



ST HELENS
BOROUGH COUNCIL

St Helens Joint Strategic Needs Assessment 2024

OLDER PEOPLE

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Introduction

The overarching aim of the Joint Strategic Needs Assessment (JSNA) is to identify the health and social care needs of the local population in order to support local organisations to plan, commission and deliver services, and to ensure local services best meet the needs of local residents.

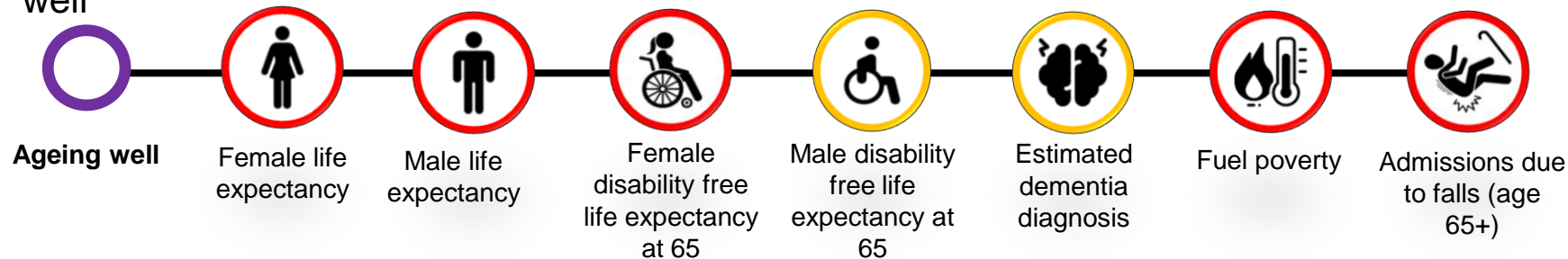
This JSNA focuses on the health and wellbeing needs of the older community. The U.K. population is ageing generally, but people aren't necessarily living in a state of good health for their whole lives. This JSNA examines the challenges faced by St Helens residents in older age, matching this with the needs they have identified themselves in a recent consultation with this community by Age UK Mid Mersey (funded by the NHS and supported by Public Health). Age UK canvassed residents from the age of 50 and above.

It is important to note that often in Public Health, data on older people covers the age of 65 plus. The majority of information in this JSNA therefore covers 65+, but where possible we have included data from 50-65 as well.

JSNA Key Findings

Key findings:

- ▶ England has an ageing population generally, and this is particularly true in St Helens
- ▶ Nearly a quarter of the St Helens population is predicted to be over 65 years by 2040
- ▶ Loneliness and depression is a significant issue for older people, and older people have identified a need for more community engagement and support
- ▶ Hospital admissions for falls had reduced, however it is people in the most deprived areas who are more likely to sustain a hip fracture and be the most affected by falls
- ▶ A focus on health promotion, including support for smoking cessation and increased activity, and prevention of disease through screening programmes, could support our population to age well



The life course map demonstrates the key points throughout life in which health is affected. For each event, St Helens rates are compared to the England average to provide a snapshot of the health of the population at various stages of life.

Key

Statistical significance to England



Better



No Difference



Worse

Chief Medical Officer's Annual Report: Health in an Ageing Society 2023

- ▶ Report aimed to target improving the quality of life in older age, rather than extending it
- ▶ Noted that ill health and disability are not inevitable
 - ▶ Primary and secondary prevention need to be prioritised
 - ▶ Involves the creation of healthier environments, with lower air pollution and more green spaces
 - ▶ Encouraging positive health behaviours, such as smoking cessation, promotion of physical activity, and a balanced diet
 - ▶ Promoting screening programmes, including those for cardiovascular disease and cancers
- ▶ Older populations tend to migrate to more rural and semi-rural areas – so this is where we need to target support
 - ▶ We need to pre-empt this when designing services and infrastructure, including buildings and transport
- ▶ We can maintain independence both by improving health, and by adapting the environment to support those with ill health and disability
- ▶ Research into the needs of older people is vital

Age UK Consultation findings

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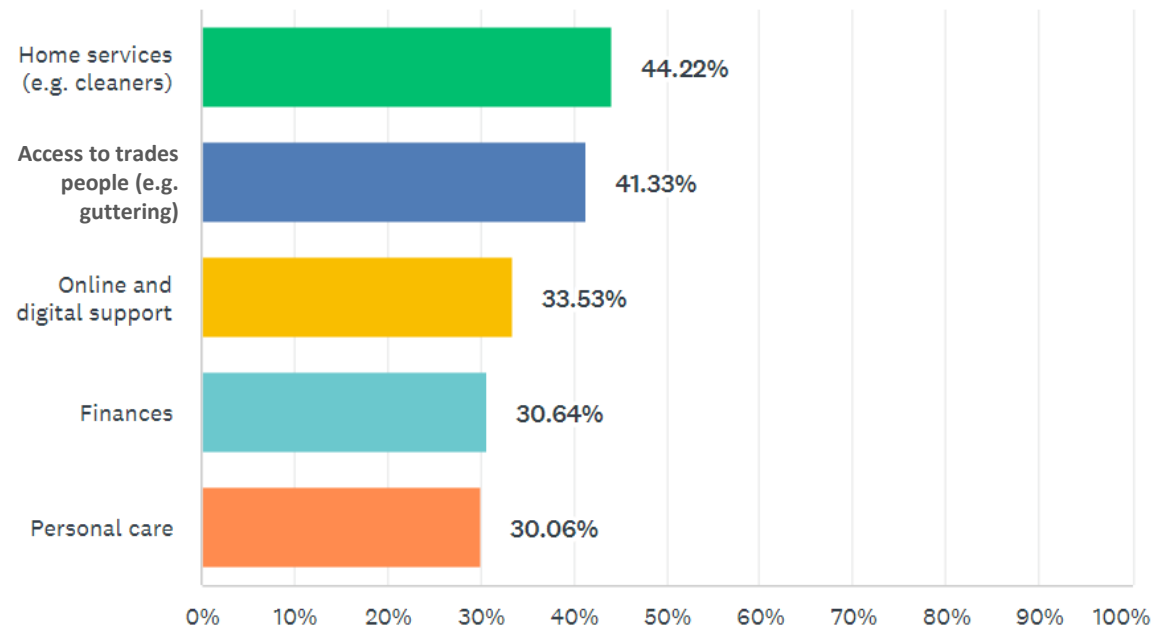
- ▶ Age UK conducted a consultation of St Helens residents aged 50 and over, alongside community partners in November and December 2022
- ▶ 386 surveys were returned and there were several focus groups
- ▶ There was a notable difference in answers between the 50-69 and 70+ age groups
- ▶ 50-69s were more focused on mental health and wellbeing, while 70+ respondents focused on access to medical care
- ▶ Key themes:
 - ▶ Sense of community, people in St Helens are kind
 - ▶ People enjoy being involved in their community, connectedness
 - ▶ For employed people, digital support for managing bank accounts, utilities, GP services and NHS appointments was important
 - ▶ Personal independence and home care is important to over 70s
 - ▶ Good communication with and between services and other members of the community, and access (including transport links) are valued



Survey Responses in 50+ residents - Importance

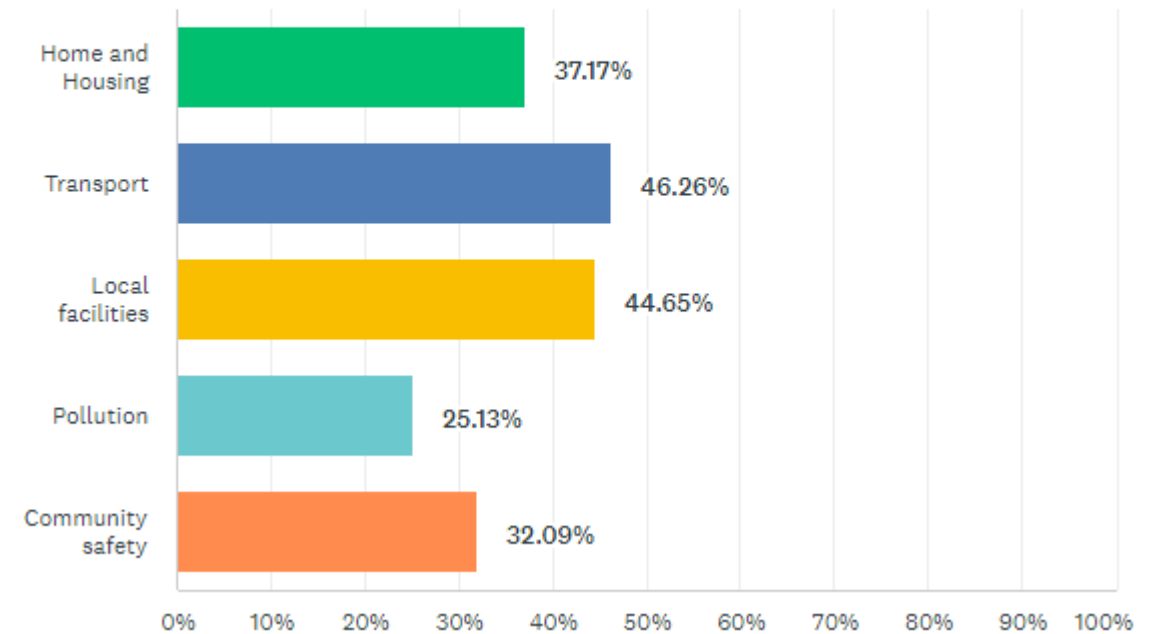
Practical

Answered: 346 Skipped: 40



Environmental

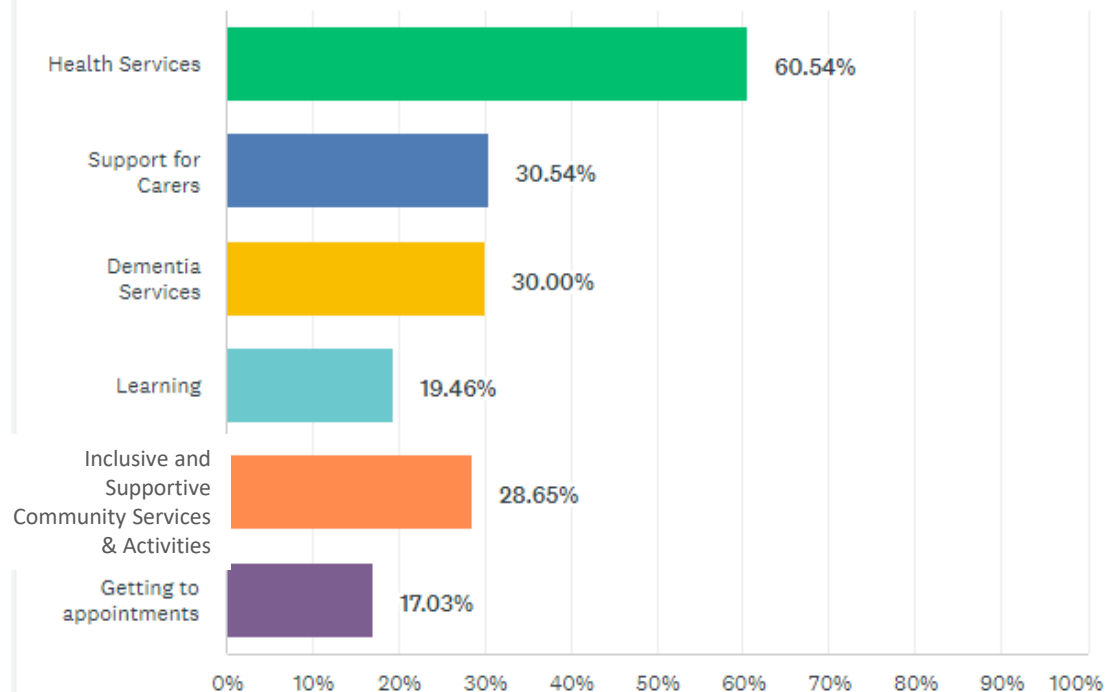
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Survey Responses - Importance

