

# The Older Population

## A guide to finding and using statistics

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*This guide is intended to assist individuals and local groups in England to access up-to-date, reliable information on the older population. It complements the main Help the Aged statistical publication, the Spotlight Report, which provides a full range of United Kingdom statistics and commentary.*

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# 1 General guidelines

*Help the Aged uses statistics to develop key messages, support arguments and illustrate change. We aim to quote the latest available accurate figures. However, even the best figures can be misused. Most errors can be avoided by doing the following:*

## **Be specific:**

- Age bands vary depending on topic and source. Ensure your data refers to the precise **age group** under discussion (for example, do you want information about those over retirement age or those over 65?)
- Beware of the **geographical area** it covers. For example, do the figures refer to the United Kingdom or Great Britain? A similar error is confusing data for 'England' and 'England and Wales'. This guide is designed to support local groups within England, but UK figures are quoted wherever possible for comparison purposes.
- Check the **base**: does the information refer to the whole population of the country (Census), a large group or a small survey sample? If the figure is quoted as a percentage, what is it a percentage of?
- Use **precise language**: be careful to phrase any findings to reflect the exact details of the data e.g. using 'in the UK' instead of 'in this country'

Always quote the source, area of coverage and date of your data.

## **Check the source:**

Whenever you find statistics, consider:

- Is it a reputable source? Are these official figures?
- Is the source of the information one with a specific agenda e.g. a pressure group?
- Do the conclusions match the evidence? Is the size of the sample group sufficient for large-scale projections?
- Be aware of misleading descriptions and graphics. The language, scale and format used can all influence interpretation of results.

## **Use the latest information:**

Always use the most recent data available. Many Government statistics are updated annually, some quarterly, although for some, such as those for health and social care, the latest available information may be several years old.

Information on the entire population is only collected every 10 years in the Census and, for many categories, this remains the best source.

When using non Government web sites check for the 'last updated' date. Rounded figures are acceptable (and therefore percentages may not always add up to 100%) but beware of over rounded figures.

**Seek further guidance:**

For general guidelines on the use of statistics, please see the 'Office for National Statistics' web site:

[www.statistics.gov.uk/about/data/joined\\_data.asp](http://www.statistics.gov.uk/about/data/joined_data.asp),

For a clear but detailed description of data handling and analysis, see Chapman, M & C. Wykes, 'Plain Figures' Civil Service College Management in Government (ISBN 0-11-702039-7)

## **2 Collections of information and statistics on the older population**

There is a wide range of collections of general national statistics relating either to the whole population or to the older population in particular. Information at local and regional level has up to now been difficult to obtain, unless one is lucky enough to have a helpful Local Authority. However, the availability and extent of local statistics, including some specific to older people and the issues of interest to them, is set to improve considerably over the next two years, at least for those with access to the internet.

For those who do not have the necessary IT skills and access to the internet either at home or in a Library or other shared resource, it is becoming increasingly difficult to gather the information at a local, regional and even national level. Apart from Help the Aged publications such as the Spotlight Report and Age Concern's Age Agenda, only a handful of statistical digests are now produced in hard copy and some of these, such as the Office for National Statistics Focus on Older People, are out of print. Local statistics are almost exclusively web-based and only those local campaigners with good contacts inside their local authority will be able to get at the figures they need without internet access. The following guidance therefore contains internet links, but with indications of published resources where available.

### **(a) Local statistics**

#### **Comprehensive Area Assessments**

A range of information on Local Authority performance can be sourced from the Audit Commission. At present, the Audit Commission's Comprehensive Performance Assessments (CPAs) provide an overview of council performance against set targets. Inspection reports and general assessments for single tier and county councils, district councils and fire and rescue authorities can be accessed from the Audit Commission website, where an alphabetical list is available <http://www.audit-commission.gov.uk/cpa/>. For details and a full list of the 2008 Local Area Agreements, see the IDEA website <http://www.idea.gov.uk/idk/core/page.do?pageId=8399555> .

The last set of reports on CPAs will be available in 2008. From April 2008, the performance framework for local government has been incorporated into the new regime of LAAs (Local Area Agreements). Each Local Authority has chosen its own set of targeted indicators on which it is to assess progress, in addition to the statutory indicators set at national level. Some of the data can be taken from existing surveys and some will be gathered using a new Place Survey. Local Authorities will report their first set of Comprehensive Area Assessment scores in November 2009. Details of the Comprehensive Area

Assessments (CAAs) due to come into force in April 2009 can be viewed at <http://www.audit-commission.gov.uk/cpa/cpatransition.asp>.

The wealth of information on Local Authorities from the Comprehensive Area Assessment results will be helpful in measuring local progress on its own and central government targets and also towards the aims of the Help the Aged Common Ground manifesto (for information on Common Ground, see [http://www.helptheaged.org.uk/en-gb/Campaigns/Neighbourhoods/ci\\_commong\\_300408.htm](http://www.helptheaged.org.uk/en-gb/Campaigns/Neighbourhoods/ci_commong_300408.htm)).

The statutory indicators for the CAAs refer to children's education and many of the targeted indicators are either general or have little or nothing to do with the older population. However, a small number of the new indicators will be of direct relevance to older people and will be able in time to provide a useful method of monitoring an LA's progress, if chosen. For instance, life expectancy at age 65, access to services, satisfaction with neighbourhood for people aged 65 and over, achieving independence for older people through rehabilitation/intermediate care and several other key indicators of older people's welfare are available for LAs to choose, although many have chosen not to do so. You can view the statutory indicators and those chosen by your own Local Authority on the Local Priorities website <http://www.localpriorities.communities.gov.uk/default.aspx>.

