

Approaches to our ageing population: insights from the Centre for Ageing Better

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Dr. Aideen Young

Aideen.young@ageing-better.org.uk
@AideenYoung



About us

- An independent charitable foundation
- We are funded by an endowment from the Big Lottery Fund
- We are part of the network of What Works organisations that promote the better use of evidence

We work for a society where everybody enjoys a good later life

Our changing population

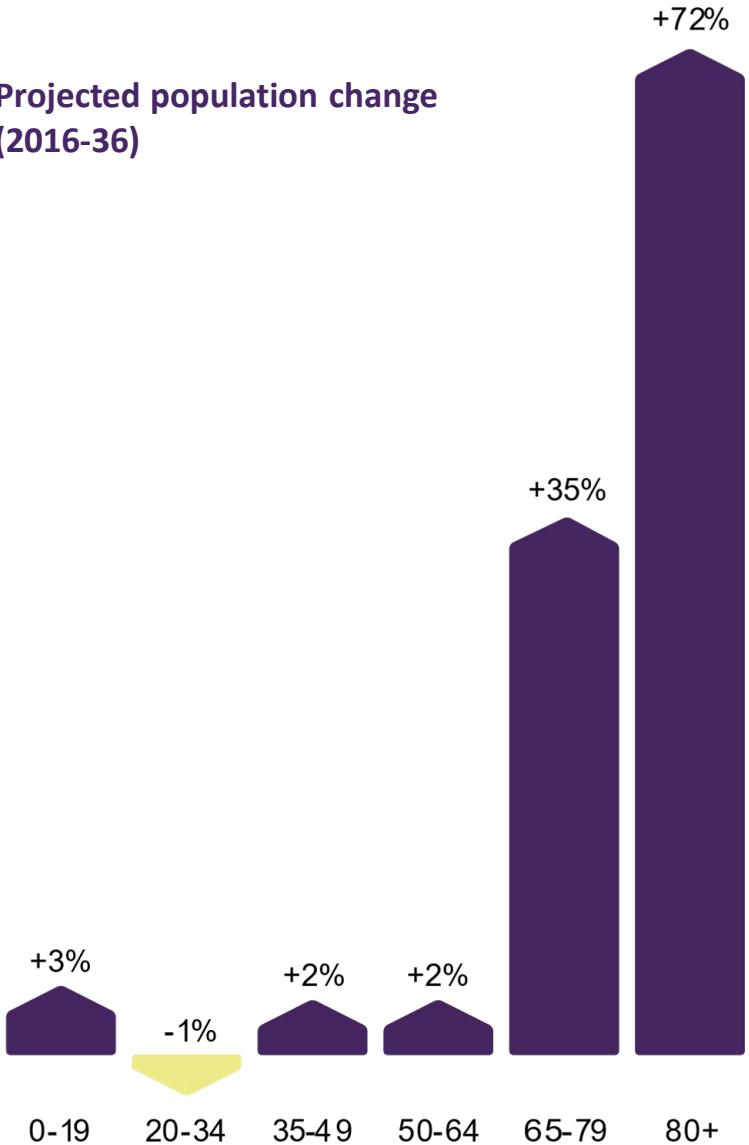
Number of people aged
65 and over in the UK

11.9
million people



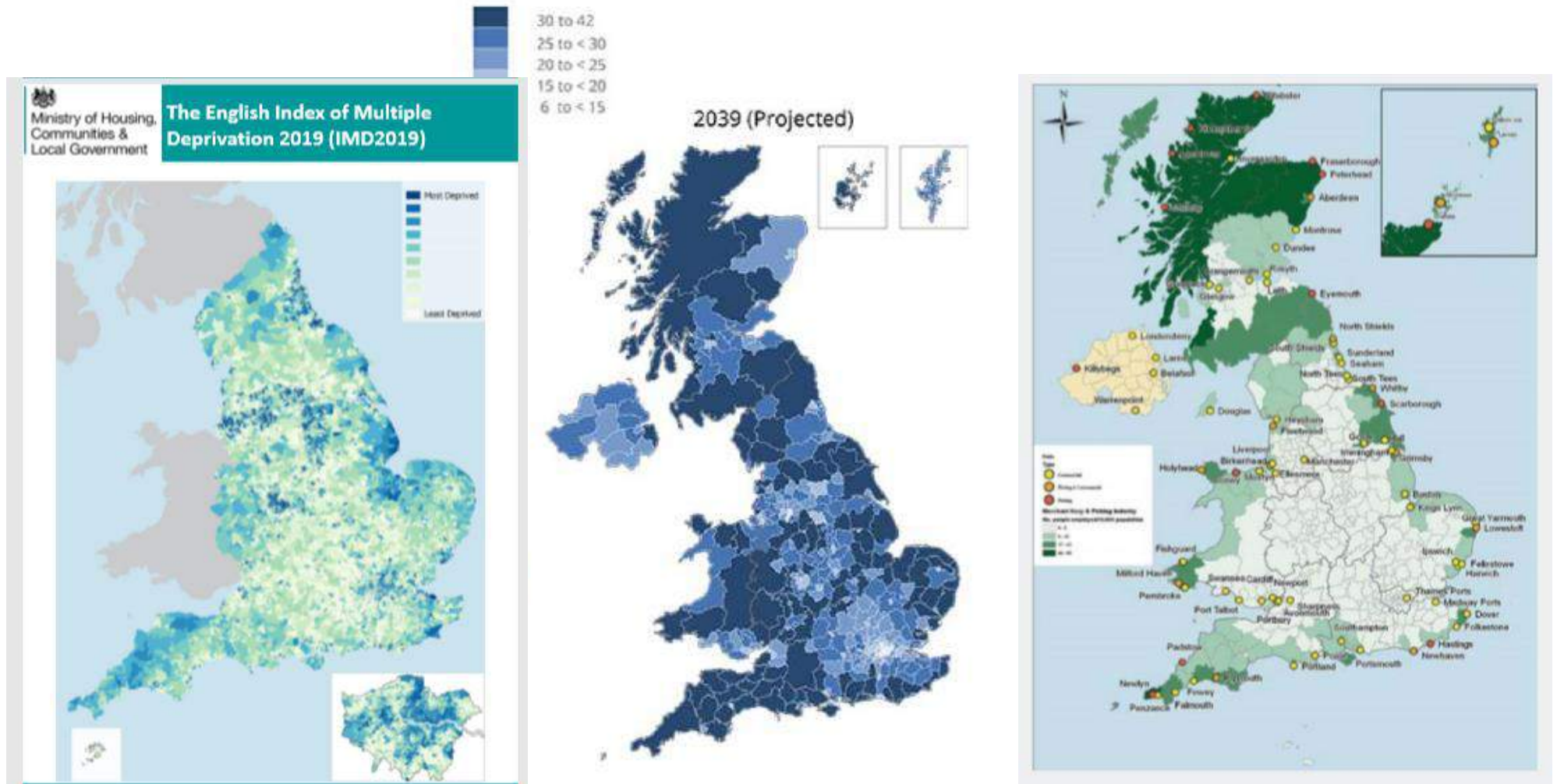
3.2 million of
these people are
aged 80 and over.

