

Later Life in the United Kingdom

June 2014

This factsheet, which is updated on a monthly basis, is the most up-to-date source of publicly available, general information on people in later life in the UK. Wherever possible, figures for the whole UK are quoted. For ease of reading and unless otherwise stated, the term “older” is used here for people aged 65 and over.

If you have any queries or comments, please contact research@ageuk.org.uk

Table of Contents

Overview.....	3
UK Population	3
Population projections.....	3
Within the older population.....	3
Age discrimination.....	4
Health and Wellbeing.....	5
Lifestyle.....	5
Physical activity.....	5
Effects of winter cold.....	5
Life expectancy.....	6
Long-term illness.....	6
Quality of life.....	7
National Health Service.....	7
General practitioners.....	7
Hospital care.....	7
Malnutrition.....	8
Foot care.....	8
Dentistry.....	9
Falls.....	9
Osteoporosis.....	9
Sensory impairment.....	10
Incontinence.....	10
Heart Disease and Strokes.....	10
Arthritis.....	10
Dying.....	11
Mental health.....	11
Dementia.....	11
Home and Care.....	13
Home care.....	13
Residential care.....	14
Older people as carers.....	14
Housing and homelessness.....	15
Elder abuse.....	16
Money Matters.....	17
Pensions.....	17

Poverty	17
Spending	18
Fuel poverty	18
Travel and Lifestyle.....	19
Aspirations for later life.....	19
Transport and accessibility.....	19
Community and citizenship	20
Leisure and time use	20
Digital inclusion	20
Loneliness	21
Isolation.....	22
Crime.....	22
Work and Learning	23
Employment	23
Learning	23
References	23

Overview

UK Population

- There are 10.8 million people aged 65 or over in the UK¹
- There are well over 22 million people aged 50 years and over, over a third of the total UK population²
- There are now nearly 14.5 million people in the UK aged 60 and above.³
- Over 1.4 million people are aged 85 or over⁴
- In 2010, approximately 640,000 people in the UK turned 65; in 2012, it the figure was about 800,000. The number turning 65 is projected to decrease gradually over the next 5 years to around 650,000 in 2017⁵
- There are now more people in the UK aged 60 and above than there are under 18⁶
- There are more pensioners than there are children under 16⁷
- The number of centenarians living in the UK has risen by 73% over the last decade to 13,350 in 2012.⁸
- When asked what stage of life they were currently in (given choices), 55% of 60-64 year olds said 'later life or old age', but 43% of them said 'middle adulthood'. For 65-69 year olds, the split was 75% 'later life' and 23% 'middle adulthood'.⁹
- Yet people's ideas of when 'later life' started were quite early: in the 60-64 year old group, men said age 61 and women said 64; in the 65-69s, men said 62 and women said 66.¹⁰

Population projections

- The number of people aged 60 or over is expected to pass the 20 million mark by 2031¹¹
- The number of people aged 65+ is projected to rise by nearly 50% (48.7%) in the next 20 years to over 16 million¹².
- The proportion of people aged 65+ will rise from 17.2% currently to 22.4% in 2032¹³
- The percentage of the total population who are over 60 is predicted to rise from 22% at present to nearly 29% in 2033 and 31% in 2058.¹⁴
- By 2083, about one in three people in the UK will be over 60¹⁵
- The number of people over 85 in the UK is predicted to double in the next 20 years and nearly treble in the next 30¹⁶
- The population over 75 is projected to double in the next 30 years¹⁷
- Nearly one in five people currently in the UK will live to see their 100th birthday (see section on life expectancy below)¹⁸
- However, according to the National Statistician, the UK's population is ageing more slowly than other comparable counties¹⁹

Within the older population

- 3.8 million 65+ live alone. This is 36% of all people aged 65+ in GB.²⁰
- 70% of these are women.²¹
- Nearly 2.5 million people over 75 live alone; 1.8 million of these are women.²²
- 58% of widows (women only) are aged 75 and over²³
- Black and minority ethnic (BME) groups make up over 16% of the population of England, but 8% of people in England aged 60 and over²⁴
- Government estimates that between 5 and 7% of the UK population are lesbian, gay or bisexual. On this basis, we estimate there are between 600,000 and 840,000 LGB people over State Pension Age in the UK²⁵
- It is estimated that there are 14 million grandparents, 1.5 million of whom are under 50²⁶

- An estimated 88 per cent of people aged 65 and give their religious affiliation as Christian, and 8% 'No religion'²⁷
- In June 2013, there were 3,471 prisoners aged 60 and over in England and Wales²⁸

Age discrimination

- 60% of older people in the UK agree that age discrimination exists in the daily lives of older people²⁹
- 53% of adults agree that once you reach very old age, people tend to treat you as a child³⁰
- 52% of older people agree that those who plan services do not pay enough attention to the needs of older people³¹
- 68% of older people agree that politicians see older people as a low priority³²
- 76% of older people believe the country fails to make good use of the skills and talents of older people³³
- 97% of annual travel insurance policies impose an upper age limit for new customers³⁴
- In a study of patients at a stroke until between 2004 and 2006, only 4 per cent of patients age 75 and above were given an MRI scan, compared to 26 per cent of those under 75³⁵
- 39% of people aged 65+ think businesses have little interest in the consumer needs of older people³⁶

Health and Wellbeing

Lifestyle

- Older adults eat on average 4.4 servings of fruit and vegetables daily; 37% in this age group meet the recommended 5 servings daily (compared with 30% under age 65).³⁷
- 41% of older men and 65% of older women report they have never smoked. 9% of older men and 7% of older women say they are current regular smokers.³⁸
- Women aged 65+: 32% are of normal BMI, 32% 'overweight', and 34% 'obese'. For men this age: only 16% are within normal BMI, 54% are overweight, and 31% obese.³⁹
- 36% of older men and 39% of older women have normal, untreated blood pressure (compared with 80% and 84% of aged 19-64). Only 21% of older men and 23% of older women have controlled hypertension; the rest are uncontrolled or untreated.⁴⁰
- Women in their seventies who exercise and eat healthy amounts of fruits and vegetables have a longer life expectancy; in fact, those who were most physically active and had the highest fruit and vegetable consumption were eight times more likely to survive the five-year follow-up period than the women with the lowest rates.⁴¹
- People aged 65+ report the highest rates of drinking alcohol 5 or more days per week: 24% of men (compared to 16% all ages) and 13% of women (compared to 9% all ages). However, they have the lowest rates of heavy drinking: only 6% of men and 2% of women aged 65+ said they drank 8 units or more on one day (compared to 18% for all men and 12% for all women).⁴²
- Men and women aged 60+ are the least likely to smoke: 14% of men (21% all ages 16+) and 12% of women (19% all ages 16+).⁴³

