

Review of Older People day time activities (including Day Centres) Business Intelligence Insight



Cymunedau cryf yng nghalon werdd Cymru - Strong communities in the green heart of Wales

Review of Older People day time activities (including Day Centres): Populations and Community

Powys population

The current population of Powys is **132,675** (mid-year estimated 2014)^{*1}, with residents having an average age of **45 years**. The population is expected to rise to 135,676 over the next five years (**2.3% increase** by 2020). It is predicted to peak at **136,489** by 2026 (2.9% increase) and to then decline to 134,628 by 2036 (1.5% higher than 2015)^{*2}.



Whilst the Powys population as a whole is expected to peak and fall between now and 2036, older parts of the population are expected to continue to increase over the next 20 years. The **“65 plus”** population (currently 33,592) is projected to **increase by 14.3%** over the next 5 years (38,405 by 2020) (Figure 1.1) and by **47.4%** by 2036 (49,515). The **“85 plus”** population is expected to increase by **24.7%** over the next 5 years from 4,451 to 5,551 and **157.3%** by 2036 (11,456) (Figure 1.2)

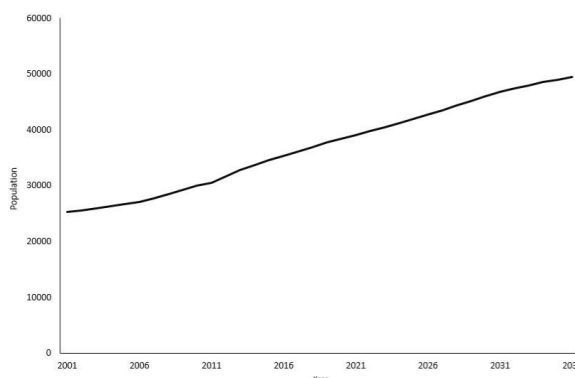


Figure 1.1 Project trend in 65 plus population of Powys

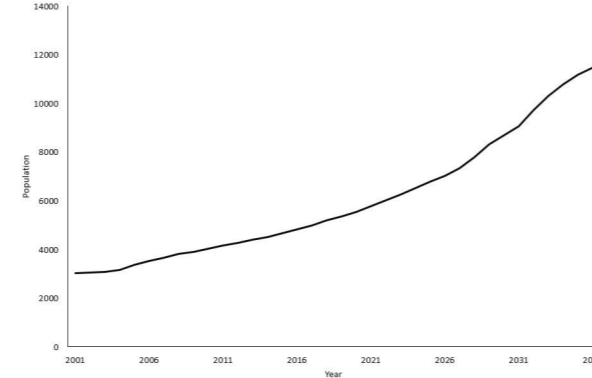
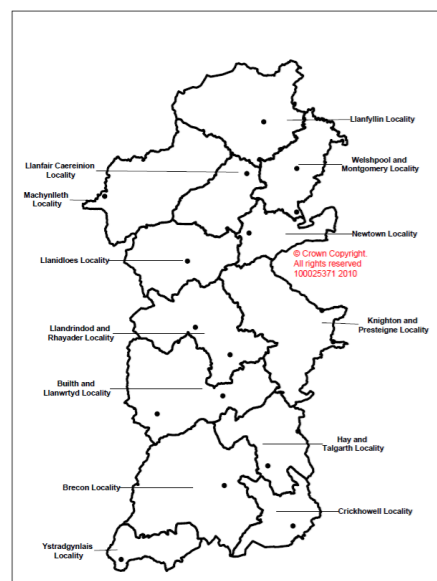


Figure 1.2 Project trend in 85 plus population of Powys

The **male** older population is expected to increase at a higher rate than that of **females**. By 2020 the population of 85 plus males is likely to increase by 35.5% (from 1,583 to 2,146) and by 204% by 2036 (to 4,816). By 2020, the population of females is likely to increase by 18.7% (2,868 to 3,405) and by 124.5% by 2036 (6,440). However, the female 85 plus population will remain higher than that of males.

