



JSNA

Joint Strategic Needs Assessment

AGE WELL

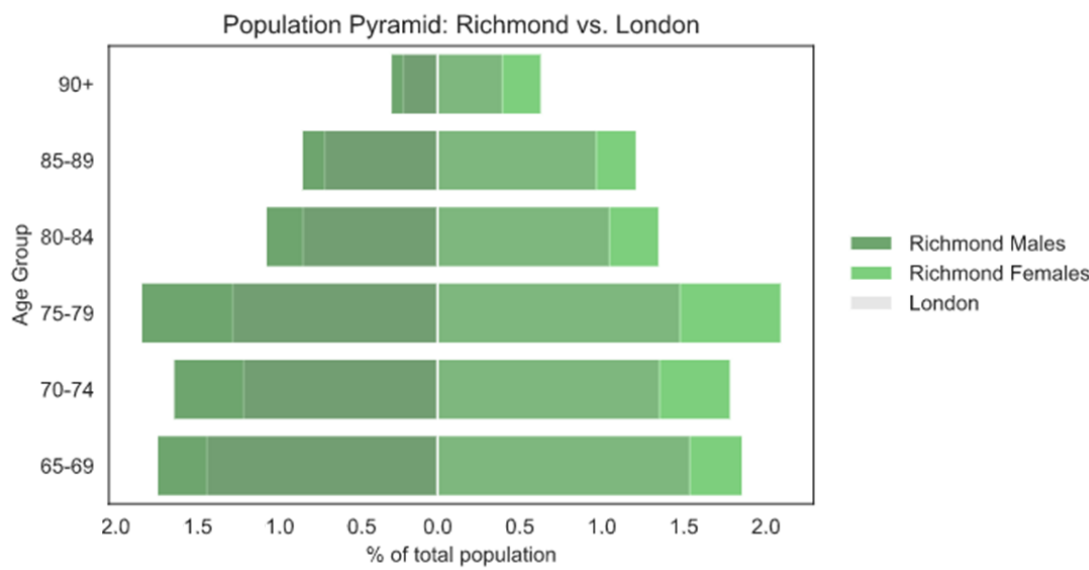
Authored by: JSNA COLLABORATORS
2021

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Age Well: Population

- In Richmond in 2021 16.2% (n=32,403) of the total population is 65 years +old. The proportion of older adults in the borough is higher than the London average (12.3%) with all 65+ age groups making up a larger population proportion than in London.
- The highest percentage increase in the 65+ years population in the next decade are expected in residents aged 75–84 (36% increase), followed by 18% increase in people aged 85+ and 13% increase in people aged 65–74.

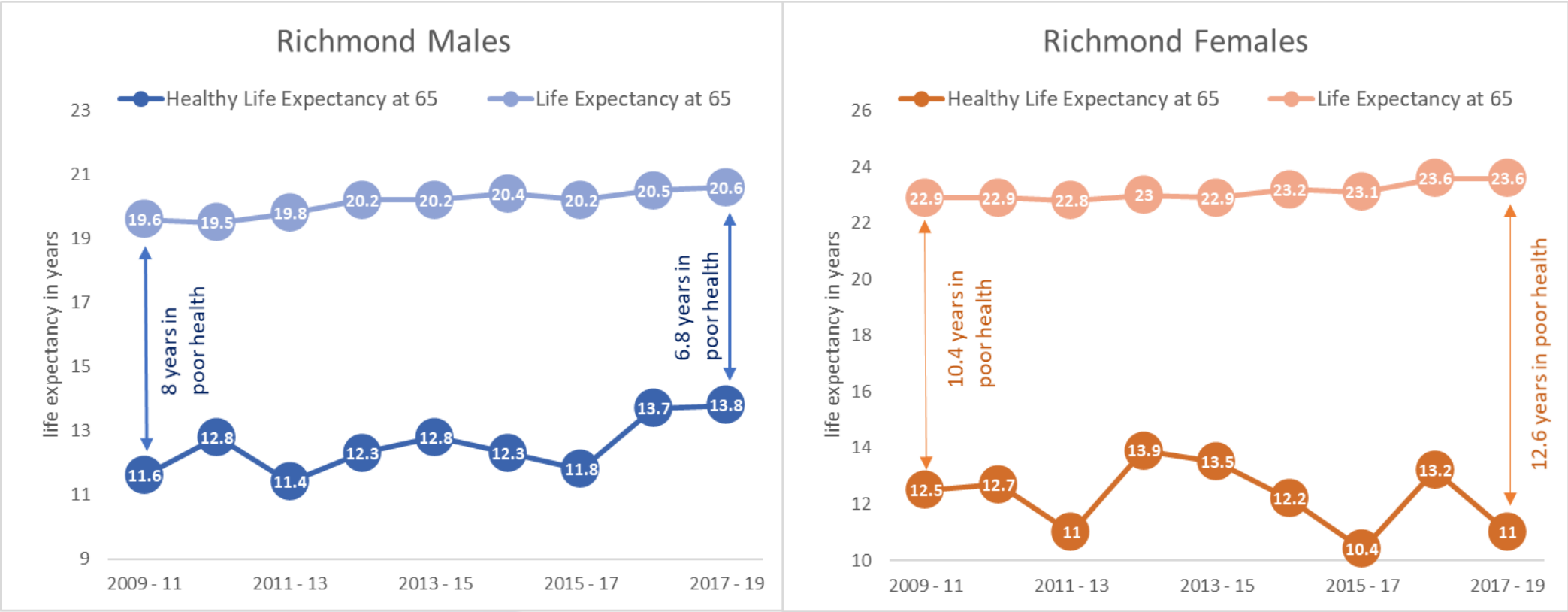


Richmond older people aged 65+ population change between 2019 - 2029 by age group

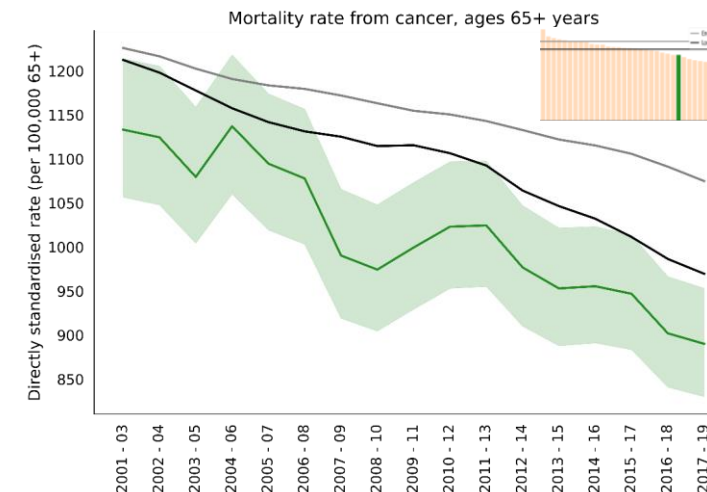
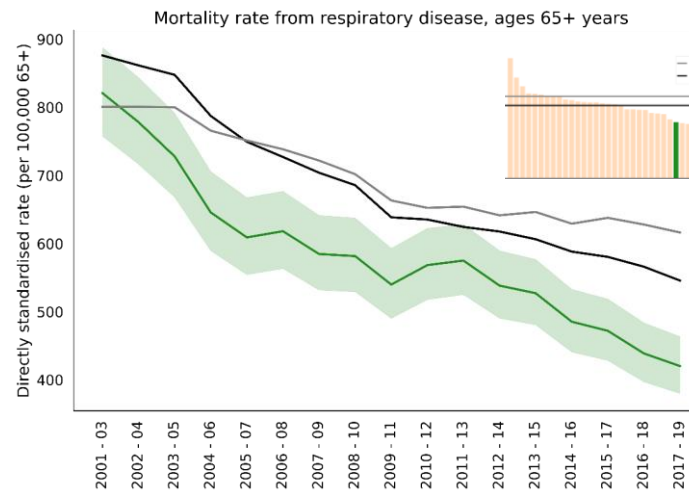
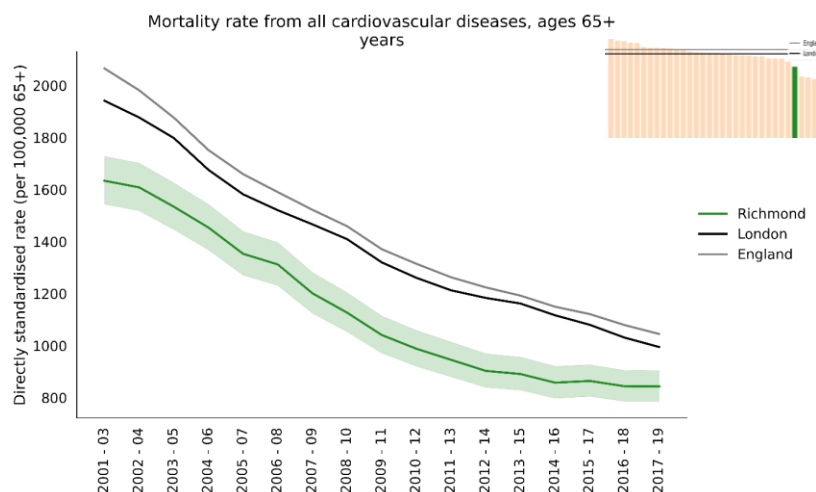
Age group	2019	2029	2019-2029 % increase
65-74	17,269	19,530	13%
75-84	9,672	13,130	36%
85+	4,395	5,206	18%
All ages	198,000	200,146	1%

Age Well: Life Expectancy (LE) and Healthy Life Expectancy (HLE) at 65

- Male life expectancy at age 65 steadily increases, whilst female 2017–19 LE has remained the same as in 2016–18
- Healthy life expectancy at 65 fluctuates from year to year – with the overall trend increasing for males but decreasing for females
- Male HLE at 65 has been the highest in 2017–19
- Female HLE at 65 has been the highest in 2012–14 (13.9 years), whilst the latest figure for 2017–19 is was 11 years (2.9 years lower than in 2012–14)