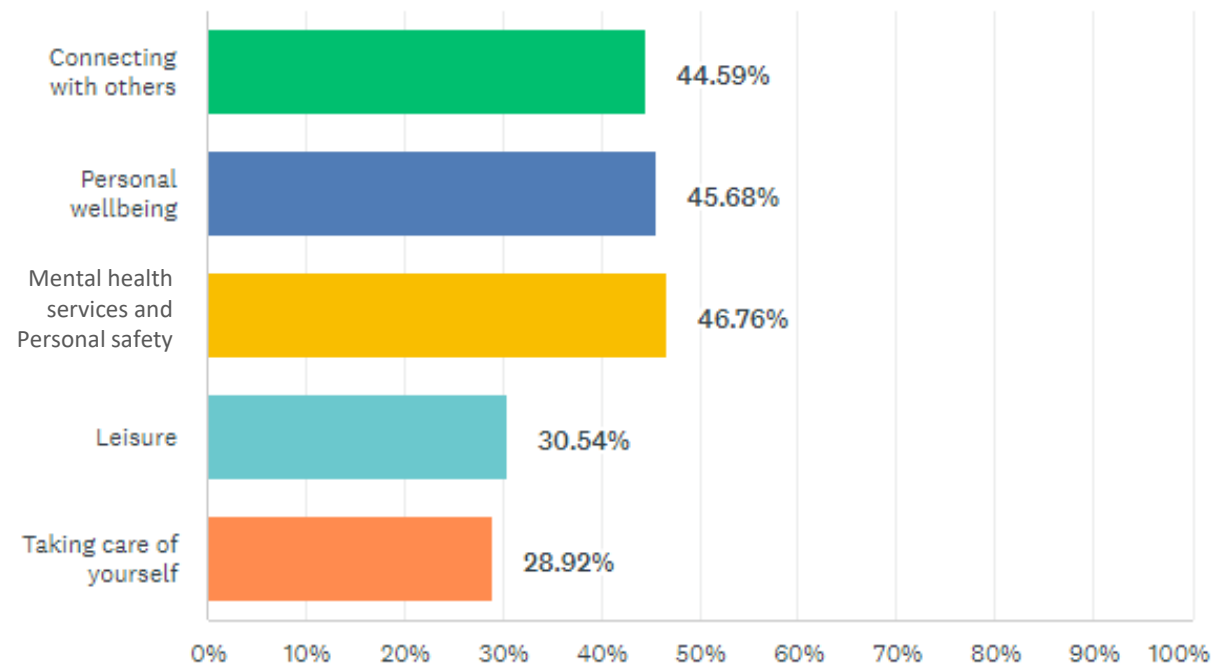
Health & Social

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Wellbeing

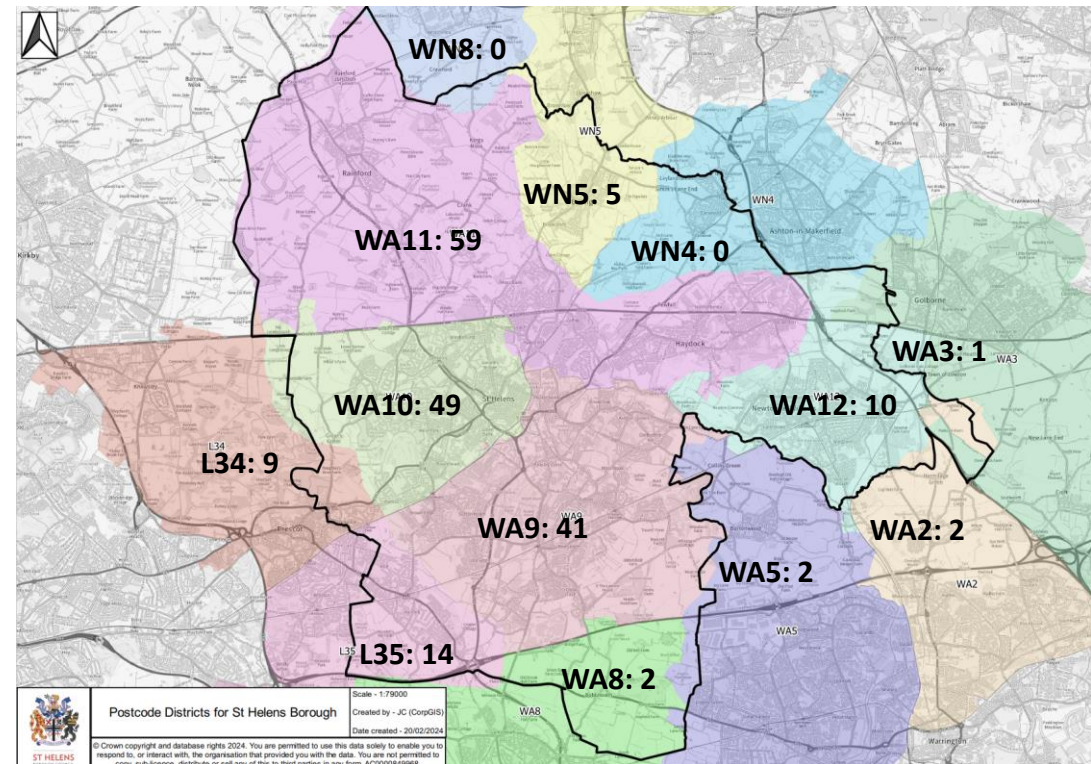
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Survey Responses

- ▶ 37.82% reported an income under £16,190
- ▶ 34.36% were employed, 11.92% self-employed, and 47.41% retired
- ▶ 75.39% were homeowners
- ▶ 53.37% reported that they support or care for someone
- ▶ 59.07% support the community in some way (e.g. volunteering)
 - ▶ A further 10.1% ticked “sometimes” for this
- ▶ Within this cohort there are therefore high levels of independence and community engagement
- ▶ Only 50% of respondents provided their home postcode
 - ▶ A significant proportion appear to come from slightly more affluent areas e.g. Eccleston, Rainford and Rainhill. Some of these postcodes may also be from Town Centre but it is impossible to tell from the survey

Number of responses from each postcode district



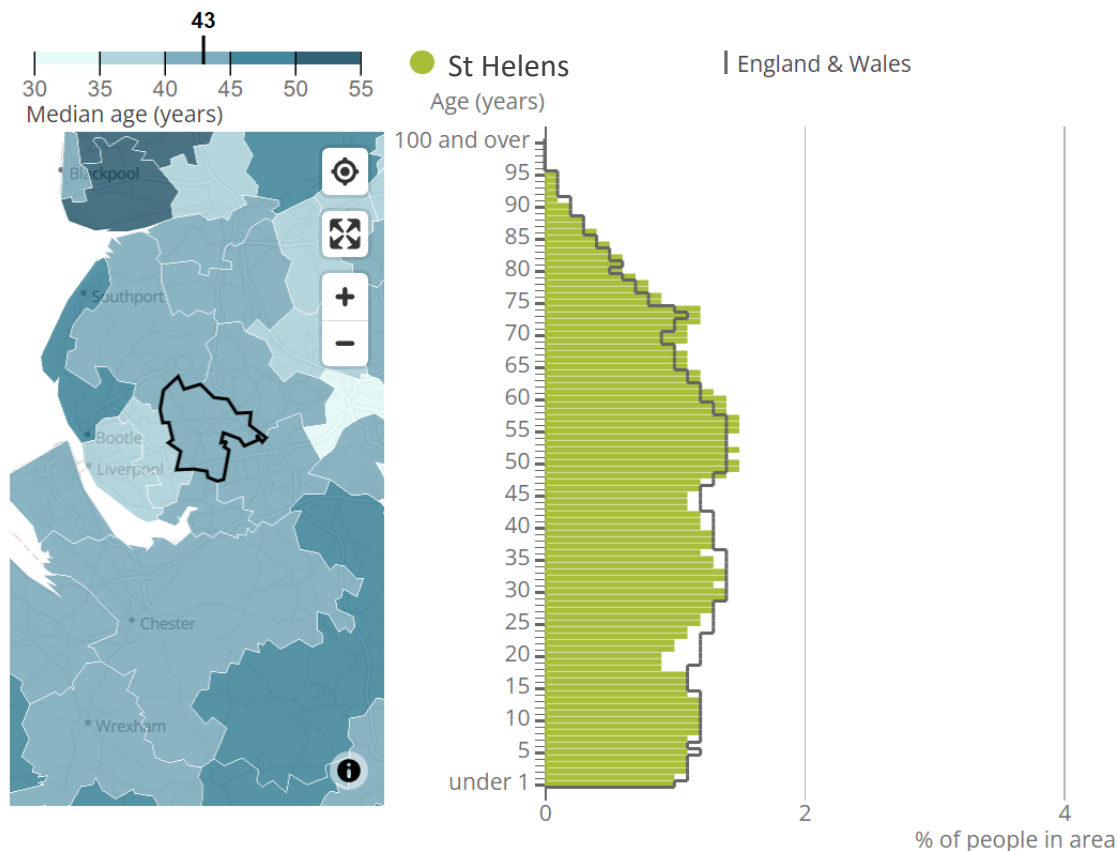
Survey Responses – Further Comments and Suggestions

- ▶ Better access to GP appointments
- ▶ Improved bus services – especially Ecclestone, 37, 38, 17, 61
- ▶ Improve Town Centre & Sherdley Park facilities
- ▶ Access to reliable tradesmen and gardener, incl. lists of reliable services
- ▶ Help with switching utilities and insurance providers
- ▶ More police on the streets
- ▶ Wanting to open a warm space in Parr
- ▶ Library facilities
- ▶ Concern about building of new houses in Rainford – not enough facilities or parking in the area to accommodate this
- ▶ Too much traffic through Rainford village, not enough disabled parking spaces
- ▶ Shopping support
- ▶ Friendship groups
- ▶ Access to chiropody
- ▶ Support for people who are less IT-literate and need help with online services
- ▶ Local facilities
- ▶ Improve landscape – flowers, trim hedges