Localities



Map produced by Powys County Council Statistical Research & Information Unit

Where appropriate, data is analysed at the lowest level possible.

Often this is at the **‘Locality’** level. Powys can be divided into 13 locality areas which are built using the Office of National Statistics boundary lines (figure 2).

Figure 2. Map of 13 Powys Locality Areas

Employment

In Powys there are 6,500 residents employed in the Caring/Leisure/Service sector^{*3}. This represents 10% of the working population of Powys. This figure varies between localities ranging from 8.7% in Crickhowell to 12.8% in Ystradgynlais.

Deprivation, Health and Access to Services

- Across Wales, 42% of Pensioner households are fuel poor^{*4}. Powys has 19,976^{*5} pensioner households, therefore we estimated that there are approximately 8,389 fuel poor pensioner households in the county.
- 6.1% of the population report having bad or very bad health — this is lower than the figure for Wales (7.6%)^{*5}.
- ‘Access to services’ measures the journey time to services such as a food shops, a GP surgery, Libraries, Leisure Centres, Post Offices and Transport nodes. Powys is considered the most ‘deprived’ authority in Wales in regarding Access to Services^{*6} with 47% of Lower Super Output Areas in the most deprived 10% of areas in Wales in relation to Access to Services.
- Less than half (48.5%) of residents aged over 65 in Powys are satisfied with the availability of affordable housing in their local area^{*7}

Supporting older people at home

We currently provide 11, 023 hours per week of **domiciliary care** to 823 Powys residents (as at 30th September 2015).

In council owned properties, 159 Disability Facilities Grants (DFGs) adaptations were provided (financial year 2014/15) to 144 clients. This included 52 shower adaptations, 12 stair-lifts, 16 ramps, 4 central heating adaptations, 2 extensions, 26 external rails, 12 internal rails, and 2 stair rails. In private homes, 174 DFGs were provided at 146 addresses. These included 91 shower adaptations, 24 Stair lifts, 29 external access works, 3 heating adaptations, 2 hoists, 10 extensions, and 15 ‘others’ adaptations.



Review of Older People day time activities (including Day Centres)



Ageing population and People Living Alone

A total of **420** people use a Day Centre in 2015^{*13} in Powys. Of those, 95% were aged 65 and 54% were over 85. The 65 plus group using Day Centres represent **less than 1%** of the 65 to 84 population of Powys, whilst those over 85 using a Day Centre represent **3.5%** of the over 85 population of Powys. Based on the projected increases in the populations of the **85+ age group**, we predict that by 2036, there could be 521 people over 85 requiring day centre visits at these sites, **an additional 309** clients (Figure 3).

There are estimated to be 14,741 people **over 50 living alone** in Powys (24% of the over 50 population). Of this, 33% are aged 50-64, 53% are between 65 and 84, and 14% are aged 85 or over^{*11}.

Chronic Conditions



Amongst the over 65 population of Powys, nearly half (47%) have hypertension. Diabetes and Coronary heart disease (CHD) are prevalent at 15% and 14% respectively whilst 8% of this age group have Asthma and 6% have Chronic Obstructive Pulmonary Disease (COPD)^{*12}



Dementia

There are about 800,000 people in the United Kingdom (UK) with dementia^{*9}. The number of people in Powys with dementia is predicted to rise over the next five years from **2,386** in 2015 to 2,771 (an increase of 16% by 2020) and to 4,399 by 2035 (84% increase)^{*10}. By 2030, the number of people over 85 with dementia is predicted to overtake those aged 65-85 (2,532 for over 85's compared to 1,832 for over 65's, see Figure 4).

Dementia Facts^{*9}:

- Two thirds of people with dementia are women
- Family carers of people with dementia save the UK £11 billion a year
- 80 per cent of people living in care homes have a form of dementia or severe memory problems
- Two thirds of people with dementia live in the community while one third live in a care home.