Projected population change
(2016-36)



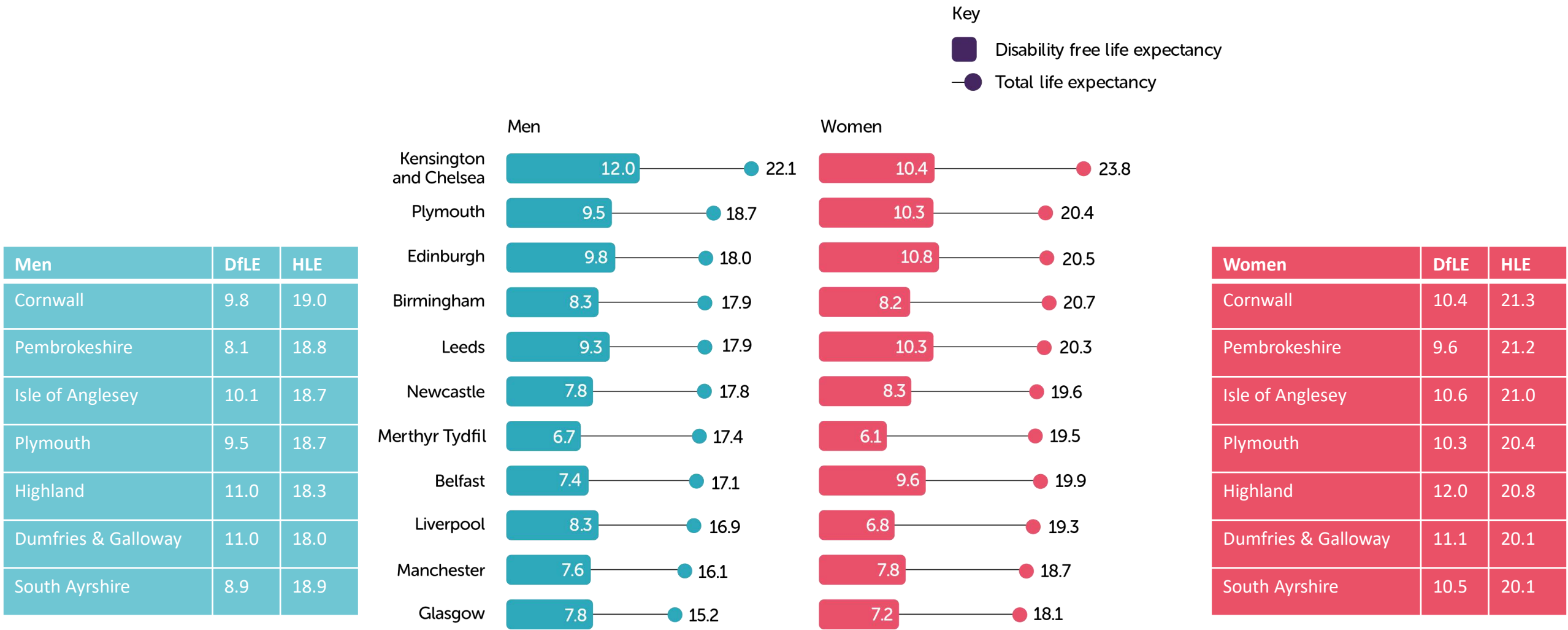
Source: Office of National Statistics, (2017), Principal projection - UK population in age groups, mid-2017 based.

Ageing in Rural & Coastal Localities



Source: 2016 mid-year population estimates for UK, Office for National Statistics, 2014-based subnational population projections for UK, Office for National Statistics, Welsh Government, National Records Scotland and Northern Ireland Statistics and Research Authority, contains OS data © Crown copyright 2018 © Design Council 20

Variation in life expectancy and disability-free life expectancy at age 65, 2015-17