Demographics

St Helens' Ageing Population

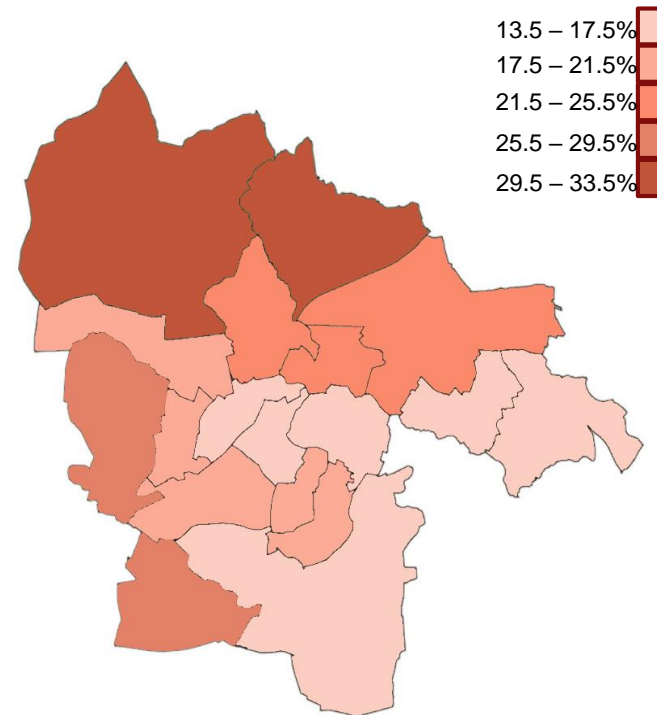
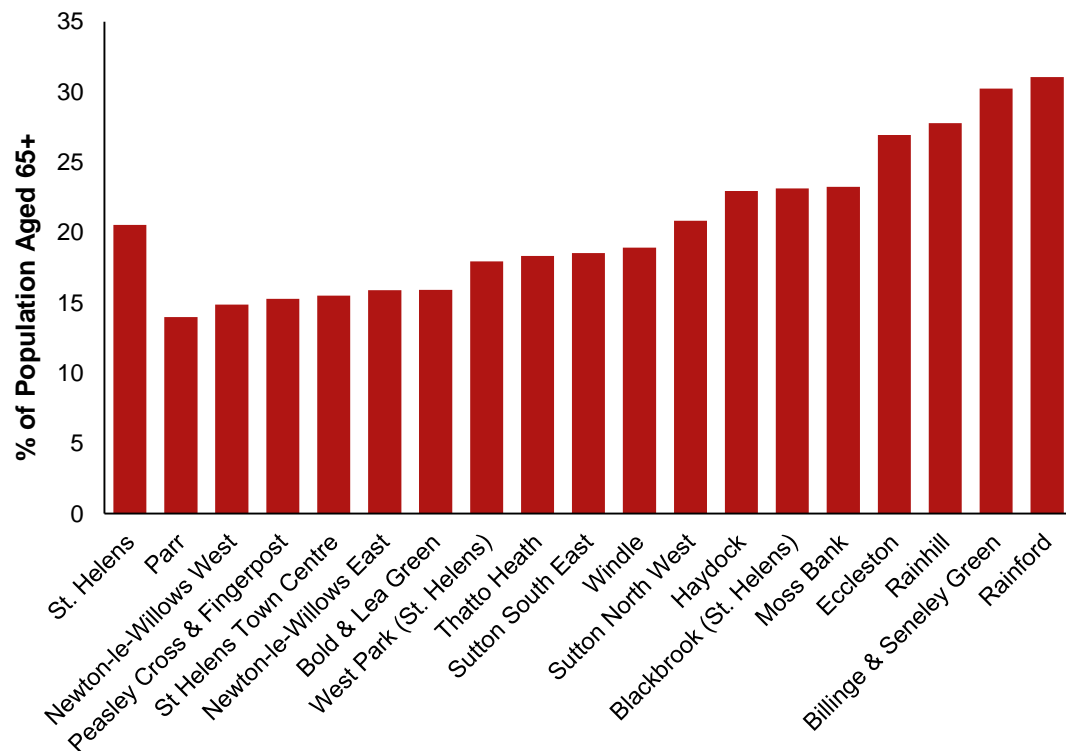
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- ▶ The population of St Helens is generally older than that of England and Wales. There are fewer young adults in the borough, while the proportion of 50 – 85 year olds is slightly higher in St Helens than nationally.
- ▶ The median age is 43, compared with 40 in England and Wales.
- ▶ This is similar to several geographical neighbours within the North West, although Sefton has a higher median age of 46, and Liverpool and Knowsley have lower median ages at 35 and 39 respectively.

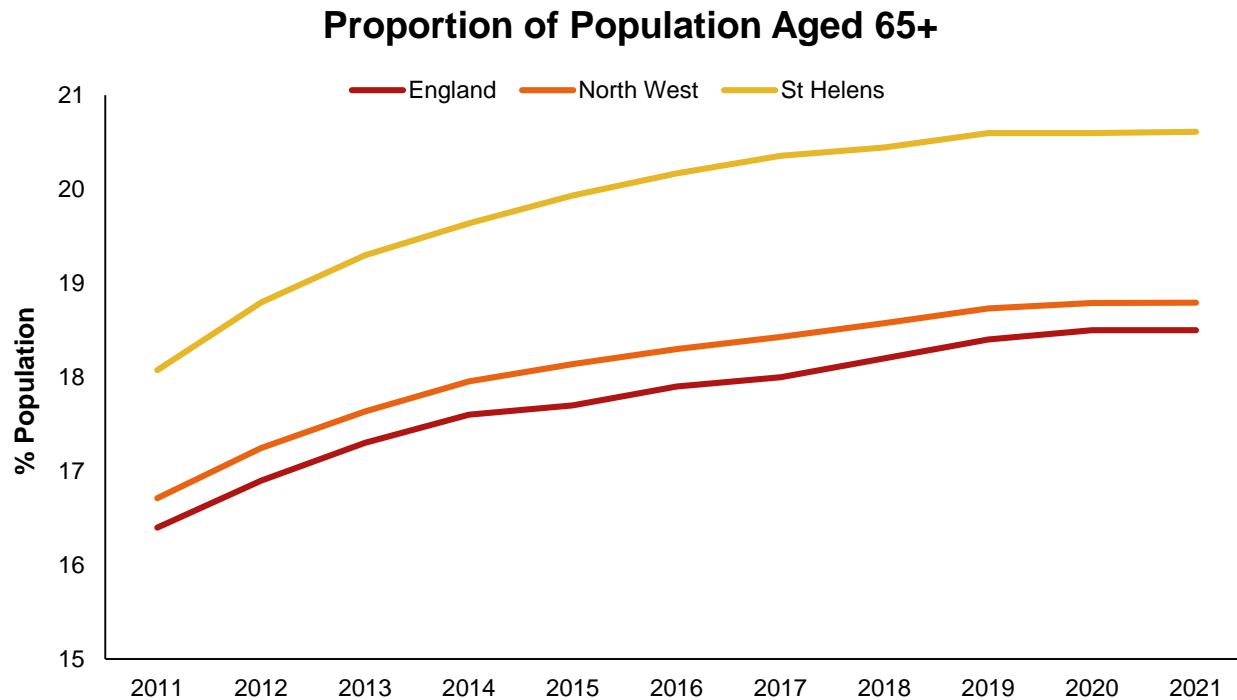
St Helens Residents Aged 65+ by Ward

Percentage of population aged 65+ by ward



- ▶ Rainford and Billinge & Seneley Green have the highest proportion of the population aged 65+
- ▶ Parr, Newton-le-Willows West and Peasley Cross & Fingerpost have the lowest proportion of their population over 65 years

St Helens' Ageing Population



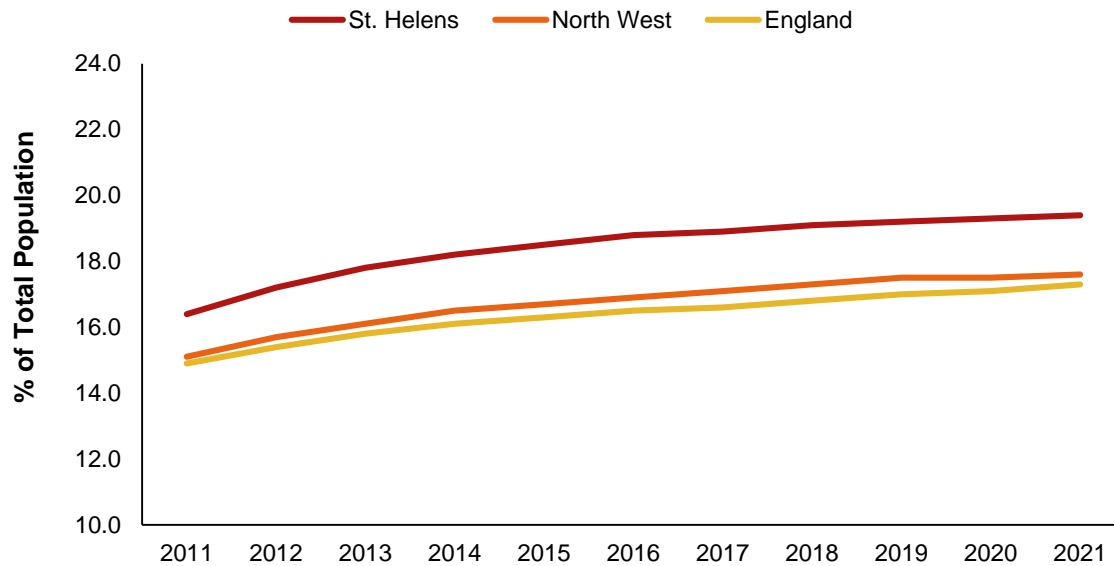
Source: ONS 2021

- ▶ The proportion of the population aged 65 and over has grown since the 2011 census, from 18.1% to 20.6%.
- ▶ There has been a similar trend in both England and the North West, but both the overall proportion, and the increase, are greater in St Helens.
- ▶ In the North West the increase has been from 16.7% to 18.8%.
- ▶ In England the increase has been 16.4% - 18.5% of the population.
- ▶ The “dependency ratio” is the ratio of the population aged 65+ to the working age population (16-64)
 - ▶ In 2021 this was 0.29 for England
 - ▶ In St Helens it was 0.33
 - ▶ This has implications for our potential workforce and population needs