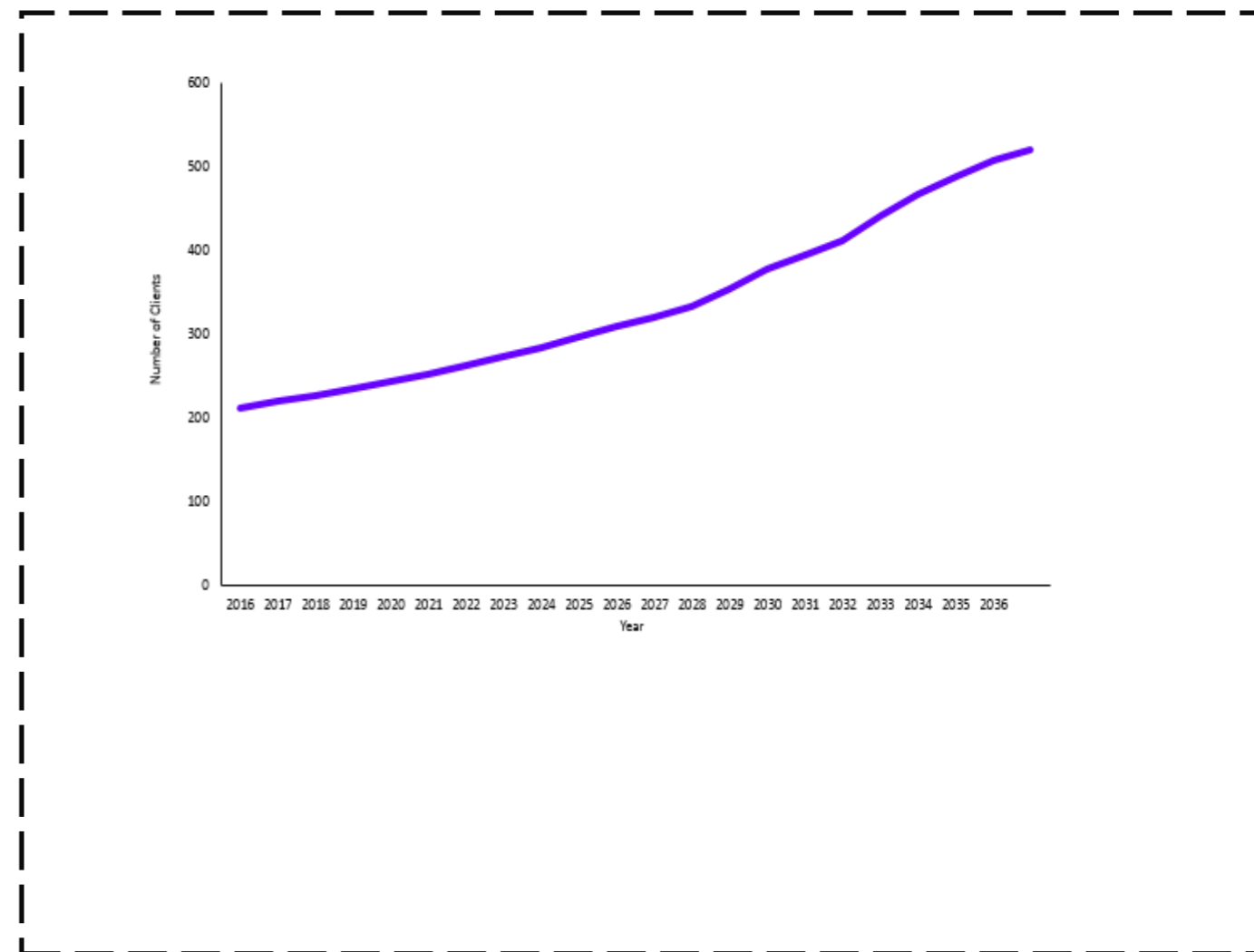


Figure 3. Potential increase in the number of Day Centre Clients (aged 85 and over)