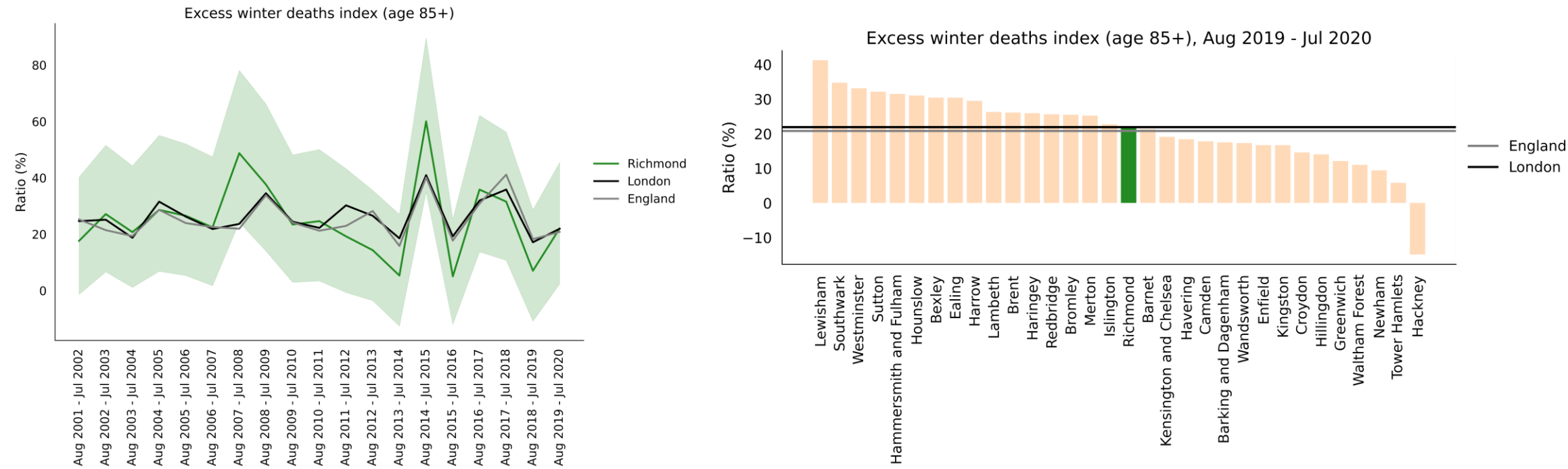


Age Well: Mortality and Health Conditions



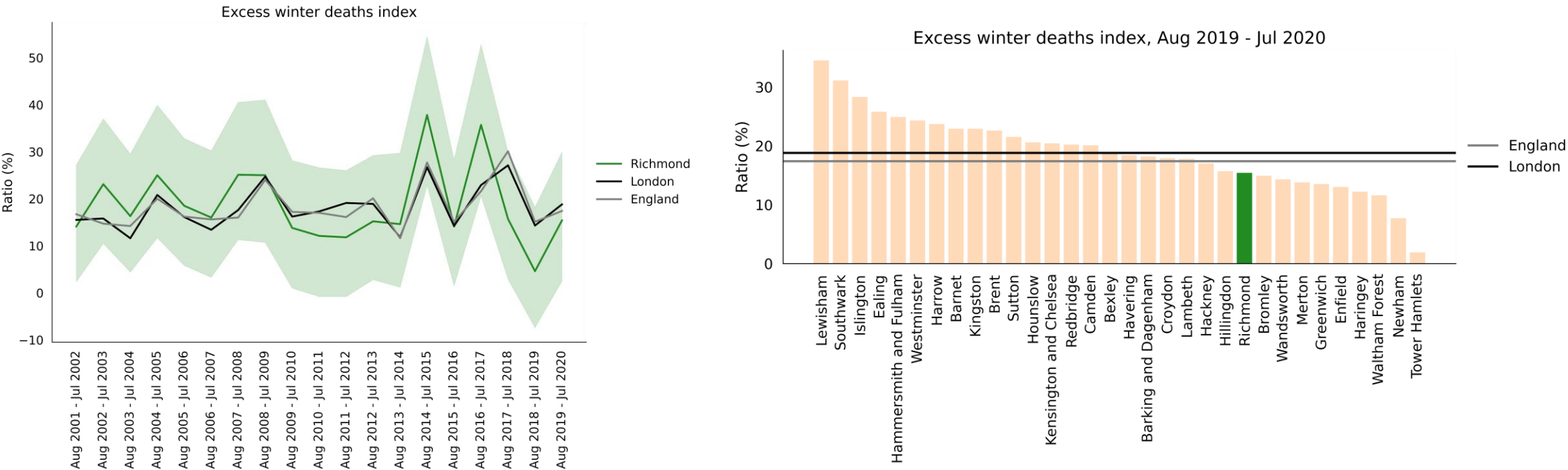
- In 2017–19, there were 816 (842.9 per 100,000 people aged 65 and over) deaths from cardiovascular disease among those aged 65 years and over in Richmond. This was significantly lower than the London and England rates and the borough ranked 4th lowest in London.
- Rates of death were higher in males compared to females.
- There were 405 deaths from respiratory disease among those aged 65 years and over (420 per 100,000 residents aged 65+). The borough rate has shown a declining trend and was significantly lower than England and London.
- Deaths from cancer has also been declining and in 2017–19 there were 828 (890.0/100,000) deaths in Richmond in over 65-year olds. The rate was significantly lower than London and England rates, 7th lowest in London.
- Deaths from respiratory disease and cancer declined in Richmond and the borough rate was also significantly lower than London and England
- 16% of over 80 year olds had type 2 diabetes; both slightly higher than the England average
- Higher rates of type 1 and type 2 diabetes were seen 65-79-year olds compared to over 80 year olds.

Age Well: Excess Winter Deaths (residents aged 85 years and over)



- The number of excess winter deaths is linked to the outside temperature and the underlying level of disease in the population as well as other factors, such as how well equipped people and their environments are to cope with the drop in temperature.
- Richmond's latest excess winter deaths of people aged 85 years and over was 22% (n=40), which is the 16th lowest rate in London, 6% higher than the England average and 0.5% higher than the London average. The latest Borough figure for Aug 2019 - Jul 2020 was also 25% higher than in Aug 2001 - Jul 2002, in comparison with 18% decrease in England's rate in the equivalent time period.

Age Well: Excess Winter Deaths (all ages)



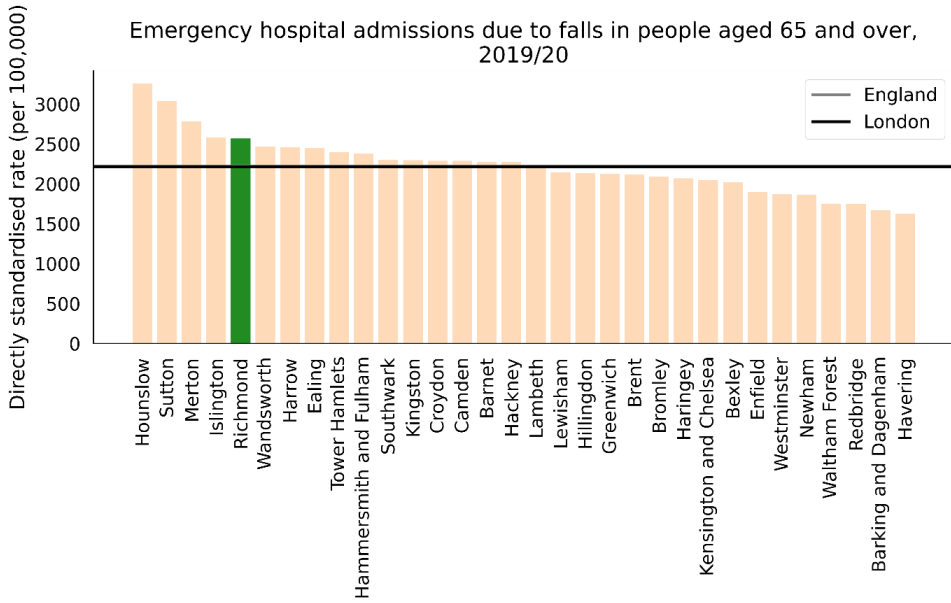
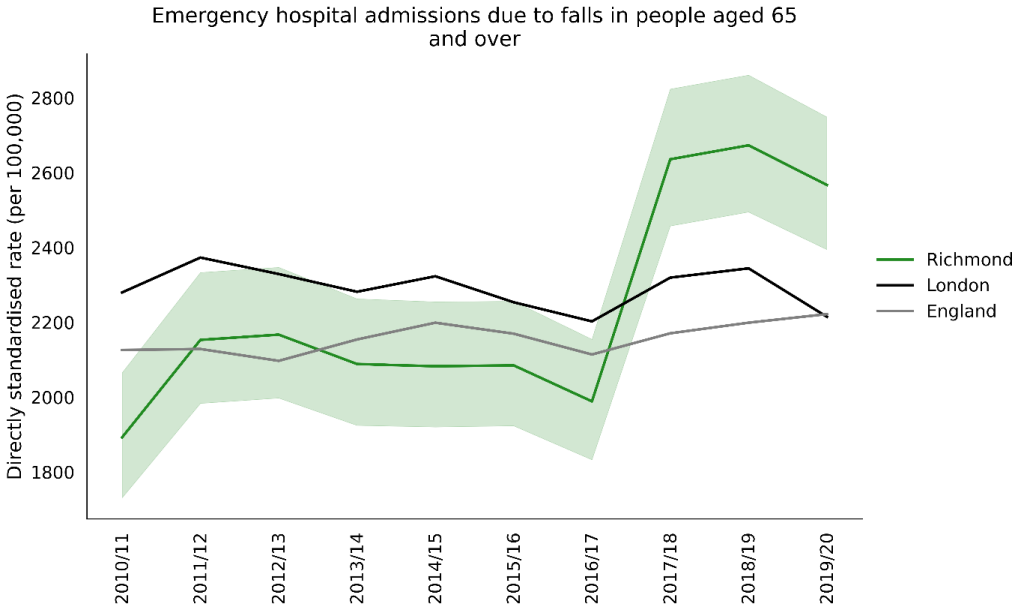
- The number of excess winter deaths is linked to the outside temperature and the underlying level of disease in the population as well as other factors, such as how well equipped people and their environments are to cope with the drop in temperature.
- Richmond's latest excess winter deaths of people of all ages was 15% (n=60), which is the 10th lowest rate in London, 12% lower than the England average and 18.1% lower than the London average. The latest Borough figure was also 9% higher than in Aug 2001 - Jul 2002, in comparison with 4% increase in England's rate in the equivalent time period.