Physical activity

- People aged 75-plus are much less likely to report taking the minimum levels of physical activity necessary to achieve health benefits.⁴⁴ In English adults aged 65-74, 19% say they meet this minimum level, and only 7% of 75+ adults do.⁴⁵
- Of those aged 65 and over who do sport, the most popular are recreational walking (10%), swimming (6%) and bowls (5%)⁴⁶. The main reasons given for not doing sport are poor health (73%), and lack of interest (12%)⁴⁷.
- 23% of people over 65 said they had restless sleep on most or every night in the last 2 weeks. This was quite a bit higher than young people (8% of 16-24 year olds), but slightly less than people 45-64. 53% of over 65s said they had any trouble with sleep, which was lower than people in age groups between 35 and 64. 45% of over 65s never had restless sleep.⁴⁸

Effects of winter cold

- Every year, 30,000 people (all ages) in the UK die of the cold (27,000 in England and Wales)⁴⁹
- Every year, 28,000 older people (aged 65+) in the UK die of the cold (25,000 in England and Wales)⁵⁰
- Ill health and death rates increase in the older population in cold weather.⁵¹
- There is a strong relationship between poor insulation and heating of houses, low indoor temperature and excess winter deaths of older people.⁵²
- There were 30,950 excess winter deaths of people **aged 65 or over** in the UK during the winter of 2012/13, a rise of 7,160 (or 30%) from the previous winter. 28,500 of those deaths (65+) were in England and Wales (a rise of 29% compared to 2011/12)⁵³
- The **all age** total of excess winter deaths in the UK rose by 7,540 (29%) to 33,660 in 2012/13. 31,110 of these were in England and Wales, a rise of 6,910 (29%)⁵⁴
- The average daily excess winter deaths for people aged 65 is 193 for the UK (8 per hour).⁵⁵
- For England and Wales, it is 179 per day (between 7 and 8 per hour).⁵⁶

- It has been estimated that for every degree colder than 20C, mortality rises by one to two percent.⁵⁷
- In the UK, this means that there are about 8,000 deaths a year in the UK for every degree Celsius of winter cold below average.⁵⁸
- Deaths from hypothermia are rare, but cold weather and poor heating can contribute to the deaths caused by circulatory diseases (responsible for 41% of all recorded deaths by natural causes) and by respiratory diseases (13%).⁵⁹
- Heart and circulatory diseases are the largest causes of mortality in adults over 65 (England and Wales)⁶⁰ and are particularly affected by winter temperature.⁶¹
- See the extent of fuel poverty and non-decent homes below in the **Fuel Poverty** section

Life expectancy

- Current UK estimates from the Office for National Statistics for female life expectancy **at birth** are 82.9 years and 79.1 years for men.⁶²
- UK life expectancy estimates **at the age of 65** are 86.1 for women and 83.5 for men.⁶³
- On average, life expectancy at birth increased across all local areas in England and Wales by 1.3 years for males and 1.0 year for females between 2006–08 and 2010–12.⁶⁴
- Life expectancy at age 65 was highest for men in Harrow, where they could expect to live for a further 20.9 years compared with 15.8 years for men in Manchester.⁶⁵
- For women at age 65, life expectancy was highest in Camden (23.8 years) and lowest in Blaenau Gwent (18.7 years).⁶⁶
- People currently aged 75 can expect to live an average of 13.3 years (for women) and 11.8 years for men⁶⁷
- The gap between the highest and lowest average score for local authority Disability Free Life Expectancy in England is 12.3 years for females and 12.1 years for males. The gap is growing: up 1.9 years for males and 0.8 years for females from the previous reported years⁶⁸
- At age 65, men in the UK can expect to live on average another 10.1 years in good health. Women can expect to live 11.6 years in good health. For both sexes, this constitutes 56.8% of their expected remaining life span.⁶⁹
- Men aged 65 in the UK can expect to live their last 7.4 years with a disability. For women, the average is 9.2 years⁷⁰
- The United Kingdom had a lower healthy life expectancy at birth (for males and females) and a smaller percentage of life expectancy without disability than the average of the 15 European Union countries in 2003⁷¹
- A baby born in 2011 is almost eight times more likely to reach 100 than one born in 1931.⁷²
- A baby girl born in 2011 has a one in three chance of living to 100 and a baby boy has a one in four chance⁷³

Long-term illness

- An estimated 4 million older people in the UK (36% of people aged 65-74 and 47% of those aged 75+) have a limiting longstanding illness. This equates to 40% of all people aged 65+. ⁷⁴
- If nothing is done about age-related disease, there will be over 6 million people with a long-term limiting illness or disability by 2030 ⁷⁵
- Over two thirds (69%) of people aged 85 and over in the UK have a disability or limiting longstanding illness.⁷⁶
- Males born in the UK in 2006-08 can expect to live 81.7% of their lives without a disability and 80.8% in good health (using the new European EU_SILC definition). Females can expect to live 78.6% of their lives disability-free⁷⁷ and 78.7% in good health⁷⁸

Quality of life

- In the UK, 11% of older people describe their quality of life as very poor, quite poor or neither good nor poor⁷⁹
- 24 per cent of older people in the UK reported that their quality of life had got worse over the last year, whereas 9 per cent said it had improved⁸⁰
- However, 24% of people over 65 said they were very satisfied with their health, and 51% said they were fairly satisfied⁸¹
- 37% are very satisfied and 55% fairly satisfied with their standard of living; this is higher than any other age group except 16-24 year-olds (at 40% and 45%)⁸²
- 28% are 'very satisfied' with their day-to-day activities; higher than any other age group except 16-24 year-olds (30%)⁸³
- 27% are 'very satisfied' with their ability to influence what happens in their lives; higher than any other age group except 16-24 year-olds (35%)⁸⁴
- 74% are either very or fairly satisfied with achieving their goals⁸⁵
- 82% said that in the last two weeks, they felt happy or contented either most days or every day; this was the highest for any age group⁸⁶
- 71% said that in the last two weeks, they never felt depressed; this was better than other age groups except 16-24 year olds (76%) and 45-54 year olds (74%)⁸⁷

National Health Service

- Two thirds of NHS clients are aged 65 and over but they receive only two fifths of total expenditure⁸⁸
- 9 per cent of people aged 75 and over in England find it very difficult to get to their doctor's surgery⁸⁹
- Nearly one in five (19%) find it very difficult to get to their local hospital⁹⁰
- The number of emergency readmission for people aged 75+ in English hospitals in 2009/10 was 188,138, a rise of 88% since 1999/2000⁹¹
- Each hospital bed costs on average £260 a day⁹²
- 31 per cent age of the general public say they are confident that older people are treated with dignity in hospital.⁹³
- 64% of older people think health and care staff don't always treat older people with respect for their dignity⁹⁴

General practitioners

- An opinion poll for Age Concern found that, in 2008 in England, 90% of older people said they had enough time to discuss everything they needed to during appointments with GPs and practice nurses⁹⁵
- 16% of older people (65+) surveyed said they had experienced some difficulty in making a GP appointment⁹⁶
- The percentage of consultations undertaken as home visits fell from 22% in 1971 to 4% in 2006⁹⁷
- Older people are more likely than other age groups to receive a home visit by a GP. In 2006, 15% of GP consultations for people aged 75 and over were undertaken as home visits⁹⁸

Hospital care

- Of the 15 million adults admitted to hospital last year, 7million (46%) were aged 65+. ⁹⁹
- Up to 60% of older people in hospital have mental health problems or develop them during their stay¹⁰⁰
- In 2008, 32% of people aged 65 and over who were admitted to hospital were found to be malnourished at the time of admission.¹⁰¹ (See more on malnutrition in Health section above).

