

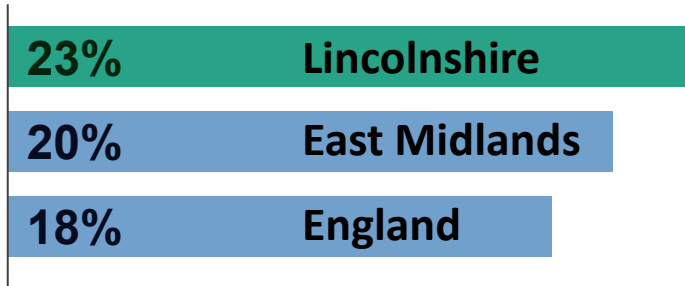
# Ageing *Better*

→ in Lincolnshire  
Adding Life to Years

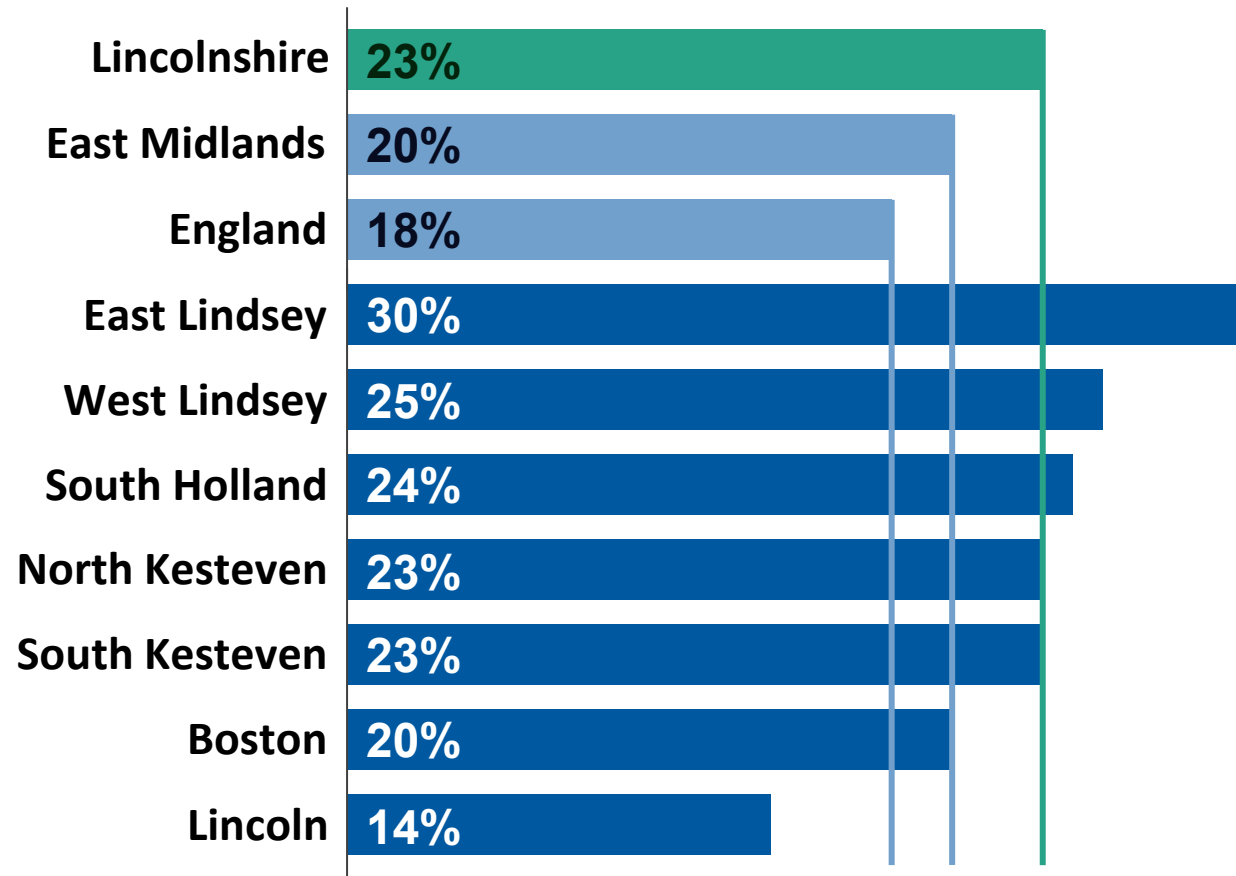
Director of Public Health  
Annual Report 2023