For a Help the Aged summary on local indicators specific to pensioner poverty, see the HTA Policy website <http://policy2.helptheaged.org.uk/NR/rdonlyres/067AC325-1FA9-419F-8559-56E2C326CCBA/0/localindicpenspoverty220508.pdf>

### **Joint Strategic Needs Assessments**

From 1<sup>st</sup> April 2008, a new duty has been placed on local authorities and Primary Care Trusts (PCTs) to provide comprehensive information on the health needs of their area in the form of a Joint Strategic Needs Assessments (JSNAs). The published findings of the JSNA will be a concise summary of the main health and wellbeing needs of a community, and should be a valuable summary of health inequalities at a local level. Joint Strategic Needs Assessment describes a process that claims to identify current and future health and wellbeing needs in light of existing services. Reports should be available from the Director of Public Health in any given area. If it is not published in an annual report, the data should be available on request. Further information on plans for the JSNAs is available on the Department of Health website [http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH\\_081097](http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_081097).

### **National Survey of Local Health Services**

An annual survey by the Healthcare Commission assessing Primary care Trust (PCT) performance against a set of benchmarks across a wide range of services can be accessed from the Healthcare Commission website <http://www.healthcarecommission.org.uk/healthcareproviders/nationalfindings/>

[surveys/patientsandthepublic/patientsurveyresults/primar/nationalsurveyoflocalhealthservices2008.cfm](http://www.healthcarecommission.org.uk/db/documents/PCT08_Comparative_tables_v4_1-24-07-08_-_backup.pdf) . This page also provides maps of England, based on the survey results, giving an interesting geographical overview of patient satisfaction with their GP surgeries' performance. For the full 2008 results and comparison go to previous years is available from the Healthcare Commission [http://www.healthcarecommission.org.uk/db/documents/PCT08\\_Comparative\\_tables\\_v4\\_1-24-07-08\\_-\\_backup.pdf](http://www.healthcarecommission.org.uk/db/documents/PCT08_Comparative_tables_v4_1-24-07-08_-_backup.pdf).

## **Neighbourhood Statistics**

A wide range of local statistics at 11 spatial levels, including Local Authority, ward and small areas (Super Output Area and Lower Layer Super Output Area) is accessible from the Neighbourhood Statistics website <http://www.neighbourhood.statistics.gov.uk/>. You can enter a postcode or an authority name and select from a range of areas. A brief summary of the area is also to be found on the right-hand side of the webpage. For those who wish to make their own customised tables from the data, a link is supplied at the bottom of the page, and paid-for tables can be requested from the UK Statistics Authority (Office for National Statistics).

However, many of the lower level statistics (postcode, Lower Layer Super Output Area and ward) are not specific to that area, but are from the larger areas to which they belong. Also, many of the detailed statistics are based on the last Census in 2001, which was the last time the questions were asked. There is a full explanation of the various areas and layers at <http://www.neighbourhood.statistics.gov.uk/dissemination/Info.do?page=userguide/moreaboutareas/more-about-areas.htm>

## **Community Health Profiles**

A useful four-page summary of health-related issues (in the broadest sense) for every Local Authority is available from the Community Health Profiles on the Association of Public Health Observatories (APHO) website [http://www.apho.org.uk/default.aspx?QN=HP\\_FINDSEARCH](http://www.apho.org.uk/default.aspx?QN=HP_FINDSEARCH). The 2008 Profile has the latest data on health, deprivation and life expectancy, but little specific to older people. The 2006 and 2007 Profiles can also be viewed by clicking on the LA name, and these contain more information.

## **Index of Multiple Deprivation**

However, the Community Health Profiles contain only top-line local data. For in-depth information about general levels of local need, a good source is the Index of Multiple Deprivation (IMD 2007), which is available on the Communities (CLG) website <http://www.communities.gov.uk/communities/neighbourhoodrenewal/deprivation/deprivation07/>.

Although none of the general IMD data are specific to older people, the aggregate IMD figure is a useful summary of deprivation at Local Authority

and County Council, but especially in smaller areas (Lower Level Super Output Areas, about 1,000 people). The look-up table converts the LLSOA and Super Output Area codes to wards and local authorities. Areas can be “scored” on the rank of deprivation figure, where 1 is the most deprived LLSOA in England and 32,482 is the least deprived. Areas can also be described as being in the top 10% most deprived (ranked between 1 and 3,248), the top fifth (1- 6,496) or the top 25% most deprived (below 8,121).

More non-age-specific information can be extracted from the scores for the eight domains which make up the aggregate IMD score: Income, Employment, Health and Disability, Education, Skills and Training, Barriers to Housing and Services, Living Environment and Crime.

### **Income Deprivation Affecting Older People Index**

The only IMD data directly relevant to older people is the Income Deprivation Affecting Older People Index (IDAOPI), also available from the same webpage. Local areas can be scored in the same way (from the most to least income deprived of the 32,482 LLSOAs), although the figures are based on income-related benefits, so areas with good benefits advice and take-up schemes can appear more deprived than similar areas without such support.

### **Environmental Quality Survey**

Summary results and full reports on local environmental issues are available from the Local Environmental Quality Survey of England can be found at [http://www.encams.org/general/leqse\\_extended\\_reports.asp](http://www.encams.org/general/leqse_extended_reports.asp). Amongst other topics, a local authority’s pavement and road quality, litter, “street furniture” such as benches and signs are assessed against current national standards.

### **Population statistics**

The latest information on the population by age group in local areas within England comes from the mid-2007 Population Estimates from the Office for National Statistics (UK Statistical Authority), available from the ONS website <http://www.statistics.gov.uk/statbase/Product.asp?vlnk=15106> from 21<sup>st</sup> August 2008 onwards. The population estimates for Local Authorities give the current population in five-year age-bands, plus a summary of all those in the LA area over state retirement age (60 for women, 65 for men). The retirement age figures are also available for all Primary Care Organisations in England.

In addition, there are experimental age-band statistics available (currently up to 2005) from ONS by parliamentary constituency <http://www.statistics.gov.uk/StatBase/Product.asp?vlnk=15095> and by ethnicity <http://www.statistics.gov.uk/statbase/Product.asp?vlnk=14238>.