- In 2007, of people staying in hospital who needed help to eat, 18% said that they did not get enough support¹⁰²
- In 2010, 21 per cent of adult inpatients in England said that they were not always treated with respect for their dignity. This result has not improved since the first survey in 2002.¹⁰³
- Of people aged over 70 admitted to an acute hospital:¹⁰⁴
 - 27% have previously diagnosed dementia
 - 50% have cognitive impairment
 - 27% have delirium
 - 24% have possible major depression
 - 8% have definite major depression

Malnutrition

All figures using accepted BAPEN/NICE/WHO definitions “under 20 BMI, loss of appetite and/or unexplained weight loss”.

- Latest estimates suggest 1.3 million people over 65 suffer from malnutrition, and the vast majority (93%) live in the community.¹⁰⁵
- Nearly one third of all older people admitted to hospital and care homes are at risk of malnutrition (28% of 65+). For care homes alone, the figure at risk of malnutrition in 2008 was 41%¹⁰⁶
- In winter, about 34% of people admitted to hospital (all ages) are found to be malnourished. This is an over 20% rise from summer and autumn months.¹⁰⁷
- Every ten minutes, someone with malnutrition dies in hospital (all ages).¹⁰⁸
- In hospital, screening in winter in 2010 found that the risk of malnutrition was 28% in patients under 60 years old, 32% in those aged 60-79 years and 44% in those 80 years and over.¹⁰⁹
- The risk was found to be 37% greater in patients aged 65 years and over than those under 65 years (39% for 65+ compared to 28% for those aged under 65)¹¹⁰

Also:

- Malnourished patients stay an average of 5-10 days longer in hospital.
- Only just over half of older patients describe their hospital food as good
- 37% of adult inpatients said they did not get enough help to eat meals and
- 42% said there were not always enough nurses on duty to care for them¹¹¹
- On discharge from hospital: no figure available.
- 22% of people 60+ GB (2009) skipped meals to cut back on food costs¹¹² (3 million people).
- 42% of people 60+ GB (2009) agreed they struggle to afford essential items e.g. food, gas, electricity¹¹³ (5.8 million).
- 7% of 65+ UK (700,000) said they went without food or other essential items last winter (2005/06) because of worries about the cost of heating the home.¹¹⁴
- 4% of 65+ UK (400,000) said they did so sometimes or always¹¹⁵
- 9% (60+ GB, 2008) said that if they could not meet the cost of fuel in the winter, they would cut back on essentials items such as food, clothes, etc.¹¹⁶
- In the winter of 2006/07, over 1 million older people (60+ GB) cut back on food shopping in order to pay for their home heating costs.¹¹⁷
- 8% (65+, GB) said that in recent years, they have sacrificed food expenditure in order to buy presents for Christmas.¹¹⁸

Foot care

- Over thirty percent of older people say they are unable to cut their own toenails¹¹⁹
- More than half of new episodes of foot care are for people aged 65 or over¹²⁰
- There was a fall of 20% in new episodes of foot care in the NHS between 1996/97 and 2003/04¹²¹

- In a 2008 survey of older people in England, 35% reported that they had needed foot care in the last year. This need increased with age, with half of people aged 85 and over reporting that they had required a service.¹²²
- Of the older people surveyed who said they needed foot care, 58% get private care, 35% NHS and 1% Charity¹²³

Dentistry

- Official figures on older people needing dentistry are not reported in the quarterly NHS Dental Statistics
- In a recent survey by Age Concern, just over half of the respondents said that they were registered with an NHS dentist. This declined further with age and varied considerably between regions¹²⁴
- In 2009, 23% of people aged 65+ did not have any natural teeth¹²⁵
- It has been estimated that by 2025 there will still be 20% of older people who have no natural teeth but that up to half of all older people will have retained 21 or more natural teeth¹²⁶
- In England and Wales, 7.4m people (of all ages) say they would like to access NHS dentistry, but cannot. Of these, 2.7m say they are not able to access a dentist at all¹²⁷
- During the 24 months leading up to 31 March 2008, only 53.3% of the total population of England were seen by an NHS dentist¹²⁸

Falls

- About a third of all people aged over 65 fall each year (which is equivalent to over 3 million).¹²⁹
- Almost 3,200 people over 65 died from having a fall in 2012. This would equate to one person every three hours.¹³⁰
- Hip fractures are the most expensive osteoporosis fracture with estimated costs per patient ranging from £12,000 (1998 figure)¹³¹ to £25,424 (2000 figure).¹³² The latter figure is now routinely updated to £28,000 by some falls teams to reflect increased costs over the past 10 years.
- Falls account for 10 – 25% of ambulance all-outs for people aged 65+, costing £115 per call-out.¹³³
- The combined cost of hospitalisation and social care for hip fractures (most of which are due to falls) is £2 billion a year or £6 million a day¹³⁴
- Falls represent over half of hospital admissions for accidental injury.¹³⁵
- Half of those with hip fracture never regain their former level of function and one in five dies within three months.¹³⁶
- Falls are common after strokes, especially among people who are unstable and have poor upper limb strength at hospital¹³⁷
- A falls prevention strategy could reduce the number of falls by 15 – 30%.¹³⁸

Osteoporosis

- One in two women and one in five men over the age of 50 will break a bone mainly as a result of osteoporosis, and three million people are at risk of osteoporosis.¹³⁹
- 50-70% of women will have an osteoporotic fracture at some time¹⁴⁰
- A significant number of older people with osteoarthritis also have undiagnosed osteoporosis¹⁴¹.
- Lifetime risk of osteoporotic fracture lies within the range of 40% to 50% in women and 13% to 22% in men, and based on current trends, hip fracture rates might increase in the United Kingdom from 46,000 in 1985 to 117,000 in 2016.¹⁴²
- About 3 million people in the UK have osteoporosis, and this is responsible for around 230,000 fractures each year.¹⁴³
- Of the 70,000 osteoporotic hip fractures each year, about 30% of patients will die within a year due to causes related to the fracture.¹⁴⁴

Sensory impairment

- In the UK 42% of people over 75 will develop cataracts, and almost 50% will have some symptoms of age-related macular degeneration ¹⁴⁵
- 13% of people aged 65+ have difficulties with their eyesight ¹⁴⁶
- Figures depend on the severity of the impairment. A recent Ipsos MORI survey found that, for people over current retirement age, 13% had an impairment of sight, 17% of hearing and 2% of communication ¹⁴⁷
- 64% of people aged 75 or over have an eye complaint ¹⁴⁸
- About 6.4 million people aged 65+ have some form of hearing loss; around 685,000 of these are severe/profound. ¹⁴⁹
- RNID also say about one in 10 adults in the UK would benefit from wearing hearing aids – that's four million people – yet only one in 30 does (about 1.3 million). This would mean that RNID estimates that about 2.6 million people (all ages) need but don't have hearing aids. Reasons why people don't use them include the way the devices look, their quality, or poor after care. ¹⁵⁰
- Hearing loss causes difficulties with communication. This, in turn can lead to frustration, low self-esteem, withdrawal and social isolation. ¹⁵¹
- Nearly two out of three Britons with hearing loss feel socially isolated because of their condition. ¹⁵²
- There is research evidence linking social isolation to depression, poor physical health and premature death. ¹⁵³

