over 65 are estimated to be carers in Camden (14).

According to the 2011 Census, the biggest proportional increase in number of carers in Camden was in older carers, which has **increased by almost 28%**. Older people are also most likely to provide unpaid care for 50 or more hours per week (14).

People providing high levels of care are **twice as likely to have poor health** compared with those without caring responsibilities. Carers suffer from physical injury, high blood pressure, heart problems and other associated physical symptoms of stress. Caring also has a negative impact on mental wellbeing.



Spouses are often the primary caregiver of a partner with mental or physical health needs. Caregiving can create physical and psychological strain over extended periods of time and depression is one of the most common negative effects of caregiving. Caring for a person with a mental health condition such as dementia is particularly challenging, causing more severe negative health effects than other types of caregiving.

Older carers in Camden have reported (15):

2/3

have long term health problems or a disability themselves.

1/2

report that their physical health had got worse in the last year.

7/10

said caring had had a negative impact on their physical health.

3/4

said caring had a negative impact on their mental health.

Healthy choices and physical health

Ill health can have drastic consequences for people in this age group. It can lead to social isolation and the inability to lead an independent life. Supporting older people to be socially active, independent, and make healthy choices is important in maintaining good health and wellbeing.

54% **people over 65** (approximately 11,800 people) are overweight or obese in Camden (significantly higher than the working age population: 31%) (16).

Physical activity opportunities in Camden

Camden provides many free and affordable activities for seniors, including classes promoting heart and bone health, badminton classes, seated exercise classes and free swimming for people over 60 at three community pools around Camden. **Free guided health walks** are offered at several locations around the borough every week.

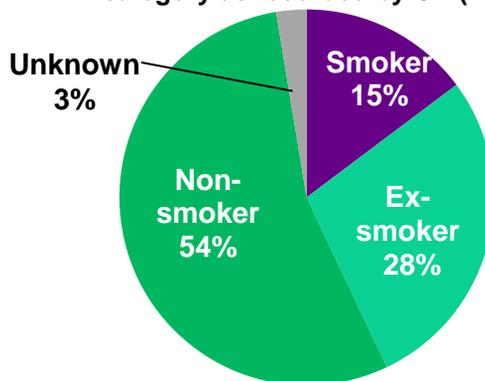
Alcohol and tobacco

A larger proportion of older people are ex-smokers (28%) rather than smokers (15%). This is probably because smokers are more likely to die earlier and as people develop poor health they are more likely to quit smoking (16).

14%

Of people over 65 in Camden have been screened as higher or increased risk drinkers by their GPs (16).

People over 65 in Camden, by smoking category as recorded by GP (16).



An aging population is likely to have a higher burden of long term conditions, as age is a key determinant in the development of poor health.

44% of GP-registered people over 65 years old in Camden were living with two or more long term conditions compared to 4% of adults of working age in the borough (16).

1,865

People over 65 living with COPD in Camden in 2015 (8% prevalence) (16).

2,095

People over 65 living with cancer in Camden in 2015 (9% prevalence) (16).

3,814

People over 65 living with diabetes in Camden in 2015 (17% prevalence) (16).

2,734

People over 65 living with heart disease in Camden in 2015 (12% prevalence) (16).

The rate of hip fractures in people over 65 in Camden, lower than London (517) and England (571) in 2014/2015 (17).

441 per 100,000

Dementia

Earlier diagnosis is associated with improved quality of life for people with dementia. An ageing population means that people are living longer with dementia and this creates challenges for health and social care systems. Until recently, dementia has been significantly **under diagnosed**:

Estimate

1,723

It is estimated that **6% of adults in Camden aged over 65 had dementia in 2016 (18).**

1,256

Diagnosed

In 2016, 4.5% of adults over 65 in Camden had received a dementia diagnosis (18).

Why is this important?

73% of all expected cases of dementia had been diagnosed in Camden as of March 2015. Camden's diagnosis rate is similar to the London average (74%) and higher than the England average (68%) (18). People with dementia also have a higher proportion of co-morbidities compared with Camden's general population over the age of 65.

87%

of GP-registered people with dementia over 65 years old in Camden have at least one other long term condition (LTC). For 22% of these patients at least one of these other LTCs is a diagnosis of either depression or serious mental illness (16).

Mental Health

There is a common misconception that older age is associated with poor mental health, and that depression is an inevitable aspect of ageing. In fact, older people generally have higher levels of wellbeing, and lower levels of mental health conditions compared to other age groups. Where mental health problems (such as depression) are present, older people can benefit from treatment, but are less likely to be referred to psychological therapies for depression, anxiety and other mental health conditions. Nationally, it is estimated that depression affects around 22% of men and 28% of women aged 65 years and over and that risk of depression increases with age and poor health (19).

Why is this important?

Older people's mental health is particularly vulnerable to changes in social circumstances linked to social isolation and loneliness, loss of independence due to ill health and frailty, and poverty. Community support and family interactions are likely to have a protective role in the mental health outcomes of this population.

1,846

people over 65 have a depression diagnosis recorded by their GP in Camden in 2015 (8% prevalence) (16).

603

people over 65 living with a serious mental illness in Camden in 2015 (3% prevalence) (16).

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