

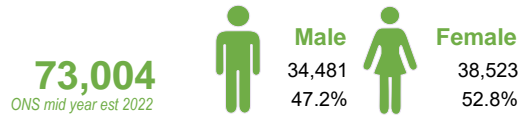
Central Bedfordshire Joint Strategic Needs Assessment (JSNA)

Chapter 4 - Ageing Well

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60+ Population



Key Points

Income Deprivation Affecting Older People (60+), 2019

The IDAOP Index is a measure of older people living in poverty and it is measured as the proportion of all residents aged 60 or over who experience income deprivation. On average, Central Bedfordshire had 11.5% of older people living in poverty. This was significantly lower than England, which had 14.2% in 2019. This picture was largely reflected at ward level with a few notable exceptions. Parkside had the highest proportion of people over 60 living in poverty in 2019, at 18.6%. It and Tithe Farm had proportion significantly higher than the England average, while 26 wards had proportions of older people living in poverty significantly lower than the England average, with Silsoe and Shillington the lowest with 4.4%.

Disability-free life expectancy at birth, 2018 - 20

Disability-free life expectancy is an estimate of the average number of years a person would expect to live without a long lasting physical or mental health condition or disability that limits daily activities. For the period 2018-2020, disability-free life expectancy was 67.8 years for men in Central Bedfordshire, compared to 62.4 years nationally. It was lower in females at 66.8 years in Central Bedfordshire and 60.9 nationally. The disability-free life expectancy rates for both males and females in Central Bedfordshire were significantly higher than both the England and East of England averages.

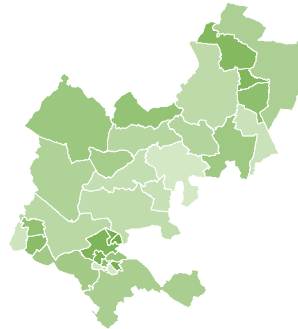
Disability-free life expectancy at 65, 2018 - 20

Disability-free life expectancy at 65 is an estimate of the average number of years a person would expect to live after reaching 65 years without a long lasting physical or mental health condition or disability that limits daily activities. For the period 2018-2020, males in Central Bedfordshire could expect a further 11.7 years of disability-free life and females 12.3 years. This means that the average healthy life expectancy for males at 65 was 76.7 years and for females was 77.3 years. The estimate for males was significantly higher than that for England, which was 9.8 years. However, the wider confidence range means that the

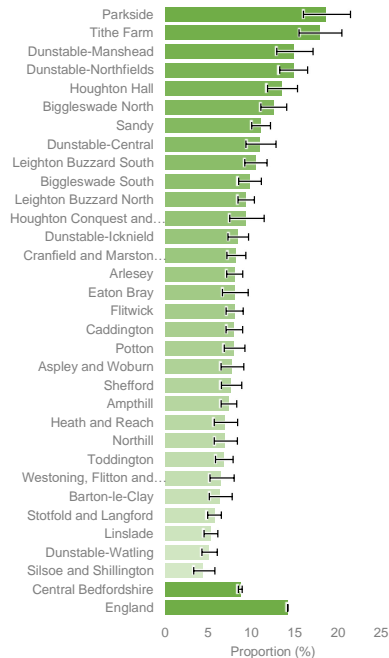
Common Mental Disorders 65+, 2017

Local health and care systems give an estimate of the prevalence in their area of common mental disorders, which are defined as any type of anxiety and depression. This is to support planning of preventative mental health interventions and mental health care and services, including access to psychological therapies (IAPT). This measure is modelled from the 2014 Adult Morbidity Survey and estimates the number of people aged 65 and over who have any type of depression or anxiety, as a proportion of the resident population aged 65 years and older. In Central Bedfordshire, 8.2% of people aged 65 and over were estimated to have a common mental disorder in 2017. This was similar to the proportion for the East of England region (9.5%) and significantly lower than the England proportion, which was 10.2%.

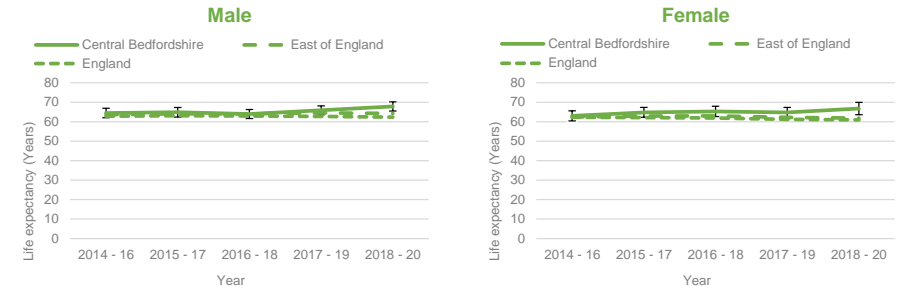
Income Deprivation (age 60+), 2019



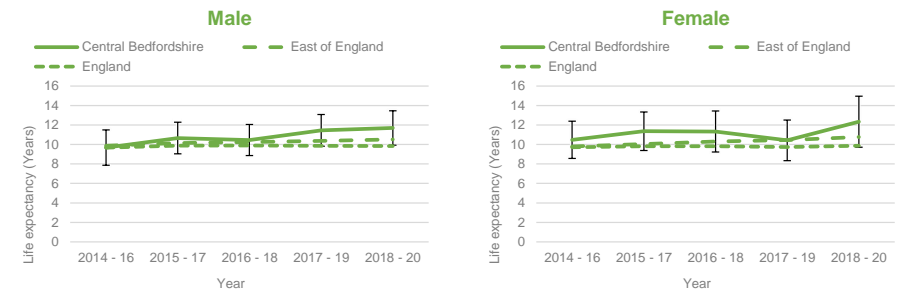
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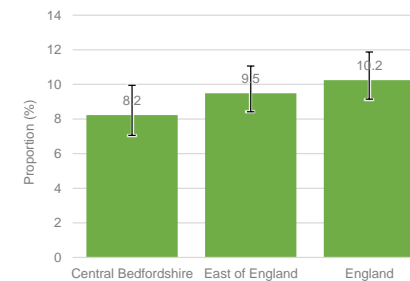
Disability free life expectancy at birth (M/F), 2018 - 20



Disability-free life expectancy at 65 (M/F), 2018 - 20

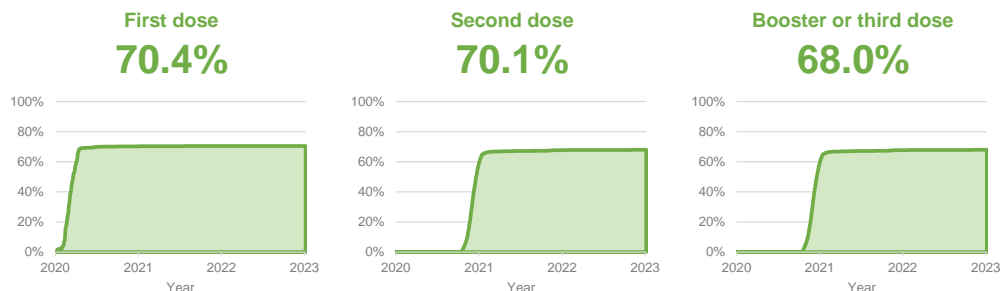


Estimated prevalence of common mental disorders: % of population (65 and over), 2017



Trend data is not available currently. It will be added when it is released.

Covid vaccination: Percentage uptake (60 and over), 2023-12



Key Points

As people age, they can become more vulnerable to catching communicable diseases and more likely to suffer severe illness. Vaccination is one of the most effective healthcare interventions available and it can prevent illness and hospital admissions among vulnerable groups including older people. The percentage of the older population that is vaccinated is the best indicator of the level of protection this population has against vaccine-preventable communicable diseases.

Covid vaccination 60+

For the Covid vaccination over 60 years-olds in Central Bedfordshire, 70.4% had the first dose, 70.1% second dose and 68.0% the booster dose.