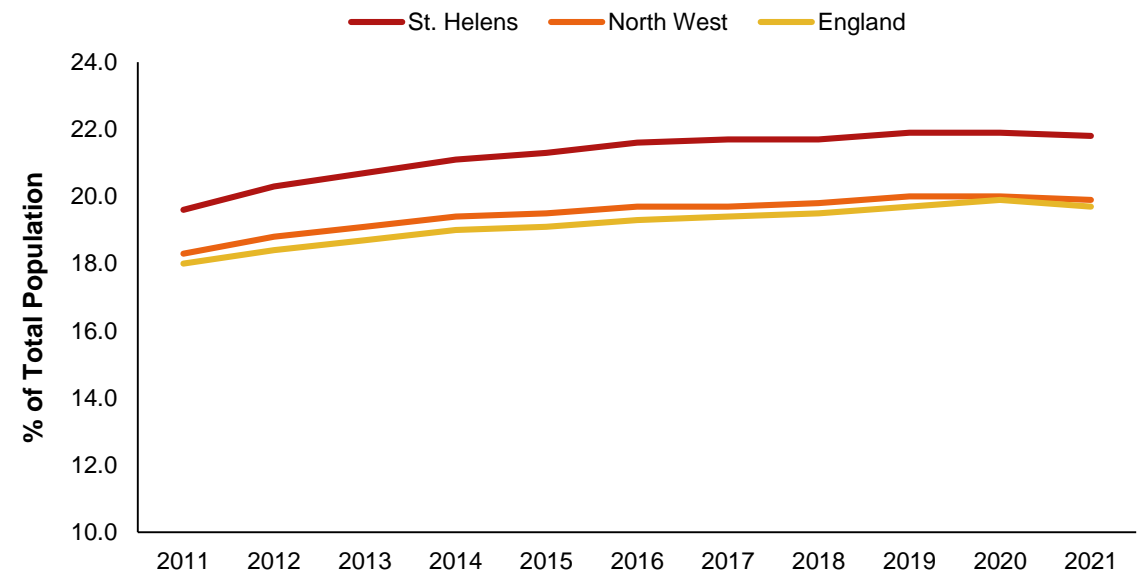
St Helens' Ageing Population

Source: ONS 2021

Males Aged 65 and Over



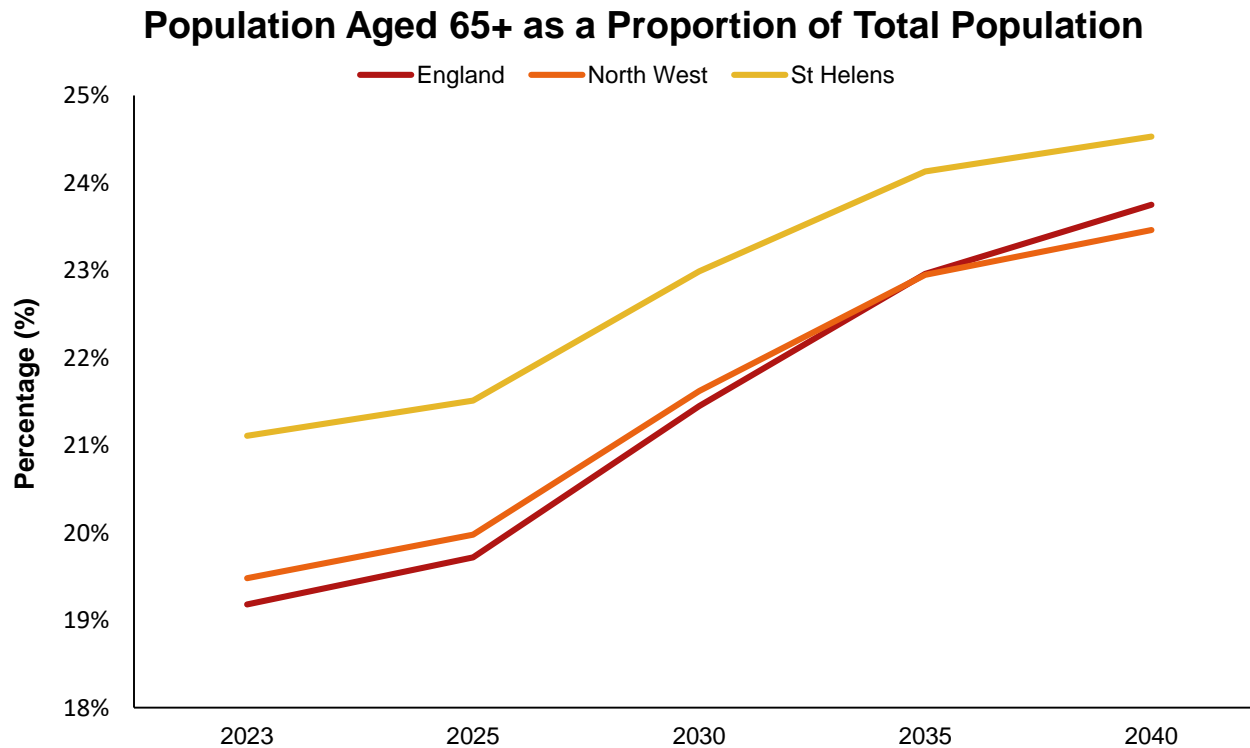
Females Aged 65 and Over



- ▶ Changes in the 65+ population have been similar in men and women over the past 10 years, with gradual increases in both groups
- ▶ In 2021, 11.2% of the population in St Helens were women aged 65 and over, while 9.5% of population was older men.

Ageing Population Projections

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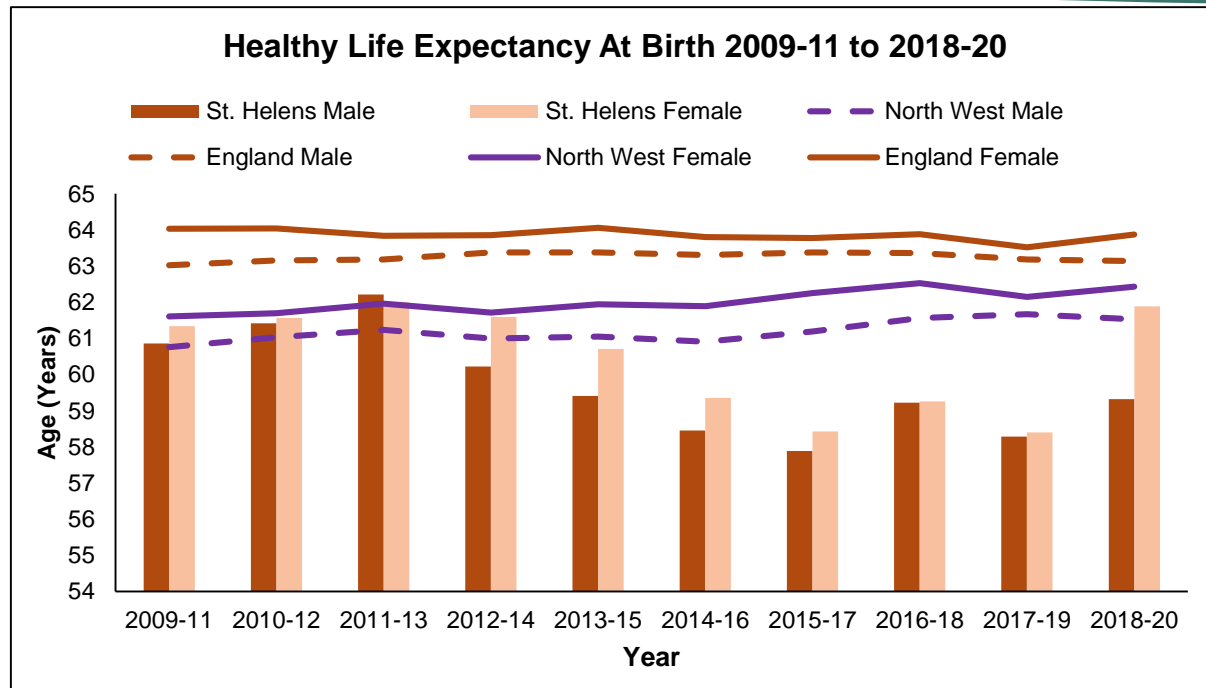
- ▶ The trend towards an ageing population is expected to continue.
- ▶ By 2024 we can expect 24.5% of the population of St Helens to be aged 65 and over.
- ▶ The gap between St Helens and both the North West and England is expected to narrow slightly by this time.

Demographics

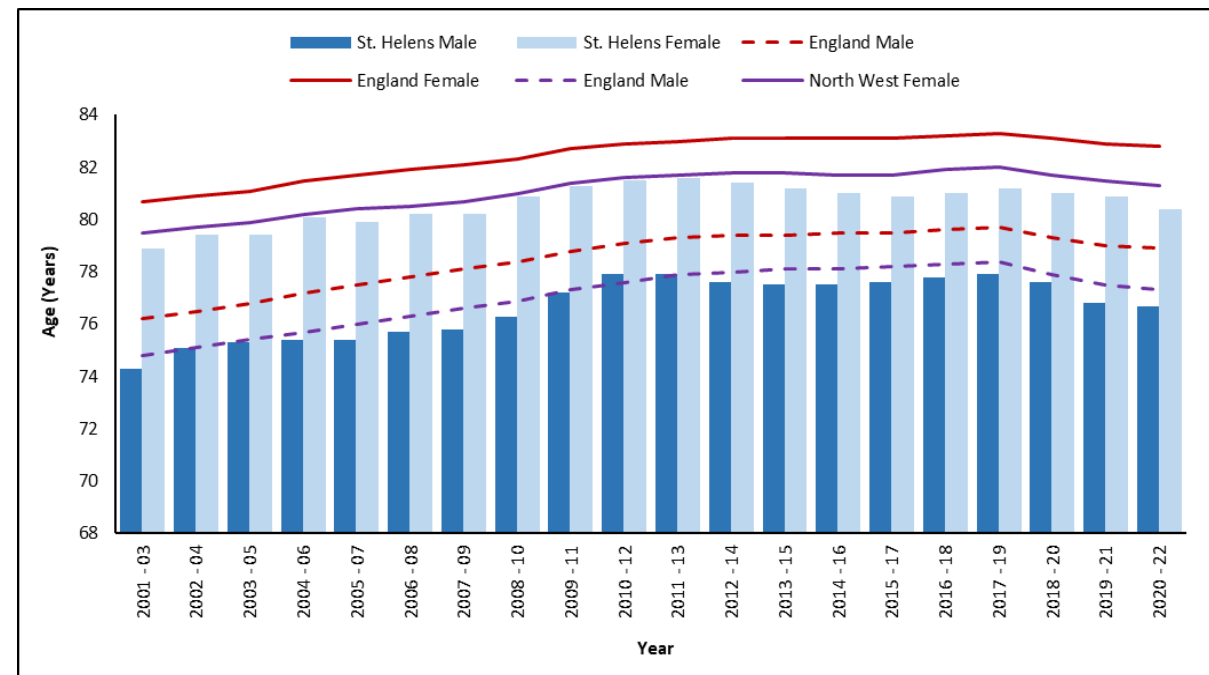
- ▶ 99% of older people in St Helens are white, and 97.4% of residents over 65 years were born in the UK. 1.4% were born in the EU
- ▶ 0.6% are Asian, 0.2% are mixed ethnicity, and 0.1% are Black, Caribbean or African
- ▶ In the 2021 census, 2,900 people over 65 years reported they were still working. The top three occupation groups in this population were “elementary” (manual and routine) occupations (15.4%), skilled trades (12.4%), and caring, leisure and service (12%).
- ▶ 39.9% of St Helens residents aged 65 and over report having a disability, compared with 33.8% of older people in England.