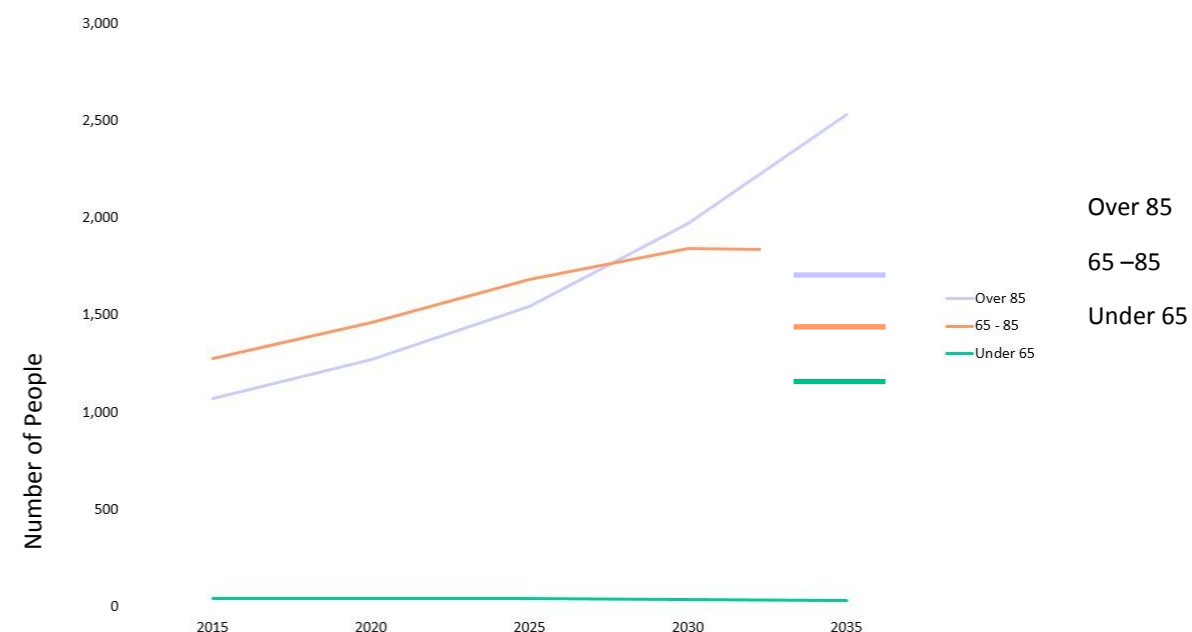


Figure 4. Predicted trend in Dementia Prevalence in Powys

Review of Older People day time activities (including Day Centres)