Incontinence

- There are over 2.5 million people over 60 suffering from urinary incontinence in the UK, and the majority are women. ¹⁵⁴
- It has been estimated that more than 50% of care home residents have urinary incontinence ¹⁵⁵
- In the UK, 1 in 3 older women (65+) experience incontinence. 1 in 7 older men (65+) experience incontinence. ¹⁵⁶
- On a much broader basis, around 14 million people (adults of all ages) are estimated by the Bladder and Bowel Foundation to be affected by some form of bladder problem and 6.5 million affected by some form of bowel problem ¹⁵⁷
- Incontinence can also be associated with falls ¹⁵⁸ and strokes ¹⁵⁹
- Faecal incontinence is much rarer. An estimated 7% of older people (65 or over in the UK) living independently and one in three living in residential care or hospital have faecal incontinence. This equates to roughly three quarters of a million older people. ¹⁶⁰

Heart Disease and Strokes

- Heart and circulatory diseases are the largest causes of mortality in adults over 65 (England and Wales) ¹⁶¹
- 20.8% of men 65-74 and 28.4% aged 75-plus report ever having had ischemic heart disease. For women, the figures are 10.0% and 19.3% ¹⁶²
- 21.4% of people aged 65+ have been diagnosed with coronary heart disease ¹⁶³
- About 150,000 people in the UK have a stroke every year, of which 75% are aged 65+. ¹⁶⁴
- Strokes are estimated to cost society over £8.9 billion in care and lost productivity ¹⁶⁵
- Around 60,000 people a year (all ages) are admitted to hospital as an emergency after a stroke ¹⁶⁶
- Despite improvements in stroke services over the past decade, 26% of stroke patients do not spend any time in a dedicated stroke unit ¹⁶⁷

Arthritis

- There are an estimated 9 million people in the UK suffering from arthritis ¹⁶⁸

Dying

- Of the 491,348 people who died in England and Wales in 2009 year, 82.5 per cent were aged 65 or over; 2/3 were age 75+¹⁶⁹
- Only 8.5 per cent of those dying of cancer aged over 85 die in a hospice, compared to 20 per cent of all cancer deaths¹⁷⁰
- Although over one third of all deaths are people aged 85 and over¹⁷¹, only about 15 per cent of people gaining access to specialist palliative care are in this age group¹⁷²
- Deaths from hypothermia are rare, but cold weather and poor heating can contribute to the deaths caused by circulatory diseases (responsible for 41% of all recorded deaths by natural causes) and by respiratory diseases (13%)¹⁷³
- Research suggests that the most preferred place to die is at home; hospital is the least preferred place.¹⁷⁴
- Of people over 65 who died, 18% died at home, compared to 31% of people aged 15-64¹⁷⁵
- Of people receiving hospice care that have engaged in advance care planning (ACP), 10% die in hospital compared to 26% of those who have not engaged in ACP.¹⁷⁶
- A home death rate for people receiving hospice care with ACP is 40% compared to 23% for those who have not engaged in ACP.¹⁷⁷

Mental health

- Depression affects 22% of men and 28% of women aged 65 or over. This would be just over 2 million people aged 65+ in England.¹⁷⁸
- The Royal College of Psychiatrists estimates that 85% of older people with depression receive no help at all from the NHS¹⁷⁹
- Another study estimates that depression affects 40% of older people in care homes¹⁸⁰
- Worse general health can be associated with depression among older adults¹⁸¹, and other risk factors include not living close to friends and family, poor satisfaction with accommodation, and poor satisfaction with finances¹⁸²
- In 2009/10, 140,000 men and 247,000 women over 65 used NHS secondary mental health services.¹⁸³ For men, this was 25% of all men accessing services, and for women, 35%.

Dementia

- Dementia is one of the main causes of disability in later life, ahead of some cancers, cardiovascular disease and stroke.¹⁸⁴
- Dementia costs the UK approximately £23 billion per year, about twice as much as cancer, yet this country spends nearly twelve times as much on cancer research than it does on researching dementia¹⁸⁵
- Over 820,000 people are estimated to be suffering from late onset dementia in the UK in 2010¹⁸⁶
- By 2025, the number is expected to rise to one million. By 2051, it is projected to exceed 1.7 million¹⁸⁷
- One in three people over 65 will die with a form of dementia.¹⁸⁸
- It affects 1 person in 6 over 80 and one in three over 95¹⁸⁹
- Up to 25% of all hospital beds are occupied with older patients with dementia and they stay in hospital for longer than others with similar conditions¹⁹⁰
- Each hospital could save an average £6 million a year by correctly identifying dementia patients, providing more appropriate and timely care, thus reducing length of stay and improving health outcomes¹⁹¹
- There are several types of dementia. The most common are Alzheimer's disease (62% of all cases of dementia) and vascular dementia (27%)¹⁹²

- There are currently 465,000 people with Alzheimer's in the UK and it is estimated that a further 62,000 people are developing Alzheimer's each year¹⁹³
- It has recently been estimated that 27 million of the 36 million dementia sufferers worldwide are undiagnosed. The report also suggests that early diagnosis could save up to £6,254 per person.¹⁹⁴
- Several studies give evidence that Cognitive Stimulation Therapy (CST) benefits cognition and quality of life for people with dementia, regardless of whether they are on medication for the disease or not. CST seems to be more beneficial for women and people older than 80 years.¹⁹⁵

Home and Care

- Only 26 per cent age of the general public say they are confident that older people receiving social care are treated with dignity.¹⁹⁶
- The combined care market value for care for older people, including local authority funded, voluntary and private expenditure, is estimated to be worth £22.2 billion, of which £13.4 billion is attributable to residential care and £8.8 billion to non-residential care¹⁹⁷
- Approximately 30% of people use some form of local authority funded social care in the last year of life.¹⁹⁸
- Though hospital use climbs steeply in the last few months of life, social care use shows only a steady increase in the last 12 months.¹⁹⁹
- There is some evidence across all age groups that higher social care costs at the end of life tend to be associated with lower inpatient costs. While a direct causal link between high social care use and lower hospital use cannot be confirmed, it does suggest that any reductions in the availability of local authority-funded social care might increase demand on hospital services.²⁰⁰
- The use of social care also differed according to the presence of certain long-term conditions. For example people with mental health problems, falls and injury, stroke, diabetes and asthma tended to use more; those with cancer appeared to use relatively less local authority-funded social care.²⁰¹