Age Well: Morbidity in Adults aged 70+

Top 5 conditions accounting for greatest burden of disease (YLD rate per 100k, % of total YLD)						
Males and females aged 70+						
Sex	Area name	1st	2nd	3rd	4th	5th
Males	Richmond	Age-related hearing loss (2679, 9.99%)	Diabetes (2240, 8.35%)	COPD (1733, 6.56%)	Low back pain (1721, 6.44%)	Blindness and vision loss (1652, 6.17%)
	London	Diabetes (2782, 10.4%)	Age-related hearing loss (2178, 7.9%)	COPD (1992, 7.6%)	Low back pain (1886, 7.0%)	Falls (1332, 5.3%)
Females	Richmond	Age-related hearing loss (2654, 8.8%)	Low back pain (2346, 8.1%)	Diabetes (1971, 6.8%)	Blindness and vision loss (1883, 6.5%)	COPD (1697, 5.9%)
	London	Low back pain (2780, 9.7%)	Diabetes (2384, 8.3%)	Age-related hearing loss (2279, 7.9%)	Falls (1882, 6.9%)	COPD (1726, 6.1%)

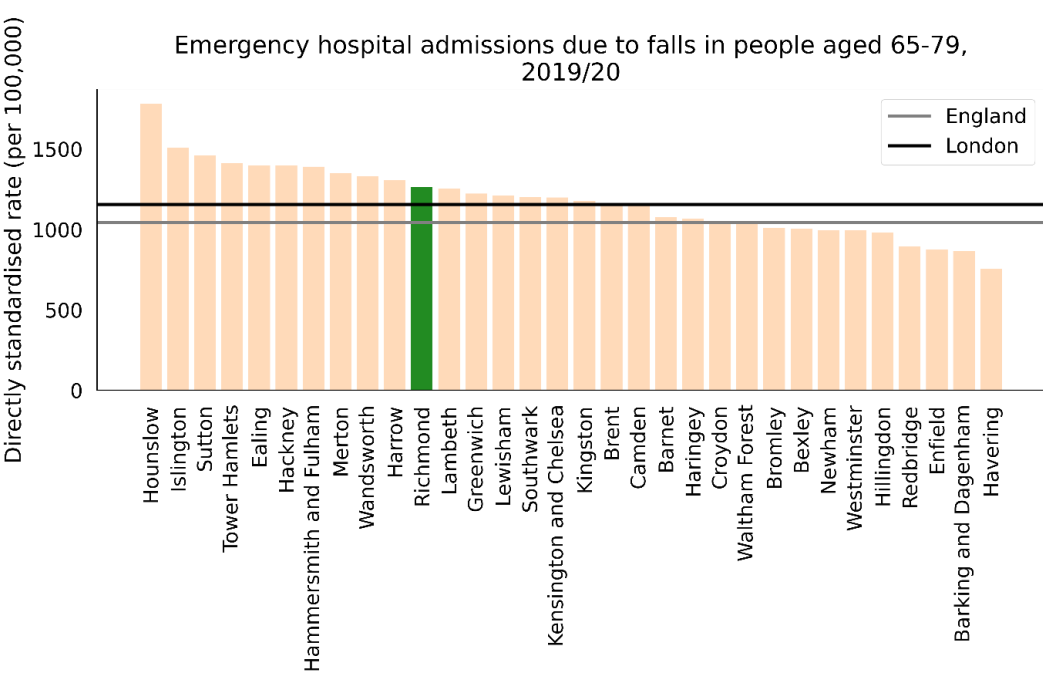
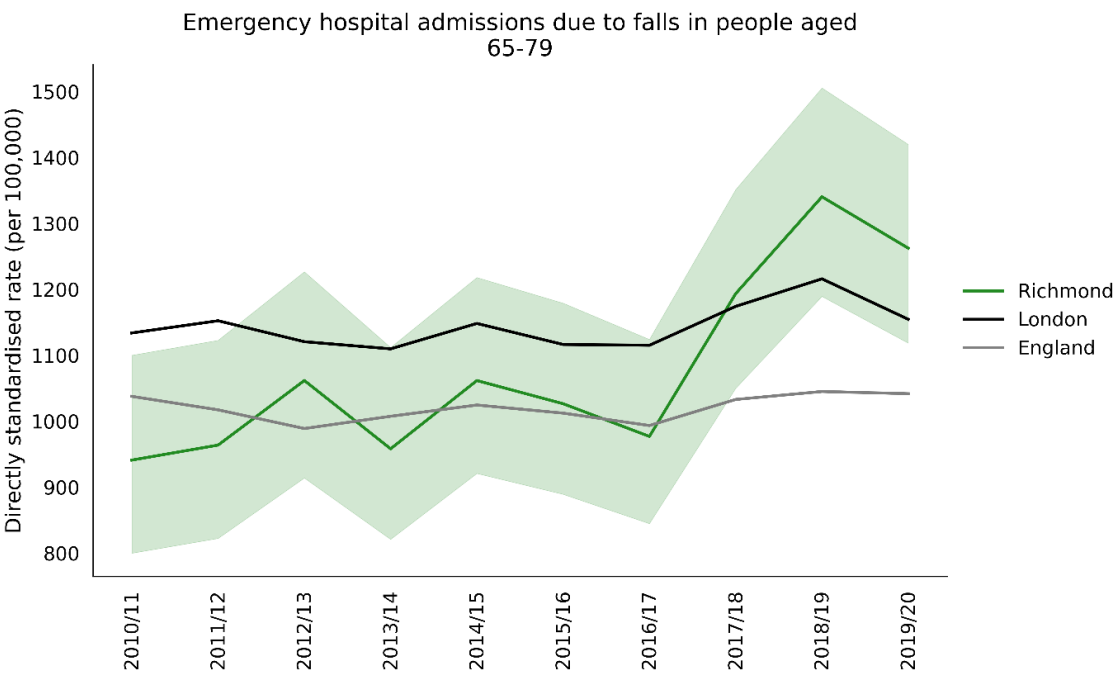
- Years lived in disability (YLD) is a measure of morbidity that combines the prevalence of each disease with a rating of the severity of its symptoms (excluding death itself), to give an overall measure of the loss of quality of life.
- Age related hearing loss, diabetes, chronic obstructive pulmonary disorder (COPD), followed by lower back pain and vision loss were the most common causes of YLD in Richmond. These five conditions were responsible for 37% of all years of life in disability in residents aged 70+. For London males diabetes was causing the most YLD.
- For females aged 70+ the top five causes for Richmond were hearing loss, lower back pain, diabetes, followed by vision loss and COPD: all responsible for 36% of all YLD. The top causes for London females were different: the order of top causes is different to Richmond, with lower back pain causing the largest number of YLD and falls replacing vision loss in the list of top 5 causes of disability

Age Well: Falls (residents aged 65+)



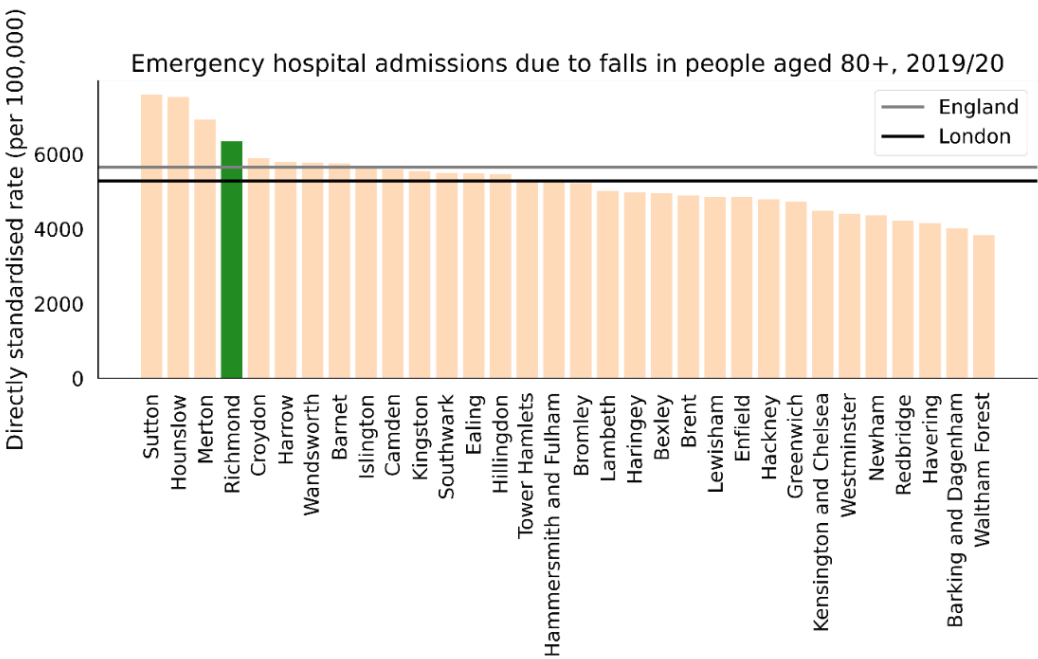
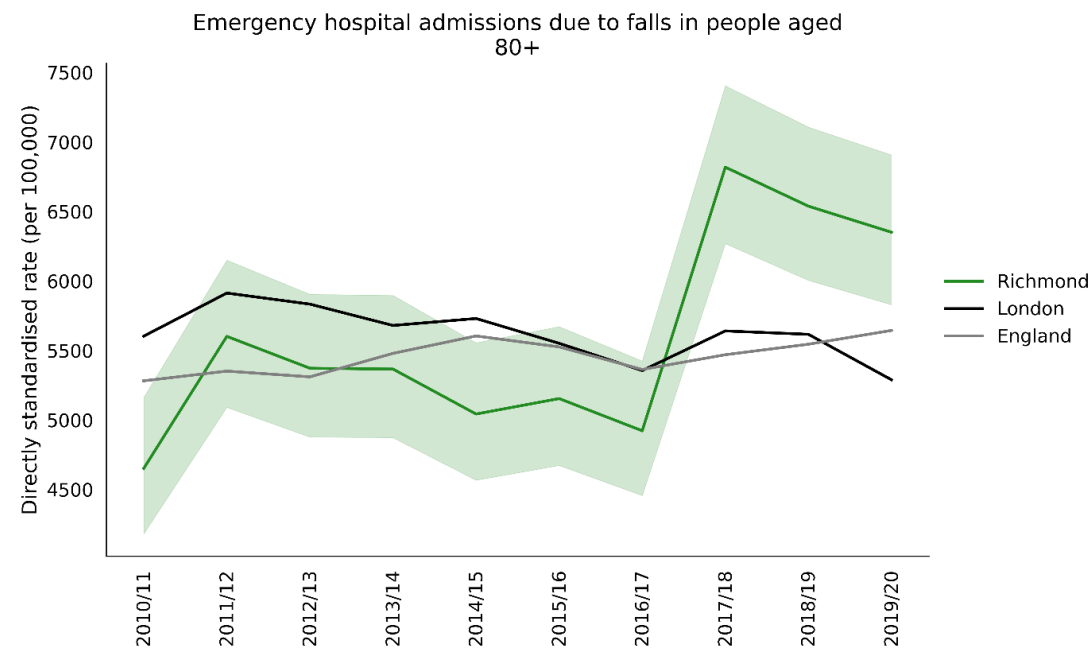
- Falls are the largest cause of emergency hospital admissions for people aged 65 years +, and substantially impact on long term health outcomes of older adults, often resulting in people moving from their own home to long-term nursing or residential care.
- Emergency admission due to falls in people aged 65+ was 2,567 per 100,000 (n=825, the 5th highest rate in London), higher than London and England averages. After a period of decrease, in 2017/18 it increased substantially and remains significantly higher than the averages for London and England.
- There were a higher percentage increase in falls in the over 80 year olds
- Higher number of hip fractures were seen within those aged 80+ years, with 120 compared to those aged 65–79 years, with 45 hip fractures.