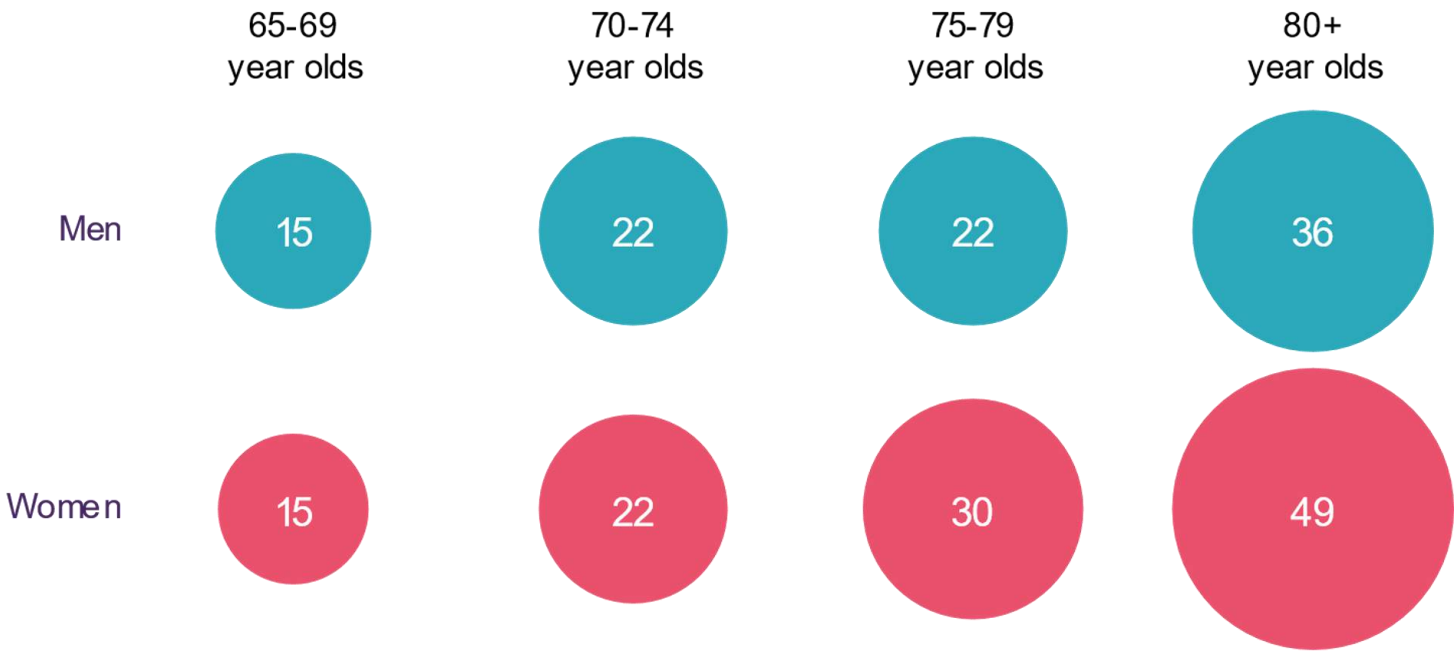


Source: Office of National Statistics, (2018), Health state life expectancies, UK: 2015 to 2017.

Functional ability

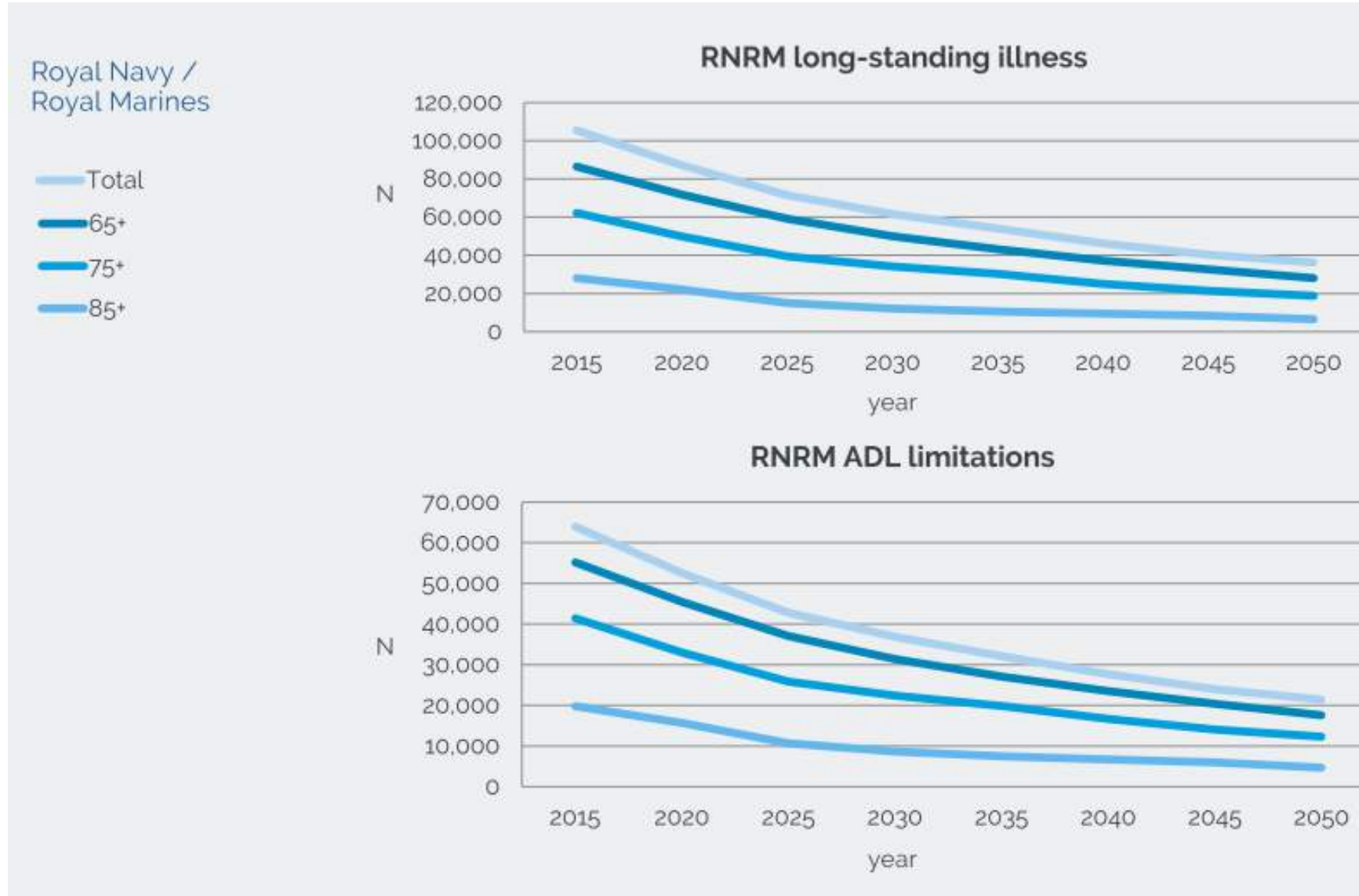
People at 65 can expect to live just half of the remainder of their life without disability, and more than half of people have at least two chronic health conditions that affect their daily lives

Percentage needing help with activities of daily living (e.g. washing, dressing)