## **(b) Regional (England)**

The Office for National Statistics also provides a series of regularly updated statistics at regional level. A wide range of general information is available for each of the nine Government Office Regions of England, plus national-level comparison data for England, Wales and Scotland at

<http://www.statistics.gov.uk/StatBase/Product.asp?vlnk=14356> .

An archive of previous reports can be accessed at

<http://www.statistics.gov.uk/statbase/Product.asp?vlnk=836> .

A range of regional reports on a variety of relevant topics is published by the Association of Public Health Observatories (APHO) <http://www.apho.org.uk/>. These include the local Community Health Profiles and also regional profiles: select your own regional Public Health Observatory (PHO) from the list or clickable map on the APHO website. There is also a good range of national summary publications produced by different regional PHOs, which also have responsibilities for different elements of the APHO brief. The West Midlands PHO is responsible for collating and publishing topics concerning older people in England and has published in January 2008 an extensive summary "Indications of Public Health in the English regions 9: Older People" [http://www.wmpho.org.uk/downloads/webAPHO\\_OP.pdf](http://www.wmpho.org.uk/downloads/webAPHO_OP.pdf). Enquiries about hard copies of reports can be directed to the Association by telephone on 01904 328216.

The latest (mid-2007) population estimates for the nine Government Office Regions and the other nations of the UK, including an age-breakdown and summary figure for people of state retirement age can be accessed from 21<sup>st</sup> August 2008 at

<http://www.statistics.gov.uk/statbase/Product.asp?vlnk=15106>.

## **(c) National**

The list below does not claim to be exhaustive, but contains some of the most commonly used summaries and collections of national statistics.

A good overview of the situation of older people nationally is the Office for National Statistics *Focus on Older People*

<http://www.statistics.gov.uk/StatBase/Product.asp?vlnk=12348&Pos=&ColRank=1&Rank=422>.

The last report is from 2005, although some of the detailed information dates back to the 2001 Census.

Information about age discrimination and rights can be accessed from the Equality and Human Rights Commission

<http://www.equalityhumanrights.com/en/yourrights/equalityanddiscrimination/age/Pages/Age.aspx>.

A very useful source of statistics and graphs is the Poverty website <http://www.poverty.org.uk/> from the New Policy Institute and the Joseph Rowntree Foundation. This covers many of the topics relating to the older population, including poverty, fuel poverty, social inclusion, pay and rural issues and provides analysis wherever possible in time series format and disaggregated by age and by region. Some of the information is also available in the publication *Monitoring Poverty and Social Exclusion 2008*, available from the New Policy Institute (phone 01904 615905) and from *Poverty and Inequality in the UK 2008* published by the Institute of Fiscal Studies in hard copy (£40, phone 020 7291 4800) or free on the internet [http://www.ifs.org.uk/publications.php?publication\\_id=4258](http://www.ifs.org.uk/publications.php?publication_id=4258)

The latest information on national and regional poverty is available from the Department of Work and Pensions publication *Households Below Average Income*. The latest version (for 2006/7, published on 10<sup>th</sup> June 2008) can be accessed at <http://www.dwp.gov.uk/asd/hbai.asp> and in book form from the Stationery Office.

Statistics on pensioner incomes can be found in the *Pensioner Income Series*, also published by the Department of Work and Pensions [http://www.dwp.gov.uk/asd/pensioners\\_income.asp#PI\\_Latest](http://www.dwp.gov.uk/asd/pensioners_income.asp#PI_Latest) and national estimates of benefit take-up at <http://www.dwp.gov.uk/asd/irb.asp> or from the Stationery Office. More detailed information from national government surveys comes from the national reports of the *Family Resource Survey*, the *General Household Survey*, the *Expenditure and Food Survey* and a series of reports in the *Social Trends* series can be accessed via the Office for National Statistics Virtual Bookshelf list <http://www.statistics.gov.uk/onlineproducts/default.asp> or from the Stationery Office.

Another useful source of general statistics is the *English Longitudinal Study of Ageing (ELSA)*, published by the Institute of Fiscal Studies. The ELSA reports cover a wide range of health, social and financial topics. There are at present three reports based on a survey of people aged 50 and over in the year 2000. The most recent report, published in 2008 and analysing the third “wave” of the survey which ended in 2006, is available from the IFS in hard copy (costing £40, ring 020 7291 4800) or free, together with the first two reports and supporting materials, on the IFS website [www.ifs.org.uk/elsa](http://www.ifs.org.uk/elsa) .

More health-related statistics can be found in the summary reports from the *Health Survey for England*. Although annually updated, there is a different specialist theme each year. The latest report on older people is in the 2005 report. Free copies can be downloaded from the Information Centre of the National Health Service (ICNHS) <http://www.ic.nhs.uk/statistics-and-data-collections/health-and-lifestyles-related-surveys/health-survey-for-england>

A full set of tables from Census 2001 (National Report for England and Wales) can be purchased from the Stationery Office (phone 0870 600 5522 for orders) and from the Census website [http://www.statistics.gov.uk/census2001/get\\_facts.asp](http://www.statistics.gov.uk/census2001/get_facts.asp). Despite the age of these data, they remain the latest available statistics on a wide range of

detailed topics and may therefore be quoted as such. The print copy is currently unavailable (out of print).

The UK Factsheet in Section 4 of this booklet is a summary of the latest available statistics on topics relevant to the older population of the country. An updated summary of the Help the Aged Spotlight Report 2008 is also attached. Printed copies of Spotlight can be ordered from Help the Aged by ringing 020 7239 1946 and copies of Age Concern's Age Agenda 2008 from 0870 44 22 120.

#### **(d) International**

There is a shortage of reliable data about older people worldwide. Statistics rarely refer to the world as a whole and even the information on older people in specific countries and regions is sketchy, not standardised to enable direct comparison or based on broad estimates. In addition, data from international bodies such as the United Nations is often difficult to find on websites. The list below, whilst not exhaustive, gives a good range of sources.