Age Well: Falls (residents aged 65–79)



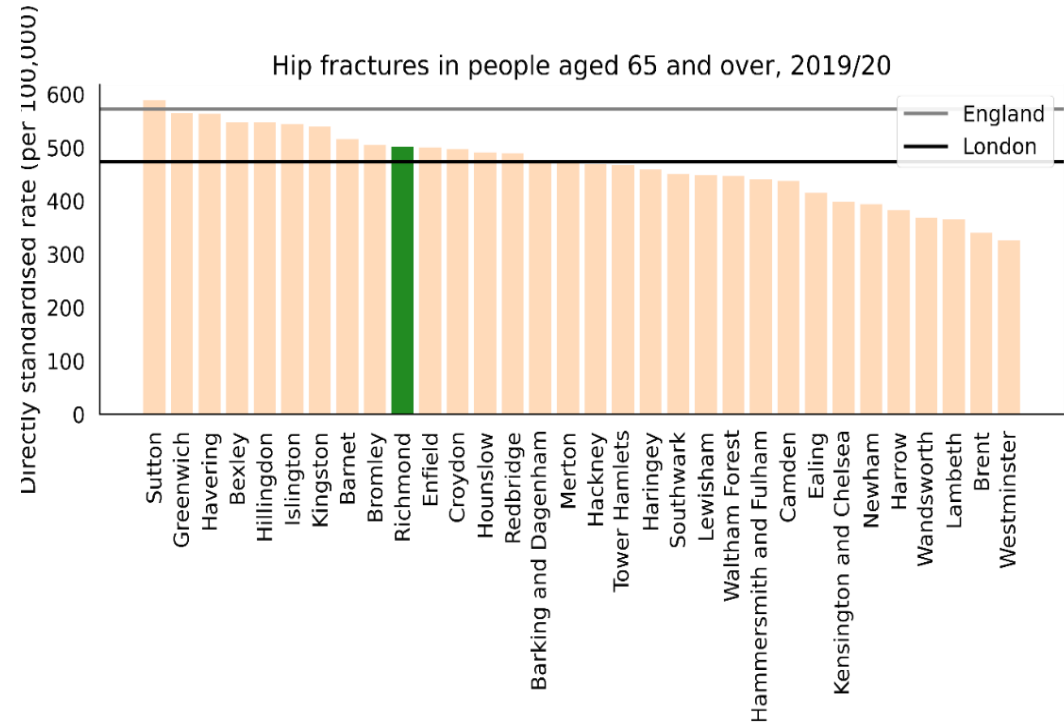
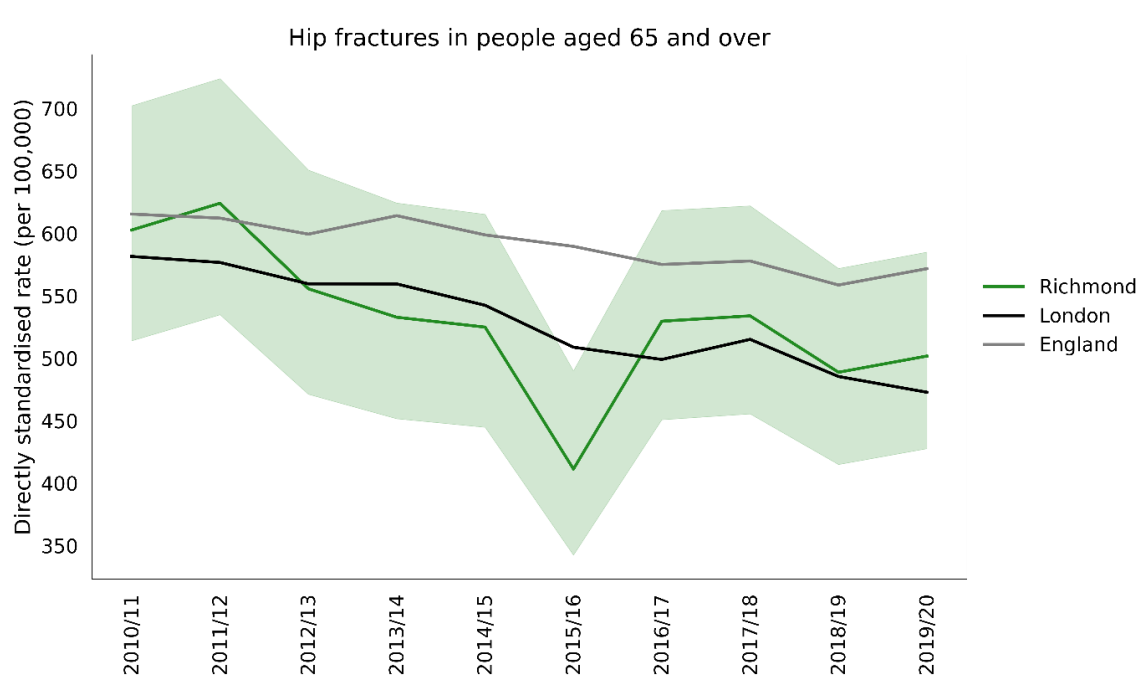
- The rate of hospitalisation following a fall in people aged 65–79 years remains above the England and London average rates showing some signs of improvement in 2019/20. Richmond's latest rate was 1262 per 100,000 residents aged 65-79 (n=280, the 11th highest rate in London), which was 21% higher than the England average and 9% higher than London average. The latest Borough figure was also 34% higher from year 2010/11, in comparison with a 0.4% increase in England's rate in the equivalent time period.

Age Well: Falls (residents aged 80+)