# Proportion of Population Aged 65+

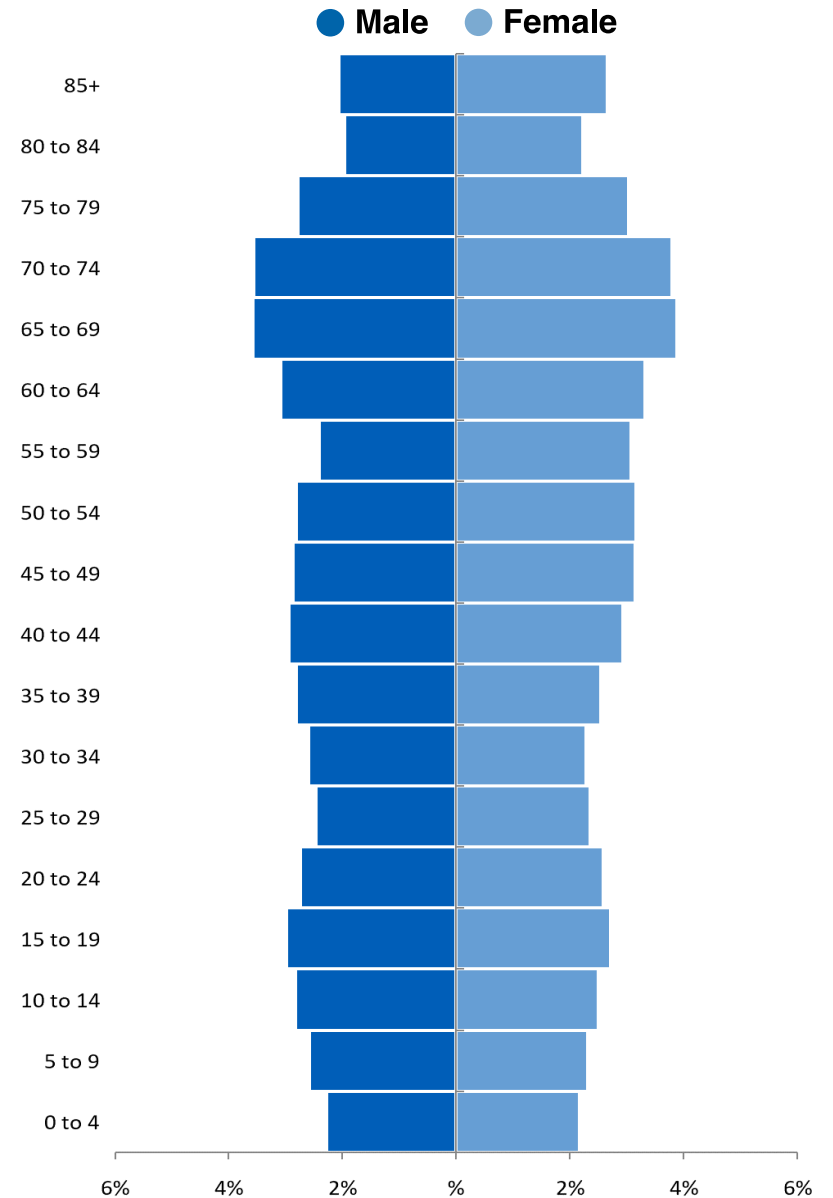
**23%** of Lincolnshire's  
population is aged 65+  
(180,157)



# Proportion of Population Aged 65+



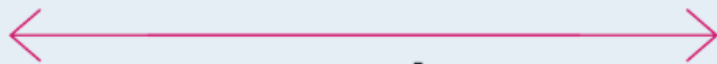
# Lincolnshire's Changing Population Profile 2036



# Lincolnshire's increasing older population



Each represents 10k people aged over 65



**180k**

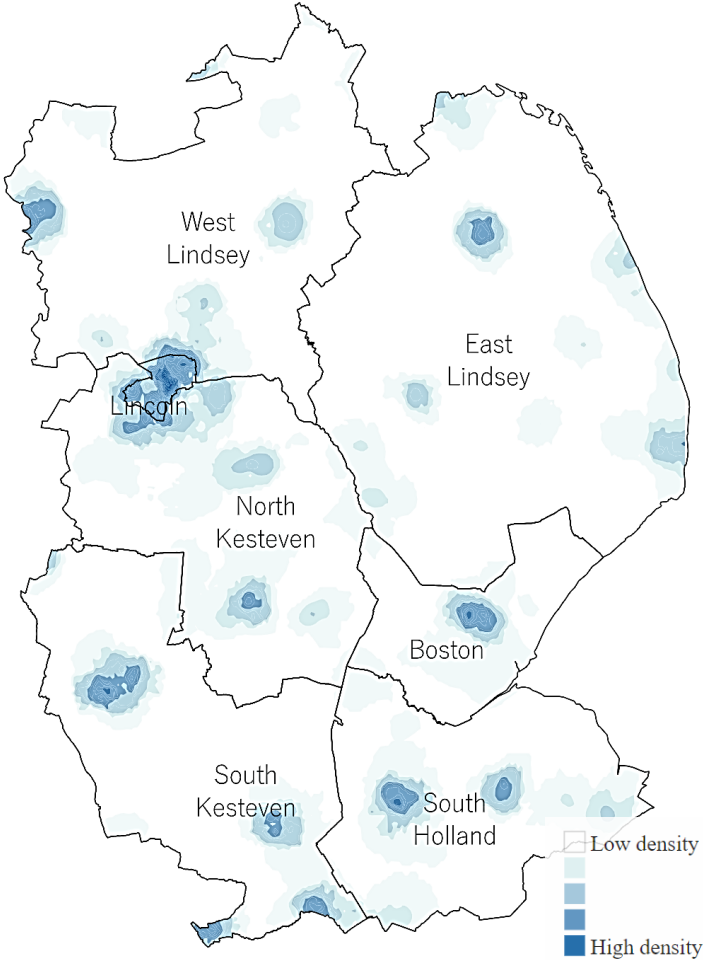
over 65s in Lincolnshire  
in 2023

By 2043, an increase of **41%**  
is projected in Lincolnshire's 65+  
population (74,351).