For publications on older people around the world, the Department for International Development (DfID) <http://www.dfid.gov.uk/pubs/> Comprehensive international development resources can be accessed from HelpAge International <http://www.helpage.org/Resources>. The latest Ageing and Development report is now available free of charge from HelpAge International <http://www.helpage.org/Resources/Regularpublications/AgeingandDevelopment>

For statistics on the European Union, Eurostat [http://epp.eurostat.ec.europa.eu/portal/page?\\_pageid=1090,30070682,1090,33076576&\\_dad=portal&\\_schema=PORTAL](http://epp.eurostat.ec.europa.eu/portal/page?_pageid=1090,30070682,1090,33076576&_dad=portal&_schema=PORTAL)

For international economic information [http://www.oecd.org/statsportal/0,2639,en\\_2825\\_293564\\_1\\_1\\_1\\_1\\_1,00.html](http://www.oecd.org/statsportal/0,2639,en_2825_293564_1_1_1_1_1,00.html)

For figures on international population, the United Nations provide a useful summary of Demographic and Social Statistics <http://unstats.un.org/unsd/demographic/sconcerns/default.htm> but the best website for national population statistics and projections for all countries is the US Census Bureau International Database <http://www.census.gov/ipc/www/idb/>

The International Factsheet in Section 4 is a distillation of the latest facts and statistics from trusted sources.

### 3 Other sources of information

#### Government and official

Now that most UK<sup>1</sup> government information and statistics are available free of charge on websites - increasingly this is the only way of accessing the latest information on a variety of topics relevant to the older population – it is best to have access to the internet for research. If this is not possible, government publications can be purchased by phoning the Stationery Office on +44 (0)870 600 5522.

The latest statistical information from the UK Statistics Authority (Office for National Statistics) can be accessed on [www.statistics.gov.uk](http://www.statistics.gov.uk). Current releases, archived information and a summary of forthcoming releases are at [http://www.statistics.gov.uk/press\\_release/currentreleases.asp](http://www.statistics.gov.uk/press_release/currentreleases.asp).

Generally, there will be a link to any relevant government department if the release is not issued direct by the ONS. However, these links are to the departmental home page. Statistical releases and collections can be found more easily from the pages listed below.

For crime statistics and reports, the Home Office (HO), see <http://www.homeoffice.gov.uk/rds/whatsnew1.html>. For citizenship and volunteering information and also summaries of Local Authority statistics (Local Area Agreements), the Department of Communities and Local Government (DCLG) <http://www.communities.gov.uk/corporate/publications/research-stats/> and for sporting and cultural participation statistics, the Taking Part survey reports are available from Sport England [http://www.sportengland.org/index/get\\_resources/research/tracking/taking\\_part\\_2007.htm](http://www.sportengland.org/index/get_resources/research/tracking/taking_part_2007.htm).

Information and reports on fuel poverty can be found on the Department of Business and Regulatory Reform (BERR) website <http://www.berr.gov.uk/energy/fuel-poverty/index.html>. Reports from the Fuel Poverty Advisory Group for England are at <http://www.berr.gov.uk/energy/fuel-poverty/fpag/index.html>.

Statistics and information about benefits and pensions can be accessed via the Department of Work and Pensions (DWP) website:  
recent publications <http://www.dwp.gov.uk/whatsnew/index.asp>  
statistical summaries [http://www.dwp.gov.uk/asd/statistical\\_summaries.asp](http://www.dwp.gov.uk/asd/statistical_summaries.asp)  
and, for a Tabulation Tool where you can make your own tables from the latest benefit information (and a brief set of instructions on how to use it) <http://www.dwp.gov.uk/asd/statistics.asp>

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<sup>1</sup> These notes are specifically for Forum members and other groups in England. Details of devolved government departments are not given here.

For health-related information in England, the Department of Health website <http://www.dh.gov.uk/PublicationsAndStatistics/Statistics/fs/en> plus extra statistics <http://www.ic.nhs.uk/> , information about admissions and readmissions <http://www.nchod.nhs.uk/> and inspection reports and England summaries <http://www.healthcarecommission.org.uk/homepage.cfm>.

For official audit reports, the National Audit Office (NAO) <http://www.nao.org.uk/whatsnew.asp> and for general government information, you can sign up to alerts from [www.gnn.gov.uk](http://www.gnn.gov.uk) and [www.info4local.gov.uk](http://www.info4local.gov.uk).

### **Parliamentary debates, reports and questions**

For the full text of recent debates and answers from the House of Commons <http://www.parliament.the-stationery-office.co.uk/pa/cm/cmhansrd.htm> and from the House of Lords <http://www.publications.parliament.uk/pa/ld199900/ldhansrd/pdvn/home.htm>

A list of forthcoming parliamentary business for the House of Commons can be found at <http://www.publications.parliament.uk/pa/cm/cmwib/ahead.htm> And for the Lords at [http://www.parliament.uk/what\\_s\\_on/hoc\\_forthcomingbusiness.cfm](http://www.parliament.uk/what_s_on/hoc_forthcomingbusiness.cfm)

### **General media sources**

The BBC is a useful source, not only for news stories <http://www.bbc.co.uk/> But also for its archive of relevant articles, such as <http://www.bbc.co.uk/health/50plus/older.shtml> <http://news.bbc.co.uk/1/hi/health/4115461.stm>

### **Research establishments**

There are many research organisations and thinktanks which publish information and statistics on older people. Some of the more commonly used are

The Joseph Rowntree Foundation, which sponsors and publishes research on many social issues, for instance poverty and social exclusion <http://www.jrf.org.uk/>

The Economic and Social Research Council (ESRC ) <http://www.esrcsocietytoday.ac.uk/ESRCInfoCentre/index.aspx>

The Institute for Fiscal Studies (IFS) analyses economic issues and publishes a range of reports, including the annual “Poverty and Inequality in Britain”, which analyses the government’s poverty statistics <http://www.ifs.org.uk/>

The Pensions Policy Institute (PPI) publishes an authoritative series of briefings on pensions <http://www.pensionspolicyinstitute.org.uk/news.asp?s=6>