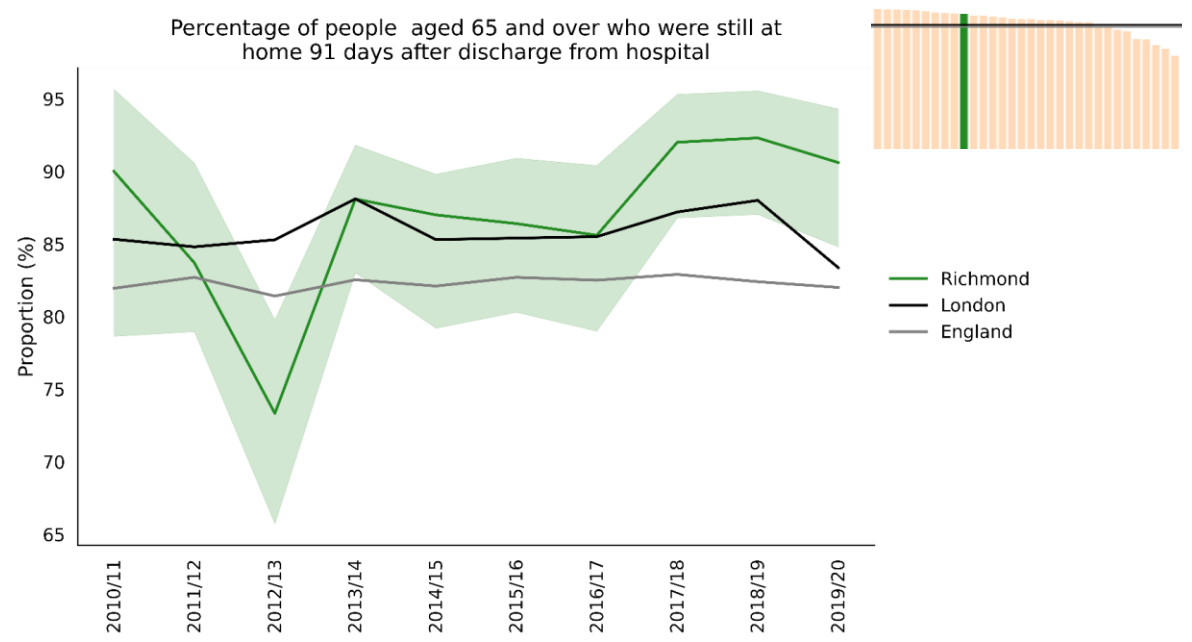
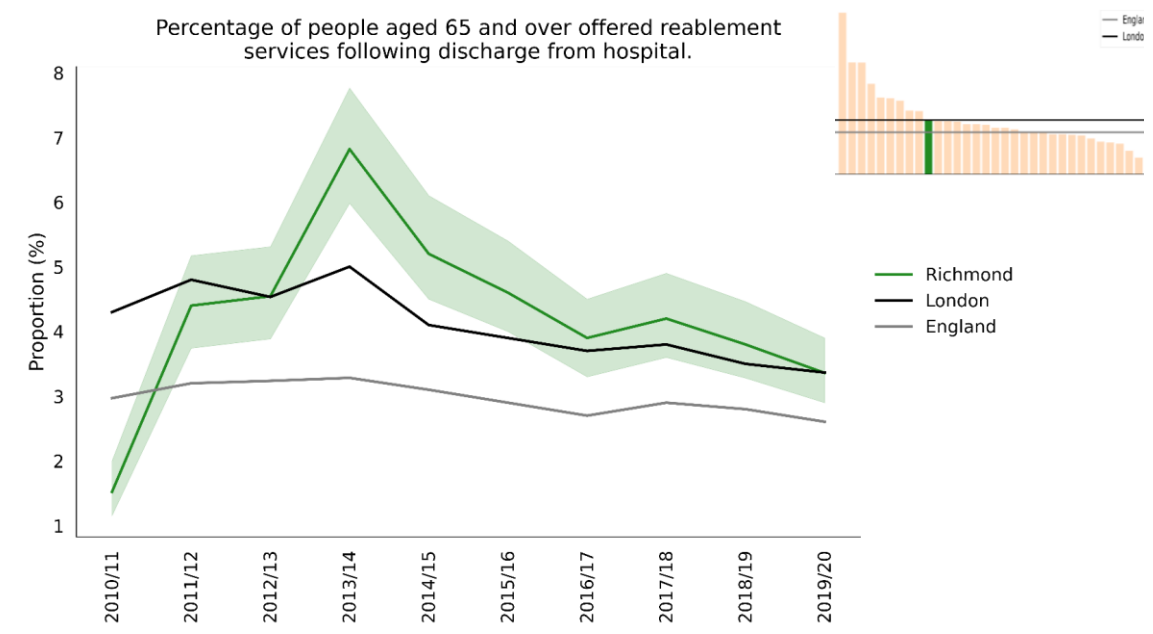


- Richmond's latest rate of emergency hospitalisations following a fall in residents aged 80+ was 6350 per 100,000 residents aged 80 and over (n=545, 4th highest rate in London), which was 12.5% higher than the England average and 20.1% higher than London average. The latest Borough figure was also 37% higher from year 2010/11, in comparison with a 7% increase in England's rate in the equivalent time period. As in younger age ranges, hospitalisations for falls have increased substantially in 2017/18 and, although some reductions had taken place since then, falls admissions still remain substantially above the averages for England and London.

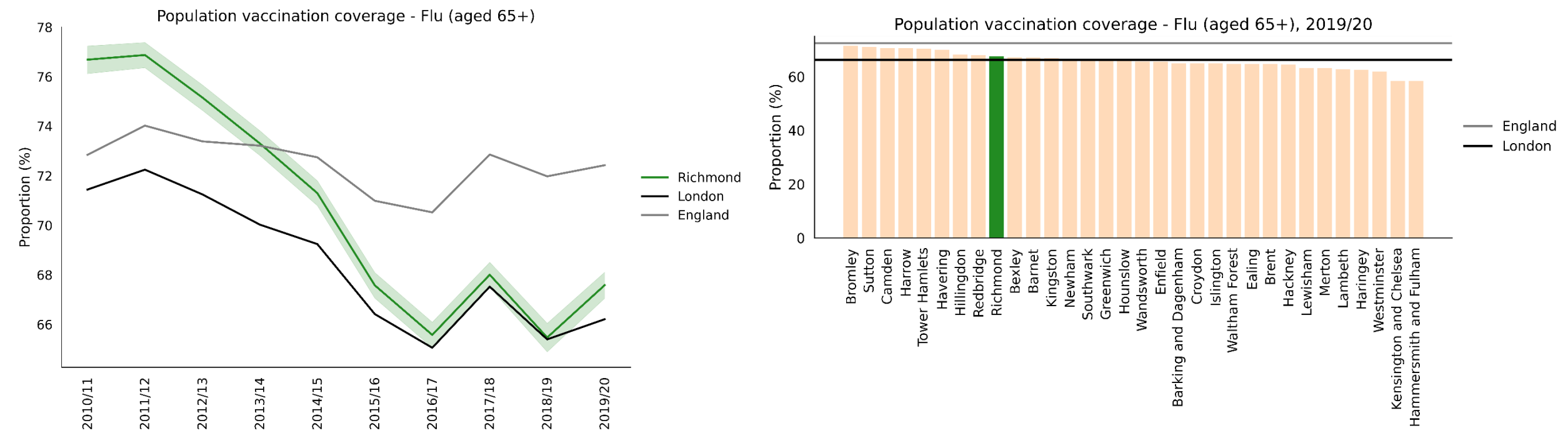
Age Well: Hip Fractures



- Hip fracture, in many cases a result of a fall, substantially affects mobility of older people – only around 30% of affected patients return to the levels of independence prior to the fracture and one in three ends up leaving their own home and moving to long-term care.
- In Richmond in 2019/20 there were 165 hip fractures in people aged 65 and over (502 per 100,000 residents aged 65+); higher than the rate for London but lower than the England rate. Richmond ranked the 10th highest across the London boroughs.
- Higher number of hip fractures were seen within those aged 80+ years, with 120 compared to those aged 65–79 years, with 45 hip fractures.

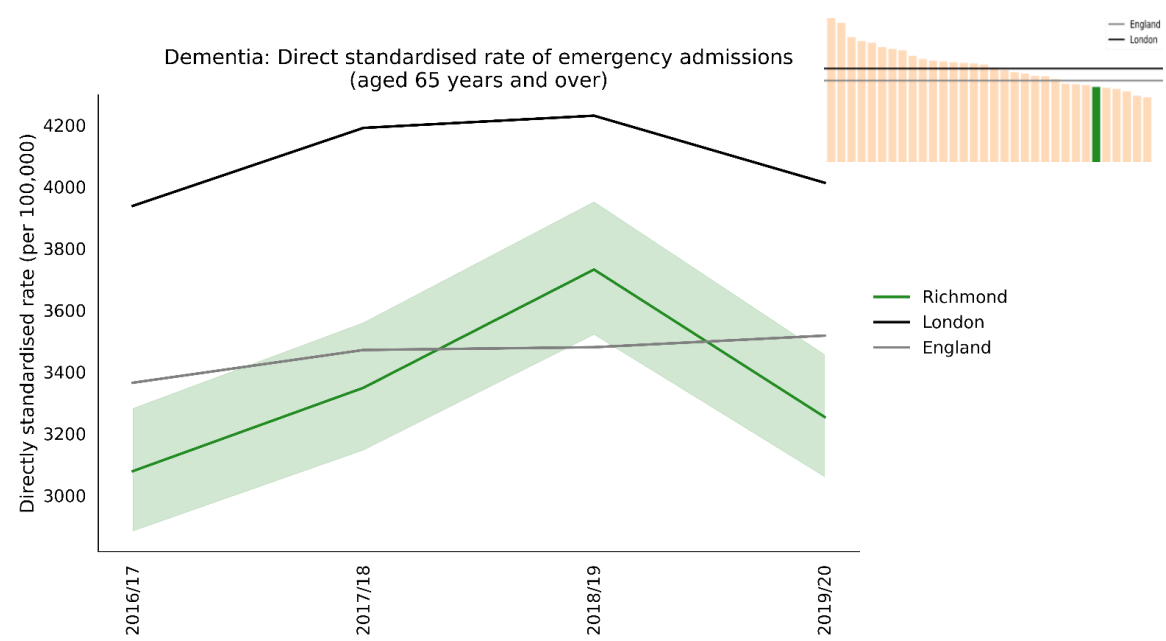
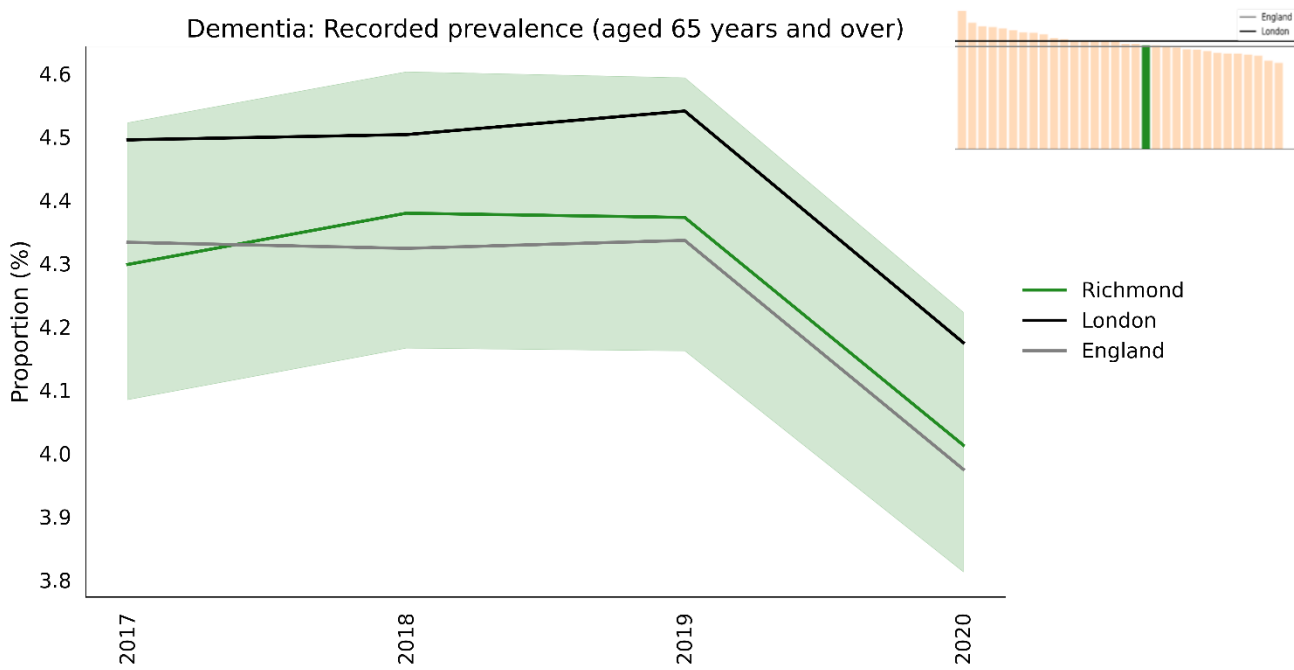