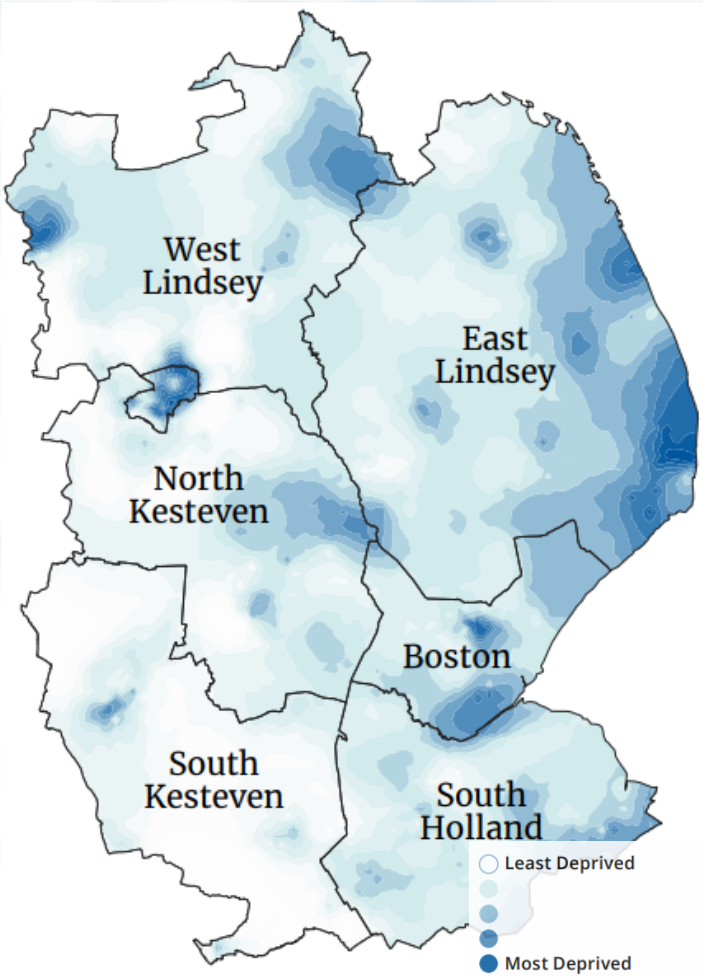
**94%** Increase is predicted  
for our 85+ population.

Source: ONS, 2018

# Lincolnshire's Population Density



# Deprivation Affecting Older People



Source: GOV.UK English Indices of Deprivation, 2019

# Are we Ageing Well?

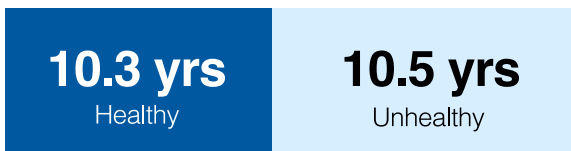
Life expectancy and healthy life expectancy at 65 in Lincolnshire