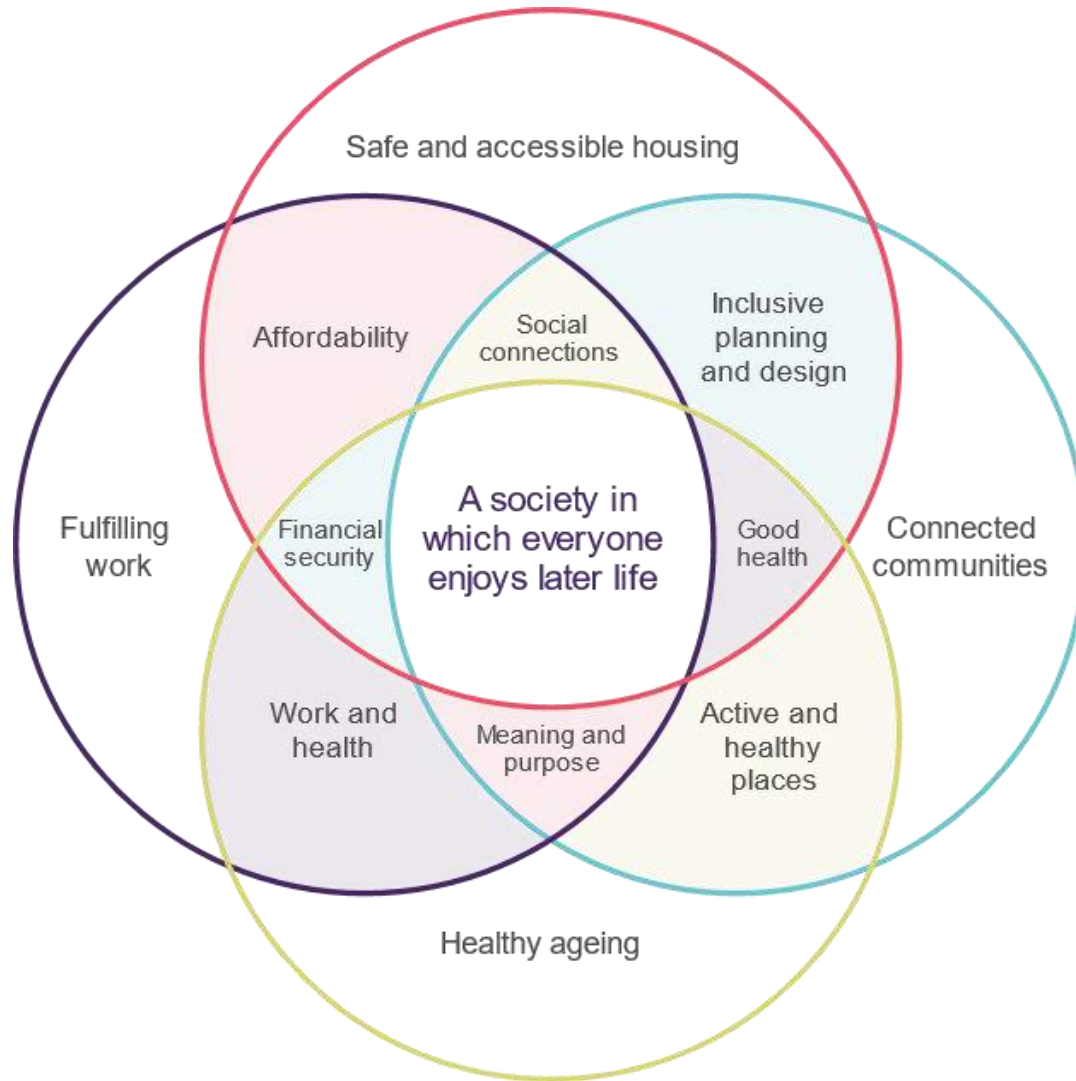


Source: NHS Digital, (2018), Health Survey for England, 2017-based.

Projected estimates of former and older seafarers with long-standing illness and limitations of ADLs



Our priority goals



Our vision is a society where everybody enjoys a good later life

We aim to achieve that by getting people approaching later life to:

- Live healthier, more active lives, reducing the risk of poor health, delaying onset, progression and impact of disease and disability
- Be in good quality work for longer, boosting savings and delaying drawing pensions
- Live in safe, accessible and adaptable homes, remaining independent and active for longer
- Live in communities where social relationships flourish, making it easier to build and maintain close connections as well as wider everyday contact

The state of our homes



38%

..of UK homes were built before 1946
(we have the oldest housing stock in
the EU)

20%

..of UK homes failed the Decent Homes
standard in 2016-17

103%

.. the increase in the number of private
renters aged 55+ over the period 2003-4
to 2017-18.

27%

..of private rented homes did not meet
the Decent Homes Standard in 2016-17

What needs to change?

- Adapting homes for today – self funders and commissioners have access to cost effective (and attractive) aids and adaptations
- Building homes for the future – lifetime standards in new housing developments, diverse housing supply
- Age friendly neighbourhoods – urban planning and design creates safe, accessible, intergenerational communities, promotes activity and social connections
- Care and support setting neutral – high quality and affordable domiciliary care teams, skilled workforce, integration of health, social care and housing, use of technology
- Deinstitutionalisation of specialist settings - connected to communities, neighbourliness and volunteering, permeable
- Innovative new housing choices – Shared Lives Plus, co-housing, self-build