- In 2019/20, Richmond's percentage of people aged 65 years and over offered reablement services following discharge from hospital was 3.4% (n=149, 10th highest rate in London), which was 28.9% higher than the England average and 0.2% lower than London average.
- Richmond's latest percentage of people aged 65 years and over who were offered reablement services and were still at home 91 days after discharge from hospital was 91% (n=135, 10th highest rate in London), which was 11% higher than the England average and 9% higher than London average.
- In 2019/20 in Richmond the percentage of adult social care users who have as much social contact as they would like was 47%, the 2nd highest rate in London.



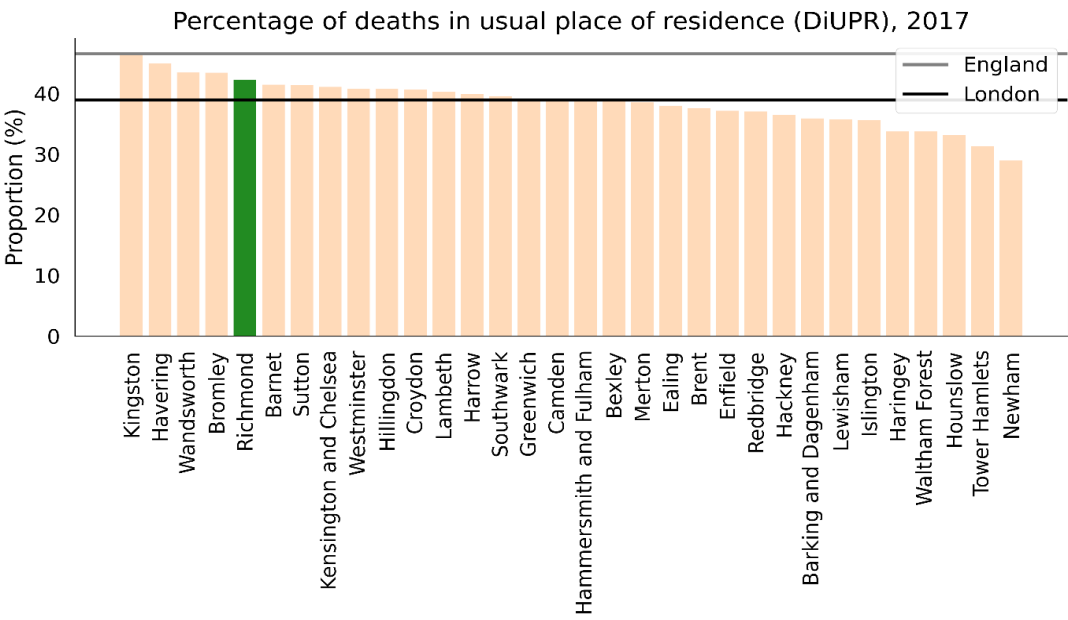
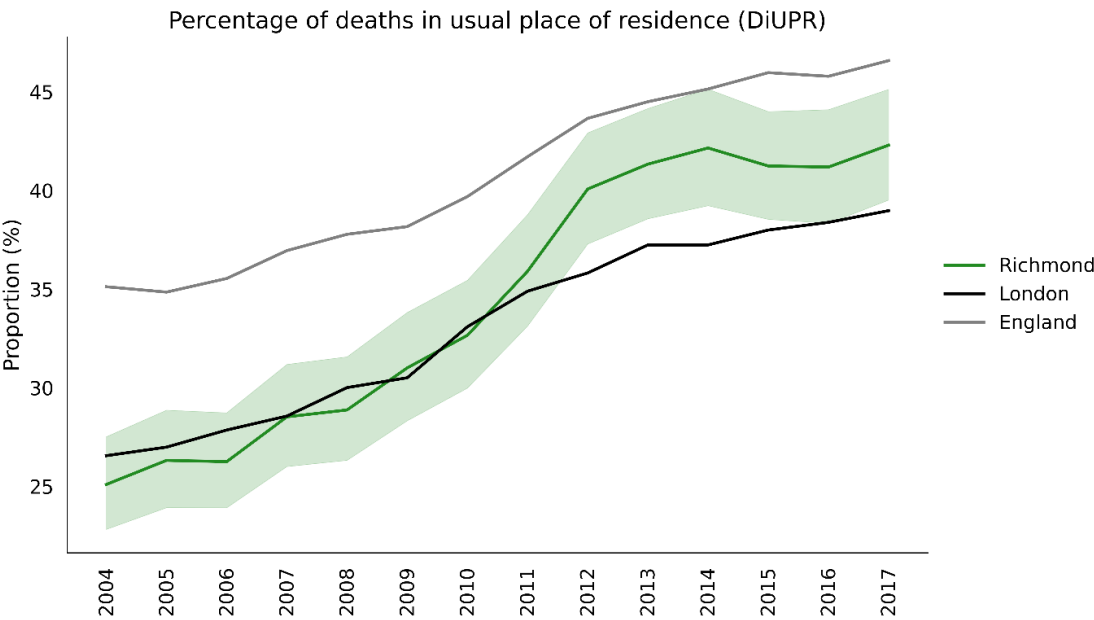
- In 2019/20, Richmond's flu vaccination coverage among people aged 65 years and over was 68% (n=20,512, the 9th highest rate in London), which was 6.7% lower than the England average and 2.1% higher than London average.
- The latest Borough figure was also 12% lower from year 2010/11, in comparison with a 1% decrease in England's rate in the equivalent time period.
- Richmond's latest pneumococcal polysaccharide vaccine (PPV) vaccination coverage in people aged 65+ was 63%, the 12th lowest rate in London, which was 9% lower than the England average and 2% lower than London average.
- In 2018/19, shingles vaccination coverage in people aged 71 in Richmond was 49%, 11th highest rate in London, which is identical to the England average and 7% higher than the London average.

Age Well: Dementia



- In 2020, there were 1,412 over 65-year olds in Richmond with a recorded prevalence of dementia (4% of the total population aged 65 and over), a similar prevalence to the London and England averages of 4.2% and 4.0% respectively. The borough ranked 13th lowest in London.
- 97% of residential care homes and nursing home beds that were suitable for dementia sufferers were rated ‘good’ or ‘outstanding’.
- Emergency hospital admissions for people with dementia has dropped substantially from the previous year and is currently the 6th lowest in London.
- Mortality rate in people living with dementia had also increased but the borough was ranked 7th lowest rate compared to other London boroughs.

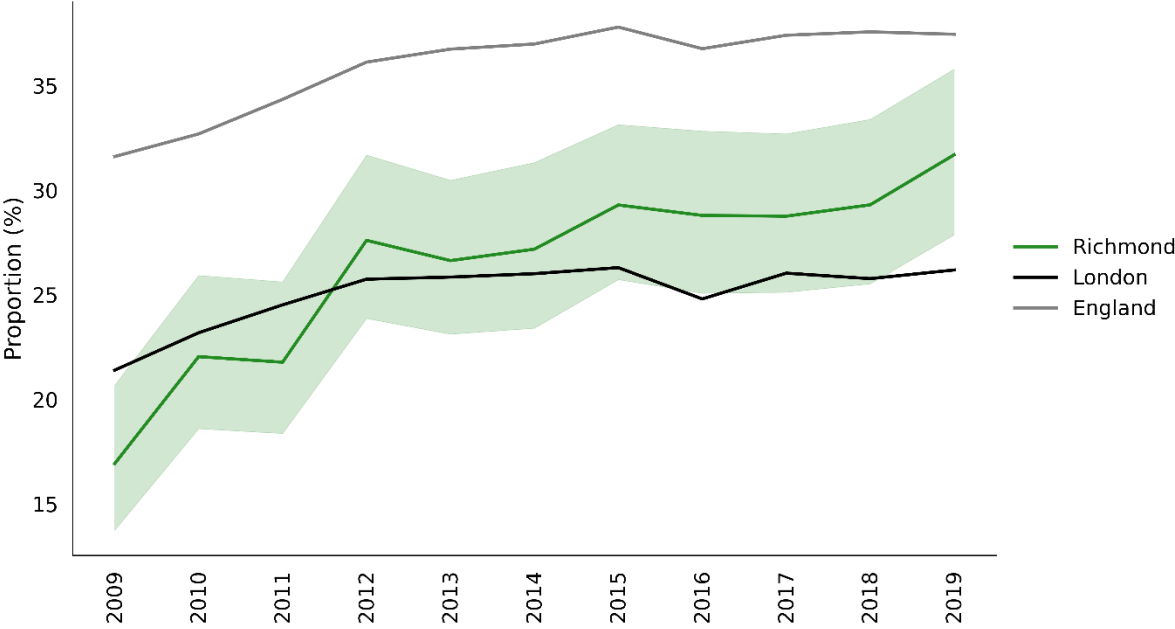
Age Well: Deaths in Usual Place of Residence