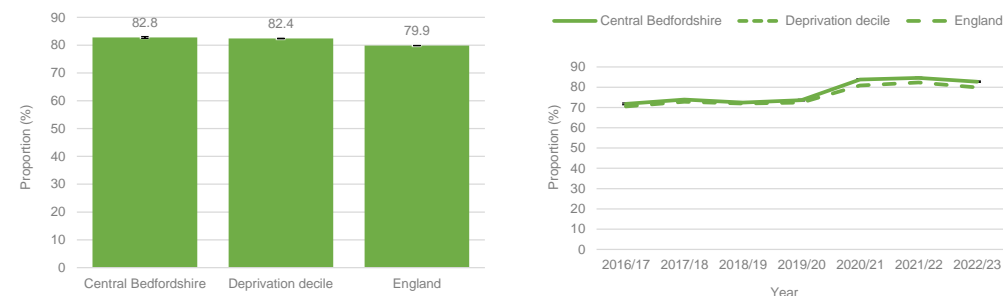
Population vaccination coverage: Flu 65+, 2022/23

Influenza (also known as flu) is a highly infectious viral illness spread by droplet infection. The flu vaccination is offered to people who are at greater risk of developing serious complications if they catch flu, including older adults. Increasing the uptake of flu vaccination among these high-risk groups should also contribute to easing winter pressure on primary care services and hospitals. Flu vaccination coverage is measured as the number of vaccinations administered between September and February as a proportion of the GP registered population aged over 65. From 2021/22 the national ambition rose to 85% from the WHO target of 75%. In Central Bedfordshire, 82.8% of those aged 65 and over received the flu vaccine in 2022/23. This was in line with the national target and other local authorities with similar levels of deprivation (82.4%) and significantly higher than proportion for England (79.9%).

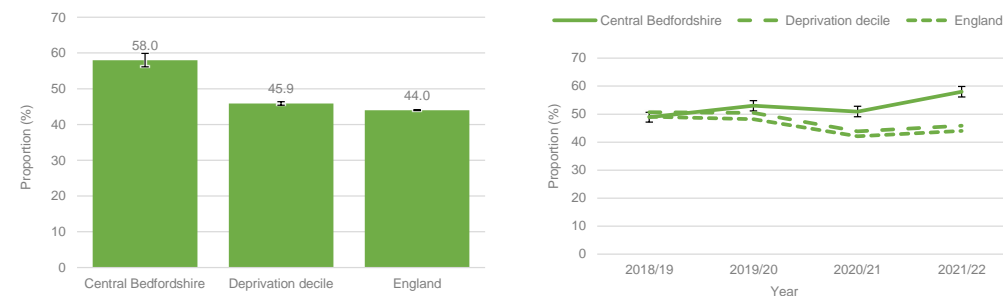
Population vaccination coverage: Shingles (71 years), 2021/22

In 2010, the UK's Joint Committee on Vaccination and Immunisation (JCVI) recommended that a shingles (herpes zoster) vaccination programme should be introduced for adults aged 70 years, with a catch-up programme for those aged 71 to 79 years. Coverage is measured as the number of vaccinations given to people aged 71 as a percentage of all 71-year-olds registered with a GP. In Central Bedfordshire, 58.0% of people aged 71 years received the Shingles vaccine in 2021/22, which was in line with the national target of 50% and significantly above the average for other local authorities with similar levels of deprivation, which had a proportion of 45.9%.

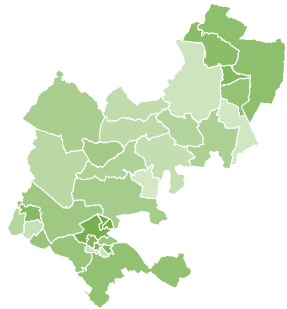
Population vaccination coverage: Flu (65 and over), 2022/23



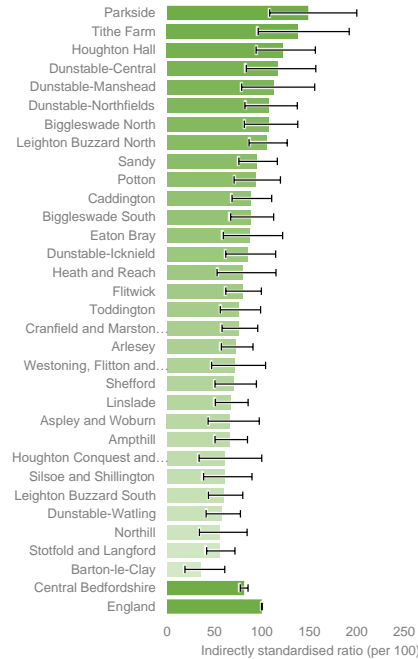
Population vaccination coverage: Shingles (71 years), 2021/22



Deaths from causes considered preventable, under 75 years by Ward, 2016 - 20



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Key Points

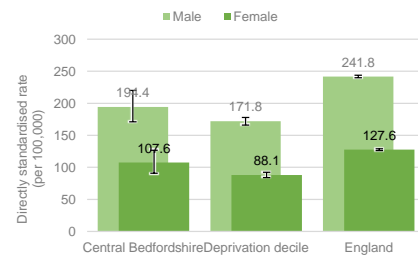
Deaths from causes considered preventable, under 75 by Ward, 2016 - 20

Preventable deaths are those that could potentially be avoided through the implementation of public health and primary healthcare prevention interventions i.e., interventions that address the underlying cause before the onset of diseases or injuries. They include deaths related to communicable diseases, cancers and other diseases related to smoking or alcohol, nutritional deficiency, cardiovascular disease, self harm and road traffic accidents. The number of deaths from causes considered preventable is reported as a ratio out of 100, whereby England is always rated as 100 per 100 and differences from that ratio reflect how far away a local area is from the age-specific mortality rates for England. The ratio for Central Bedfordshire overall was significantly lower than England at 81.3 per hundred for the period 2016 to 2020. However, this hides local variations. At ward level, Parkside registered the highest preventable death ratio with 149.1 per 100, significantly higher than England. By contrast, the lowest ratio was in Barton-le-Clay with 35.6 per 100, significantly lower than England.

Deaths from causes considered preventable, under 75, 2021

In 2021, the rate of preventable deaths in Central Bedfordshire for people under 75 was 194.4 for males per 100,000 male residents and 107.6 for females per 100,000 female residents under 75 years. Overall, the rate was 224.4 per 100,000 residents. The Central Bedfordshire rates for males, females and all persons were all significantly lower than England. However, compared to other local authorities with similar levels of deprivation, the rate was significantly higher for females and all persons, although not significantly different for males.

Under 75 mortality rate from causes considered preventable, 2021

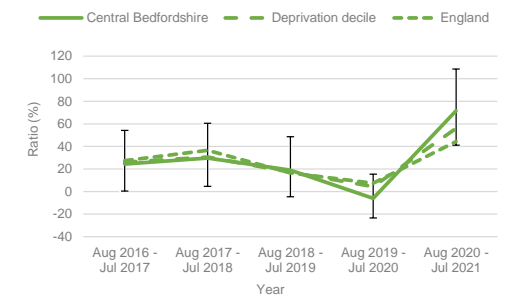
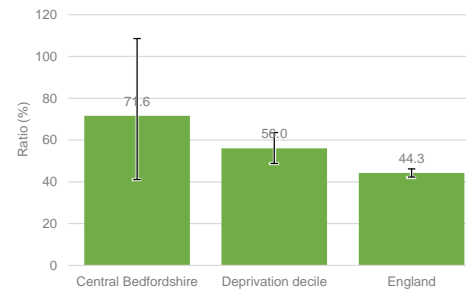