## Male



←-----→  
Total life expectancy at 65 – 18.5yrs

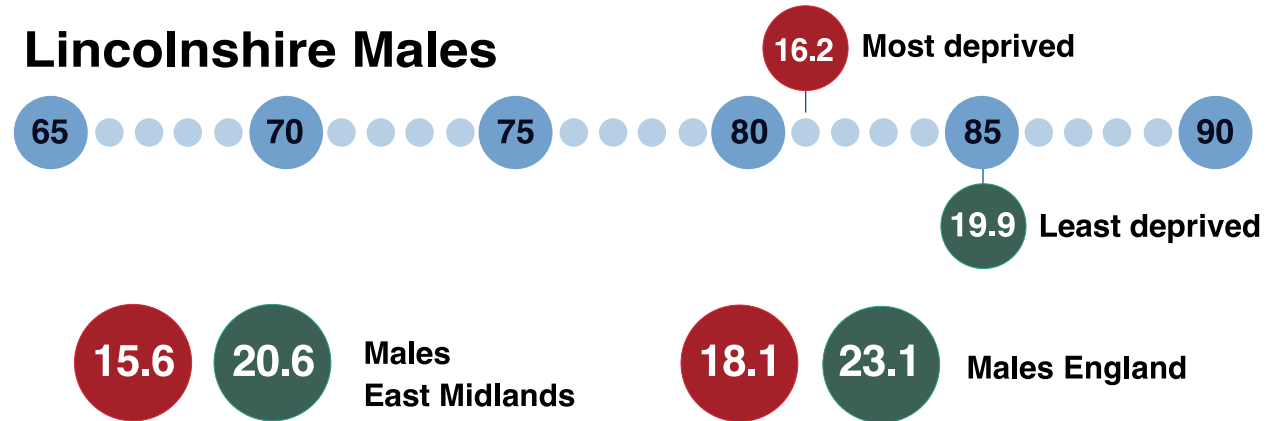
## Female



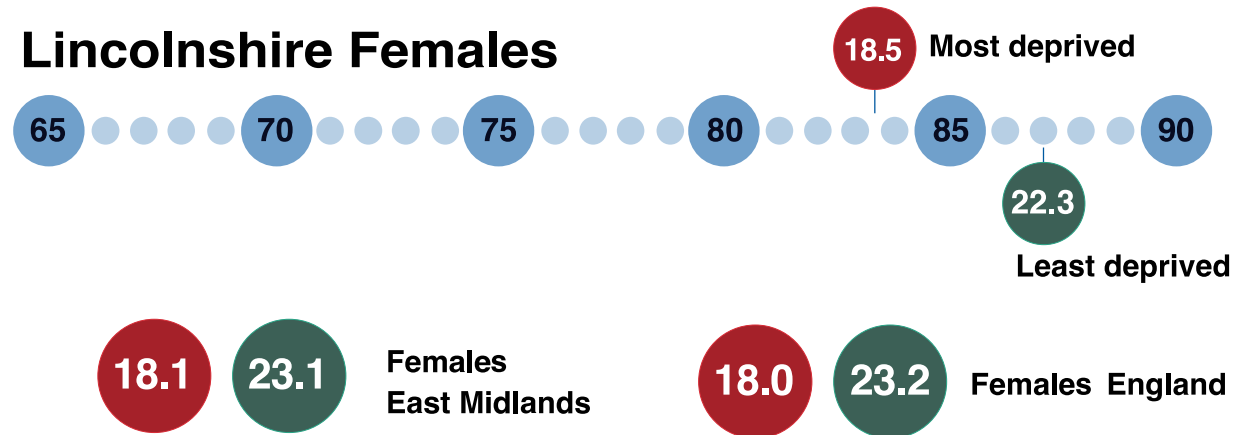
←-----→  
Total life expectancy at 65 – 20.8yrs

Source: OHID 2023

## Lincolnshire Males



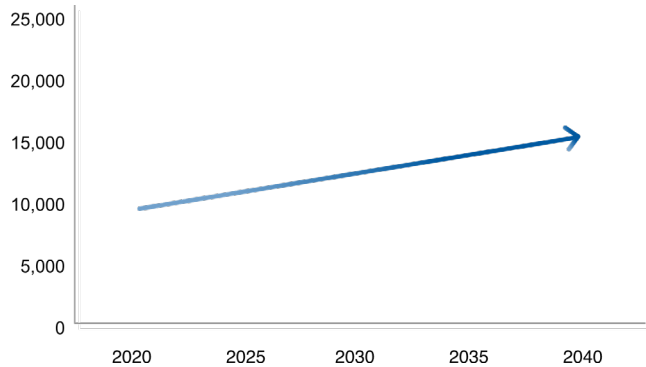
## Lincolnshire Females



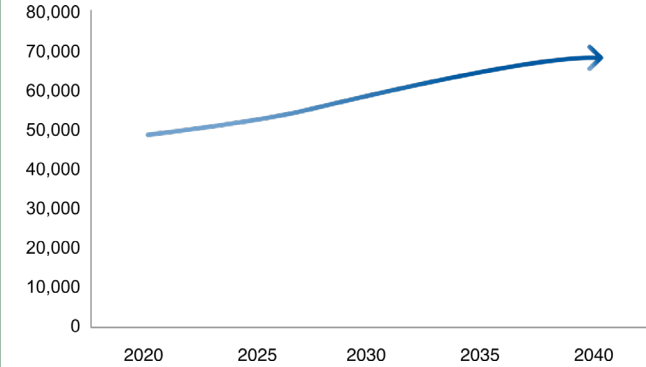
# Challenging Need in the Next 10-15 Years

Number of people expected to have a **fall** will increase by **36%** over the next 20 years.

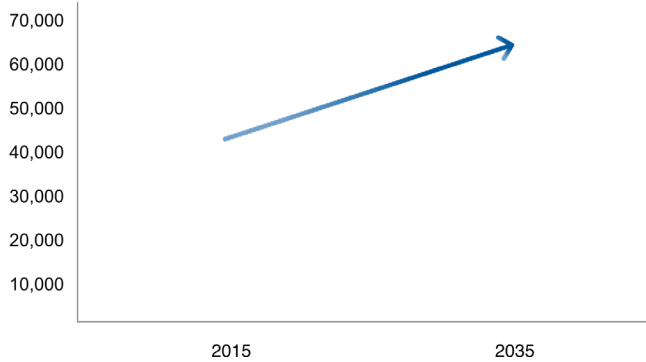
70% in the over 85s.



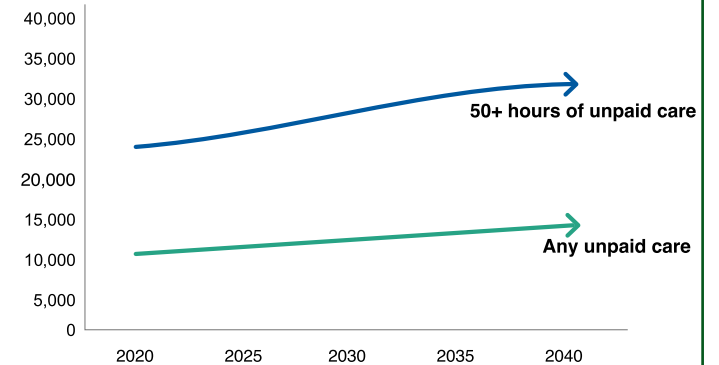
An additional **7,000** over 65s to be living with a **dementia** diagnosis.



**Over half** of 65 - 74 year olds are expected to be **multimorbid** (2+ LTCs) by 2035.



Over 65s providing **unpaid care** will increase by **30%**.