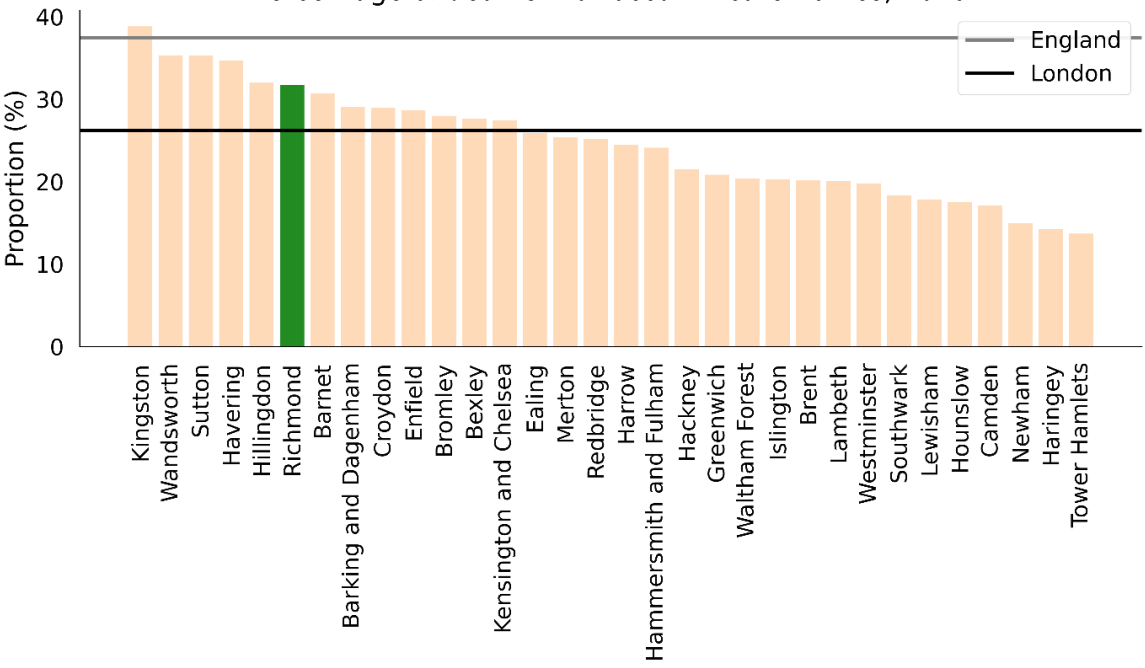
- Richmond's percentage of deaths in usual place of residence in 2017 was 42% (n=502, the 5th highest rate in London), which was 9% lower than the England average and 9% higher than London average. The latest Borough figure was also 69% higher from year 2004, in comparison with a 33% increase in England's rate in the equivalent time period.

Age Well: Deaths in Care Home amongst Residents aged 85+

Percentage of deaths that occur in care homes

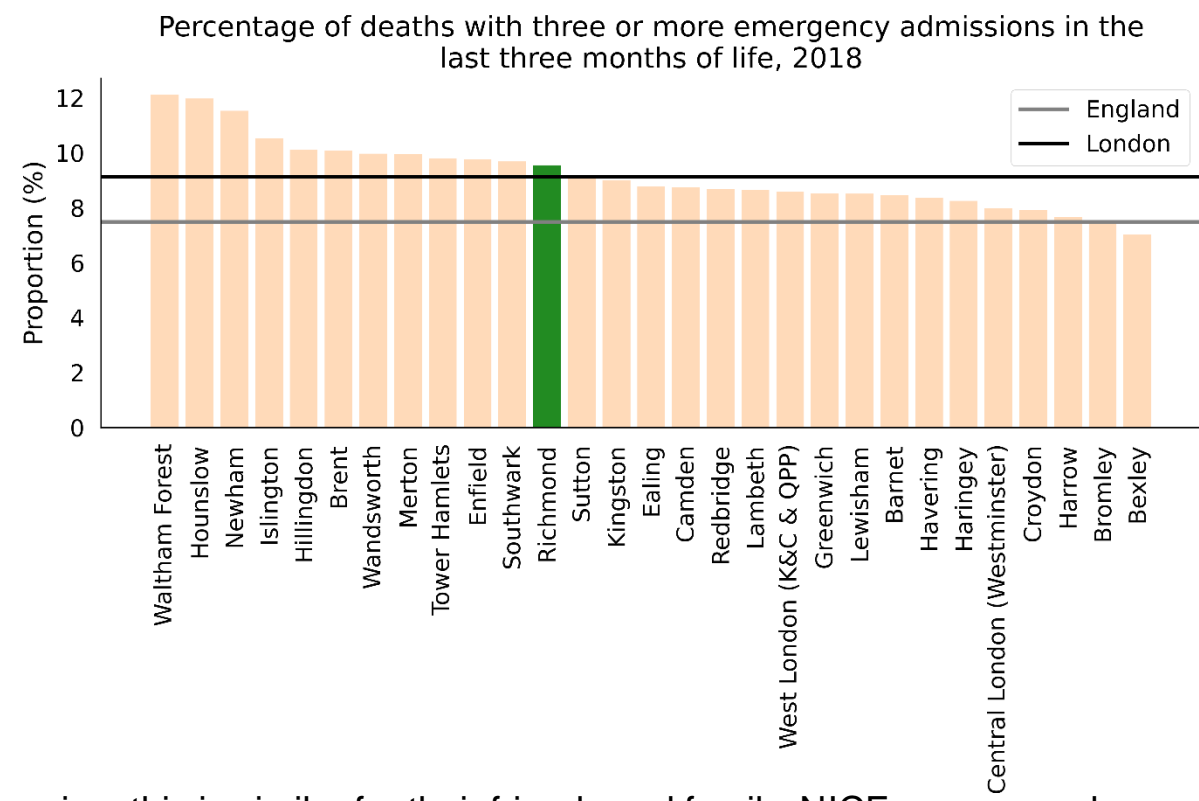
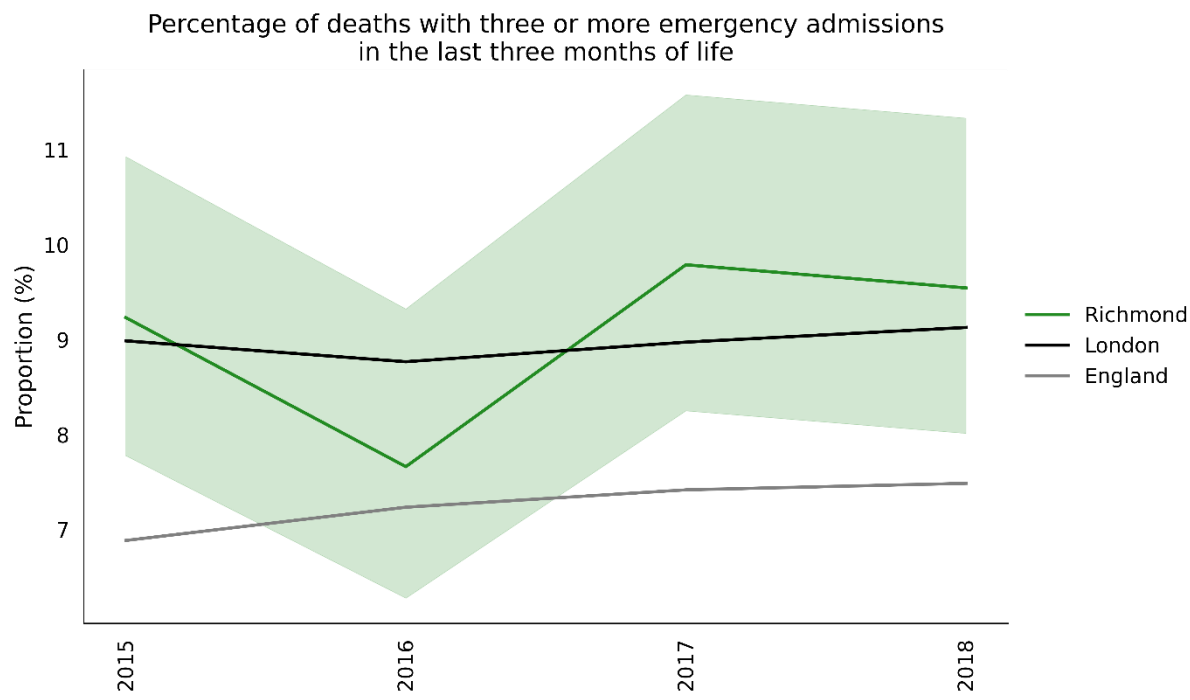