Key Points

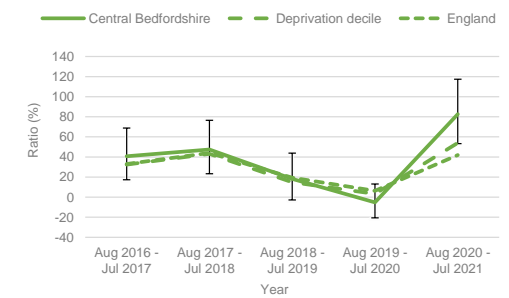
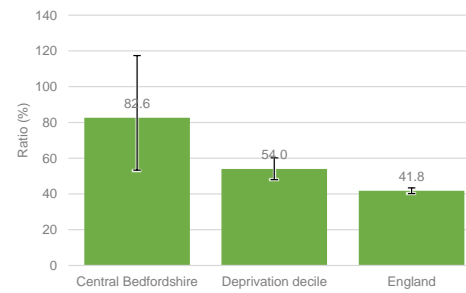
Excess winter deaths index (85+), Aug 2020 - Jul 2021

The excess Winter Deaths Index (EWD Index) is the ratio of extra deaths in all those aged 85 and over in the winter months compared with the expected number of deaths, based on the average of the number of non-winter deaths. It is expressed as a percentage. In Central Bedfordshire, the proportion of excess winter deaths was 71.6% for males and 82.6% for females in 2020/21. This was markedly higher than the averages for other local authorities with similar levels of deprivation, which were 56.0% for males and 54.0% for females, and for England overall, which had an average of 44.3% for males and 41.8% for females.

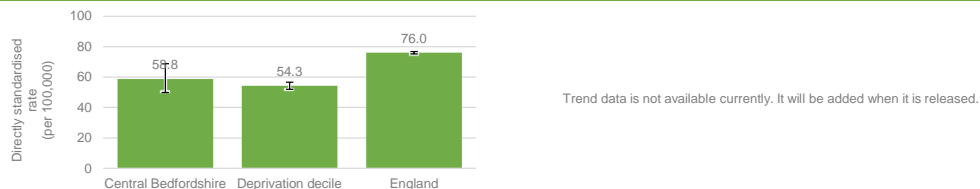
Excess winter deaths index (age 85+) Males, Aug 2020 - Jul 2021



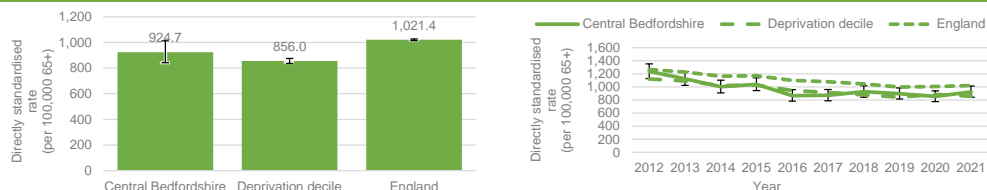
Excess winter deaths index (age 85+) Females, Aug 2020 - Jul 2021



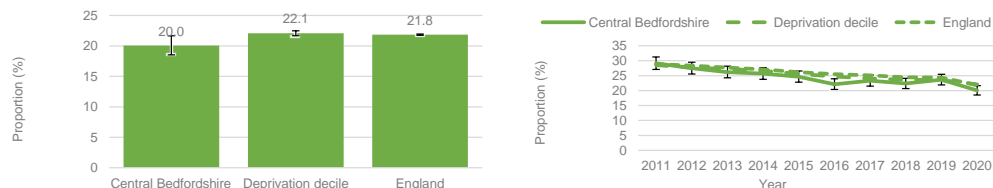
Under 75 mortality rate from all cardiovascular diseases, 2021



Mortality rate from all cardiovascular diseases, ages 65+ years, 2021



Percentage of deaths with underlying cause circulatory disease, 2020



Key Points

Mortality - cardiovascular

Cardiovascular disease includes heart disease and strokes and is one of the major causes of death in people under 75 in England. There have been huge gains over the past decades in terms of better treatment for CVD and improvements in lifestyle, but to ensure that there continues to be a reduction in the rate of premature mortality from CVD, there needs to be concerted action in both prevention and treatment.

In Central Bedfordshire, people aged under 75 died from cardiovascular disease at a rate of 58.8 per 100,000 residents aged under 75 years. This rate was not significantly different from other local authorities with similar levels of deprivation (54.3 per 100,000) but was significantly lower than England (76.0 per 100,000). For people aged 65 years over that rate jumped to 924.7 per 100,000 residents aged 65 and over, which again was similar to other local authorities with similar levels of deprivation (856.0) but was significantly lower than England overall (1,021.4).

In 2020, 20.0% of all deaths in Central Bedfordshire had circulatory disease as the underlying cause. This was significantly lower than for both other local authorities with similar levels of deprivation (22.1%) and England overall, which had a proportion of 21.8%. There has not been any significant change in the proportion of people dying from cardiovascular diseases over the last five years.

Key Points

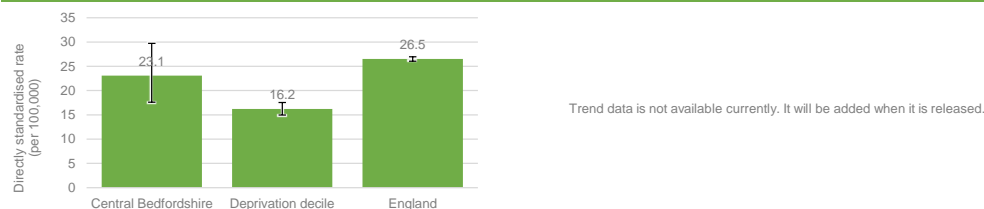
Mortality - respiratory

Respiratory disease is one of the top causes of death in England in under 75s and smoking is the major cause of chronic obstructive pulmonary disease (COPD), one of the major respiratory diseases.

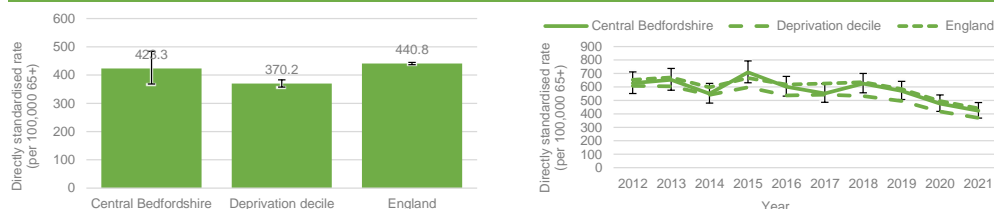
In Central Bedfordshire's under 75-year-old population, the rate of deaths with respiratory disease as the underlying cause was 23.1 per 100,000 residents in 2021. This was similar to England, but significantly higher than other local authorities with similar levels of deprivation. For people 65 and over, the rate was higher at 461.3 per 100,000 residents aged 65 or more, which was not significantly different from either England or other local authorities with similar levels of deprivation.

Overall, 10.6% of all deaths in Central Bedfordshire in 2020 had respiratory disease as the underlying cause, which was not significantly different from other local authorities with similar levels of deprivation (9.9%) or England, which had a proportion of 10.2%. There had not been any significant change in the proportion over the previous five years.