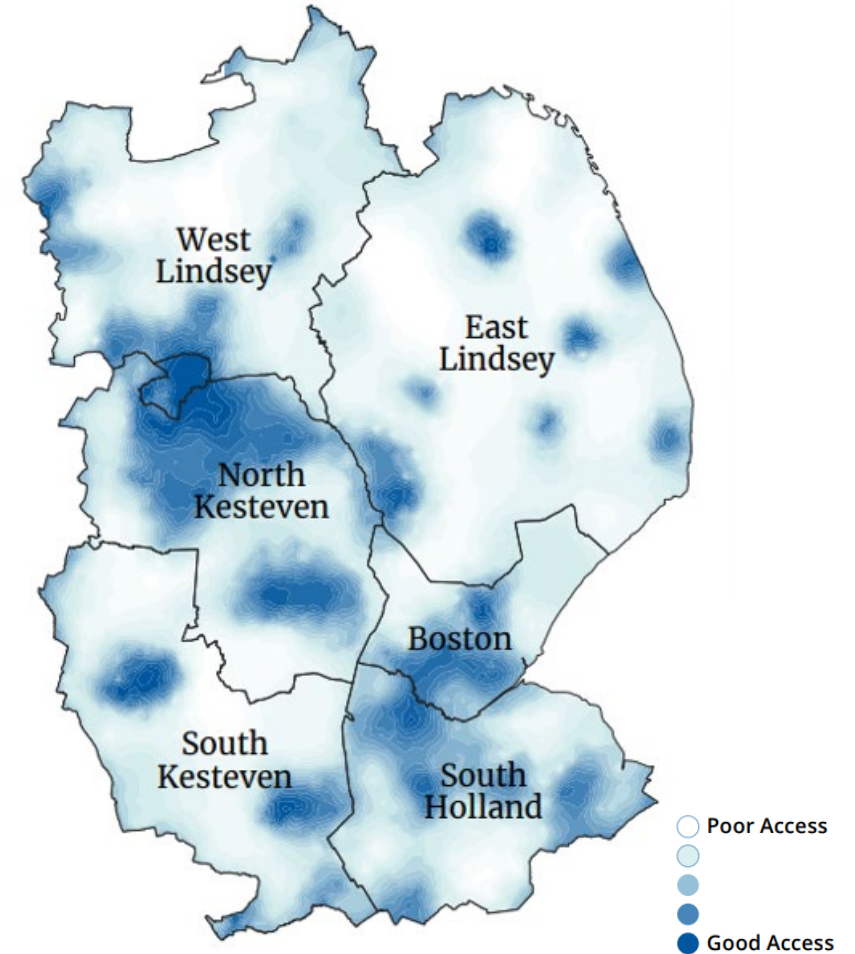
# Age Friendly Communities Framework



# Community Support and Health Services

- Accessible and timely health and care is crucial
- Impact of ageing population
- Workforce recruitment and retention
- Impact of rurality
- Services in place and being developed to reduce impact

Access to any healthcare in Lincolnshire



# Case Study: Falls



## 53,000

people in Lincolnshire will suffer a fall each year creating a significant strain on health and care services

In 2021/2022



65-79 Year olds had

## 1,095

Emergency Hospital Admissions due to a fall



Those 80+ Year olds had

## 1,990

Emergency Hospital Admissions due to a fall



Someone who has fallen has a

## 50%

probability of significantly impaired mobility and 10% probability of dying within a year

The LIVES Falls Response Team provide immediate assessment and treatment for fallers in their homes and have reduced the number of transfers to hospital for urgent care by 5%. LIVES are proactively referring patients onto prevention and early intervention services (5.5 times more than EMAS) – helping to reduce pressure on services.

One You Lincolnshire piloting a programme to help older people at risk of falls through strength and balance activity.