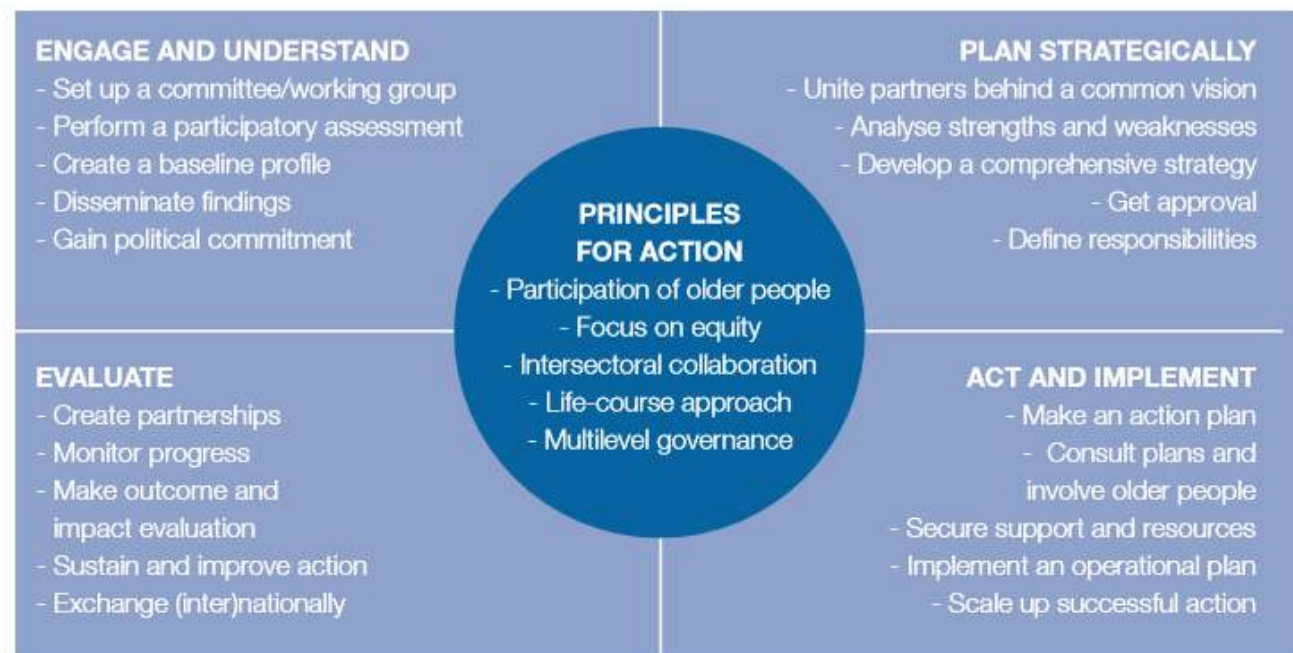


Creating age-friendly environments in Europe

A tool for local policy-makers and planners



Model of principles and steps to create age-friendly environments



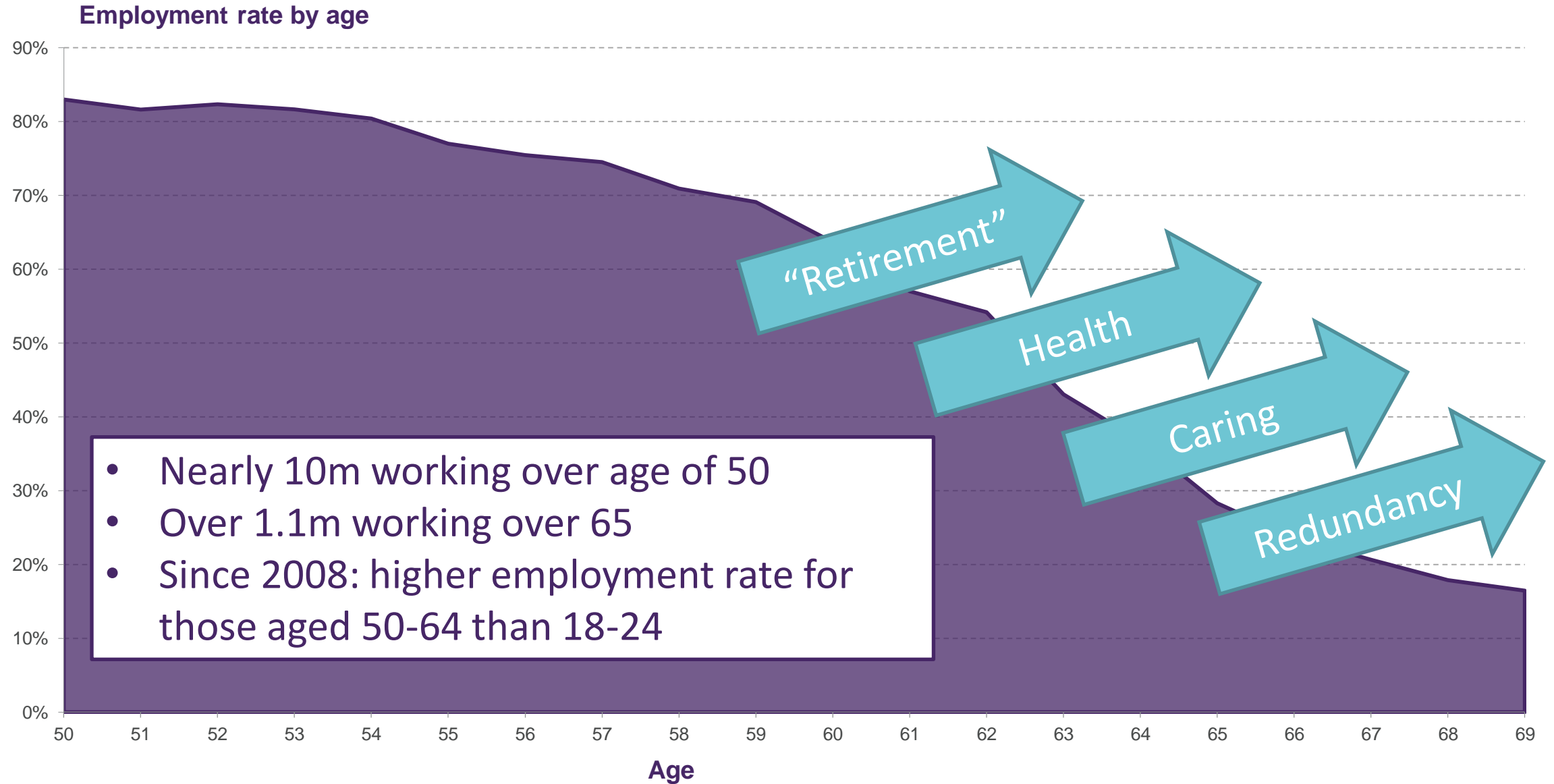
UK Network of Age-friendly Communities



- Ards and North Down
- Banbury
- Barnsley
- Belfast
- Bolton
- Brighton and Hove
- Bristol
- Cheshire West
- Coventry
- Derry City and Strabane
- East Lindsey
- Greater Manchester
- Glasgow
- Isle of Wight
- Leeds
- Lisburn Castlereagh
- Liverpool
- London
- London Borough of Lewisham
- London Borough of Southwark
- Manchester
- Melksham
- Middlesbrough
- Newry, Mourne and Down
- Newcastle upon Tyne
- North Yorkshire
- Nottingham
- Salford
- Sefton
- Sheffield
- Stockport
- Stoke-on-Trent
- Sunderland
- Torbay
- Trafford
- York