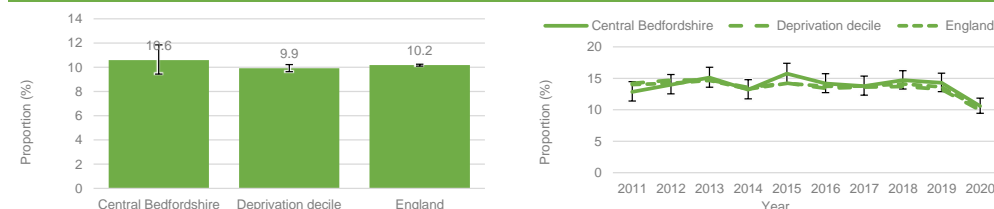
Under 75 mortality rate from respiratory disease, 2021



Mortality rate from respiratory disease, ages 65+ years, 2021



Percentage of deaths with underlying cause respiratory disease, 2020



Key Points

Mortality - cancer

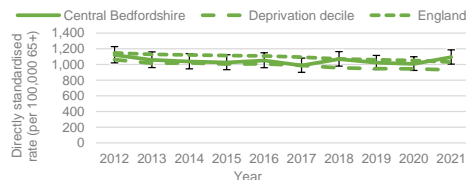
Cancer is the leading cause of death in England in under 75s despite the mortality rate for cancer falling between 2011 and 2021. In Central Bedfordshire's under 75-year-old population, the rate of deaths with cancer as the underlying cause was 121.5 per 100,000 residents aged under 75 years in 2021. This was not significantly different from the rate for England but was significantly higher than that for other local authorities with similar levels of deprivation. For people aged 65 and over, the rate was 1,092.6 per 100,000 residents aged 65 or more. Again, this was not significantly different from the rate for England, but it was significantly higher than that for other local authorities with similar levels of deprivation. Overall, 26.0% of all deaths in Central Bedfordshire in 2020 had cancer as the underlying cause, which was not significantly different from either other local authorities with similar levels of deprivation (24.9%) or England (24.3%). This percentage remained stable over the previous five years.

Under 75 mortality rate from cancer, 2021

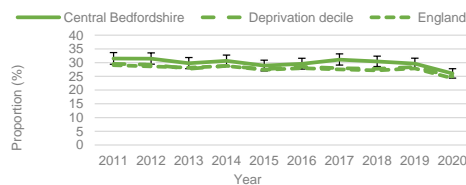


Trend data is not available currently. It will be added when it is released.

Mortality rate from cancer, ages 65+ years, 2021



Percentage of deaths with underlying cause Cancer, 2020



Key Points

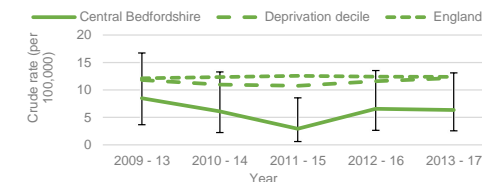
Mortality - suicide, 2013-17

Suicide is often the end point of a complex history of risk factors and distressing events and is a leading cause of years of life lost, especially for younger males. While the rate of suicide is lower in older males, suicide remains an important issue. For Central Bedfordshire, the suicide rate in males aged 65 and older in the five-year period from 2013 to 2017 was 6.4 per 100,000 of male residents aged 65 and over. This was not significantly different from other local authorities with similar levels of deprivation (12.2 per 100,000) or from England (12.4 per 100,000). The equivalent rate for females was not calculated as the numbers are too

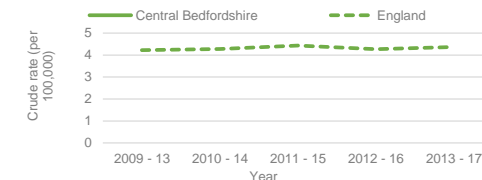
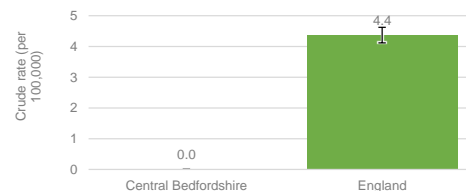
Mortality - dementia, 2019

Dementia is the overall leading cause of death in England for people over 65. In Central Bedfordshire, the rate of people aged 65 and over who died with dementia or Alzheimer's mentioned as contributing factor was 695.3 per 100,000 residents aged 65 and over in 2019. This was significantly lower than the rates for both England (849.3 per 100,000) and for the East of England, which was 849.1 per 100,000. For data on the prevalence of dementia, see the next chapter of this Dashboard.

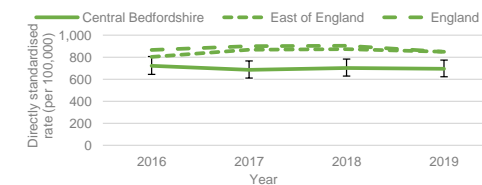
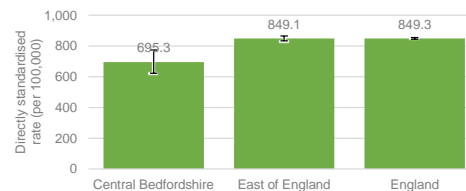
Suicide crude rate 65+ years: per 100,000 (5 year average) Males, 2013 - 17



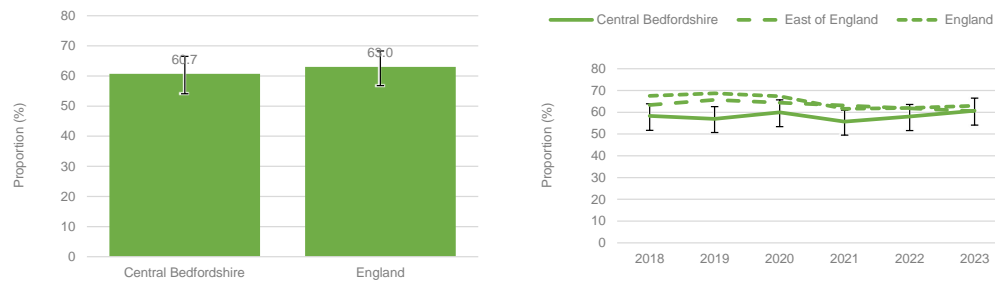
Suicide crude rate 65+ years: per 100,000 (5 year average) Females, 2013 - 17



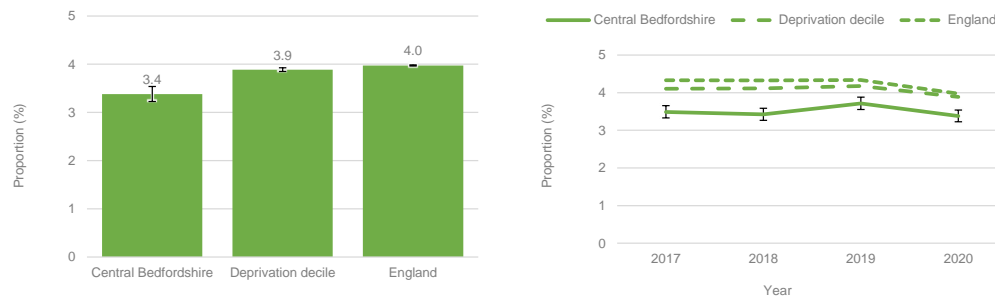
Direct standardised rate of mortality: People with dementia (aged 65 years and over), 2019



Estimated dementia diagnosis rate (aged 65 and older), 2023



Dementia: Recorded prevalence (aged 65 years and over), 2020



Dementia: Direct standardised rate of emergency admissions (aged 65 years and over), 2019/20



Key Points

Dementia is an umbrella term for a range of progressive conditions that affect the brain and typically lead to symptoms such as memory loss, confusion, and problems with speech and understanding. There are over 200 subtypes of dementia, the most common of which are Alzheimer's disease, vascular dementia, Lewy body dementia, frontotemporal dementia and mixed dementia. Research shows there are more than 850,000 people in the UK who have dementia. One in 14 people over the age of 65 has dementia, and the condition affects 1 in 6 people over 80. The number of people with dementia is increasing because people are living longer. It is estimated that by 2025, the number of people with dementia in the UK will be more than 1 million.

Estimated dementia diagnosis rate (aged 65 and over), 2023

An early diagnosis of dementia helps people get the support and treatment they need, which can in some cases, slow down the progress of the disease. The proportion of people estimated to have dementia is calculated from those with a recorded diagnosis and the number of people that are expected to have dementia given the age and sex profile of the 65 and over population. There is a national target to diagnose 66.7% of people 65 and over that are likely to have the disease. In Central Bedfordshire, the estimated dementia diagnosis rate for people 65 and over was 60.7% in 2023. This was similar to England (63.0%) but significantly lower than the target. There has been no significant change in the past five years, with Central Bedfordshire remaining below the target throughout.