# Respect and Social Inclusion



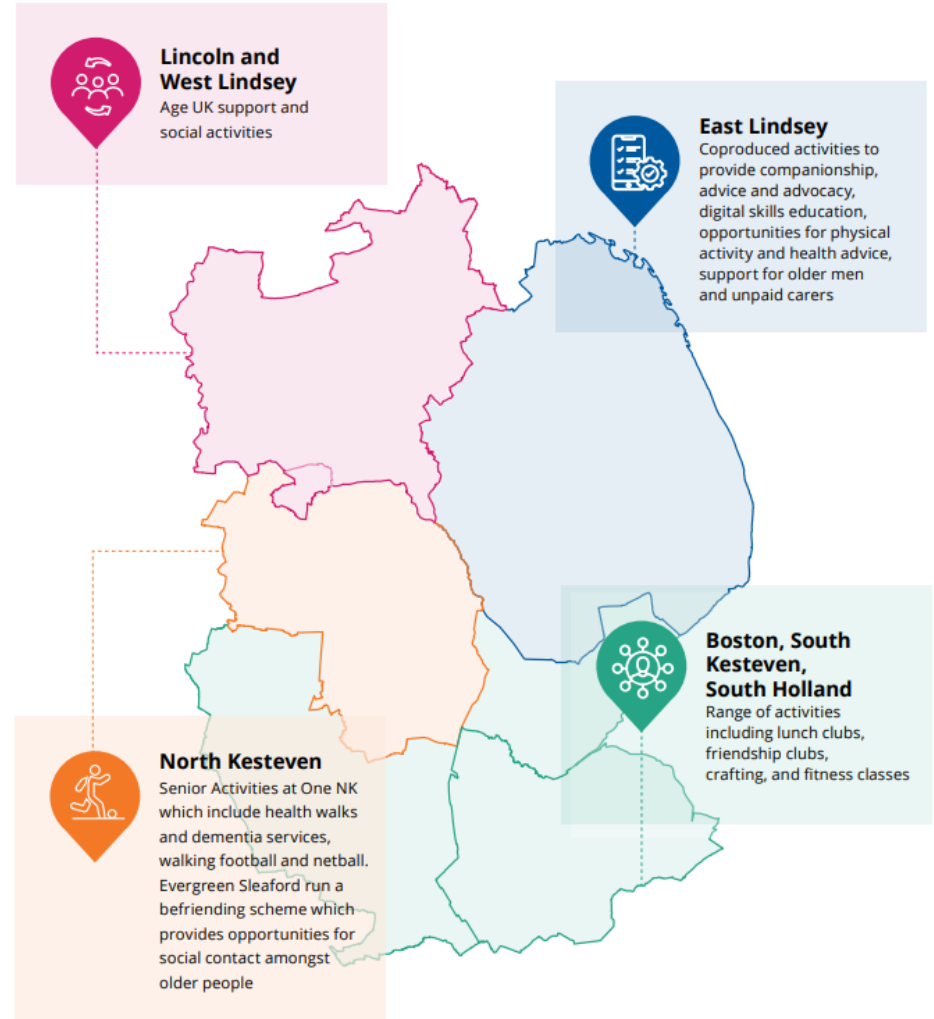
Social interaction is crucial to reducing isolation.

Potential to reduce burdens on health and care provision.



Wide variety of formally coordinated and localised activities for older people.

Safeguarding is a priority.



# Communication and Information

Providers should have awareness of the needs of older people.  
The digital age is proving difficult for some older people.  
Recognise needs of those with physical and sensory impairments.

## Barriers to Digital Communication



**Lack of digital skills**



**Inadequate digital infrastructure**

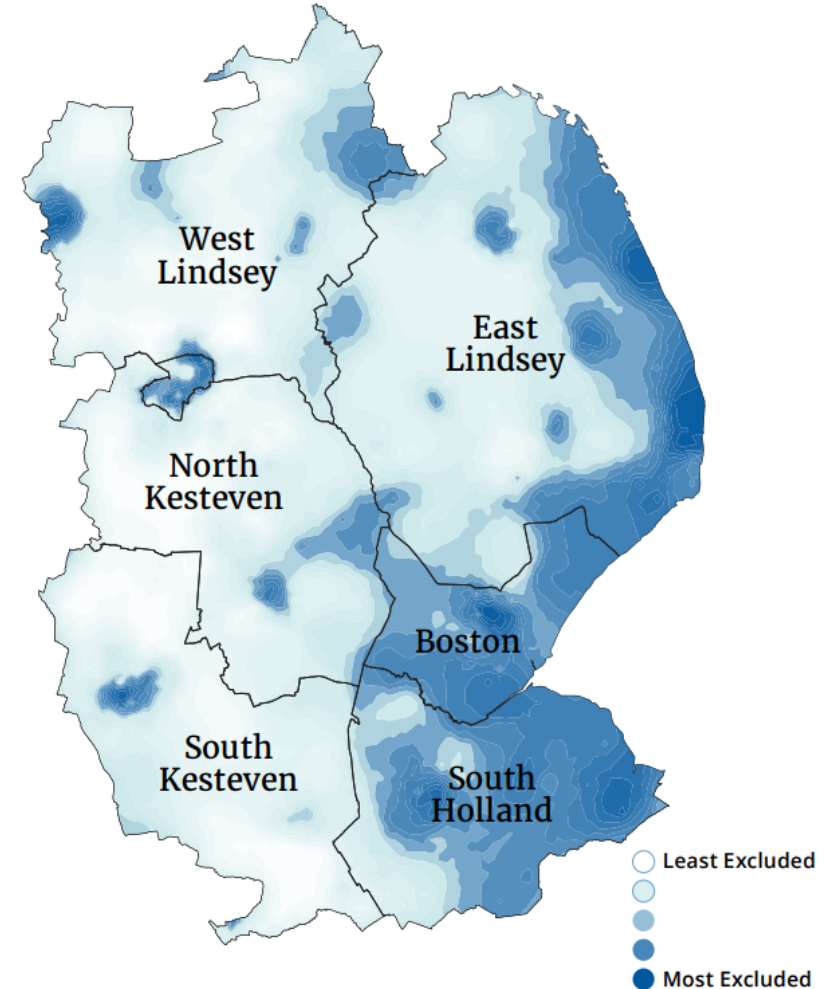


**Affordability**



**Physical or sensory disability**

## Digital Exclusion



# Social Participation

Can help prevent onset of age-related diseases

People living in rural areas experience higher rates of loneliness and isolation

## Barriers to Social Participation



**Lack of transport**



**Lack of access to  
information**



**Being an unpaid  
carer**

# Case Study: Lincolnshire Carers Service

As the population lives longer, the Lincolnshire Carers Service is supporting a growing number of older carers whose adult children live with disabilities.