Percentage of deaths that occur in care homes, 2019



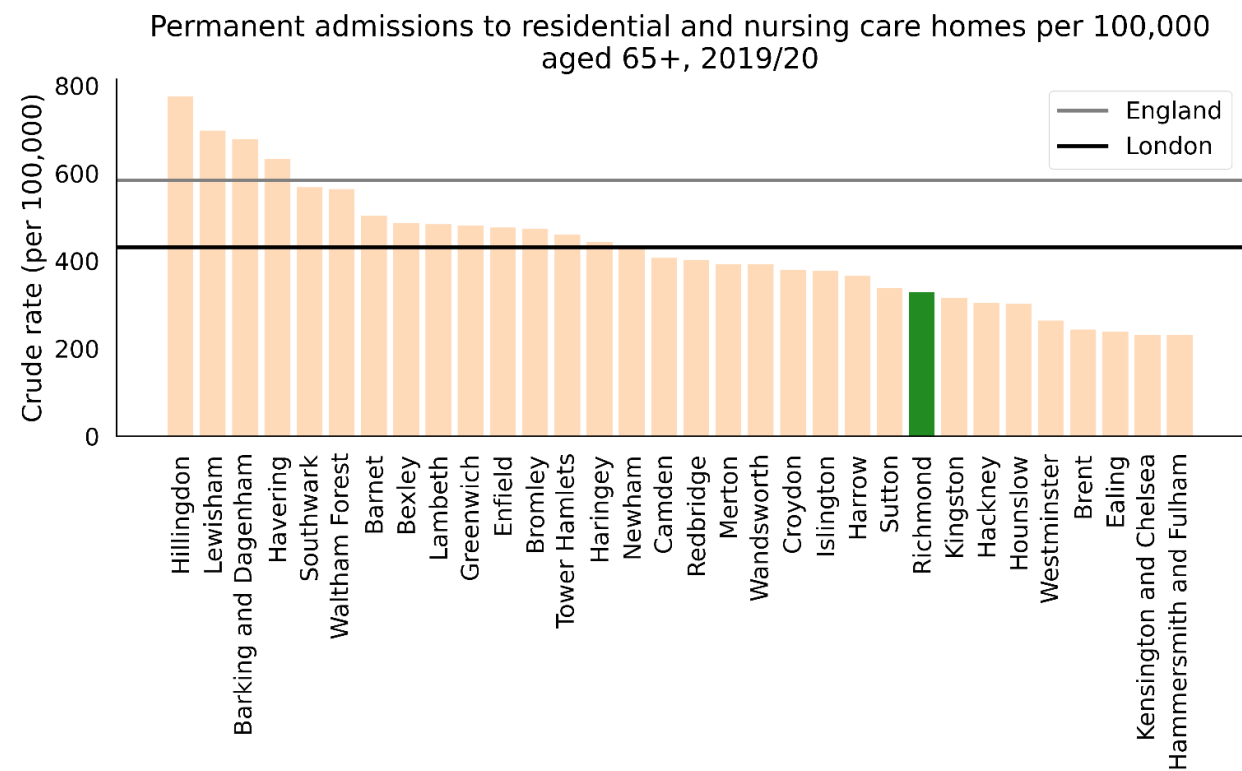
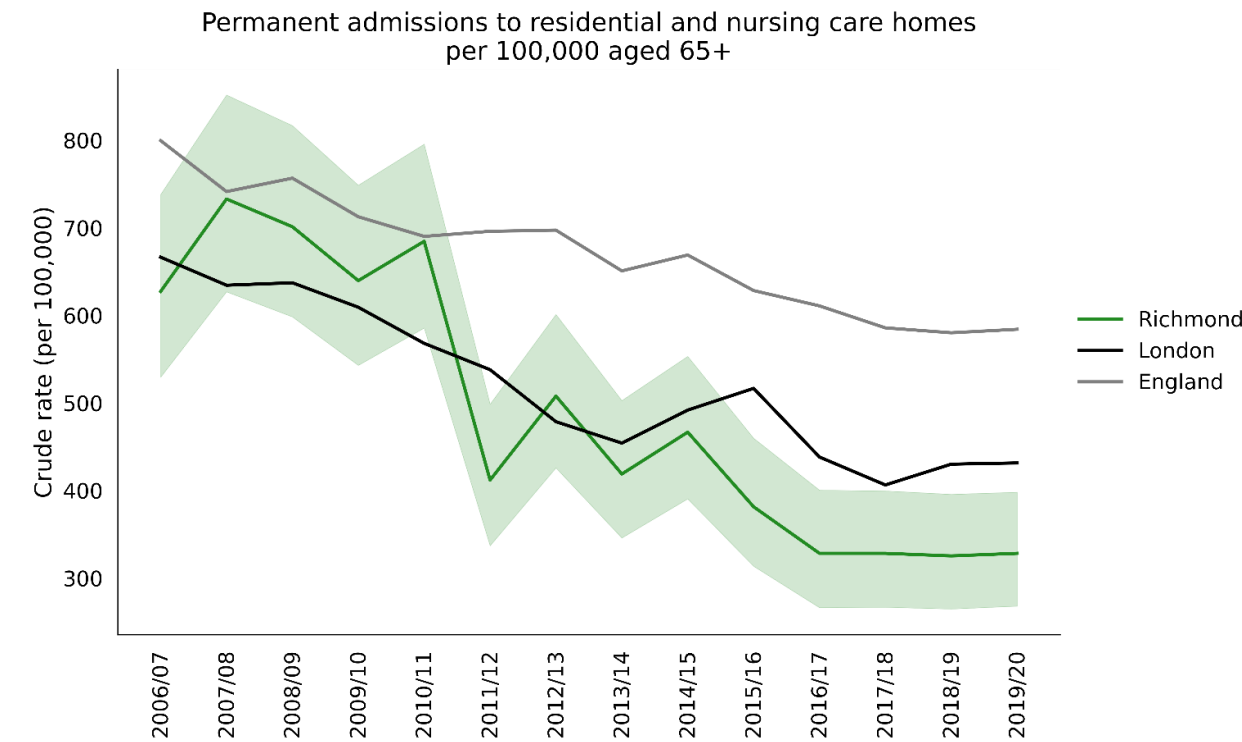
- Richmond has a higher percentage of care home deaths in people over 85 years when compared to the London average. Richmond's latest proportion of deaths of residents aged 80+ that occur in a care home was 32% (n=167, the 6th highest rate in London)

Age Well: Proportion of Deaths with 3+ Emergency Admission in the Last 3 Months of Life



- Patients often find emergency hospital admissions disruptive and distressing, this is similar for their friends and family. NICE recommends the first stage of advanced care planning is to identify options within the community.
- Richmond's latest proportion of deaths in people with three or more emergency admissions in the last three months of life was 10% (the 12th highest in London), which was 27.5% higher than the England average and 5% higher than London average. The latest Richmond's figure was also 3% higher from year 2015, in comparison with an 9% increase in England's rate in the equivalent time period.

Age Well: Permanent Admissions to Care or Nursing Homes



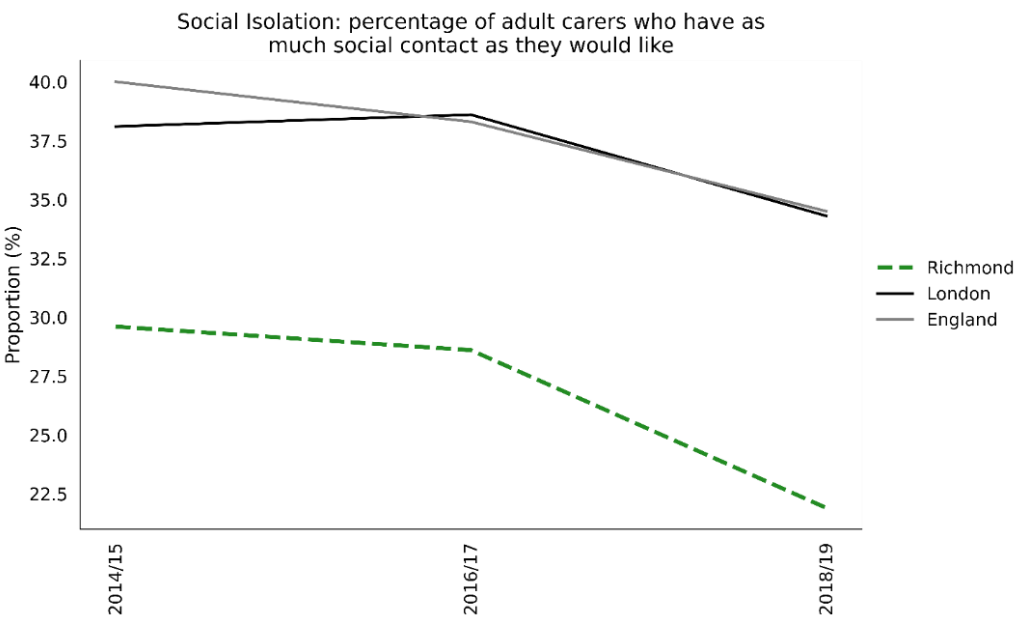
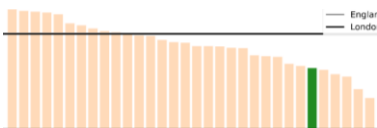
- In 2019/20, Richmond's rate of permanent admissions of people aged 65+ to residential and nursing care homes was 328 per 100,000 residents aged 65+ population (n=103, 9th lowest rate in London), which was 44% lower than the England average and 24% lower than London average. The latest Borough figure was also 48% lower from year 2006/07, in comparison with a 27% decrease in England's rate in the equivalent time period.

Age Well: Carers

- An analysis of Richmond Carers from the 2011 Census shows that there were a total of 15,725 carers living in Richmond, 8.5% of the population.
- This varies by age with:
- 2% of the population aged 0–24, 864 people
- 7% of the population aged 25–49, 5,380 people
- 19% of the population aged 50–64, 6,044 people
- 9% of the population aged 65+, 3,437 people
- An average of 540 Care Assessments of Adults caring for adults are carried out annually by Richmond Council.

Carers are known to have poorer health as a result of their caring role:

- 72% have mental ill health.
- 61% have physical ill health.
- 23% refuse Health and Social Care support due to concerns about quality.
- Carers are less likely to be in full time employment (38% compared to 52%).
- Over half of all Carers have borrowed money as a result of caring responsibilities.
- Where Carers are the parents of the cared for person, there is an increasing likelihood that their child will outlive their parent’s ability to provide care and support..
- Richmond's latest percentage of adult carers who have as much social contact as they would like was 22%, the 6th lowest rate in London.



Age Well: Carers in Richmond by number of hours of care and self-described health

- Richmond Carers Data from the 2011 Census show 20% of Carers who say their health is bad, very bad or fair, considerably higher than the 11% of those who provide no care.
- This risk of poor health increases with the number of hours of unpaid care that are provided and with age of carer. Carers are less likely to be in good health than people who provide no care
- 60% of Carers aged 65 and over reported having at least one long-term health condition compared to 42% of Carers aged 18 to 64.
- Thirty-nine per cent (39%) of Carers in Richmond have had to see a GP for health issues relating to their caring duties in the past 12 months.
- 2% of Carers in Richmond reported that their caring responsibilities had no effect on their health
- People who do 50 or more hours of unpaid care each week are much more likely to be in bad, or very bad health

hrs of care provided	Bad or very bad health	Fair health	Good or very good health
1–19 hours	322 (2.7%)	1485 (12.6%)	9940 (84.6%)
20–49 hours	97 (6.1%)	300 (18.8%)	1203 (75.2%)
50+ hours	251 (10.6%)	634 (26.7%)	1493 (62.8%)
No care	5030 (3.0%)	13625 (8.1%)	149709 (88.9%)

Source: ONS: Census 2011

Acknowledgments

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