Home care

- In England, 414,780 people aged 65+ received community-based care and support at home in 2012, down over 22,000 from the previous year²⁰²
- During this same timeframe, 82,285 older people received day care, 55,980 received meals, and 56,470 received short-term residential care (non-respite).²⁰³
- Between 2000 and 2008, the number of households in England receiving home care services has decreased by 18%²⁰⁴
- In England, only 50,600 households were receiving low level care in 2009 – 2 hours or less per week²⁰⁵
- Of the 2 million older people with care related needs, 800,000 currently do not receive any formal support²⁰⁶
- 1 million people in England have care and support needs that the state does not meet²⁰⁷
- It is estimated that around 6,000 older people with high support needs and 275,000 with less intensive needs receive no care at all, from state or informal sources²⁰⁸
- In 2007-08, eligibility criteria for adult social care in England was set at a level considered “substantial” by 70% of councils, and at “critical” by a further 2%²⁰⁹
- About 410,000 older people in the UK have an unmet need for help with practical household jobs²¹⁰
- 41,725 older people in England are receiving direct payments (2011/12)²¹¹
- In a recent survey, 90% of people aged 65+ who receive adult social care and support services said they are satisfied with the services.²¹²
- 55% of people aged 65+ who receive adult social care and support services said quality of life was “good” to “so good it couldn’t be better”; 35% said it was alright; only 10% said it was bad.²¹³
- 54% said having help made them feel better about themselves, 32% said it did not affect the way they felt about themselves, and 13% reported this sometimes or often made them feel negative about themselves.²¹⁴
- When asked in which ways care and support services helped them, the most common answers where personal care (68%), feeling safe and secure (55%), meals (54%), keeping my home clean and comfortable (51%), to have control over daily life (49%), social contact with people I like (42%), and doing things a value and enjoy (33%). There was a marked difference in age groups in the following: personal care – 62% for ages 65-74 vs 73% for ages 85+; meals – 43% for 65-74s and 62% for 85+; feeling safe and secure – 50% for 65-74s and 58% for 85+; doing things I value and enjoy – 37% for 65-74s and 31% for 85+.²¹⁵

Residential care

- The number of residents in residential care has risen for the second year in succession. It went up by 2.2 per cent in the year to September 2012²¹⁶.
- There are an estimated 3,836 nursing homes and 10,445 residential homes for people aged 65+ in the UK.²¹⁷
- According to the latest Laing and Buisson survey, as of April 2012 there are 431,500 elderly and disabled people in residential care (including nursing), approximately 414,000 of whom are aged 65+. This means that over 95% of care home residents are aged 65 or over.²¹⁸
- Most supported housing for older people is 'sheltered' housing (for social rent) and owner-occupied retirement housing (mainly for sale). Across the UK there are nearly 18,000 developments and around 550,000 dwellings (480,000 in England), housing around 5% of the older population.²¹⁹
- The total annual value of the independent sector healthcare market is £39.9 billion, £6.2 billion of which is for home care and £13.4 billion for older people's residential care (2012/13)²²⁰
- The risk of being in a care home (or NHS long stay hospital) increases with age: It is less than 0.1 per cent for under 65s, less than 1% for those aged 65-74, less than 4% for 75-84 and just under 16% for people aged 85+²²¹
- The estimated annual value of the market was £15.2 billion at September 2012 (2011: £14.6 billion), of which the private (for-profit) sector accounted for £11.1 billion and the voluntary (not-for-profit) sector £2.2 billion. The public sector accounted for the remaining £1.9 billion (Laing and Buisson)²²²
- The UK average annual fee in 2012 for a single room in a private residential home is £27,872 (£536 per week). For a nursing home, it is £38,376 (£738 per week).²²³
- In England, they are £537 and £758 per week respectively. This compares with an average weekly rate paid by English Councils of £475. (2011/2)²²⁴
- The average length of stay in BUPA care homes was 801 days (2 years 9 months).²²⁵
- The median period from admission to the care home to death is 462 days. (15 months).²²⁶
- Around 27% of people lived in care homes for more than three years.²²⁷
- People had a 55% chance of living for the first year after admission, which increased to nearly 70% for the second year before falling back over subsequent years.²²⁸

Older people as carers

- Around 6.4 million people provide unpaid care in the UK (all ages)²²⁹
- Just under 80,000 carers in England receive a carer-specific service²³⁰
- An estimated £5.3bn has been wiped from the economy in lost earnings due to people who've dropped out of the workforce to take on caring responsibilities for older or disabled loved ones, including £1 billion in forgone taxes.²³¹
- About 960,000 people aged 65+ provide unpaid care for a partner, family, or others,²³² but only 93,000 of these receive any carer-specific support services.²³³
- Carers UK estimate that 58% of carers (all ages) are female.²³⁴
- A fifth of all carers (20%) aged 75+ provide 50 or more hours of informal care each week²³⁵
- 2.8m people aged 50 and over provide unpaid care and 5% of people aged 85+ provide unpaid care²³⁶
- In 2006, among families where the mother was in work, 31% of lone parents and 32% of parent couples relied on grandparents for informal child care²³⁷
- There are estimated to be 600,000 people in the UK acting as the main carers for people with dementia²³⁸
- Recent research has estimated that older carers (aged over 60) in the UK are providing up to £4bn in unpaid volunteering and up to £50bn in unpaid family care²³⁹
- Carers UK estimate that carers (of all ages) are currently (2011) saving the UK economy £119 billion a year (or £2.3 billion a week). This compares to a total annual cost of the NHS of £98.8 billion (or £1.9 billion a week)²⁴⁰
- A quarter (25%) of care recipients aged 85 or over need continuous care²⁴¹

- *Grandparents plus* estimate that there are 25,000 grandparents over the age of 65 raising 30,000 grandchildren in the UK and that, if the children they are caring for were in independent foster care it would cost £1.4 billion in care costs alone each year.²⁴²
- Research carried out by the Princess Royal Trust for Carers¹ discovered that almost 70% of carers aged 60 and over said that looking after someone else had damaged their health.²⁴³
- Nearly half (49.2%) admitted that their health has deteriorated in the last year because of their caring duties.²⁴⁴
- Nearly two-thirds (65%) of those polled said they had health problems or a disability of their own, while only half of these felt confident lifting the person they care for.²⁴⁵
- The respondents also revealed that caring for another person also took its toll mentally, with 68.8% saying being a carer had damaged their psychological wellbeing, and 42.9% reporting that their mental health had worsened in the past year.²⁴⁶
- Subsequently, the Princess Royal Trust for Carers wants GPs to provide health checks and screening for depression to carers once a year, and home visits where needed. It also recommends that training and lifting equipment should be provided to carers who need it and that breaks should be funded by the NHS and local councils.²⁴⁷