As these carers age, they are likely to find it harder to support their adult children, especially when the health and life expectancy of their children is improving over time (targeted health checks are having a big impact in this area), meaning that the long-term future of their current arrangements will be in many cases unsustainable.

A new service will be implemented to support carers who are aged over 65 and are known to be living with, and supporting, an adult with a learning disability..

## Social Participation

as a means of integration and combatting loneliness, with a focus on

## Unpaid Carers

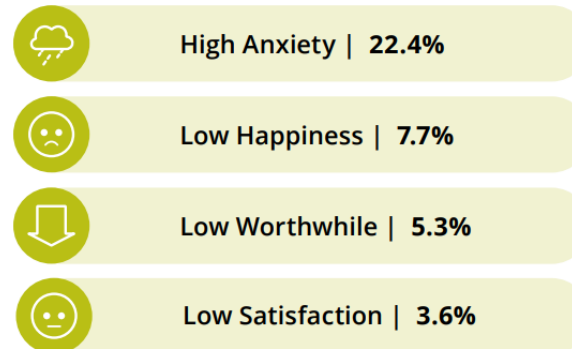
is paramount to supporting Lincolnshire's older residents



The **Impact** of

## Social Isolation

on our resident's health and wellbeing is significant



Source: OHID, 2021

Loneliness also increases risk of

**Inactivity**



**Smoking**



**Coronary Heart Disease**



**Stroke**



**Alzheimer's**



Source: (DCMS, 2018)

# Civic Participation and Employment

Enhances ability to contribute to society, potentially improving financial stability, improve health and increase social contacts.

Options for paid employment diminish as we get older

Retirement and reduced income can lead to a sense of disempowerment

Older people can engage through paid work or meaningful and inclusive volunteering.

Organised volunteering.

## Barriers to Employability



**Physical health**



**Use of technology**



**Living in remote locations**

Particularly on the East coast.



**Willingness to work**



**90%** of Lincolnshire's over 65s population are economically inactive with the majority of those (96%) having retired

Source: ONS, 2023b



**100,000** older residents in Lincolnshire could be participating in voluntary activities

Source: Statista, 2023



# Outdoor Spaces and Buildings

Lincolnshire has good provision of outdoor spaces.  
Age friendly facilities are necessary for older people to take part in physical activity.  
Structural and human barriers



**93%** of all households in Lincolnshire have access to private outdoor space



The average distance to the nearest park or outdoor space for Lincolnshire residents is **650 metres**

Source: ONS, 2023

## In Lincolnshire...



# Case Study: One You Lincolnshire

One You Lincolnshire are commissioned by Lincolnshire County Council to deliver interventions to help people who want to make healthy lifestyle changes.

A pilot is underway to target people at risk of falls through strength and balance activities.

Age-friendly outdoor spaces play a vital role in encouraging active lifestyles, improving the well-being of older individuals, and reducing the burden on healthcare services.

(Source: Lincolnshire County Council, 2022 & 2023)

## Move More programme

Encourages people to meet the Chief Medical Officer's recommended

**150 minutes**

of physical activity per week through a mixture of free 1-1 and group sessions, both online and in gyms/leisure centres.



## Tailored support for over 55s

which offers advice on healthy ageing including nutrition, mental health, falls and dementia prevention.

In 2021/2022, more than

**4,500 over 55s**

improved their physical activity status



**Anyone can access this service, and GP practices can refer patients to it through the social prescribing pathway.**

# Transportation

- Affordable and accessible transport is crucial for active ageing
- Long distances between services and other social connections is challenging
- Inequality exists for those who rely on public transport
- Services and interventions in place to support older people
- New funding to improve bus network access
- High costs and long travel distances further disadvantage unpaid carers.
- Transportation barriers potentially add to the burden on delivery of home care services which are already stretched.
- LCC's integrated transport approach includes elements of active travel initiatives.

Less than **45%** of over 85s have access to private transport



Around **half** of Lincolnshire residents are unable to access their GP by walking or public transport within 15minutes



**Less than half** of Lincolnshire's residents can access urgent care or a community hospital within 30minutes on public transport



Source: UK Data Service, 2022;  
LHIH, 2023

# Housing

Poor housing can impact on physical and mental health

Disabled Facilities Grants, discretionary housing assistance and energy efficiency schemes are available

Supported Housing and Extra Care Housing provides older people with housing options

Various partnerships are working together to provide more extra care housing and information resources to enable older people to live as independently



**1 in 5** homes in Lincolnshire do not meet the Decent Homes Standards



**14%** of households in Lincolnshire in fuel poverty

Source: UKERC Energy Data Centre, 2023



**62%** of residents (65+) who own their own home report good health status compared to only **42%** for those who rent

Source: Census 2023



The cost of residential care per week is around

**£800** rising to **£1,078** for nursing care

Source: Age UK, 2023

# Case Study: Extra Care Housing – De Wint Court, Lincoln

In Lincolnshire there are currently seven extra care schemes, with a total of 339 units of accommodation for older people. Following the development of De Wint Court in Lincoln in March 2022, the number of units available in the county increased by 20%. It is anticipated this will further increase by a further 25% by the end of 2025.

De Wint Court offers 70 extra care housing units and approximately 10% of residents came from residential care, thus reducing the financial burden on local authorities as well as supporting our vision to enable people to live independent lives in their own homes.