Wider Determinants of Health

Life Expectancy at Birth



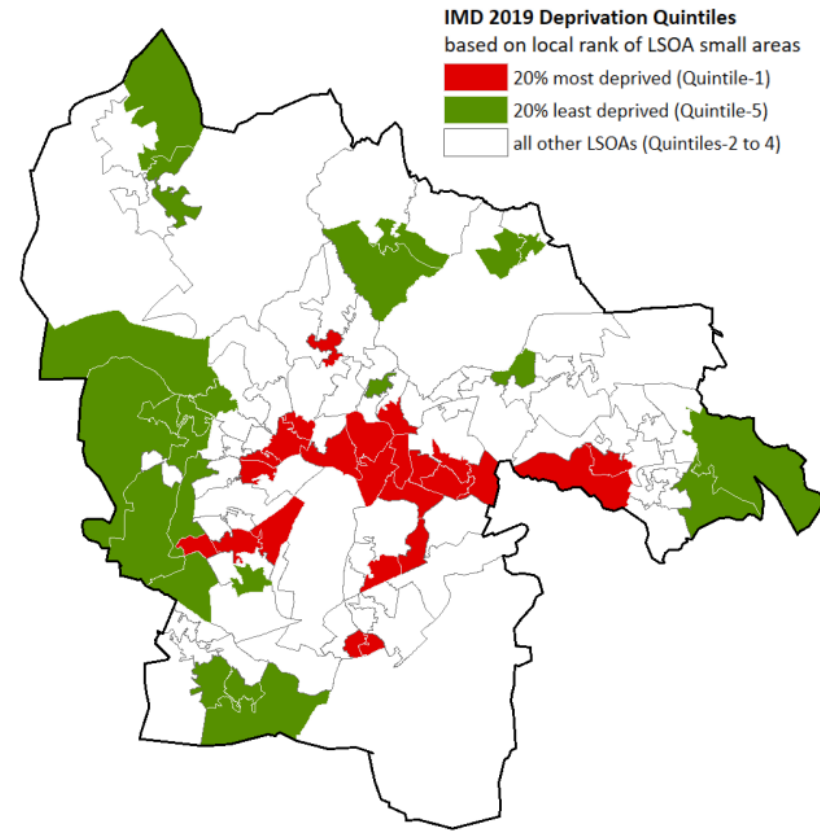
Life Expectancy at Birth 2001-03 to 2020-22



Healthy life expectancy is lower than in the North West and England for both men and women. After falling to its lowest levels in 2015-17, the latest figures show some improvement, but this is still lower than national levels. Life Expectancy has reduced.

Deprivation

- ▶ Although St Helens is a relatively deprived borough, many of the LSOAs which are in the 20% least deprived broadly correlate with areas that have a greater proportion of the population aged 65 and over.
- ▶ In 2019, 16.9% of older people in St Helens were living in poverty (Income Deprivation Affecting Older People Index, IDAOPI). This compares with 14.2% nationally.



▶ Housing

- ▶ 1.7% of St Helens residents aged 65+ live in homes without central heating, which is slightly worse than England figures at 1.5%.
 - ▶ For 50-64s the St Helens figure is 1.2%, compared with 1.3% in England.
- ▶ Only 1% of St Helens residents aged 65+ live in homes with overcrowding, compared with 2% in England.
 - ▶ For 50-64s the St Helens figure is 2.9%, compared with 5.8% in England
- ▶ 2.4% of St Helens residents aged 65+ live in a communal setting (e.g. care homes), compared with 2.7% in England, suggesting that slightly more of our older population are able to live at home.

▶ Work

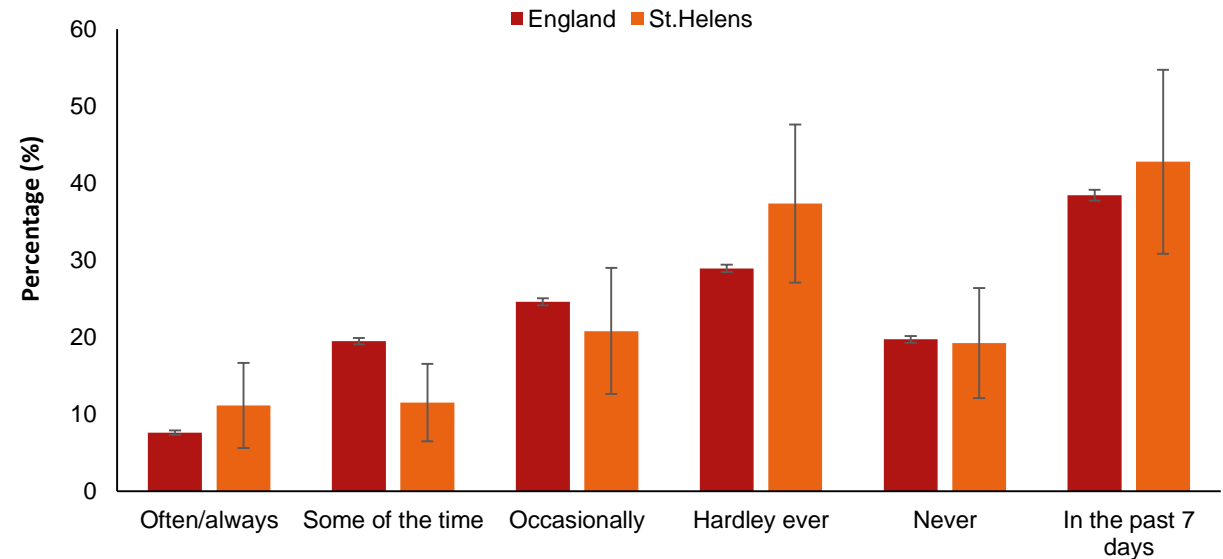
- ▶ 7.9% of St Helens residents aged 65+ are working, compared with 11% in England. Levels vary across the borough, from 6.6% in Rainhill to 9.3% in Newton-le-Willows West
- ▶ A higher proportion of St Helens residents aged 65+ are providing unpaid care than in England: 12.6% compared with 10.4%. 6.8% are providing at least 50 hours unpaid care, compared with 4.9% in England.

Loneliness

- ▶ In 2021, 24.8% of St Helens residents aged 50 and over were living alone (source: ONS 2021)
- ▶ 60.7% of residents aged 65 and over were living in a couple, which is the same as England. There is a wide variation within St Helens; from 37.9% in Town Centre to 70% in Billinge & Seneley Green. (source: ONS 2021)
- ▶ Loneliness (for all ages) during the pandemic was mapped by the ONS in 2021
 - ▶ Results suggest that loneliness levels in St Helens are similar to England but with more people hardly ever feeling lonely
 - ▶ However, the latest data from ONS regarding loneliness are based on a very small sample
 - ▶ There is therefore little statistically significant difference between the results for St Helens and England
- ▶ The Institute of Voluntary Action Research has completed a consultation with Fouracre residents looking at loneliness in families and older people – this identified a need for community activities to support interconnectedness, tackling antisocial behaviour to make community spaces feel safe, and accessible public transport.
- ▶ 40.3% of Adult Social Care users in St Helens reported having as much social contact as they would like, compared with 44.4% in England.

- ▶ Torus housing are collaborating with the Imperial College Survey INTERACT, aiming to provide a more comprehensive look at loneliness across the UK, and particularly in St Helens

**Percentage of People who Felt Lonely
2020 (All Ages)**



Source: ONS 2021



Photograph: Pete Stuart / Shutterstock.com

This is officially the cheapest place to retire in the UK

A Merseyside town has been crowned Britain's most affordable retirement spot



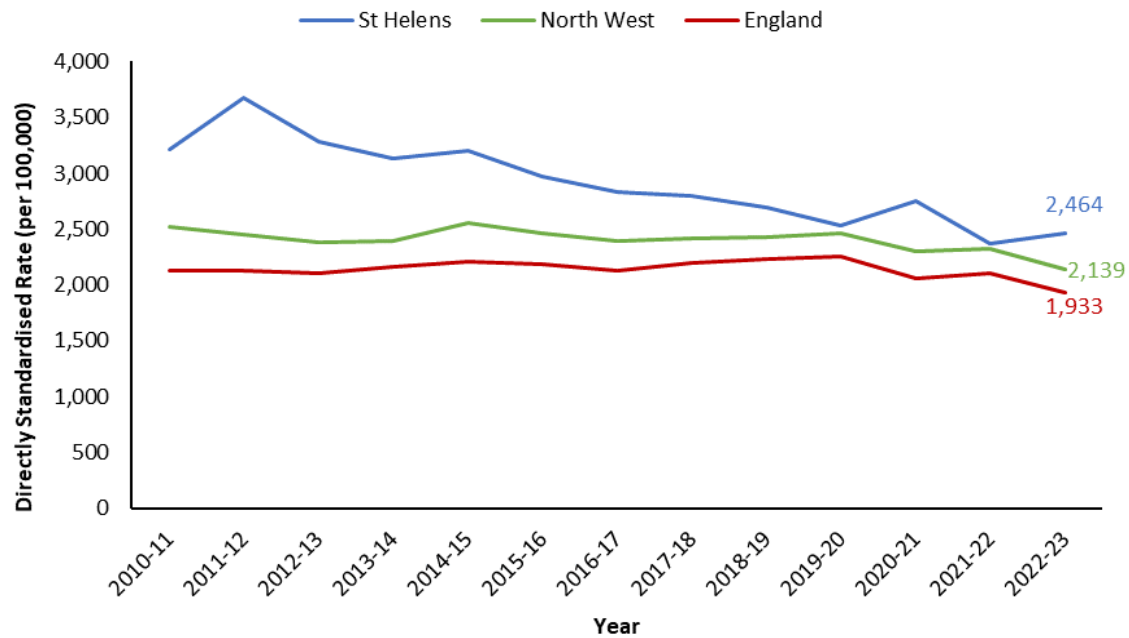
Written by [Amy Houghton](#) Saturday 11 November 2023

- ▶ Loan company Sambla looked at the average UK retirement age, UK life expectancy, and cost of living (before rent) in the 100 most populous towns of the UK, to establish the most affordable and most expensive places to retire
- ▶ Cost of living per person per year in St Helens would be £6,781
- ▶ The most expensive place to retire in the UK was London, where the cost of living per year would be £12,468, followed by Leeds at £10,116
- ▶ The average retiree in St Helens would need £101,718 in their retirement fund to be comfortable

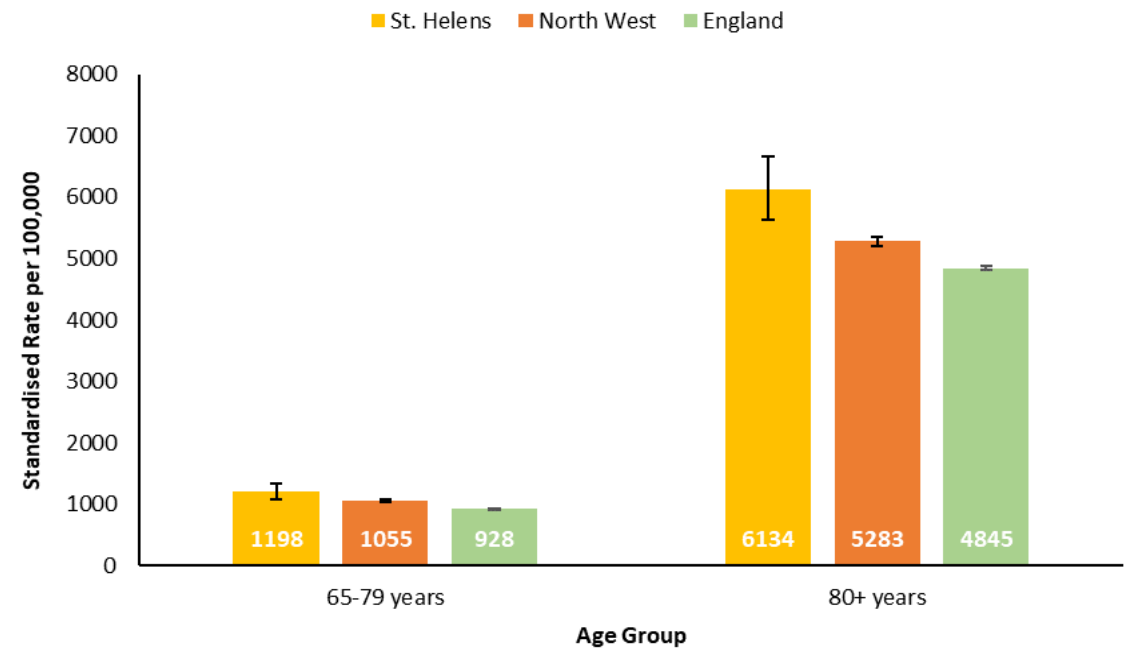
Long Term Conditions and Hospital Activity