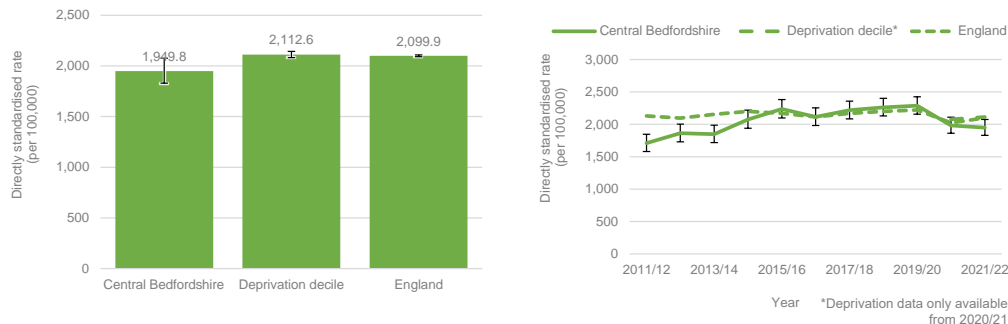
Dementia: Recorded prevalence (aged 65 years and over), 2020

In Central Bedfordshire, the percentage of people registered with a GP aged 65 and over who had a formal dementia diagnosis in 2020 was 3.4%. This was significantly lower than both other local authorities with similar levels of deprivation (3.9%) and the proportion for England, which was 4.0%.

Dementia: Direct standardised rate of emergency admissions (aged 65 years and over), 2019/20

In 2019/20, the rate of emergency admissions of people aged 65 years and over for whom dementia or Alzheimer's was part of the diagnosis in Central Bedfordshire was 3,602.3 per 100,000 admissions of people over 65. This was not significantly different from England, which had a rate of 3,517.3 per 100,000 but was significantly higher than the East of England, which had a rate of 3,340 per 100,000. The rate of emergency admissions has been steadily increasing since 2016/17, although the significance of this has not been calculated.

Emergency admissions due to falls in people aged 65 and over, 2021/22

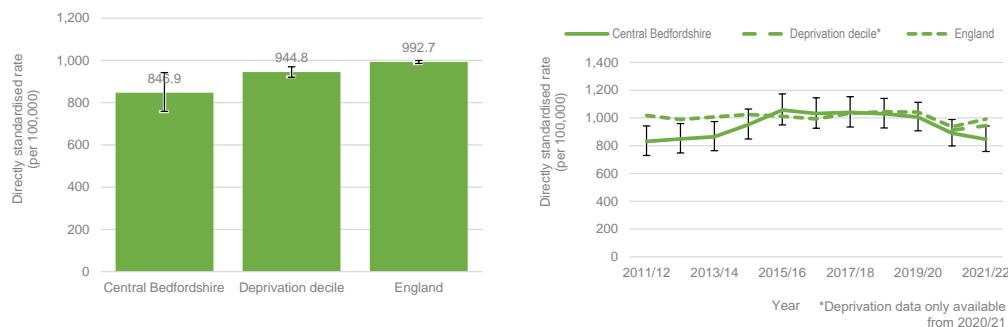


Key Points

Emergency admissions due to falls, 2021/22

Falls are the largest cause of emergency hospital admissions for older people and significantly impact on long term outcomes, as they are a major predictor of people moving from their own home to long-term nursing or residential care. In Central Bedfordshire, there were 1,949.8 emergency admissions for falls by all people aged 65 and above per 100,000 residents aged 65 and over in 2021/22. This was significantly lower than the rates for England (2,099.9 per 100,000) and for other local authorities with similar levels of deprivation, which was 2,112.6 per 100,000. The rates were considerably lower for the 65-79 years age group and higher for people aged 80 and over in 2021/22. In Central Bedfordshire, the admissions rate was 846.9 per 100,000 for 65- to 79-year-olds, which was significantly lower than the rates for both England (992.7 per 100,000) and other local authorities with similar levels of deprivation (944.8 per 100,000). They rose to 5,148.1 per 100,000 for people aged 80 and over, which was also not significantly different to the rates for England (5,310.8 per 100,000) and other local authorities with similar levels of deprivation (5,499.0 per 100,000).

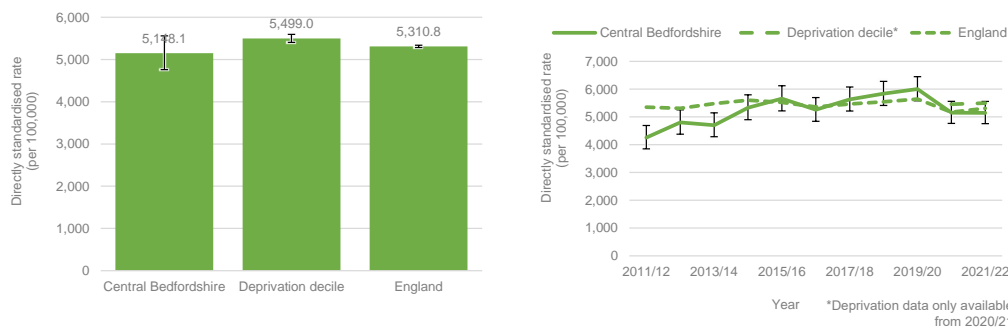
Emergency admissions due to falls in people aged 65-79, 2021/22



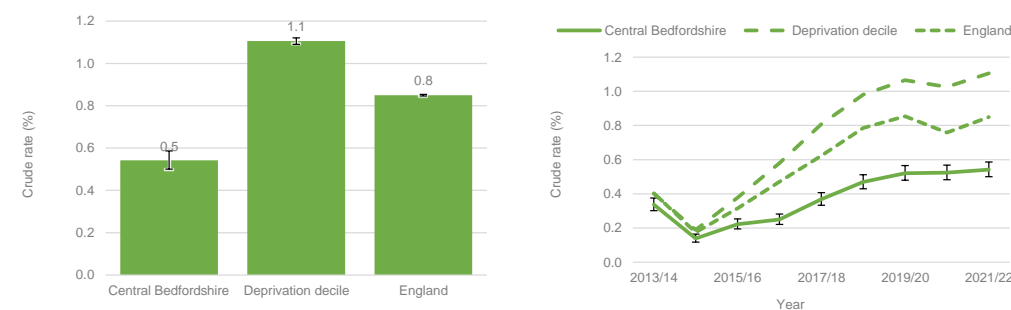
Osteoporosis: QOF prevalence (50 years or over), 2021/22

Fractures that are a result of fragility caused by osteoporosis can cause substantial pain and severe disability. They are also associated with decreased life expectancy. In Central Bedfordshire, 0.5% of people aged 50 years or over registered with a GP were recorded as having osteoporosis in 2021/22. This put Central Bedfordshire in the second lowest quintile of local authorities in England, meaning that 60% of local authorities had higher proportions and 20% of local authorities had lower proportions of recorded osteoporosis than Central Bedfordshire.

Emergency admissions due to falls in people aged 80+, 2021/22



Osteoporosis: QOF prevalence (50+ yrs), 2021/22



Key Points

Hip fractures, 2021/22

Hip fractures are debilitating, often have long-term impact and are associated with higher levels of mortality. Only one in three people return to their former levels of independence after a hip fracture and one in three ends up leaving their own home and moving into long-term care. Hip fractures are almost as common and costly as strokes and the incidence is rising.