Reasons for exit from the labour market



Re-training and skills development

There are a number of retraining, skills and employment funded programmes currently available to help with:

- Retraining and identifying new employment sectors
- Gaining vocational skills and qualifications
- Gaining sustained employment
- Developing better career paths and increased salaries

National Retraining Scheme (NRS):

The NRS is the government's new programme to prepare adults for future changes to the economy, including those brought about by automation, and to help them retrain into better jobs

Adult Education Budget (AEB):

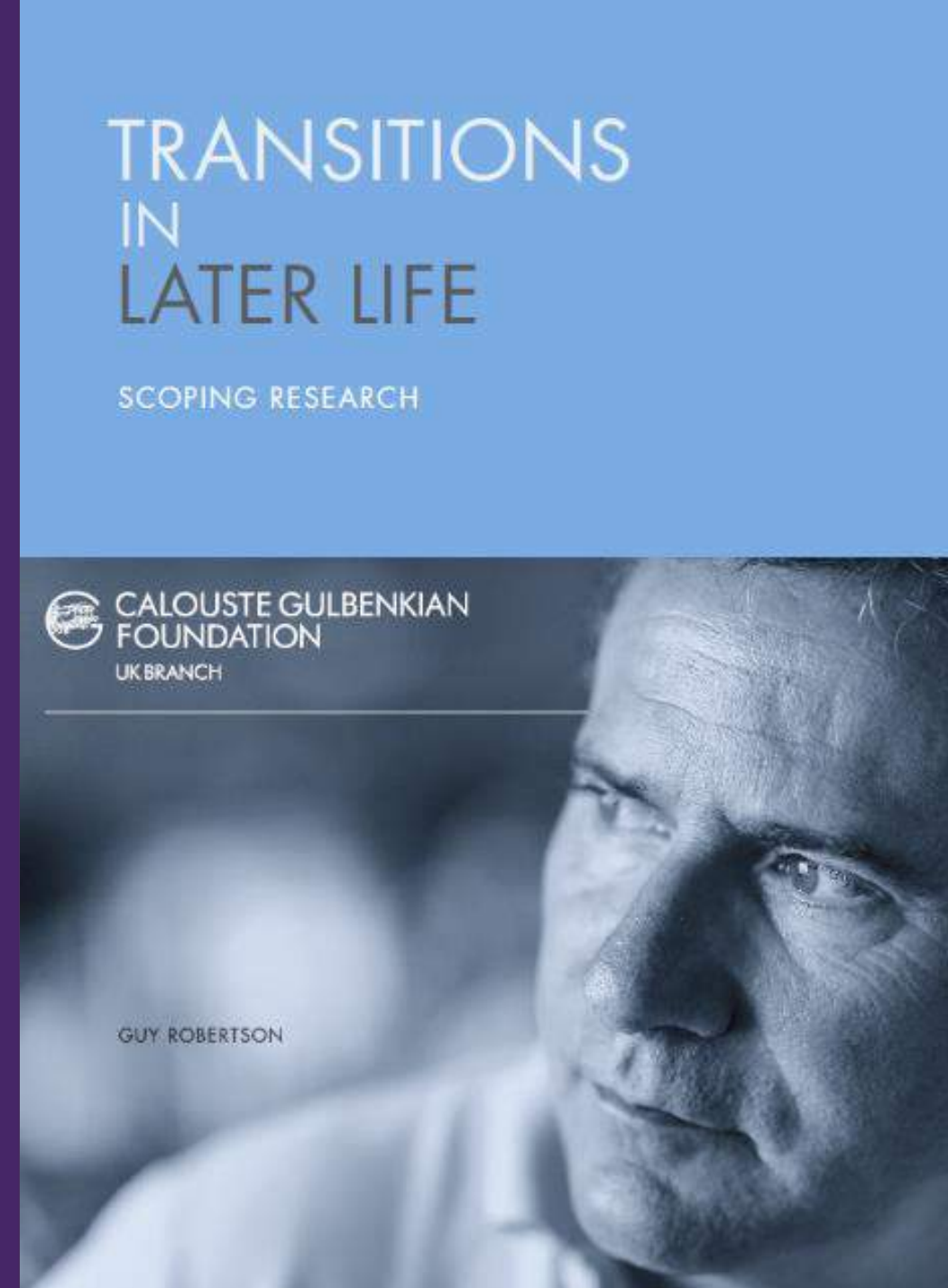
Education Skills Funding Agency funded AEB aims to engage adults and provide the skills and learning they need to progress into work or equip them for an apprenticeship or other learning. It enables more flexible tailored programmes of learning to be made available, which may or may not require a qualification, to help eligible learners engage in learning, build confidence, and/or enhance their wellbeing

National Careers Service (NCS):

The National Careers Service is the publicly funded careers service for adults and young people in England. It brings together elements of previous publicly funded careers services for adults and young people and can help you with your career, learning and training choices

Later Life transitions

- A multiplicity of challenging transitions face people in mid and later life
- Later life can feel like a time of loss, of career, health and mobility, of home, friends and loved ones. While some cope well with those transitions, many struggle to adjust. Too often this leads to loneliness, ill health and depression.
- We are encouraged to plan for our material needs in retirement but do not prepare adequately for older age, particularly for the psychological and emotional changes
- Some support is available to help older people deal with transitions but it tends to be patchy and is often only arranged in a crisis. There is a real need to shift from firefighting to prevention and from disjointed to holistic, person-centred approaches
- Despite evidence that therapeutic models have a significant positive impact on outcomes for people in later life, very little support of this type is available



What is resilience and what is it for?