Housing and homelessness

- There are 7.3 million older households in England (containing no-one under 55) living in either mainstream or 'specialist' (but not care home) housing. About 3 per cent of these households move per year.²⁴⁸
- The specialist housing currently on offer does not reflect the choices that most older people make.²⁴⁹
- Three-quarters of all older households are owner-occupiers but only one quarter of specialist housing is for purchase. Most older people want a home with at least two bedrooms but most specialist provision has only one bedroom.²⁵⁰
- The official definition implies that any single or couple household with three or more bedrooms 'under-occupies'. Of the 8 million under-occupying households, there are nearly as many other (non-older) households as older ones.²⁵¹
- Since 57 per cent of all older households (and 68 per cent of older home-owners) 'under-occupy', the official definition is at odds with older people's views and preferences.²⁵²
- Death is more important than downsizing in 'releasing' larger homes: 85 per cent of homes with three or more bedrooms are 'released' by older people due to death rather than a move to a smaller home.²⁵³
- An older person's health can benefit from a move to more suitable housing as long as it is an informed choice and they remain in control. 'Staying put' can also be the right choice.²⁵⁴
- Around one-third of all households are older households. This proportion applies across most regions except for the South West (40 per cent) and London (22 per cent).²⁵⁵
- 76 per cent of older households are owner-occupiers and most own outright; 18 per cent are housing association or council tenants, while 6 per cent are private sector tenants.²⁵⁶
- 42 per cent of older households aged 55 to 64 are single, and this proportion increases with age.²⁵⁷
- About 7 per cent of older households (530,000) live in specialist housing where a lease or tenancy restricts occupation to people aged over 55, 60 or 65. Most of these schemes are provided by housing associations and offer special facilities, design features and on-site staff. Around 10 per cent of specialist dwellings are in schemes offering care as well as support.²⁵⁸
- 93 per cent of older people live in mainstream housing. As well as 'ordinary' housing, this includes housing considered especially suitable for older people due to dwelling type (e.g. bungalows), design features (including 'lifetime homes') or adaptations (e.g. stair lifts).²⁵⁹
- Over two thirds (71%) of householders aged 65+ own homes outright without a mortgage²⁶⁰

¹ The Trust surveyed 639 carers aged between 60 to 94.

- 26.1% of the homes occupied by older people (60+) in England fail the decent homes standard (just over 2 million households)²⁶¹
- Over three quarters of a million people aged 65 and over need specially adapted accommodation because of a medical condition or disability and 145,000 of them report living in homes that do not meet their needs²⁶²
- Older people are expected to account for 48% of the net growth in households up to 2026²⁶³
- There are currently an estimated 600,000 older people in sheltered housing in England²⁶⁴
- It is estimated that up to 42,000 older people are unofficially homeless in England and Wales²⁶⁵
- However, 97% of over 65s were satisfied with their accommodation; 59% were 'very satisfied'; these figures are the highest for any age group.²⁶⁶

Elder abuse

- Approximately 342,000 older people living in private households in the UK are abused each year. We estimate that, taking into account care homes, up to 500,000 older people in the UK are abused each year (roughly 5% of the older population)²⁶⁷
- Every hour, over 50 older people are neglected or abused in their own homes by family members, friends, neighbours or care workers²⁶⁸
- In a study based on 10,000 phone calls to a help-line up to 2004, the proportion of calls concerning the different types of elder abuse identified was as follows: psychological (34 per cent), financial (20 per cent), physical (19 per cent), sexual (3 per cent). 44 per cent of callers reported multiple abuse²⁶⁹

Money Matters

Pensions

- In the last reported year (2011/12), the average (median) net income after housing costs for pensioners was £265 a week (£390 for pensioner couples and £188 for single pensioners). The mean net income for all pensioner units after housing costs was £348. For couples: £483, and for singles: £224 per week.²⁷⁰
- In August 2013, there were over 12.8 million claimants of state pension.²⁷¹
- In 2013/14, the full Basic State Pension was £110.15 for single pensioners and 176.15 pensioner couples. For 2012/13 it is £107.45 single and £1171.85 for pensioner couples.²⁷²
- 97% of all pensioners are in receipt of state pension in 2011/12. Of recently retired pensioners, 94% are in receipt of state pension.²⁷³
- 37% of working-age people are currently contributing to a non-state pension. This figure has been falling steadily since 1999/2000 (46%).²⁷⁴
- The UK currently spends about 7% of its gross domestic product on pension benefits.²⁷⁵
- 45% of pensioner couples and 73% of single pensioners receive over half their income from state pensions and benefits.²⁷⁶
- 5% of pensioner couples and 18% of single pensioners have no source of income other than the state pension and benefits.²⁷⁷
- Around one in three pensioners have less than £1,500 in savings. One third of these (around one in ten of all pensioners) do not own their homes.²⁷⁸

Poverty

- 1.6 million pensioners (14%) live below the poverty line, with incomes less than £215 per week after housing costs (AHC) for couples and £125 for single-person households.²⁷⁹
- Of these, 1 million (8%) live in severe poverty (below the 50% median line AHC).²⁸⁰
- 8% of pensioners aged 65+ (about 800,000) in the UK are materially deprived. This is down from 9% in 2010/11. That is, they do not have certain goods, services, or experiences because of financial, health-related, or social isolation barriers.²⁸¹
- Between £3.7 and £5.5 billion of means-tested benefits that should rightly go to older people in GB went unclaimed in 2009-10.²⁸²
- 1.2 – 1.6 million older people in GB eligible for Pension Credit are not taking up their entitlement. This equates to missing out on an (mean) average of £33. This is 32-38 per cent of all those eligible.²⁸³
- 8% of pensioners are in persistent poverty (below the poverty line for at least 3 out of the last 4 years in GB).²⁸⁴
- If all means tested benefit entitlements were taken up, pensioner poverty in 2011 would have been 9 per cent, rather than 15 per cent.²⁸⁵
- Lack of access to essential services (e.g. insurance, internet and transport and, increasingly for this age group, care and help in the home) accompanies poverty-level income.²⁸⁶
- 20% of people aged 60+ in Great Britain (2.8 million people) owe money. 7% (nearly 1 million) have outstanding mortgage debt, 12% (nearly 1.7 million) owe money on credit cards, and 3% (about 400,000) have a bank loan.²⁸⁷
- Pensioners from black and minority ethnic groups (BME) are more likely to be in poverty than white pensioners. This is especially true of Pakistani pensioners – 37% of whom are in absolute low income range.²⁸⁸
- For single pensioners mainly reliant on state pension, average disposable weekly income is £174.²⁸⁹
- One in six pensioners in rural districts lives in low income. This proportion is similar to that in urban districts.²⁹⁰
- 600,000 pensioners in low-income households and two-fifths of the total live in rural districts.²⁹¹

Spending

- Average weekly expenditure for households headed by someone aged between 65 to 74 is £410. This figure decreases for households headed by someone over the age of 75 to £267.²⁹²
- On average 75+ households spend more of their total expenditure on fuel: 16% compared to an all age average of 14%.²⁹³
- The average weekly expenditure for one-person households mainly dependent on state pensions is £164.20.²⁹⁴