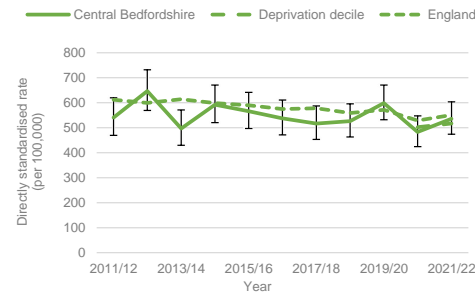
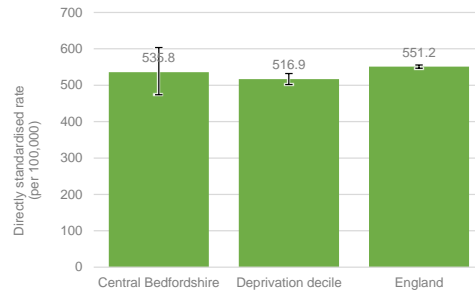
In Central Bedfordshire, the incidence of hip fractures in people aged 65 and over was 535.8 per 100,000 residents aged 65 and over in 2021/22. This was not significantly different from the rate for England (551.2 per 100,000), nor for other local authorities with similar levels of deprivation, which was 516.9 per 100,000.

The impact of hip fractures is felt particularly in people aged 80 and over, for whom the rate in Central Bedfordshire almost trebles to 1,453.1 per 100,000 residents aged 80 and over. This contrasts with a rate for Central Bedfordshire for those aged 65-79 of 219.6 per 100,000 residents aged 65-79. None of these rates are significantly different from England or from other local with similar levels of deprivation.

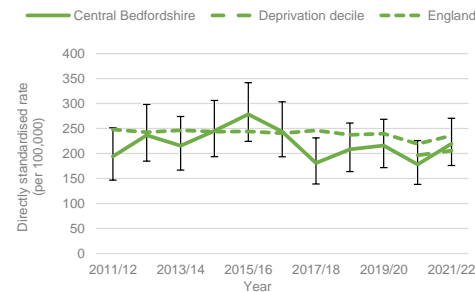
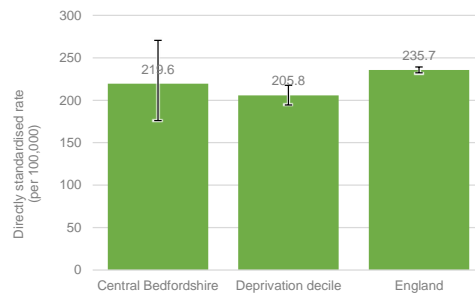
Emergency hospital admissions for hip fracture, 65+, 2016/17 - 20/21

Emergency admissions are commonplace for hip fracture. The rate of admissions is measured using a standardised admissions ratio, whereby England is always rated as 100 per 100 and any scores above or below 100 indicate a difference compared to the England average. Overall, Central Bedfordshire had a ratio of 94.0 per 100, which is significantly lower than England. However, at ward level, there was considerable variation. Tith Farm had the highest ratio (148.3 per 100) for emergency hospital admissions for hip fracture in persons 65 and over and ratios were significantly higher than England in three other wards: Dunstable-Icknield (148.3 per 100), Houghton Hall (138.9 per 100) and Shefford (135.7 per 100). Six wards had significantly lower ratios than England, with Aspley and Woburn having the lowest ratio at 47.3 per 100.

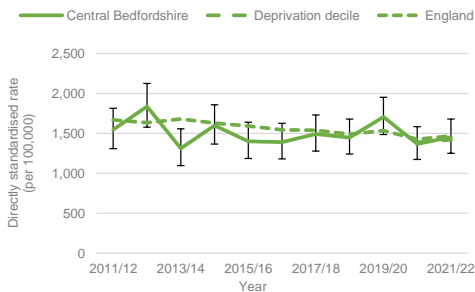
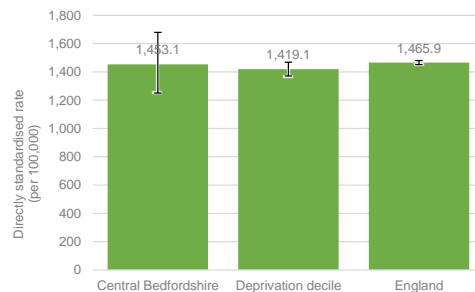
Hip fractures in people aged 65 and over, 2021/22



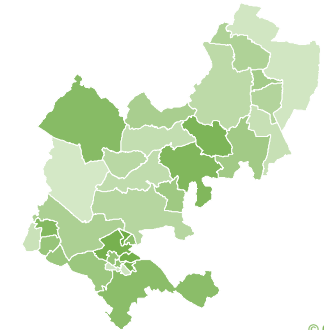
Hip fractures in people aged 65 to 79, 2021/22



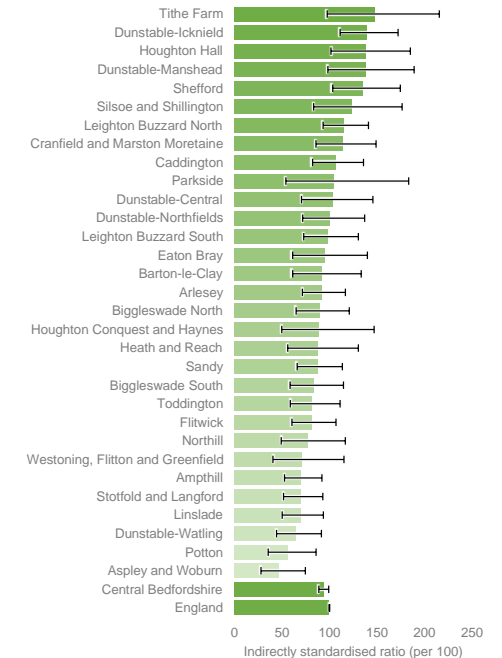
Hip fractures in people aged 80 and over, 2021/22



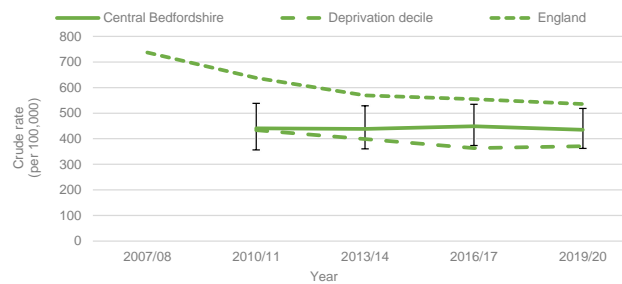
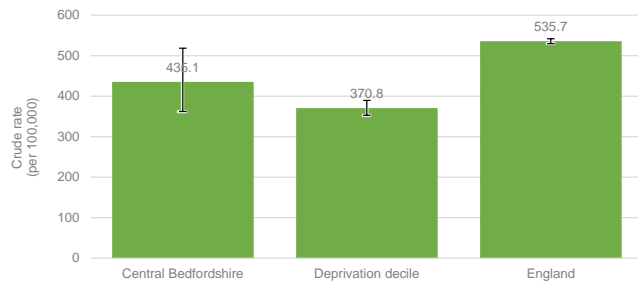
Emergency hospital admissions for hip fractures (65 and over), 2016/17 - 20/21



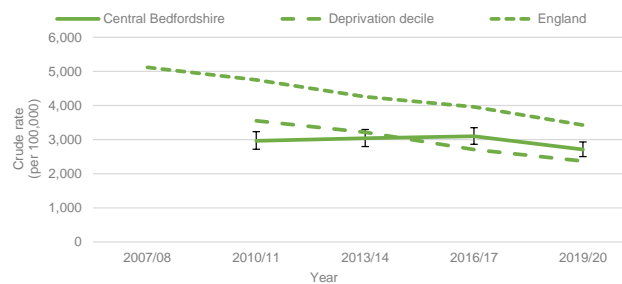
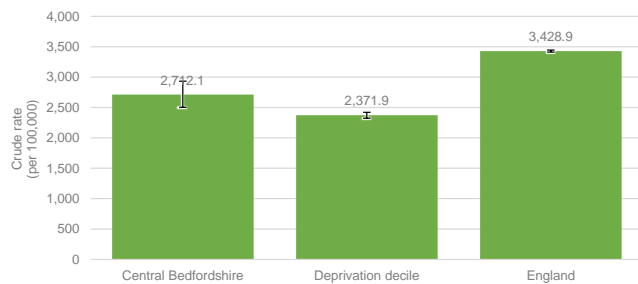
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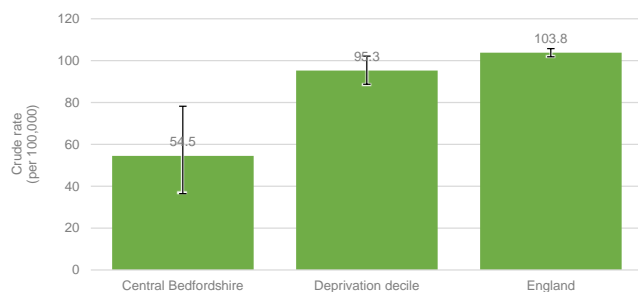
People aged 65-74 registered blind or partially sighted, 2019/20



People aged 75+ registered blind or partially sighted, 2019/20



Preventable sight loss: age related macular degeneration (AMD), 2021/22



Trend data is not available currently. It will be added when it is released.