The Institute for Public Policy Research (IPPR) commissions and publishes a range of policy-related reports <http://www.ippr.org/>

Useful summaries of older peoples' issues can also be found on the Age Concern website <http://www.ageconcern.org.uk/AgeConcern/policy.asp> and on the Help the Aged website <http://www.helptheaged.org.uk/en-gb/Campaigns/> and <http://www.helptheaged.org.uk/en-gb/WhatWeDo/FactsAndFigures/FactsAndFigures/default.htm>

## 4 Factsheets

*In this section are digests of the latest available facts on the older population in the United Kingdom and internationally. The information will gradually become out of date; for regularly updated factsheets, visit the Help the Aged website Facts and Figures section <http://www.helptheaged.org.uk/en-gb/WhatWeDo/FactsAndFigures/FactsAndFigures/default.htm>.*

### (a) Older people in the United Kingdom (last updated March 2009)

#### Population

- There are nearly 12 million pensioners, almost 1 in 5 of the UK's total population <sup>i</sup>
- There are now more people in the UK aged 60 and above than there are under 18, and more pensioners than there are children under 16 <sup>ii</sup>
- There are 20.7 million people aged 50 years and over, over a third of the total UK population <sup>iii</sup>
- There are 9,779,000 people in the UK aged 65 and above <sup>iv</sup>
- Nearly 1.3 million people are aged 85 or over <sup>v</sup>
- There are eleven thousand centenarians <sup>vi</sup>
- About 3.5 million older people live alone <sup>vii</sup>

#### Population projections

- The number of people aged 65 years and over is expected to rise by over 60% in the next 25 years to almost 15.8 million in 2031 <sup>viii</sup>
- The percentage of the total population who are over 65 is predicted to rise from 16% to over 22% in 2031 and nearly 26% in 2071 <sup>ix</sup>
- The number of people over 85 in the UK is predicted to have doubled in the next 25 years and to have trebled in the next 35 <sup>x</sup>
- The population over 75 is projected to double in the next 30 years <sup>xi</sup>

#### Life Expectancy

- Current life expectancy *aged 65* is 85.2 for women and 82.3 for men. *At birth*, the figures are 81.5 and 77.3 respectively <sup>xii</sup>
- Projections for 2025 for life expectancy *at 65* are 88.3 for women and 86.1 for men <sup>xiii</sup>
- A female born in Glasgow City can expect to live 10.7 years less than one born in Kensington and Chelsea. For males, the difference

is 12.9 years. The gaps are greater than they were for the previous year<sup>xiv</sup>

- 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 2003<sup>xv</sup>
- One in four children born today can expect to live to 100 years old<sup>xvi</sup>

### **Quality of life**

- In the UK in 2008, 12% of older people described their quality of life as very bad, bad or neither good nor bad<sup>xvii</sup>
- 20 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 improved<sup>xviii</sup>

### **Poverty**

- ❖ 2.5 million pensioners (23%) live below the poverty line (£151 for single pensioners and £226 for a couple).<sup>xix</sup>
- ❖ Up to £5 billion of means-tested benefits that should rightfully go to older people in GB is unclaimed each year. That is a total of £13.9 million a day<sup>xx</sup>
- ❖ For single pensioners mainly reliant on state pension, average disposable weekly income is £144<sup>xxi</sup>
- ❖ 15% of pensioners are in persistent poverty (below the poverty line for at least 3 out of the last 4 years in GB).<sup>xxii</sup>

### **Fuel poverty**

- ❖ As a result of the price rises announced in Summer 2008, Help the Aged estimate that 5 million households in the UK are in fuel poverty.<sup>xxiii</sup>
- ❖ Help the Aged estimate that one in three pensioner households in the UK is currently in fuel poverty<sup>xxiv</sup>
- ❖ In March 2008, energy prices were 50% above their 2003 levels in real terms.<sup>xxv</sup>
- ❖ During the summer of 2008, prices rose by an average of around 30% for gas and 14% for electricity.<sup>xxvi</sup>

### **Income**

- In 2008/9, the full Basic State Pension is £90.70 for single pensioners and £145.05 for pensioner couples<sup>xxvii</sup>
- 305,000 people aged 50 or over are unemployed<sup>xxviii</sup>
- The UK spends about 5% of its Gross Domestic Product on pension benefits, less than most other European countries<sup>xxix</sup>

- 58 per cent of households with one or more adults over pension age receive the majority of their income (50% or more) from state support<sup>xxx</sup>
- 1.3 million pensioners in the UK have no source of income other than the state pension and benefits<sup>xxxi</sup>

### **Savings**

- 29 per cent of pensioner couples have less than £1,500 in savings. For single male pensioners, the figure is 42% and for single female pensioners, it is 48 per cent<sup>xxxii</sup>
- 8 per cent of people aged 85 and over have no bank account. 3 per cent of pensioner couples have no account, 4% of single male pensioners and 6% of single female pensioners<sup>xxxiii</sup>
- Nearly a quarter (23%) of single female pensioners have no savings at all. For single male pensioners, it is 20% and for pensioner couples, it is 14%<sup>xxxiv</sup>

### **Loneliness**

- Half of all people aged 75 and over live alone (the figure has reached 50% for the first time since the year 2000)<sup>xxxv</sup>
- Almost 1 million older people (10%) in the UK always or often feel lonely<sup>xxxvi</sup>
- 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 society<sup>xxxvii</sup>
- Nearly half of all older people (about 4.6 million) consider the television as their main form of company<sup>xxxviii</sup>
- Over 500,000 older people spent Christmas Day alone in 2006<sup>xxxix</sup>

### **Isolation**

- 12% of older people (over 1.1 million) feel trapped in their own home<sup>xl</sup>
- 5% of older people (nearly 500,000) leave their house once a week or less<sup>xli</sup>
- Nearly 300,000 older people in the UK (290,634) do not receive the help they need to get out of their house or flat<sup>xlii</sup>
- 17% of older people have less than weekly contact with family, friends and neighbours<sup>xliii</sup>
- 11% have less than monthly contact<sup>xliv</sup>
- In England, 8% of those aged 75-plus say they have very difficult access to a corner shop; 10% to a supermarket; 10% to a post office; 9% to a doctor's surgery; and 17% to a local hospital<sup>xlv</sup>