In the first year, residents reported reductions in isolation, loneliness, and self-neglect as well as significant increase in independence. In addition, a 30% reduction in care and support hours has been reported.

(Source: Lincolnshire County Council, 2023)



The number of units available in the county increased by

# 20%

It is anticipated this will further increase by a further

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 by the end of 2025

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as well as significant increase in independence. In addition, a

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# What does this mean for Lincolnshire?

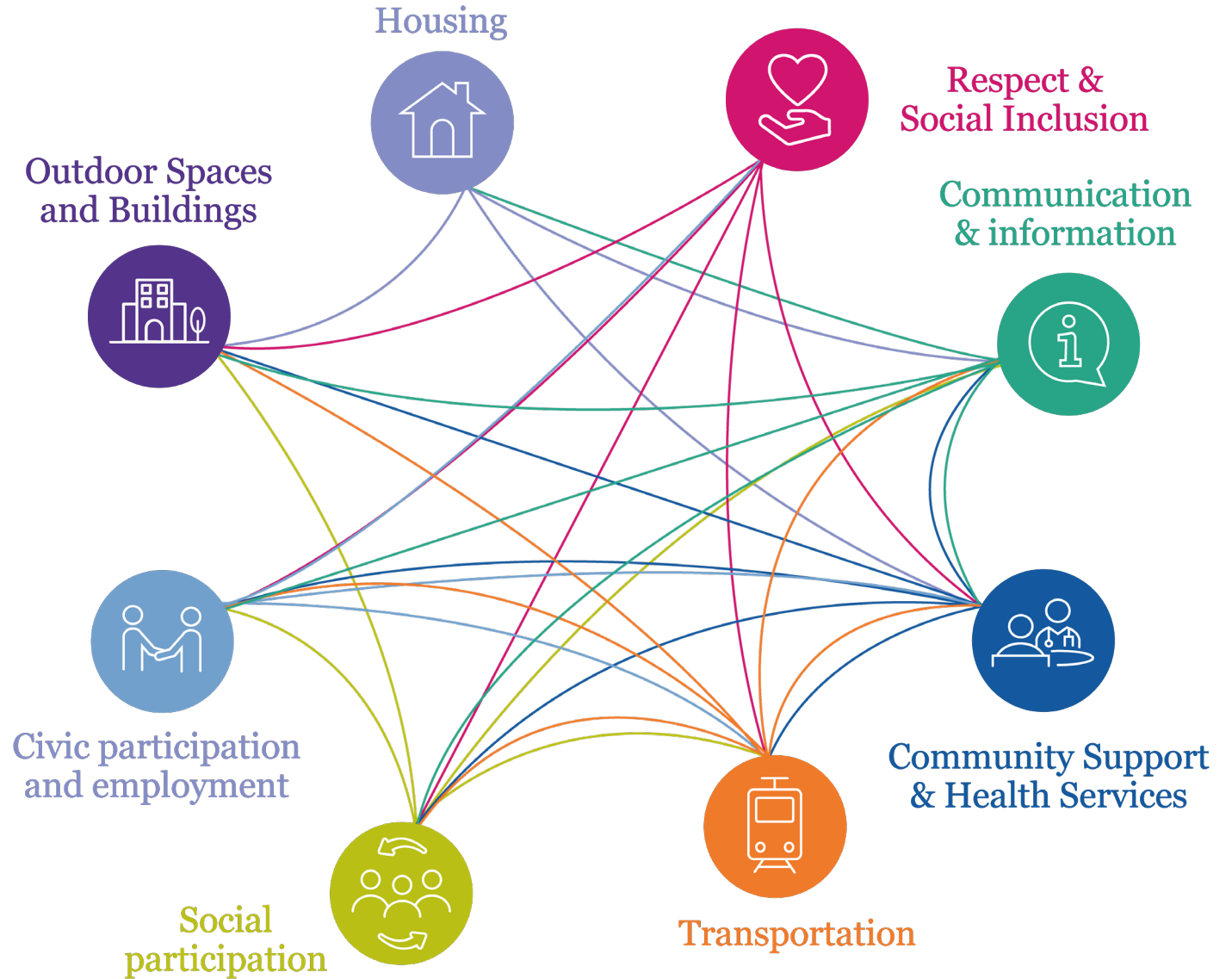
“

Personal circumstances have a big  
impact on healthy ageing...

...but there are considerable  
structural challenges that older  
people face too.

”

# Keeping Older People Healthy



# Recommendation

## Social isolation

### RECOMMENDATION

Link up, make accessible and promote the existing services that prevent social isolation among our older residents in Lincolnshire.

## Transportation

### RECOMMENDATION

Continue to champion our community public transport services to ensure it is as accessible as possible to our most vulnerable and isolated communities. Promote opportunities for active travel.

## Digital inclusion

### RECOMMENDATION

Continue to support efforts for the expansion of broadband and digital connectivity across Lincolnshire. Promote the many services and schemes for our communities to become digitally aware and skilled.

## Housing

### RECOMMENDATION

Continue to support our older residents to decide where they choose to live through our established offers.

### RECOMMENDATION

Utilise the DPH report as a precursor for a Lincolnshire State of Ageing Report and support our districts to develop baseline assessment of need.



Thank you