Falls

Trend of Emergency Hospital Admissions Due to Falls, aged 65+, Directly Standardised Rate per 100,000, 2010-11 to 2022-23 (Source: Fingertips)



Directly Standardised Rate per 100,000 of Emergency Hospital Admissions due to Falls in people aged 65-79 and 80+, 2022-23 (Source: Fingertips)



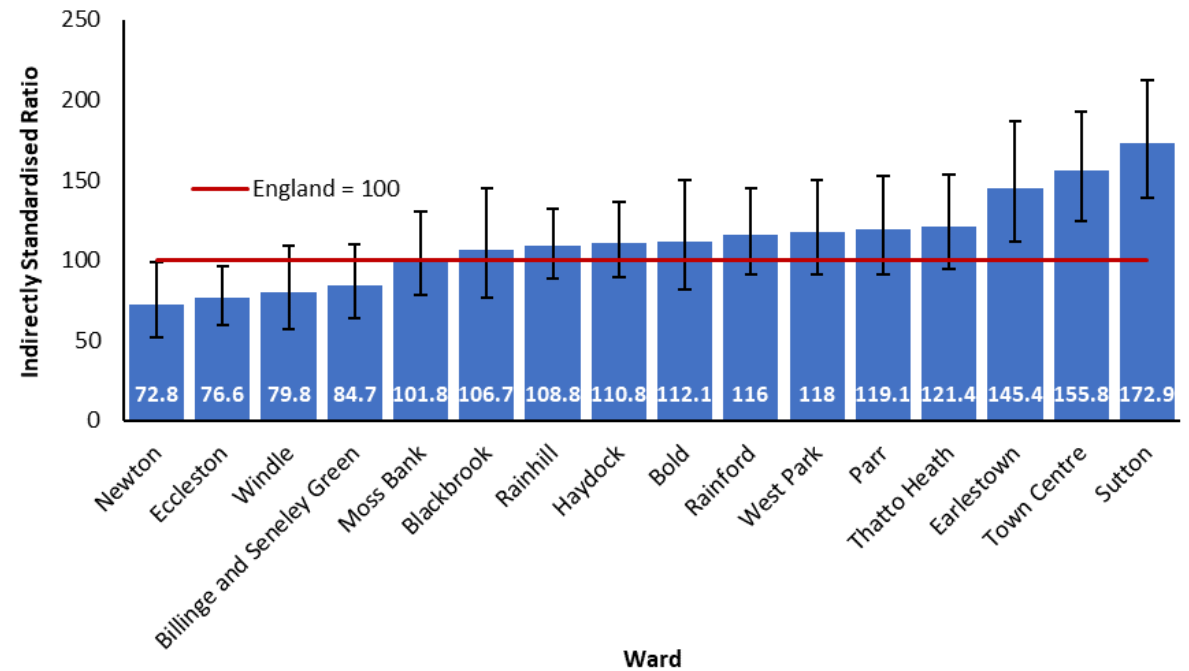
- ▶ Number of emergency admissions due to falls 2021-22 = 865
- ▶ Number of emergency admissions due to falls 2022-23 = 905 (4.6% increase)
- ▶ Cost increased by 4.5% to £5,992,653 in 2022-23
- ▶ Hospital admission rates due to hip fracture increased between 2021-22 and 2022-23
 - ▶ From 550 per 100,000 to 649 per 100,000
 - ▶ 9th highest rate in the North West
 - ▶ Cost decreased by 5.1% to £96,205
- ▶ There were 322 “frequent fallers” in 2022-23 (all ages), with an average of 2.1 admissions per year
- ▶ Work is being done to support older people to keep active and improve core strength:
 - ▶ The Active Lives and Sports Development Service delivers community programmes and Forever Fit classes
 - ▶ Supports patients known to the Falls Prevention Service
 - ▶ Classes in residential homes
 - ▶ Go Active classes
 - ▶ Gentle exercise, line dancing and Fit Forever (60+)
 - ▶ Table tennis, indoor tennis and pickleball
 - ▶ The Goodboost Programme – pool exercises for joint pain

Hip Fractures

▶ **Trend of Directly Standardised Rate (per 100,000) of Emergency Hospital Admissions for Hip Fractures (aged 65+) in St Helens, North West and England (2010/11 – 2022/23)** (Source: Public Health Profiles, Fingertips)

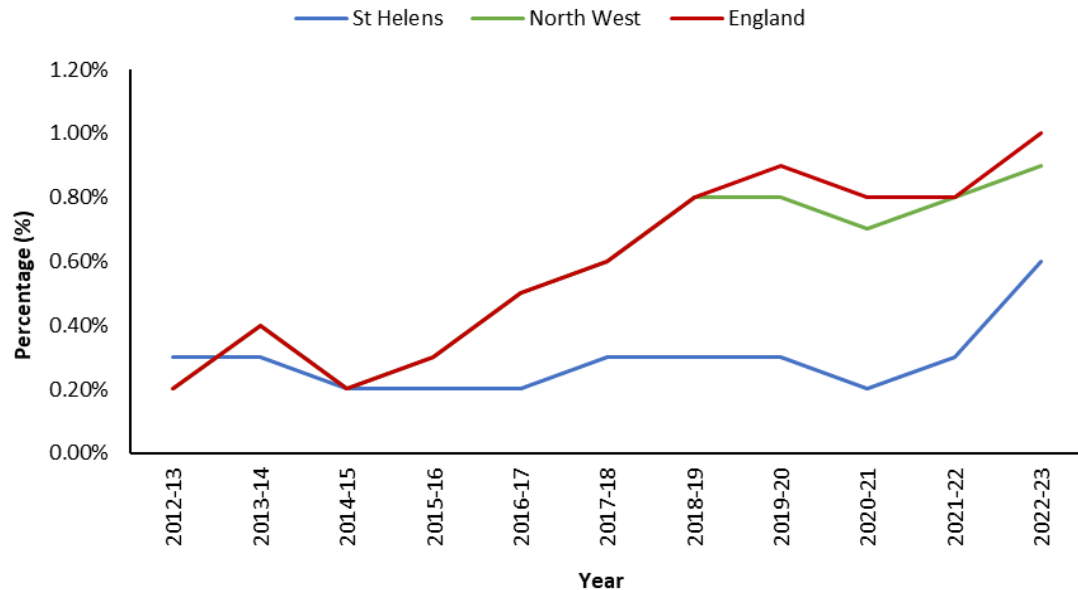


Emergency Hospital Admissions for Hip Fracture (aged 65+), Indirect Standardised Admission Ratio, 2016-17 to 2020-21 (Source: Public Health Profiles, Fingertips)

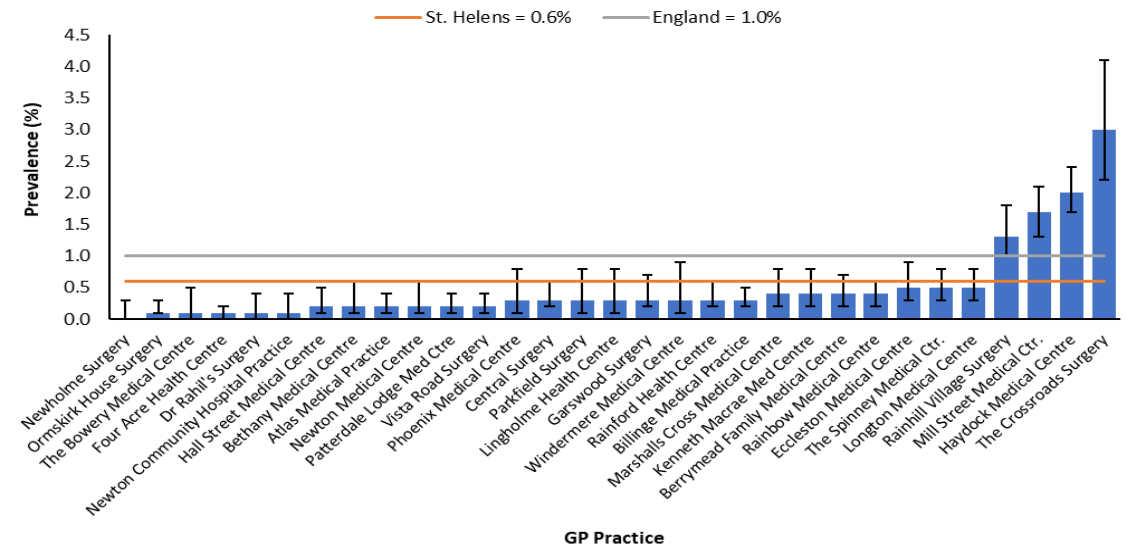


Osteoporosis

Trend of QOF Prevalence of Osteoporosis (aged 50+) 2022-23



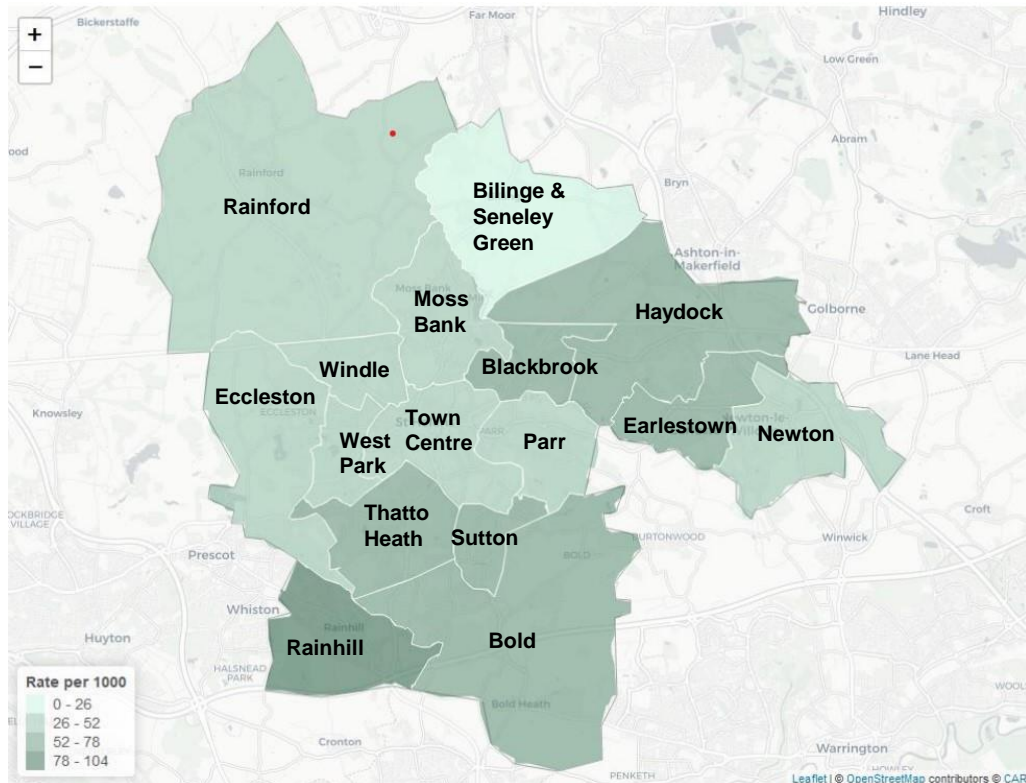
QOF Prevalence of Osteoporosis (aged 50+) by GP practice, 2022-23