### **Leisure**

- 🎨 9% of 65-74 year-olds and only 5% of those aged 75+ currently take part in learning<sup>xlvi</sup>
- 🎨 Only 30% of people aged 65 and over have ever used the internet<sup>xlvii</sup>

- 🇬🇧 21% of those aged 75+ in England are participating in formal volunteering at least once a month. The average for all ages is 26%<sup>xlvi</sup>
- 🇬🇧 People aged 65 and over spend on average three and three quarters hours a day watching TV (or DVD/Video)<sup>xlix</sup>

## Crime

- ❖ 8% of people aged 60+ in England and Wales say they live in fear of crime<sup>i</sup>
- ❖ 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 crime<sup>ii</sup>
- ❖ 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<sup>iii</sup>

## Housing and homelessness

- 33% of the homes occupied by older people in England fail the decent homes standard (approximately 1.8 million households)<sup>liii</sup>
- It is estimated that up to 42,000 older people are unofficially homeless in England and Wales<sup>liv</sup>

## Age discrimination

- 53% of older people in Great Britain agree that age discrimination exists in the daily lives of older people<sup>lv</sup>
- 45% of adults agree that once you reach very old age, people tend to treat you as a child<sup>lvi</sup>
- 29 per cent of older people in 2008 agreed that health professionals tend to treat older people as a nuisance<sup>lvii</sup>
- 44 per cent of older people agree that those who plan services do not pay enough attention to the needs of older people<sup>lviii</sup>
- 95% of annual travel insurance policies impose an upper age limit<sup>lix</sup>
- Non-employment amongst people aged 50-69 could be costing the economy nearly £30 billion per year<sup>lx</sup>

## Elder Abuse

- It is estimated that more than 500,000 older people in the UK are abused (roughly 5% of the older population)<sup>lxi</sup>
- Every hour, over 50 older people are neglected or abused in their own homes by family members, friends, neighbours or care workers<sup>lxii</sup>
- 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 abuse<sup>lxiii</sup>

## **Long-term illness**

- Over two thirds (67%) of people aged 85 and over in the UK have a disability or limiting long-standing illness. For those aged 65-74, the figure is 40% and for people aged 75-84, it is 55%<sup>lxiv</sup>
- 38% of people in Great Britain aged 65-74 and 50% of those aged 75+ have a limiting long-standing illness<sup>lxv</sup>
- Men in the UK can expect to live their last 6.8 years with a disability. For women, the average is 9.1 years<sup>lxvi</sup>

## **Falls**

- ❖ Falls represent over half of hospital admissions for accidental injury<sup>lxvii</sup>
- ❖ Half of those with hip fracture never regain their former level of function and one in five dies within three months<sup>lxviii</sup>
- ❖ 50 to 70% of women will have an osteoporotic fracture at some time

## **Sensory impairment**

- In the UK 42% of people over 75 will develop cataracts, and almost 50% will have age-related macular degeneration<sup>lxix</sup>
- 28% of people aged 65+ have difficulties with their eyesight<sup>lxx</sup>
- 55% of people aged 60+ are deaf or hard of hearing<sup>lxxi</sup>

## **Mental Health**

- 🚦 1 in 3 people over 65 will die with dementia.<sup>lxxii</sup>
- 🚦 Nearly 700,000 people are estimated to be suffering from dementia in the UK in 2007 and, by 2025, the number is expected to rise to one million. By 2051, it is projected to exceed 1.7 million<sup>lxxiii</sup>
- 🚦 Dementia affects 1 person in 5 over 80, 1 in 4 over the age of 85 and 1 in 3 for people over 90<sup>lxxiv</sup>
- 🚦 Depression affects 13-15% of people over 65 living in the community, and 40% of older people in care homes<sup>lxxv</sup>

## **Incontinence**

- It is estimated that between 3 and 3.5 million people suffer from urinary incontinence in the UK. More than half are over 65. The majority are women<sup>lxxvi</sup>

## **Strokes**

- ◇ There are over 100,000 first strokes every year in the UK, and 90% of these affect people over 65 years<sup>lxxvii</sup>
- ◇ Every year about 130,000 people in England and Wales suffer a stroke<sup>lxxviii</sup>

## **Arthritis**

- There are an estimated 9 million people in the UK suffering from arthritis<sup>lxxix</sup>

## **Dying**

- 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 deaths<sup>lxxx</sup>
- In the winter of 2007/8, there were an estimated 24,995 excess winter deaths of people aged 65 and over in the UK. About 90% of winter deaths are of people aged 65 and over<sup>lxxxi</sup>
- It has been estimated that for any degree colder than 20C, mortality rises by one to two percent<sup>lxxxii</sup>
- 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%)<sup>lxxxiii</sup>

## **National Health Service**

- Three quarters of NHS clients are aged 65 and over but they receive only two fifths of total expenditure<sup>lxxxiv</sup>
- 9 per cent of people aged 75 and over in England find it very difficult to get to their doctor's surgery<sup>lxxxv</sup>
- Nearly one in five (19%) find it very difficult to get to their local hospital<sup>lxxxvi</sup>
- The number of emergency readmission for people aged 75+ in English hospitals in 2006/7 was 148,922, a rise of 69% since 1998/99<sup>lxxxvii</sup>