The process of negotiating, managing and adapting to significant sources of stress or trauma. Assets and resources within the individual, their life and environment facilitate this capacity for adaptation and “bouncing back” in the face of adversity..”

Defining attributes for resilience are:

- High self-esteem
- High self efficacy
- Having high expectancy in life (a sense of purpose and achievement)
- Having self determination
- Optimism and effective coping styles
- Having a good support system
- Having positive relationships with others
- Having a sense of humour about life and oneself
- Being flexible



“.. resilience is strongly related to an optimistic outlook on life, and there are modern therapeutic approaches which essentially ‘teach’ it.”



Later Life Transitions

Working Longer and Living Life To The Full



Later life transitions workshops

Transitions
through the life
course

Ageism and the
power of the
positive

My skills

Personality &
character traits

My personal
philosophy: values
& beliefs

Managing change

Relationships and
staying connected

Resilience:
physical,
emotional &
spiritual wellbeing

Tools:

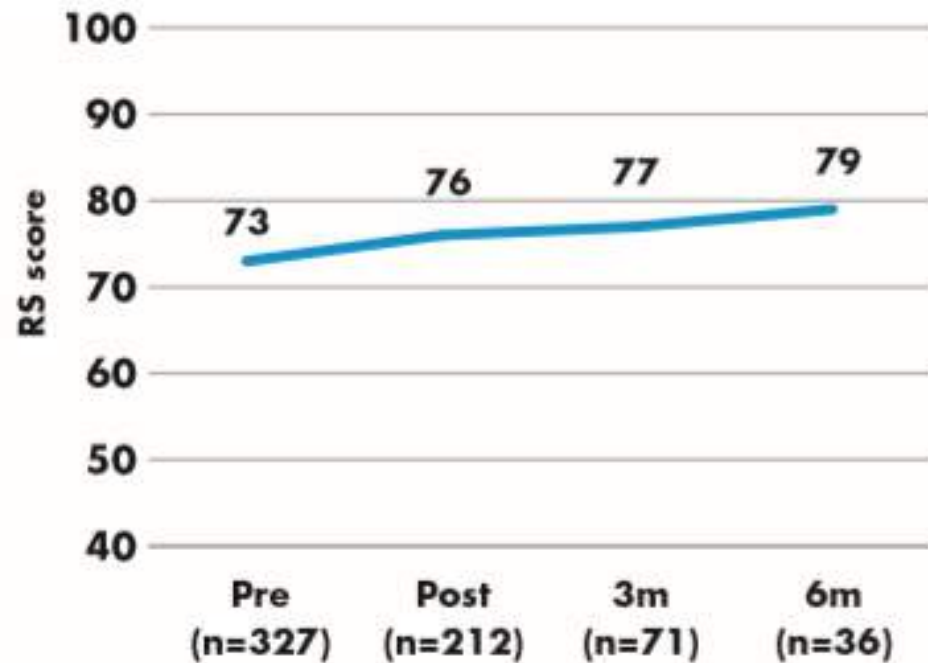
- Planning/goal setting
- Self-reflection
- Self-coaching
- Story-telling
- Relaxation techniques
- Mindfulness
- Meditation
- Cognitive behavioural therapy

Impact on resilience

FIG. 5. Levels of resilience for:⁵

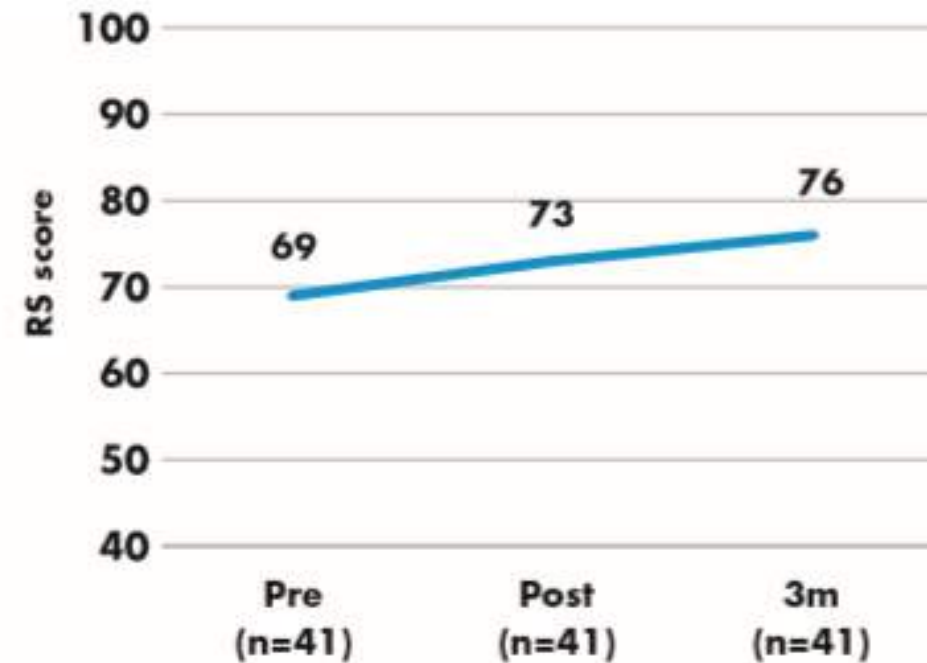
(a) all respondents and

(scores from The 14-item Resilience Scale range from 14 – lowest level of resilience, 98 – highest level of resilience)







(b) respondents completing the first three surveys

(scores from The 14-item Resilience Scale range from 14 – lowest level of resilience, 98 – highest level of resilience)