Key Points

People registered blind or partially sighted, 2019/20

Research by the Royal National Institute for Blind People (RNIB) suggests that 50% of cases of blindness and serious sight loss could be prevented. The prevention of sight loss can help people maintain independent lives and reduce the need for social care support, which would be necessary if sight was lost permanently. It can also reduce the incidence of other health risks associated with older people including depression, falls and hip fractures.

In Central Bedfordshire, the rate of people aged 65-74 registered blind or partially sighted was 435.1 per 100,000 residents aged 65 to 74 in 2019/20. This was significantly lower than England (435 per 100,000) but not significantly different from other local authorities with similar levels of deprivation.

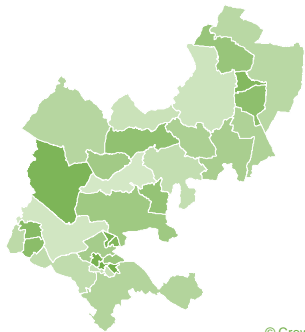
For those aged 75 or more in Central Bedfordshire the rate was six times higher at 2,712.1 per 100,000 in 2019/20. This was significantly higher than other local authorities with similar levels of deprivation (2,371.9 per 100,000) but significantly lower than England overall, which had a rate of 3,428.9 per 100,000.

Preventable sight loss- age related macular degeneration (AMD), 2021/22

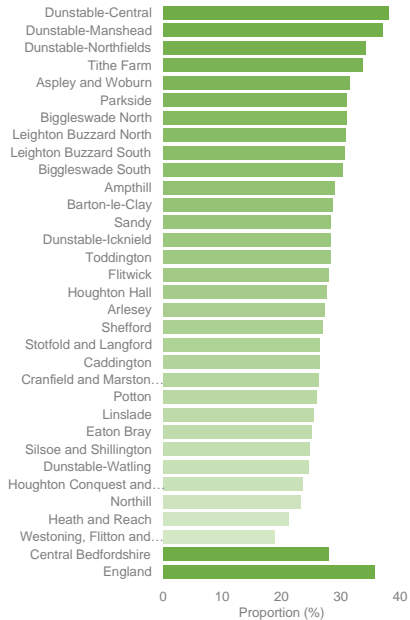
There are two forms of macular degeneration: wet and dry. There is no cure for either, however, there are treatments to stop the vision of people with the wet version from getting worse and access to sight aids can improve quality of life for people with the dry version. Therefore, early detection is important.

In Central Bedfordshire, the rate for people given a certificate of visual impairment related to macular degeneration was 54.5 people per 100,000 residents aged 50 and over in 2021/22. This was significantly lower than the rates for both other local authorities with similar levels of deprivation (95.3 per 100,000) and for England, which had a rate of 103.8 per 100,000.

Older people living alone, % of people aged 66 and over who are living alone, 2021 Census



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Key Points

Older people living alone, 2021 Census

Social isolation, loneliness and higher levels of deprivation are all linked with pensioners who live alone. There is a strong link between loneliness and poor mental and physical health, although the relationship is complicated and circular in nature. In Central Bedfordshire, 27.9% of people aged 66 and over lived alone. However, there was some variation across wards in the area, with the highest in Dunstable-Central (38.0%) and lowest in Westoning, Flitton and Greenfield (18.8%).

Percentage of people aged 65 and over offered reablement services following discharge from hospital, 2021/22

Wherever possible and desired, health and social services work together to support people to return to live in their own homes. Reablement services are short term health and social services designed to help people regain capabilities after they have been discharged from hospital. For example, to relearn how to do daily activities, such as cooking meals and washing. In Central Bedfordshire, 2.7% of all people aged 65 and over who were discharged from hospital in 2021/22 were offered reablement services. This was not significantly different from either other local authorities with similar levels of deprivation (2.5%) or from England overall, where the proportion was 2.8%.

Percentage of people aged 65 and over who are still at home 91 days after discharge from hospital into reablement services, 2021/22

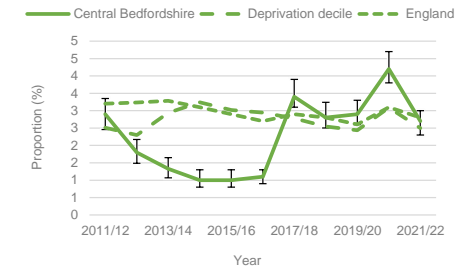
In Central Bedfordshire, 84.0% of people over 65 who were offered reablement services following discharge from hospital and had a clear intention to return to their own home, were living at home 91 days after hospital discharge in 2021/22. This was not significantly different to either other local authorities with similar levels of deprivation (81.3%), or England overall, which had a proportion of 81.8%.

Permanent admissions to residential & nursing care homes aged 65 and over, 2021/22

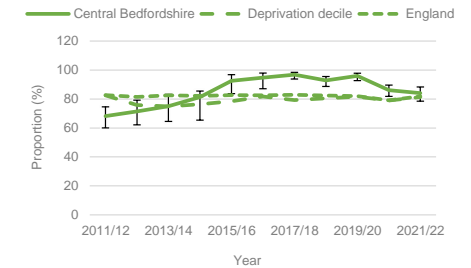
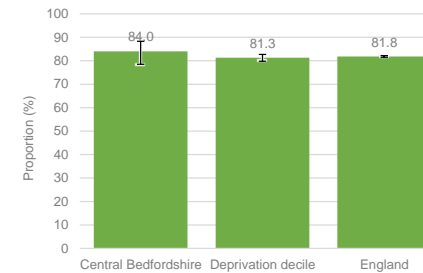
Research suggests that, where possible, people prefer to stay in their own home rather than move into residential care.¹ Minimising the number of placements in residential and nursing care homes is a good indication of delaying dependency and of local health and social care services working together to reduce avoidable admissions.

In Central Bedfordshire, the rate of people aged 65 and over who were permanently living in residential and nursing care homes and for whom the local authority contributed to costs, was 383.8 per 100,000 residents aged 65 years or more in 2021/22. This compared with a rate of 489.8 per 100,000 for other local authorities with similar levels of deprivation and 538.5 per 100,000 for England overall. Due to rounding, the levels of significance have not been calculated but the numbers suggest that the rate in Central Bedfordshire is lower than England and similar to other local authorities with similar levels of deprivation. Over the last five years, the rate has not changed significantly, while the rate in England has been reducing.