- ▶ Despite having an older population, St Helens has fewer cases of osteoporosis diagnosed than England
- ▶ It may be that our residents have better bone health, or that some cases are going undiagnosed
- ▶ Identification of cases is vital to ensure appropriate treatment is provided to reduce the risks associated with osteoporosis
- ▶ St Helens Council provides Vitamin D vouchers within Winter Well packs, supporting bone health in vulnerable populations

Source: OHID Fingertips

Rate of Frailty and Dementia (per 1,000 population) by Ward in St Helens (Source: System P)

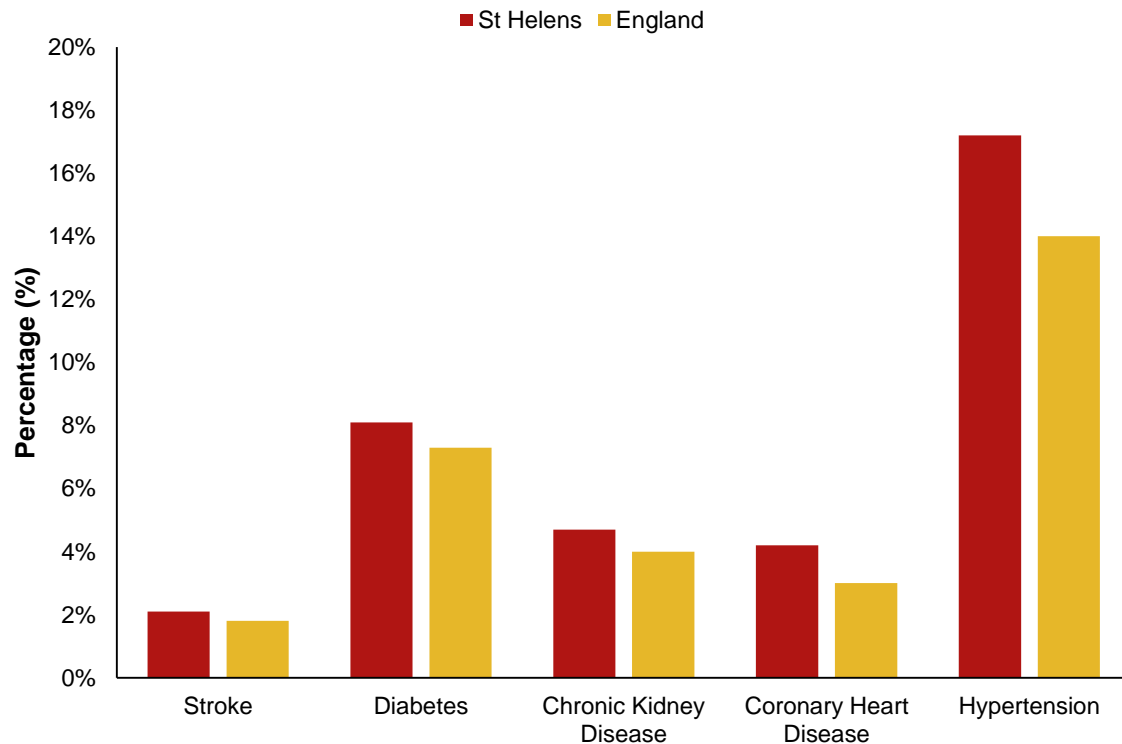


- ▶ Frailty is a clinical state of increased vulnerability due to old age decline
- ▶ It is diagnosed through an approved tool (e.g. eFI, see Appendix 1) which calculates level of frailty based on chronic conditions, symptoms/signs, disability and lab values.
- ▶ In NHS St Helens ICB, 10,554 people are identified as belonging to the Frailty and Dementia Segment – this means they have either moderate or severe frailty (aged 65+), or dementia
- ▶ This amounts to 6.5% of the total population (all ages)
- ▶ 40% of this segment live in the most deprived quintile
- ▶ One third are living alone
- ▶ 96% are also living with a Long-Term Condition, including chronic liver disease, COPD, hypertension, diabetes and CVD (N.B. this is part of the scoring system for frailty)
- ▶ 42% of the Frailty and Dementia Segment have a physical disability
- ▶ 28% have an emergency admission in 1 year (compared with 7% for the total population)

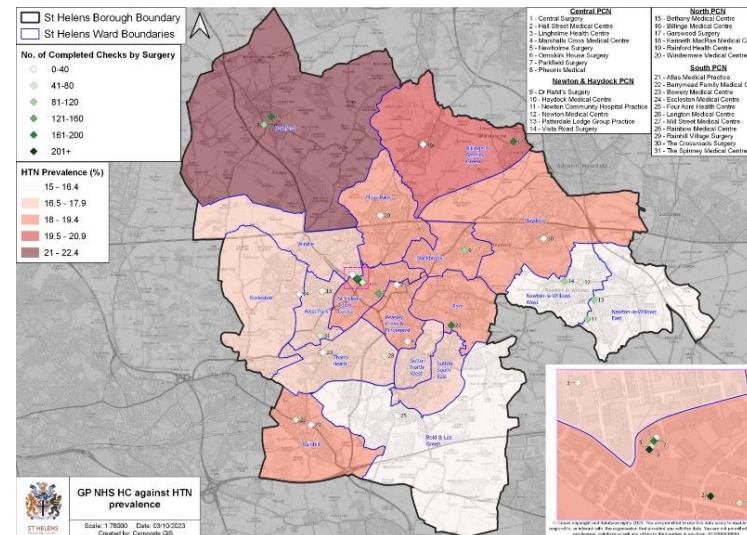
Cardiovascular Disease and Diabetes

Source: OHID Fingertips

CVD Disease Burden All Ages - Prevalence 2021-22



▶ Cardiovascular disease is one of the leading health concerns amongst the older population of St Helens



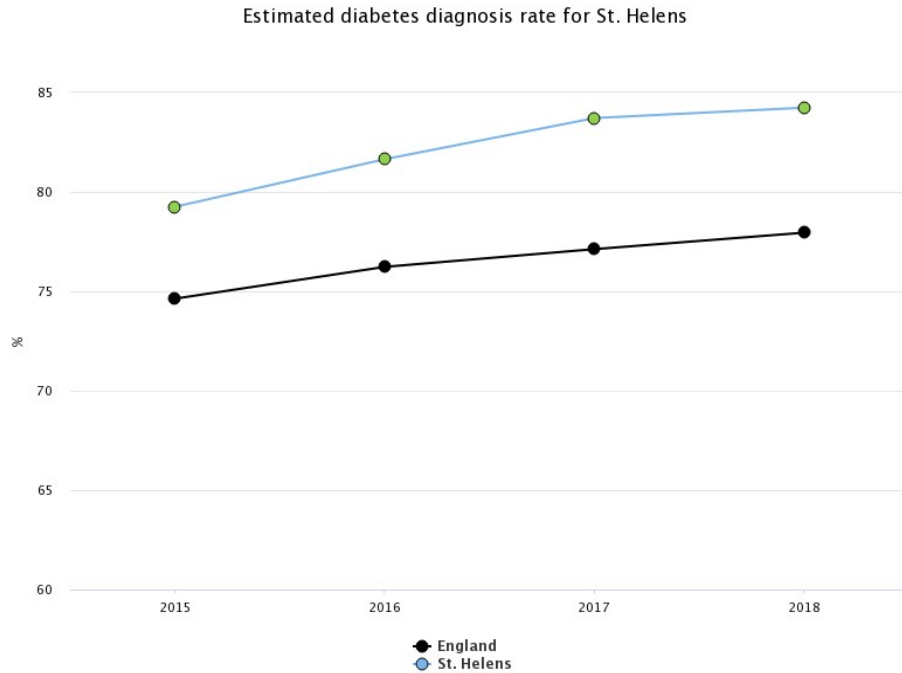
▶ The map of hypertension prevalence correlates with the map of where older people tend to live in St Helens

▶ Our hypertension rates are high – a drive to identify and treat this appropriately may be warranted in order to reduce the associated risks of cardiovascular disease

Source: St Helens Local Insights

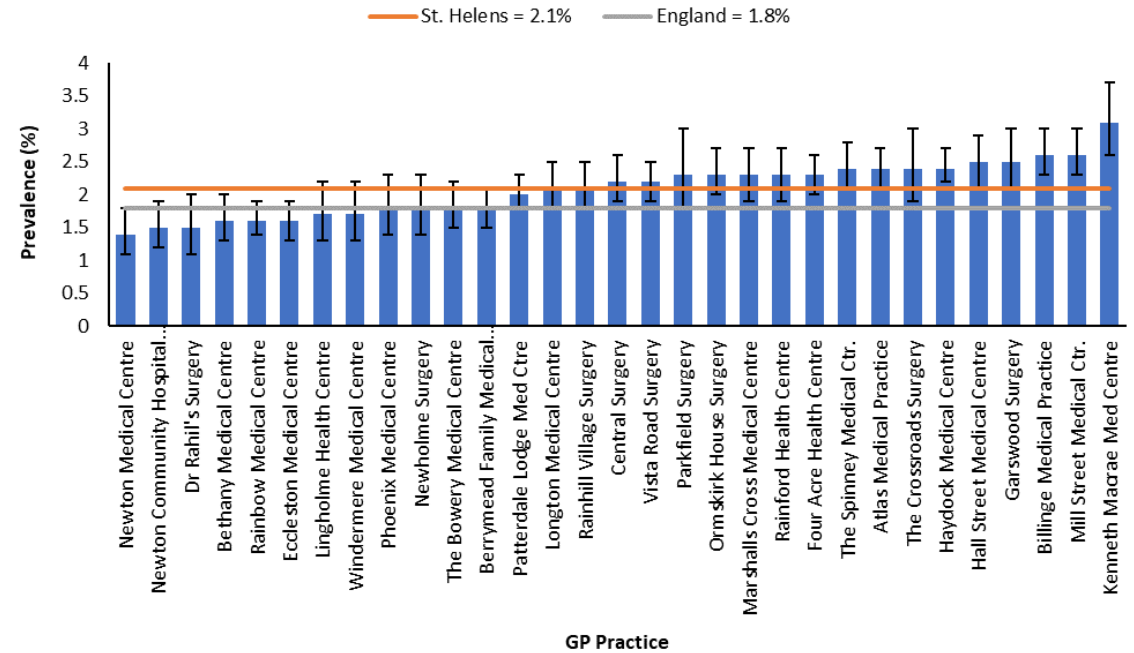
Cardiovascular Disease and Diabetes

Source: OHID Fingertips



The St Helens diabetes diagnosis rate is better than nationally.