## **Care**

- ❖ In England, 346,700 people received home care services in 2007<sup>lxxxviii</sup>
- ❖ In the UK, 466,900 people received home care services in 2007<sup>lxxxix</sup>
- ❖ Between 2000 and 2007, the number of households in England receiving home care services has decreased by 16%<sup>xc</sup>
- ❖ 2,450,000 older people in England have care needs<sup>xcii</sup>
- ❖ 80 per cent of people in need of home care do not get it from the state<sup>xcii</sup>
- ❖ According to CSCI, 1.5 million people in England have care and support needs that the state does not meet<sup>xciii</sup>
- ❖ Over three quarters of a million older people in the UK (775,024) have an unmet need for help with practical household jobs<sup>xciv</sup>
- ❖ In 2008, there were estimated to be about 394,000 older people out a total of 418,000 people in residential care<sup>xcv</sup>
- ❖ The UK average annual fee for a single room in a private residential home is £24,492. For a nursing home, it is £35,100<sup>xcvi</sup>

## **Older People as Carers**

- ✚ There are between five and six million unpaid carers looking after a relative or friend <sup>xcvii</sup>
- ✚ Nearly a quarter of all carers (24%) aged 75+ provide 50 hours or more of informal care <sup>xcviii</sup>
- ✚ 2.8m people aged 50 and over provide unpaid care and 5% of people aged 85+ provide unpaid care <sup>xcix</sup>
- ✚ Carers are currently saving the UK economy an estimated £87 billion a year <sup>c</sup>

**(b) Older people around the world** (last updated March 2009)

**Population**

- Of the current total world population of over six and a half billion, there are over 720 million people aged 60 and over (9.24% of the total population) <sup>ci</sup>
- By 2050, the over-60 population is predicted to fall just short of 2 billion <sup>cii</sup>
- In 2007, almost 500 million people worldwide were 65 and older. By 2025, that total is projected to increase to 835 million—over 1 in 10 of the earth's inhabitants <sup>ciii</sup>
- There are currently about 94 million people aged 80 and over. By 2050, this figure is projected to quadruple to 394 million <sup>civ</sup>
- By 2050, there are expected to be twelve times as many people aged 100 and over as there are today <sup>cv</sup>
- By 2050, there will be more people aged 60 and over than aged 14 or less <sup>cvi</sup>

**- In less developed countries:**

- The most rapid increases in the 60-and-older population are occurring in less developed countries, which will see a jump of 88 percent by 2025, and a jump of 246 percent (to over 1.5 billion) by 2050 <sup>cvii</sup>
- In 2007, 8 percent of people in less developed countries are over 60. By 2025, 13 percent of people in less developed countries will be over 60 and, by 2050, 20 percent of people in less developed countries will be over 60 <sup>cviii</sup>
- 64 percent of the world's older people (60+) live in less developed countries. By 2050, this will increase to 80 percent <sup>cix</sup>
- In the world's *least* developed countries, the 60-and-older population will see a jump of 320 percent (to over 170 million) by 2050 <sup>cx</sup>

**- In urban areas:**

- For the first time in history, more than half of the world's human population, 3.3 billion people, will be living in urban areas <sup>cxii</sup>
- By 2030, this is expected to swell to almost 5 billion <sup>cxii</sup>

## **Life expectancy**

- The highest rate of life expectancy at birth was in Japan, at 82.3 years. Hong Kong, Iceland and Switzerland all have a life expectancy of over 81 years <sup>cxiii</sup>
- The lowest was Zambia, at 40.5 years; Swaziland and Zimbabwe have a life expectancy of 40.9 years <sup>cxiv</sup>
- Men in least developed countries who survived to age 60 can expect to live a further 15 years. Women can expect to live a further 17 years <sup>cxv</sup>

## **Poverty**

- 100 million older people in developing countries live on less than a dollar a day <sup>cxvi</sup>
- 47% of older people in Sub-Saharan Africa live on less than US\$1 per day <sup>cxvii</sup>
- 55 million older people in Asia live on less than a US\$1 a day <sup>cxviii</sup>
- Four fifths of older people in developing countries have no regular income <sup>cxix</sup>
- In developing countries alone, an estimated 342 million older people do not have adequate income security. If provisions do not expand, by 2050 it is projected to increase to 1.2 billion <sup>cxx</sup>

## **Pensions**

- Globally, 72 countries have some form of social (non-contributory) pension. 46 of these are low or middle-income countries <sup>cxxi</sup>
- In Latin America, 4 in 10 people over 70 receive some type of pension <sup>cxxii</sup>

## **Literacy**

- In China, Uganda and Bolivia, literacy among people aged 60 and over is half that of the total population <sup>cxxiii</sup>
- In 2003 94% of women over 60 in Mozambique were illiterate (compared with 64% of men over 60) <sup>cxxiv</sup>
- In Bolivia, approximately 8 out of every 10 rural older women do not read or write <sup>cxxv</sup>

## **Emergencies**

- Two weeks after the Indian Ocean tsunami disaster in December 2004, 1,500 older people surveyed in Cuddalore, India, said they had received little or no aid relief, even though distribution had been underway for some time <sup>cxxvi</sup>
- In a 2005 survey, 51 out of 60 humanitarian agencies worldwide reported having policies that identify particular vulnerable groups. 22 of these gave older people their lowest priority or did not rate them as a priority at all. Only three agencies made older people their top priority <sup>cxxvii</sup>

## Disease

- 44 per cent of all world deaths are due non communicable diseases in older people<sup>cxxviii</sup>
- Throughout the world and particularly in low-income countries, more older people die from malnutrition, respiratory diseases and TB than any other age group, including children 0-14 years<sup>cxxix</sup>
- Respiratory diseases account for the highest proportion of deaths among older people, killing 9 in every 1,000 people in low-income countries<sup>cxxx</sup>
- Bangladesh HelpAge International estimates that 2.1 million older people live without improved water and 4.4 million without access to improved sanitation<sup>cxxxi</sup>
- 60 per cent of the world's people with dementia are living in developing countries<sup>cxxxii</sup>