Fuel poverty

- Under the new fuel poverty definition (Low Income, High Cost), there are 721,000 older households (where the oldest person is aged 60+) in England in the latest reported year (2011). This equates to about 1.2 million people aged 60+.²⁹⁵
- In December 2012, the average dual fuel bill was £1,271 a year. It is estimated that this will rise to £1,356 between March 2014 and February 2015.²⁹⁶
- In 2013 the average electricity bill across all payment types rose by £35 (6.5%) compared with 2012. The average provisional 2013 gas bill across all payment types has risen by £43 (6.3%) since 2012.²⁹⁷
- There are 2.4 million households in England who are currently living in fuel poverty. However it is likely that the figure is significantly higher than this.²⁹⁸
- Last winter, 12.5 million older people across Britain received the Winter Fuel Payment.²⁹⁹
- Households where the oldest person was aged 75 or over are the most likely to be in homes with poor energy efficiency compared with other households.³⁰⁰
- Nearly one in three of the oldest households in England (where the oldest person is aged 75+) live in housing which has failed the official decent homes standard.³⁰¹
- One in eight of these 75+ households live in housing which fail the decent homes standard because of sub-standard heating and insulation.³⁰²
- Older people in private rented housing are most at risk of living in non-decent homes.³⁰³
- The UK is ranked last for fuel poverty out of 13 western European countries, and near the bottom of the other league tables on affordability of space heating (14 out of 15), share of household expenditure spent on energy (11 out of 13), homes in poor state of repair (11 out of 15), thermal performance (6 out of 8), and the gap between current thermal performance and what the optimal level of insulation should be in each country (7 out of 8). Overall, no other country of the 16 assessed performs as poorly as the UK across the range of indicators.³⁰⁴
- The UK has the highest rate of fuel poverty and highest rate of excess winter deaths in Europe.³⁰⁵
- Older people tend to live in houses, which are not energy efficient, lack adequate insulation or lack central heating.³⁰⁶
- A survey of 722 older people revealed that just over half the sample (51%) responded that they went without necessities such as food and clothing in order to pay for heating over the winter period.³⁰⁷

See more about the physical effects of the cold in the **Health and Wellbeing** section in the fact sheet

Travel and Lifestyle

Aspirations for later life

- Looking particularly at those aged 50 to 59 – that is, those in the decade leading up to when they are 60 or more – only around half (53 per cent) said they had hopes or ambitions. This, therefore, shows that a significant proportion (47 per cent) of this group had either not thought about it that much or not thought about it at all.³⁰⁸
- The most common aspiration was for leisure activities and hobbies (81 per cent).³⁰⁹
- Of those who had started to think about what they might do when they were over 60, a third (35 per cent) had estimated their pension income and started to save money (32 per cent).³¹⁰
- Other than maintaining their health and independence, respondents were most likely to choose having a circle of friends they see frequently as being important to them when they are 60 or older.³¹¹
- About half of respondents (53 per cent) were interested in formal volunteering when aged 60 or more. A third (33 per cent) were interested in informal volunteering and a further third (31 per cent) were not interested in either.³¹²
- Just over three-quarters (76 per cent) of those interested in learning post-60 wanted to do so 'just for the pleasure of learning'. This was more true of younger respondents than of older ones.³¹³
- Among those with aspirations of undertaking leisure or cultural activities, travel was the most common aspiration (82 per cent). Those in higher income quintiles were more likely to say this, while those aged over 65 were least likely to mention this.³¹⁴
- Just under three-quarters (73 per cent) said they expected to care for a family member when they themselves were 60 or older. Younger respondents were most likely to say this.³¹⁵
- Almost all respondents (98 per cent) were doing at least one activity to maintain their long-term health, and the most common of these were avoiding smoking, getting out of the house as often as possible, eating fruit and vegetables and taking regular exercise.³¹⁶
- Respondents who did nothing to maintain their long-term health were more likely to be in younger age groups, male and of lower socio-economic status. The most common reason for not doing any health maintaining behaviours was because people did not believe this would make any difference.³¹⁷
- People who took part in more health-maintaining and independence-maintaining behaviours were less likely to feel isolated and more likely to feel that their community was a good one to grow old in.³¹⁸

Transport and accessibility

- Between 1995/97 and 2011 the proportion of people in Great Britain aged 70+ holding a licence increased from 38% to 59%.³¹⁹
- 40% of people aged 60 or over in GB use local bus services at least once a week.³²⁰
- In 2011 the take-up rate of concessionary fares by people aged 60+ in Great Britain rose to 79% (82% of females and 76% of males).³²¹
- 18% of adults aged 60-69 have a mobility difficulty, and 38% of adults aged 70+ do. This is compared to 12% of everyone aged 16 and over.³²²
- In the UK, 11% of those aged 65+ say they find it difficult to access a corner shop; 12% find it difficult to get to their local supermarket; 14% to a post office; 12% to their doctor's surgery; and 25% to their local hospital.³²³
- 57% of rural households are within 13 minutes' walk of an hourly or better bus service.³²⁴
- 28% of rural households do not have access to a supermarket within 4km.³²⁵

Community and citizenship

- 28.3% of people aged 65-74 and 18.3% of 75+ in England have participated in volunteering in the 12 months to June 2012.. The average for all ages is 24.7% ³²⁶
- This equates to just over 1.9 million volunteers aged 65+ in England ³²⁷
- Nearly 4.9 million people aged 65 and over in England (58%) take part in volunteering or civic engagement ³²⁸
- People aged 65+ say that the top benefits of volunteering are 'meeting people and making friends' (91%), 'gets me out of myself' (82%), 'makes me feel needed' (76%), and 'gives me more confidence' (68%)³²⁹
- Other benefits of volunteering are:
 - gives a role in life and a sense of being needed and respected,^{330, 331, 332, 333, 334}
 - decreases mortality and improves self-rated health,^{335, 336, 337, 338, 339, 340}
 - increases mental health and decreases depression,^{341, 342, 343, 344, 345, 346, 347}
 - reduces stress and increases life satisfaction,^{348, 349}
 - provides social support and interaction,³⁵⁰
 - healthy behaviours and the ability to cope with one's own illness,³⁵¹
 - provides a positive transition from work to retirement.³⁵²
- In the 2005 general election, voting was more common with increasing age: 75% of people aged 65+ voted, as opposed to 37% of those aged 18-24.³⁵³
- In 2010, 27% of 18-24 year olds said they would be likely to vote in an immediate general election, compared to 80% of people aged 75 or over.³⁵⁴
- 87% of people aged 65+ feel they belong strongly to their neighbourhood, compared to 77% of all adults in England³⁵⁵
- However, 30% of people 65-74 and 29% of people 75+ feel they can affect decisions in their local area, as opposed to 38% of adults in England³⁵⁶
- 78% of people over 65 said they were satisfied with feeling they were part of a community (30% were 'very satisfied'), which was higher than any other age group.³⁵⁷
- 93% of over 65s said they were satisfied they where they lived was a quiet environment (49% were 'very satisfied'), which was higher than any other age group.³⁵⁸
- 94% of over 65s said they were satisfied with the area in which they lived (54% were 'very satisfied'), which was higher than any other age group.³⁵⁹
- 91% of people over 65 said that having public gardens, parks, commons, or other green spaces nearby was important; this was similar to other ages.³⁶⁰
- Although they visited public gardens and other green spaces less often than other age groups, 83% of over 65s said they go to these places.³⁶¹

Leisure and time use

- People aged 65 and over spend on average three and three quarters hours a day watching TV (or DVD/Video) ³⁶²
- Over-65s are estimated to spend an average of 80% of their time in the home - 90% for people over 85 ³⁶³
- 73% of over-65s said they were involved in leisure activities and hobbies in the last 2 weeks³⁶⁴
- 76% of over-65s said they are satisfied with their leisure activities and hobbies; 34% were 'very satisfied', which was higher than any other age group except 16-24 year olds (35%)³⁶⁵
- 48% of over-65s are active in social activities in their local area, though this is less than other age groups³⁶⁶

Digital inclusion

The issue of internet use is especially important for older people, because more and more services are moving online. For example, a report, "Online government services and the offline older generation,"³⁶⁷ concludes that the direction of travel within government is, definitively, to move resources online.