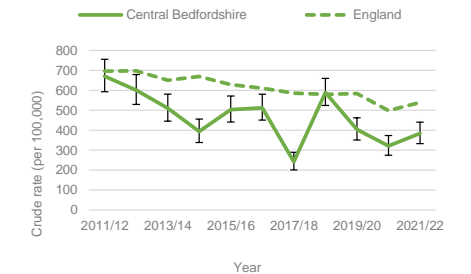
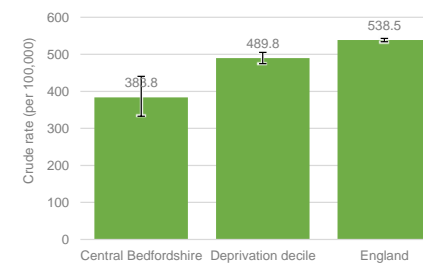
Percentage of people aged 65 and over offered reablement services following discharge from hospital, 2021/22



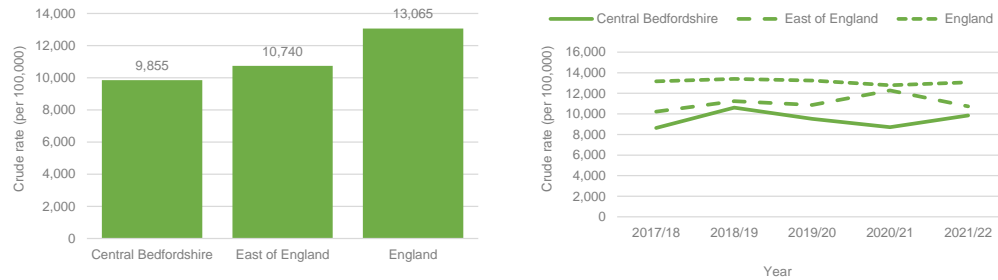
Percentage of people aged 65 and over who were still at home 91 days after discharge from hospital into reablement services, 2021/22



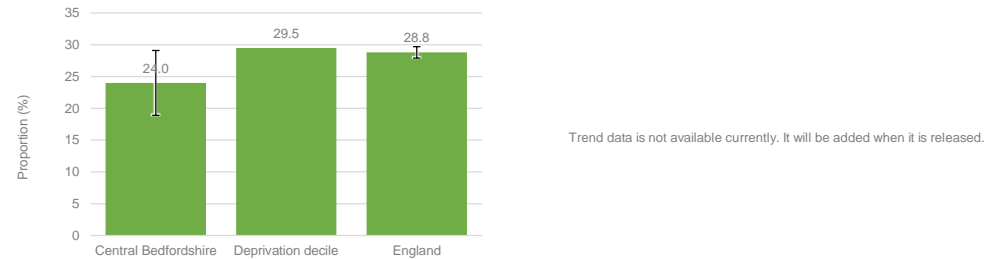
Permanent admissions to residential and nursing care homes per 100,000 aged 65+, 2021/22



Number of requests for support received from new clients per 100,000 adults, (65 or over), 2021/22



Social Isolation: percentage of adult carers who have as much social contact as they would like (aged 65 or over), 2021/22



Key Points

Number of requests for support received from new clients, 2021/22

There are close to 2 million requests for support with social care services for new clients each year for those aged 18 or over nationally. People aged 65 or over have and continue to be by far the largest group. In Central Bedfordshire, new requests were received from clients aged 65 and over at a rate of 9,855 per 100,000 residents aged 65 and over in 2021/22. This is close to the rate for the East of England (10,740 per 100,000) and around 75% of the England rate, which was 13,065 per 100,000. The significance of these differences was not calculated.

Social contact and isolation, 2021/22

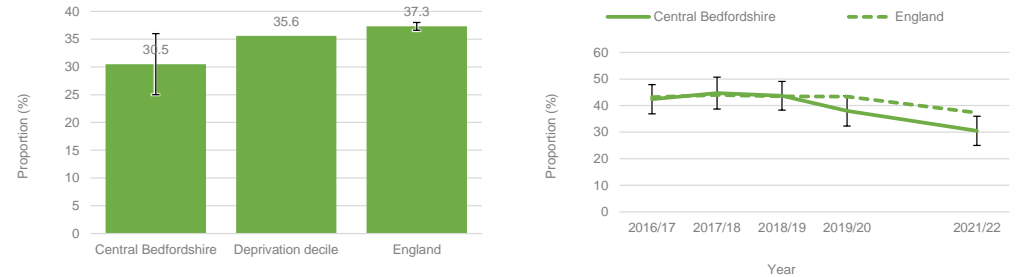
There are many factors that contribute to social isolation for older people, such as the loss or illness of a loved one, separation from friends or family, loss of mobility, worsening vision or hearing problems, disability, or lack of mobility or access to transportation. In 2021/22, 30.5% of adult social care users in Central Bedfordshire aged 65 or over had as much social contact as they would like. This was significantly below the proportion for England, which was 37.3% but not significantly different from other local authorities with similar levels of deprivation (36.8%). The proportion of adult social care users who have as much social contact as they would like declined over the previous five years.

Caring for an older person can also result in social isolation and the 2021 Census found that 1.8 million people provided some level of unpaid care in England and Wales. The number in Central Bedfordshire was 23,551 representing 8.5% of the population over 5. The burden of care for older people often falls on other older people and can lead to isolation for the carer and the person being cared for. According to the Adult Social Care Survey, 24.0% of adult carers in Central Bedfordshire aged 65 or over had as much social contact as they would like in 2021/22. This was significantly lower than the average for other local authorities with similar levels of deprivation (29.5%) and for England overall (28.8%).

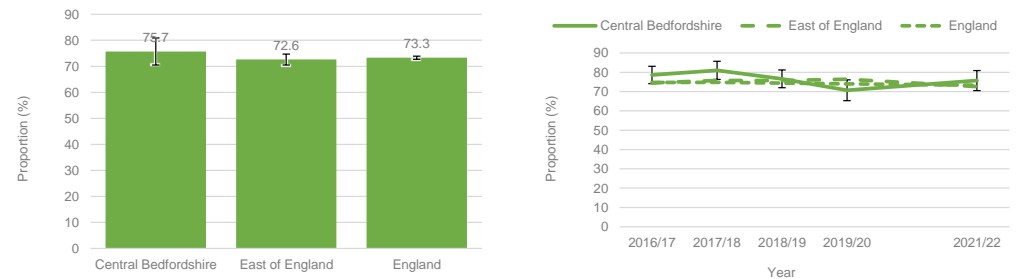
Percentage of adult social care users that have control over their daily lives, age 65+, 2021/22

The NHS Long Term Plan 2019, proposed that personalised care should become business as usual and a key part of personalised care is that people have choice and control over the way their care is planned and delivered. In Central Bedfordshire, 75.7% of people over 65 in receipt of social care services reported they had an adequate level of control over their services or as much control as they wanted in the Adult Social Care Survey 2021/22. This was not significantly different from the proportion for the East of England (72.6%) or from England (73.3%).

Social Isolation: percentage of adult social care users who have as much social contact as they would like (aged 65 or over), 2021/22



Percentage of adult social care service users have control over their daily lives, age 65+, 2021/22





Data Sources

Public Health profiles data

Office for Health Improvement & Disparities: Fingertips - Public health data
<https://fingertips.phe.org.uk>

Coronavirus data

GOV.UK: Coronavirus (COVID19) in the UK
<https://coronavirus.data.gov.uk/>

Social Care data

NHS Digital: Adult Social Care Overview by Region and Local Authority
<https://digital.nhs.uk/data-and-information/publications/statistical/adult-social-care-activity-and-finance-report>

Household composition data

Office for National Statistics: 2021 Census: Household Composition by age
<https://www.nomisweb.co.uk/datasets/c2021rm057>

Reference ¹

Mulliner E, Riley M, Maliene V. Older People's Preferences for Housing and Environment Characteristics. Sustainability. 2020; 12(14):5723
<https://doi.org/10.3390/su12145723>

Contact

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Statistical significance

The terms significant or significantly are used throughout this Dashboard. They are only used in relation to statistical significance. This means that if a difference or change is identified as significant, the probability of it occurring by chance is less than 5%.

Maps

Several maps appear throughout this document, to which the following applies:

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Dates

Just a date is the calendar year (January-December) eg 2020

Dates separated with '/' indicates a financial year (April-March) eg 2019/20, 2020/21

Dates separated with '-' is a range, eg 2018-20, are all the cases between 2018 and 2020. Often with trend data the line graph will show overlapping times, rolling-years eg 2018-20, 2019-21, 2020-22