## HIV/AIDS

- An estimated 22 to 26 million people were living with HIV in sub-Saharan Africa in 2007<sup>cxxxiii</sup>
- In Southern Africa, the region with the highest HIV/AIDS prevalence, life expectancy across the region as a whole has fallen from 55 years in 1975-1980, to a projected 43 years in 2005-2010<sup>cxxxiv</sup>
- There are 12 million children who have lost one or both parents to AIDS in sub-Saharan Africa alone. By 2010, UNICEF estimate there may be as many as 16 million<sup>cxxxv</sup>
- In communities severely affected by HIV and AIDS, around 50% of older people care for orphans and vulnerable children<sup>cxxxvi</sup>
- 40 to 60 percent of orphaned children not living with a surviving parent in Tanzania, Zimbabwe and Namibia are living with their grandmothers<sup>cxxxvii</sup>
- Help the Aged estimate that up to half of the world's 15 million AIDS orphans are cared for by a grandparent<sup>cxxxviii</sup>

## Blindness

- Globally, in 2002 37 million people were blind. Every 5 seconds one person in the world goes blind<sup>cxxxix</sup>
- 19% of the world's population is aged 50 or over, but over 82% of the world's blind are in that age group<sup>cxli</sup>
- 9% of people over 50 in Africa are blind compared to 0.2% of children and adults under 50<sup>cxlii</sup>
- Age related cataract is responsible for 48% of world blindness, which represents about 17.6 million people<sup>cxliii</sup>
- It is estimated that 75% of all blindness is avoidable<sup>cxliiii</sup>

## Age discrimination

- 42% of Europeans see discrimination on the basis of age as widespread<sup>cxliv</sup>

- 40% of EU citizens think there is widespread age-related discrimination when it comes to buying insurance products<sup>cxlv</sup>
- 31% think the same in relation to housing; 20% in relation to buying goods or using services and 19% about using the healthcare system<sup>cxlvi</sup>

### **Living alone**

- Globally, 20% of all women over 60 live alone compared to 8% of men<sup>cxlvii</sup>
- The latest available statistics show that the lowest percentage of people aged 60 and over living alone was in Bahrain (0.7% of the 60+ population). The highest was in Denmark (40%)<sup>cxlviii</sup>

### (c) **Spotlight Report Statistical Summary** (updated August 2008)

#### **Poverty**

- 13 per cent of pensioners in the UK are living in severe poverty (below the 50 per cent median line of contemporary earnings before housing costs). 23 per cent are in poverty (below the 60 per cent line)<sup>cxlix</sup>
- 15 per cent are living in persistent poverty
- 41 per cent of those entitled to Pension Credit in Great Britain are not receiving it, while 45 per cent are missing out on Council Tax Benefit and 18 per cent are not receiving Housing Benefit
- 1.5 million UK pensioner households are in fuel poverty
- 7,032,000 pensioners in the UK are dependent on state pensions and benefits for more than half their income
- The average weekly disposable income of single pensioners in the UK mainly dependent on state benefits is £150

#### **Isolation**

- 10 per cent of those aged 65 and over in the UK say they are often or always lonely
- 9 per cent of people aged 65-74 and 5 per cent of those aged 75 and over in the UK are currently participating in learning
- 484,390 people aged 65 and over do not leave their homes more than once a week in the UK in 2007

- 8 per cent of people aged 60+ in England and Wales say they live in fear of crime
- 10 per cent of those aged 75 and over in England find it very difficult to access their local corner shop and supermarket and 19 per cent find it very difficult to access their hospital
- 63 per cent of pensioners in Great Britain take up their entitlement to concessionary fares on public transport
- 71 per cent of people aged 65 and over in the UK have never used the internet

### **Neglect**

- 12 per cent of people aged 65 and over in the UK do not say they are happy with their quality of life
- 9 per cent of people over 65 feel their general quality of life has improved in the last year while 20 per cent say it has worsened
- In England, 147,257 people aged 75 and over were readmitted to hospital on an emergency basis within a month of being discharged
- 290,634 older people who need an escort to leave the house say they do not have one
- 775,024 people aged 65 and over who need help with everyday jobs say they are not getting it
- 22 per cent of people in England were not always treated with respect and dignity while in hospital
- 346,700 people in England receive homecare services
- In winter 2006/07, excess mortality in the UK for those aged 65+ was 25,393

### **Ageism**

- The employment rate gap in Great Britain for those aged 50 to retirement age is 2.7 per cent
- 53 per cent of older people agree that age discrimination is part of older people's everyday lives

- 45 per cent of older people say that once you reach very old age, people tend to treat you like a child
- 29 per cent of older people believe health professionals tend to treat older people as a nuisance
- 44 per cent of older people agree that planners of services do not pay enough attention to the views and needs of older people

### **Future deprivation**

- 66,900 households in England are receiving low-level support (two hours or less each week)
- The UK average annual fees for single rooms are £23,504 for residential care and £33,280 for nursing care
- 58 per cent of working-age people in Great Britain are not contributing to a non-state pension
- Women in the UK can expect to live an average of 8.8 years with a disability or long-term illness. For men the average is 6.7 years
- 78,471 older people in the UK became afraid to leave the house after a fall in the last year
- 2,249,507 older people in the UK say that worrying about their future is affecting their physical health
- 23% of people aged 65 and over in the UK avoid heating their bedroom, bathroom or living room because they are worried about the cost

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- <sup>xxxii</sup> *Family Resource Survey 2006/7*, Department for Work and Pensions, 2008
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- <sup>xxxiv</sup> Ibid
- <sup>xxxv</sup> *General Household Survey 2006*, table 3.3 (GB), ONS, 2008
- <sup>xxxvi</sup> *Spotlight Report 2008*, Help the Aged, 2008
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- <sup>xxxviii</sup> *Spotlight 2006 survey* (GfK NOP, 2006)
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- <sup>lv</sup> Ibid.
- <sup>lvii</sup> Ibid.
- <sup>lviii</sup> Ibid.
- <sup>lix</sup> DeFacto research on age restrictions in insurance for Help the Aged, 2006
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- <sup>cxlviii</sup> UNESA Living Arrangements of Older People (2005)
- <sup>cxlix</sup> These figures, plus all others, are taken from the Spotlight Report 2008, which has a full list of references from page 42 on. They have been updated where appropriate.