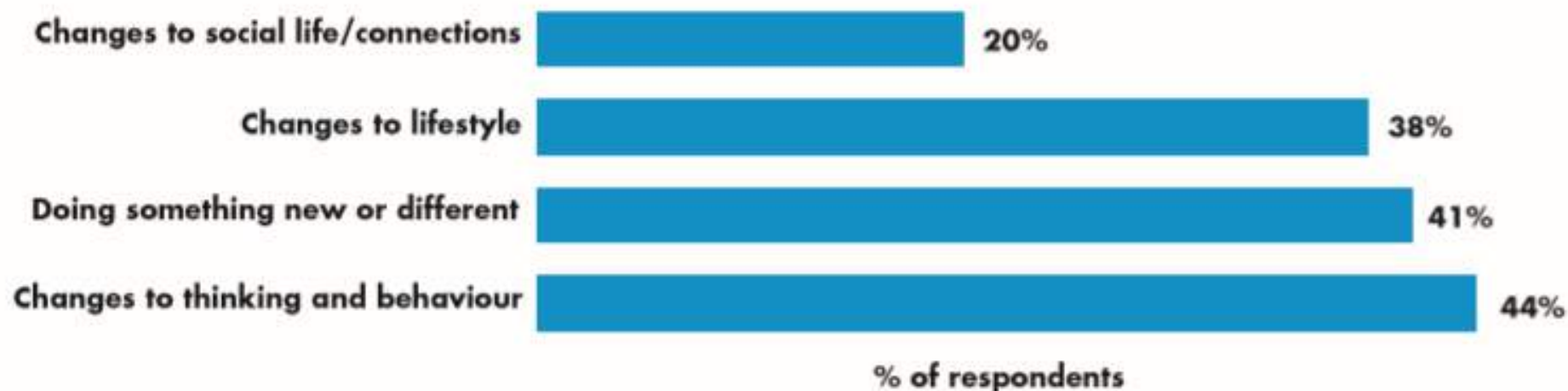
Impact on other outcomes

	We observed immediate and sustained effect in: <ul style="list-style-type: none">• self-kindness,• self-judgement• acceptance of change
	We observed a slow-burner effect in: <ul style="list-style-type: none">• Attitudes to retirement• Well-being
	We observed a honeymoon effect in: <ul style="list-style-type: none">• Attitudes to ageing
	We observed a downward direction effect in: <ul style="list-style-type: none">• Job involvement• Quality of social relationships

Enabling planning

FIG. 7. Reported changes as a result of participating in the courses⁷

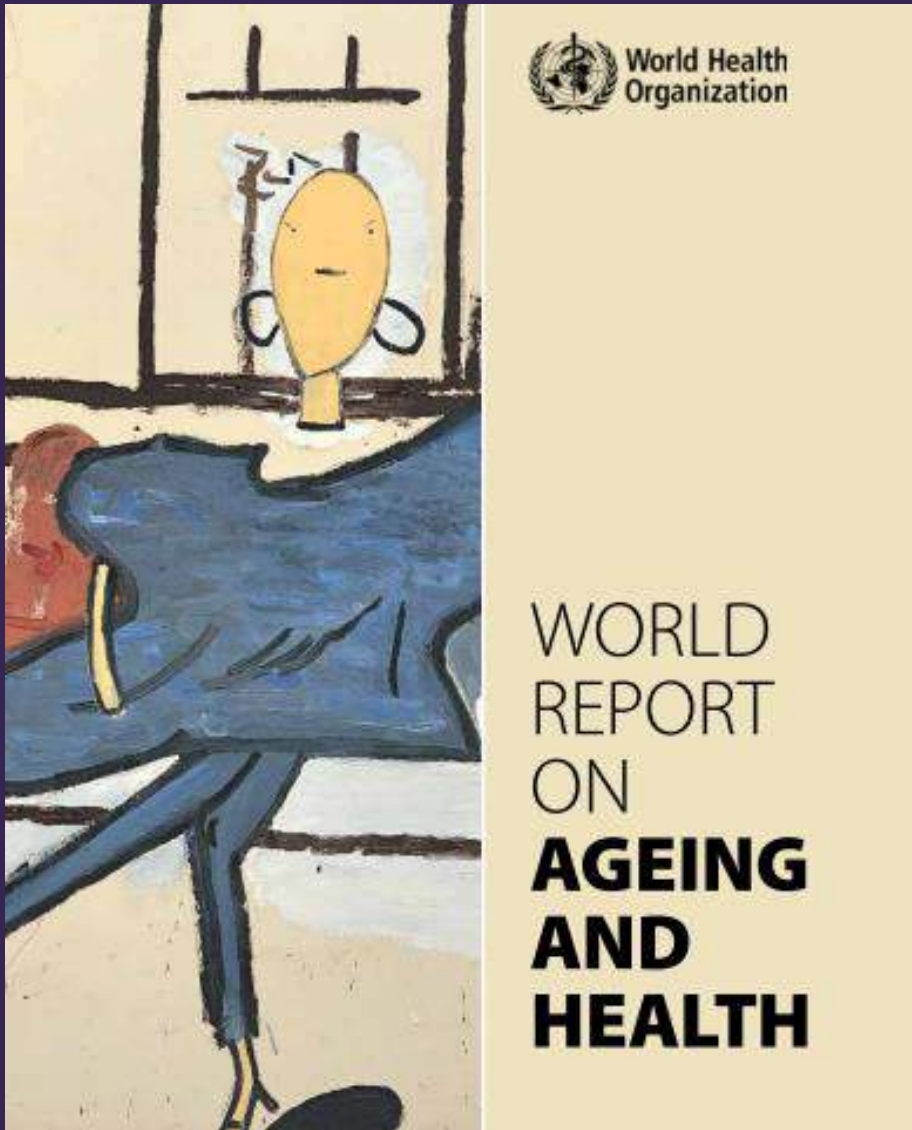
n=64 (providing 91 responses)



REFRAMING LATER LIFE

Across all projects, staff reported people engaging positively with activities and discussions which challenged stereotypes around ageing and which framed ageing in a positive light, focusing on the opportunities it presents.

The role of resilience in functional capacity



“in framing a public-health response that might strengthen an older person’s ability to navigate and adapt to these dynamics and the losses they are likely to experience, we have drawn on the concept of resilience....

...a dynamic process of positive adaptation in the face of adversity; a process enabled by both ‘internal traits, such as hardiness or high self-efficacy’ as well as ‘external factors, such as social support, that promote coping’”



Dr. Aideen Young

Aideen.young@ageing-better.org.uk

@AideenYoung

Centre for Ageing Better
Angel Building, Level 3
407 St John Street, London, EC1V 4AD

020 3829 0113
www.ageing-better.org.uk