There are 2 major sources of information about internet and digital use by older people; we've listed these separately below for clarity.

From Office of National Statistics

- In the third quarter of 2012, 5.3 million people aged 65 and have never been online. This is made up of 39.4% of 65-74 and 65.6 of over 75s who have never used the internet³⁶⁸
- 29% of people 65+ use the internet daily, 11 % weekly and 4% monthly. This compares to 67% daily, 12% weekly and 2% monthly, amongst all age groups³⁶⁹
- Reasons for households not having Internet access (2012)³⁷⁰:
 - 54% - Don't need Internet (not useful, not interesting, etc)
 - 22% - Lack of skills
 - 15% - Equipment costs too high

From Ofcom

- Among those aged 65-74, almost two-thirds of this age group (64%) have internet access at home. However, still only a small minority (27%) of those aged 75+ have the internet at home. Around 89% of those aged 25-54 do.³⁷¹
- Broadband take-up among older age groups has increased significantly in the past two years. Of those aged 65 to 74, between 2010 and 2012 broadband take-up has increased from 46 per cent to 62 per cent and amongst those aged 75+ from 21 per cent to 25 per cent.³⁷²
- Of those who do use the internet, self-reported hours of internet use is significantly lower among adults aged 65+ at 5 hours per week for men and 4.7 hours a week for women.³⁷³
- For most over-65s without internet access the main reason is a lack of interest: 31% said that the main reason for not having internet access was that they had no need for it, with 24% saying they were too old to use the internet and 17% saying they did not want a computer. A significant minority (15%) said that their main reason was they did not know how to use the internet / a computer, and 3% said that it was too expensive.³⁷⁴
- Amongst those aged 65 to 74, 33 per cent do not intend to acquire internet access at home and this increases to 66 per cent in the 75+ age group. This compares with 8.9 per cent of those aged between 16 and 64³⁷⁵.

Smartphone take-up by age³⁷⁶

Age group	16-24	25-34	35-54	55-64	65+	All
% use	66	60	43	19	3	39

Loneliness

- Loneliness can be as harmful for our health as smoking 15 cigarettes a day³⁷⁷
- People with a high degree of loneliness are twice as likely to develop Alzheimer's than people with a low degree of loneliness³⁷⁸
- Over 1 million older people say they are always or often feel lonely³⁷⁹
- 36% of people aged 65 and over in the UK feel out of touch with the pace of modern life and 9% say they feel cut off from society³⁸⁰
- Half of all older people (about 5 million) consider the television as their main form of company³⁸¹
- 5% (500,000) people aged 65+ in the UK say they spent Christmas Day 2010 alone³⁸²
- 70% of over 65s said they never felt lonely in the last 2 weeks, which was the lowest amount for any age group (other ages ranged from 73%-79% saying they never felt lonely). 8% said they felt lonely most or all days during the last 2 weeks, which was the highest for any age group (3%-5% of other ages were).³⁸³

- 86% of over 65s say they are satisfied with their personal relationships. This is the lowest of all age groups.³⁸⁴
- Only 46% of over 65s said they spent time together with their family on most or every day, compared to 65-76% for other ages. 12% of over 65s said they never spent time with their family.³⁸⁵
- Over 65s also spent less time with friends: only 35% spent time with friends most or every day in the last 2 weeks, and 12% never did.³⁸⁶
- People who took part in more health-maintaining and independence-maintaining behaviours were less likely to feel isolated and more likely to feel that their community was a good one to grow old in.³⁸⁷

Isolation

- Nearly half (49%) of all people aged 75 and over live alone³⁸⁸
- 12% of older people feel trapped in their own home³⁸⁹
- 6% of older people (nearly 600,000) leave their house once a week or less³⁹⁰
- Nearly 200,000 older people in the UK do not receive the help they need to get out of their house or flat³⁹¹
- 17% of older people have less than weekly contact with family, friends and neighbours³⁹²
- 11% have less than monthly contact³⁹³

Crime

- 8% of people aged 60+ in England and Wales say they live in fear of crime³⁹⁴
- 90% of over-65s said they never felt unsafe or threatened during the last two weeks³⁹⁵
- As an age group, the 75+ group is *least* likely to have a high level of worry about burglary, car crime and violent crime. 65-74 is also less likely than the average to have a high level of worry about car crime and violent crime³⁹⁶
- Older people (65+) are most likely to feel that crime is increasing “a lot” in the *country as a whole*. However, older people are no more likely to perceive a similar increase of crime at a *local level*³⁹⁷
- There were 10,635 recorded distraction burglary crimes in 2007-08³⁹⁸

Work and Learning

Employment

- During August- October 2012, there were 7.54 million people aged 50-64 in employment and 959,000 people aged 65 and over (an employment rate of 66.3% and 9.2% respectively).³⁹⁹
- The unemployment rates for those aged 50-64 and 65 and over were 4.8% and 2.1% respectively. These rates had increased over the past year by 0.1 and 1.3 percentage points respectively.⁴⁰⁰
- For those aged 50-64, unemployment has fallen for men over the last year (down by 4,000) but there has been an increase of 1,000 in the number of unemployed women.⁴⁰¹
- In November 2012, there were 255,700 people aged 50 or over claiming Jobseekers Allowance, an increase of 14,400 (6%) from the previous year.⁴⁰²
- 92,400 had been claiming JSA for over a year.⁴⁰³
- Median hourly pay for workers in their 50s is £12.00 and £10.00 for workers aged 60+, as opposed to £13.03 for workers in their 30s⁴⁰⁴
- There has been a trend of people leaving the workforce (presumably for retirement) later. For men, the estimate of average age of withdrawal increased from 63.8 years in 2004 to 64.5 in 2009. For women, it increased from 61.2 years in 2004 to 62.0 years in 2009.⁴⁰⁵
- 65% of older people believe age discrimination still exists in the workplace⁴⁰⁶
- 18.1% of employees in the UK aged between 50 and retirement age have received job-related training in the last four weeks, as opposed to 25.8% aged 25-34 and 38.7% aged 35-49.⁴⁰⁷

Learning

- 17% of 65-74 year-olds and 13% of those aged 75+ have taken part in learning in the last three years⁴⁰⁸
- 168,000 people aged 60+ in England participated in state-funded learning in 2007-08⁴⁰⁹
- 80% of those 65+ engaged in learning report that they do so for personal and leisure interests.⁴¹⁰

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