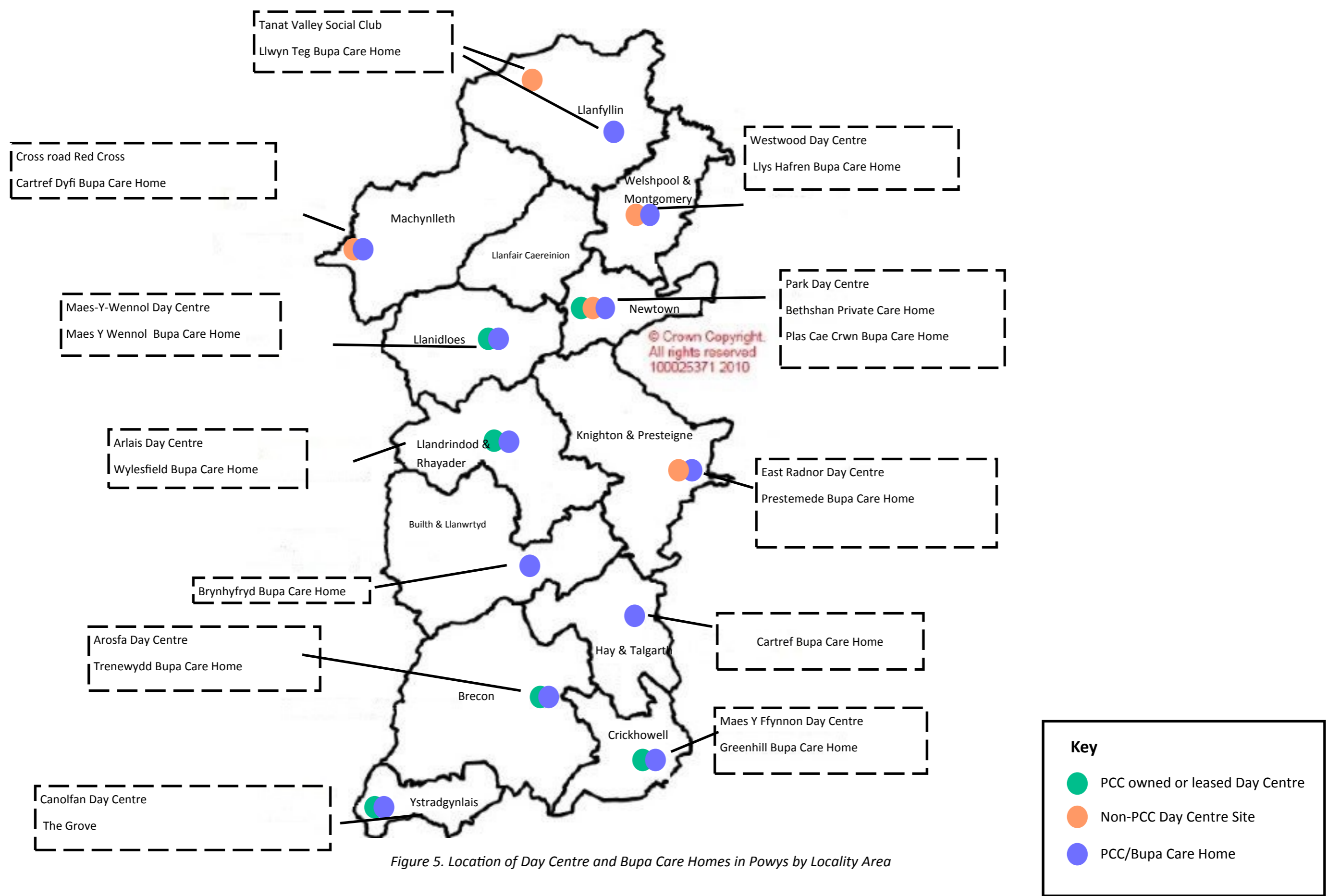
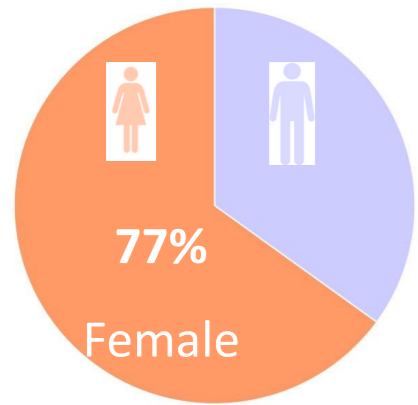


Figure 5. Location of Day Centre and Bupa Care Homes in Powys by Locality Area

Review of Older People day time activities (including Day Centres): **Client Profiles**¹³

PCC Centres

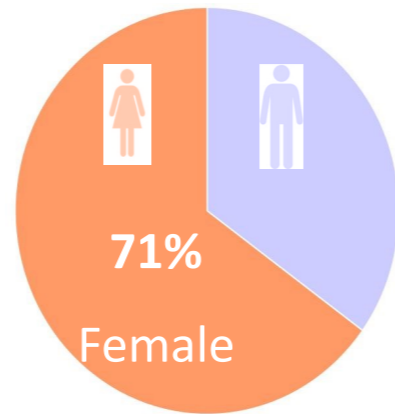
There are **306 clients** on the register (as at March 2016)



Average age of clients **83** years

Non-PCC Centres/3rd Sector Provision

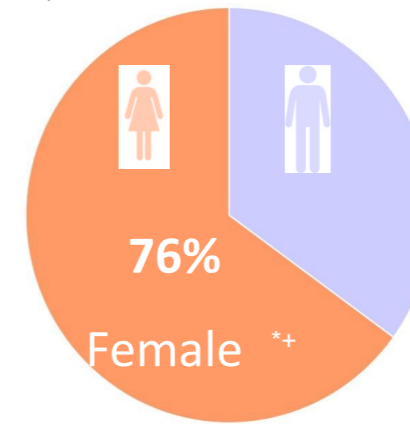
There are **114 clients** on the register (as at March 2016)



Average age of clients **83** years

All Centres

There are **420⁺⁺ clients** on the register (as at March 2016)



Average age of clients **83** years⁺⁺



All Clients White British Ethnicity

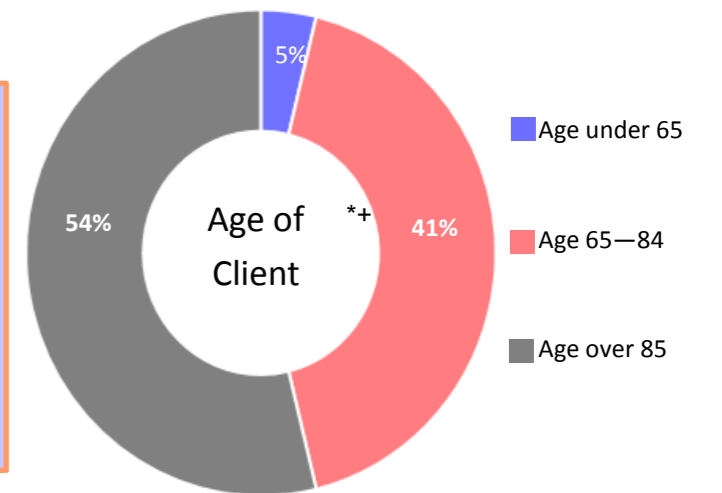


38.7% of clients have dementia



In 2015, 60% of planned visits actually took place

Clients visiting Day Centres visit an average of **6 times every 4 weeks** (figure is the same for PCC and non PCC centres)⁺⁺



39% of Clients have mobility issues



63% of Clients have mobility issues



45% of Clients have mobility issues⁺⁺



13% of Clients are Wheelchair users



16% of Clients are Wheelchair users



15% of Clients are Wheelchair users⁺⁺

⁺⁺Note these figures do not include the 10 dementia clients that visit Bethshan

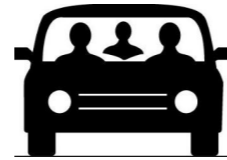
Review of Older People day time activities (including Day Centres): **Travel**

All Centres

64%
of clients use **Day Centre Provided Transport**



21%
of clients use their **own Transport**



15%
of clients use **Voluntary and Private Sector Transport***



*α N.B Most voluntary transport provision is funded by Powys County Council (including taxis)

PCC Centres

66%
of clients use **Day Centre Provided Transport**



21%
of clients use their **own Transport**



13%
of clients use **Voluntary and Private Sector Transport***



*α N.B Most voluntary transport provision is funded by Powys County Council (including taxis)

How do Clients Travel to Day Centres?

Non-PCC Centres/3rd Sector Provision

58%
of clients use **Day Centre Provided Transport**



21%
of clients use their **own Transport**



21%
of clients use **Voluntary and Private Sector Transport***



*α N.B Most voluntary transport provision is funded by Powys County Council (including taxis)

Review of Older People day time activities (including Day Centres): **Qualitative Analysis**

Powys Residents Satisfaction Survey*⁷

Every year Powys County Council carries out a survey of residents' views on living in the county. The 2015 survey reported that:



- When Powys Residents were asked , which services are **missing** from their local community, the **sixth** most common answer was *“places to go during the daytime for older people”*
- The 3 localities that have no Day Centre Provision (Builth and Llanwrtyd, Hay and Talgarth and Llanfair Caereinion. tended to score highly for percentage of residents that participate in local community events and activities
- **83.9%** of residents aged over 65 feel satisfied that Powys is a place where people look out for and support each other—the figure is higher than for other age groups (aged 45 - 64 = 81.6%; under 45's = 80.2%)
- Compared to other age groups, over 65's were not as satisfied in terms of community participation, with 79% saying that they participate in local community events (either sometimes or regularly) (under 45's = 88.7%, aged 45-64 = 83.4%)
- For 12 of the 13 localities, between 40.1% and 60% of residents were satisfied with care for the elderly provided by the council . The figure was lowest for Machynlleth (38%)*⁷
- 50% of those surveyed felt satisfied with care services for the elderly
- 50% of those surveyed felt satisfied with support/care for adults with disabilities

What do service users say?

When service users were asked during Listen & Learn sessions⁸, what they **valued** about the day centres there were some common themes:

Companionship: e.g. *“reduces isolation”*, *“provides the opportunity to have a laugh”*, *“everyone gets on very well”*

Staff: e.g. *“the staff are excellent”*, *“staff attitudes are respectful”*, *“staff are vital”*

Meals: e.g. *“the meals are exceptional”*, *“opportunity to eat hot food”*, *“Meals are freshly cooked and nutritional”*

Facilities: e.g. *“the building is suitable for the activities,”*, *“stimulating activities / entertainment”*, *“feeling of safety”*

Other: *“It gives families/carers the break they need”*, *“maintains independence “*, *“Hairdressers, GP, Chemist and bathing facilities are all easily accessible”*

Service users also provided suggestions for future modelling ideas based on their experience of the service. Examples include:

“Diversify use of building to include other users and provide income”, *“increase involvement of volunteers”*, *“Transfer provider”* , *“Provide the service in a care home setting”*



Review of Older People day time activities (including Day Centres): **Populations and Community**

References

1. 2014 Mid Year Population Estimates, ONS
2. 2011 based population projections for Local Authorities in Wales, Welsh Government, 2013
3. Annual Survey of Hours and Earnings (ASHE), ONS, 2011
4. Welsh Government. First Release. Living in Wales 2008: Fuel Poverty. SDR 205/2010. 26 November 2010
5. 2011 Census, ONS
6. Welsh Index of Multiple Deprivation, 2011. PCC Research & information Unit Report R/WIMD11/0212
7. Powys County Council Residents Satisfaction Survey, 2015
8. Listen and Learn:
 - a - Listening and Learning Focus Group, Arosfa Day Centre, Brecon, Thursday 28th January 2016, 10:30am – 12:30pm.
 - b - Maes Y Wennol Day Centre, Llanidloes, Thursday 28th January 2016, 2:00pm – 3:30pm
9. https://www.alzheimers.org.uk/site/scripts/documents_info.php?documentID=341
10. www.daffodilcymru.org.uk
11. Welsh Government Household Estimates , 2014
12. Audit+, NHS Wales Informatics Service (NWIS),31st March 2014
13. Powys County Council Day Centre Client Register (PCC and 3rd Sector sites as at March 2016)

Notes and Definitions

- For Clients for the title “Dr” or “Rev”, gender was not specified and therefore not included in any ratio calculations

-Data for current populations is from ONS Mid-Year population Estimates whilst data from 2015 to 2016 use 2011 based population projection

-Clients with postcodes outside Powys have been excluded

-Data on Domiciliary care provision was cut at 30th September 2015

-For dementia figures per locality, the proportion of the total Powys population that each locality makes up was calculated and the number of cases of dementia for Powys was then used to calculate a percentage for each locality

* Data on Chronic Conditions: only 15 of the 17 practices in Powys submitted data for CHD, diabetes & hypertension and 14 out of the 17 practices for asthma and COPD. The figures are for diagnosed cases of the conditions. There will be a certain number of undiagnosed cases within all GP practice populations which therefore means the burden of disease are more likely to be underestimates of the “true” prevalence of conditions.