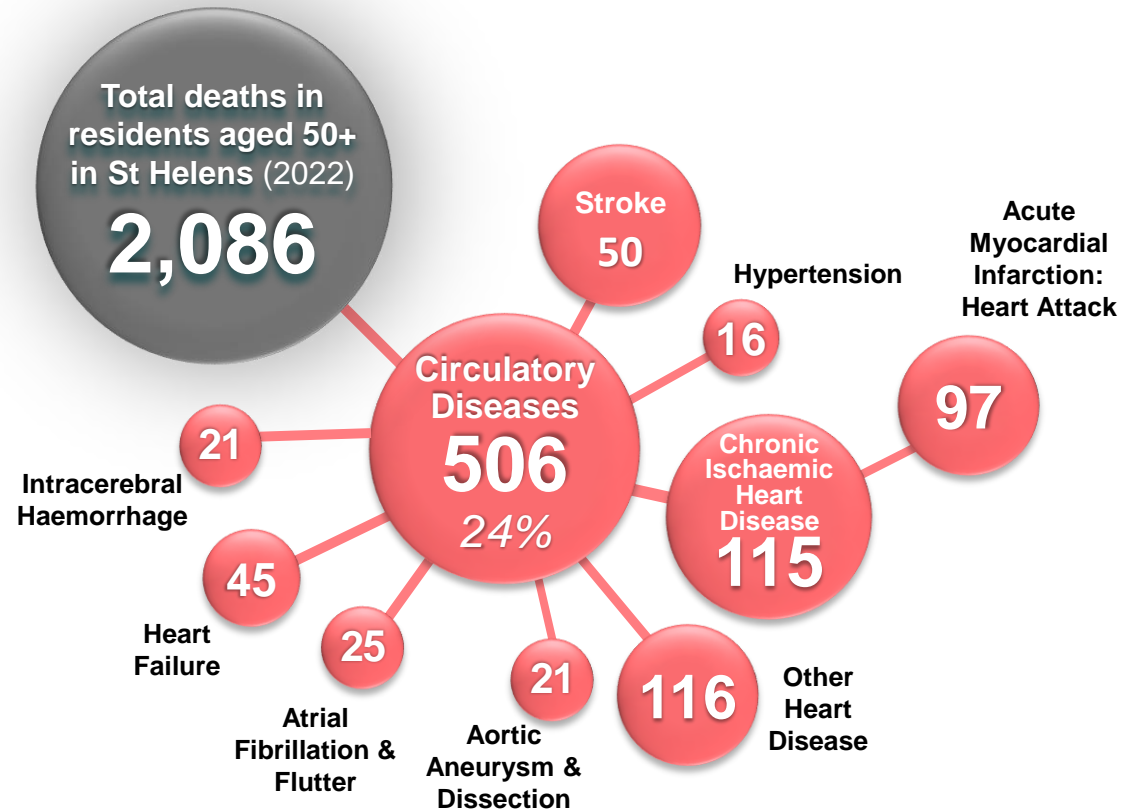
QOF Prevalence of Stroke (all ages) in St Helens by GP practice, 2022-23



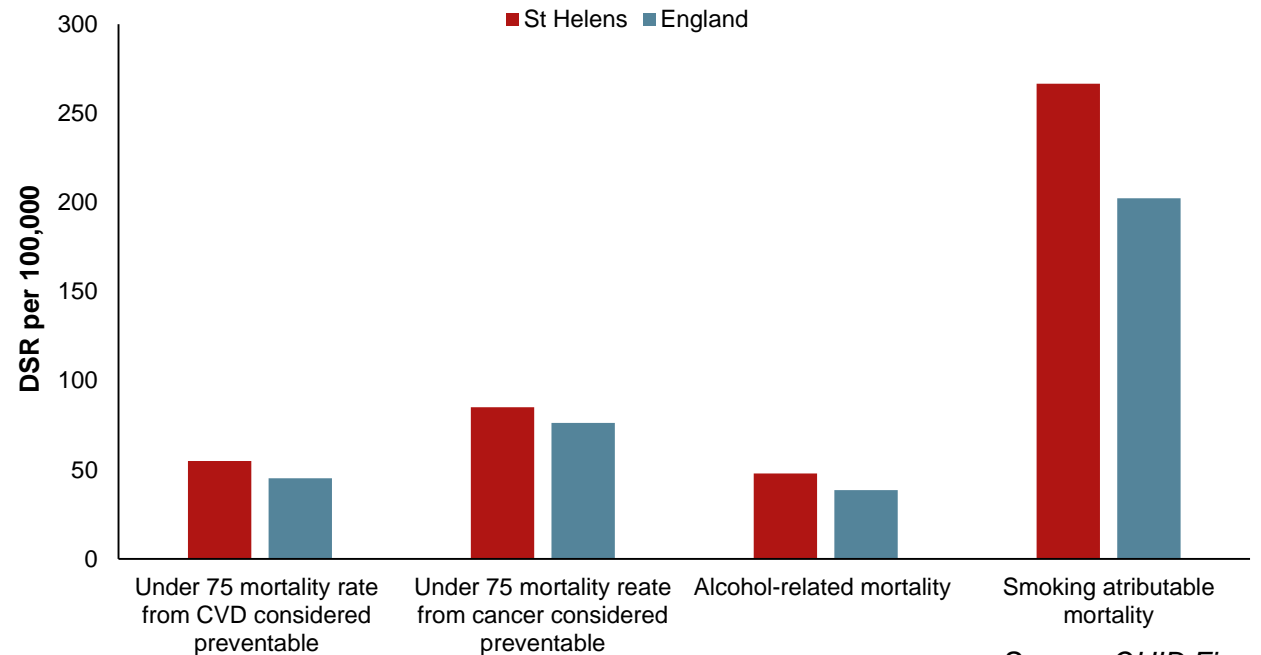
Strokes are more prevalent in central areas, which could reflect the link between cardiovascular disease and deprivation

Cardiovascular Disease

Cardiovascular disease is one of the biggest causes of morbidity and mortality in St Helens.



CVD-Related Mortality (DSR per 100,000)

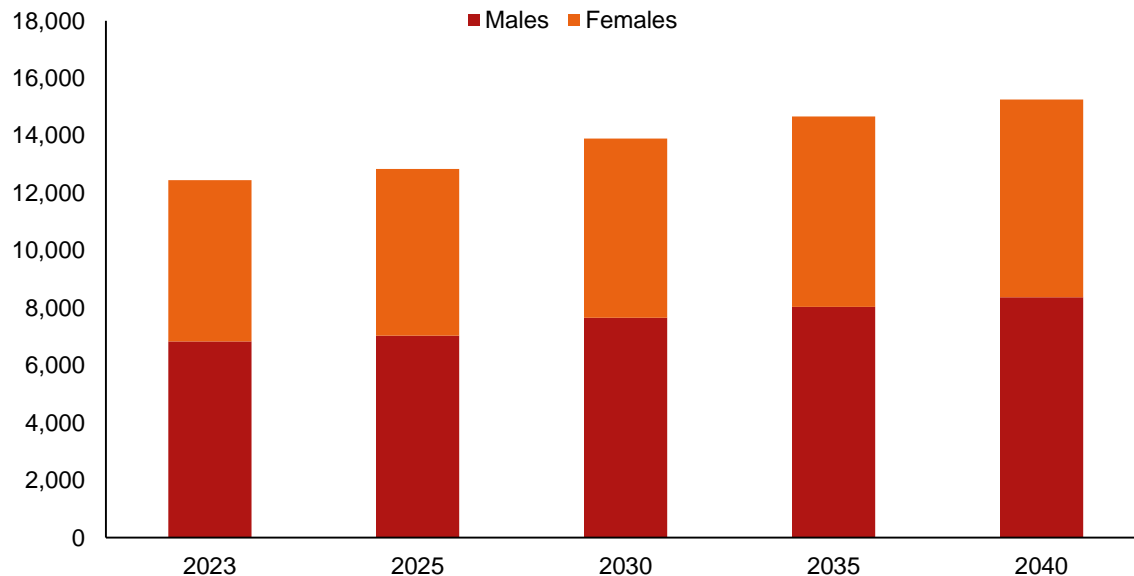


Source: OHID Fingertips

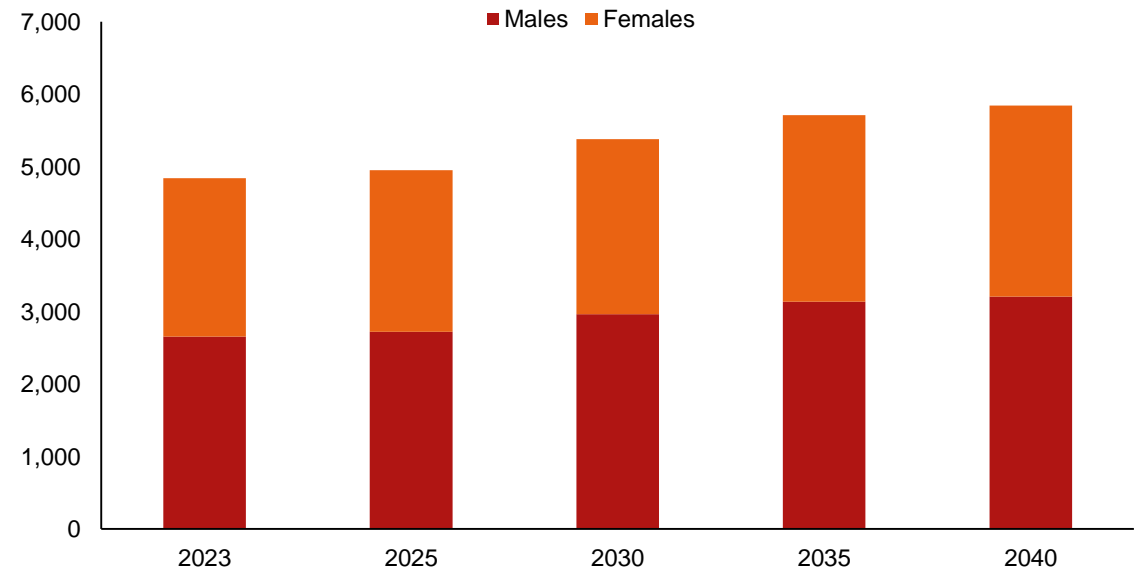
Cardiovascular Disease and Diabetes - Projections

- ▶ Cardiovascular disease is predicted to increase by 22.5% in St Helens between now and 2040.
- ▶ Diabetes is predicted to increase by 20.8% in the same time frame.

Number of people aged 65+ predicted to have Cardiovascular Disease (CVD) in St Helens, projected to 2040 (Source: POPPI)

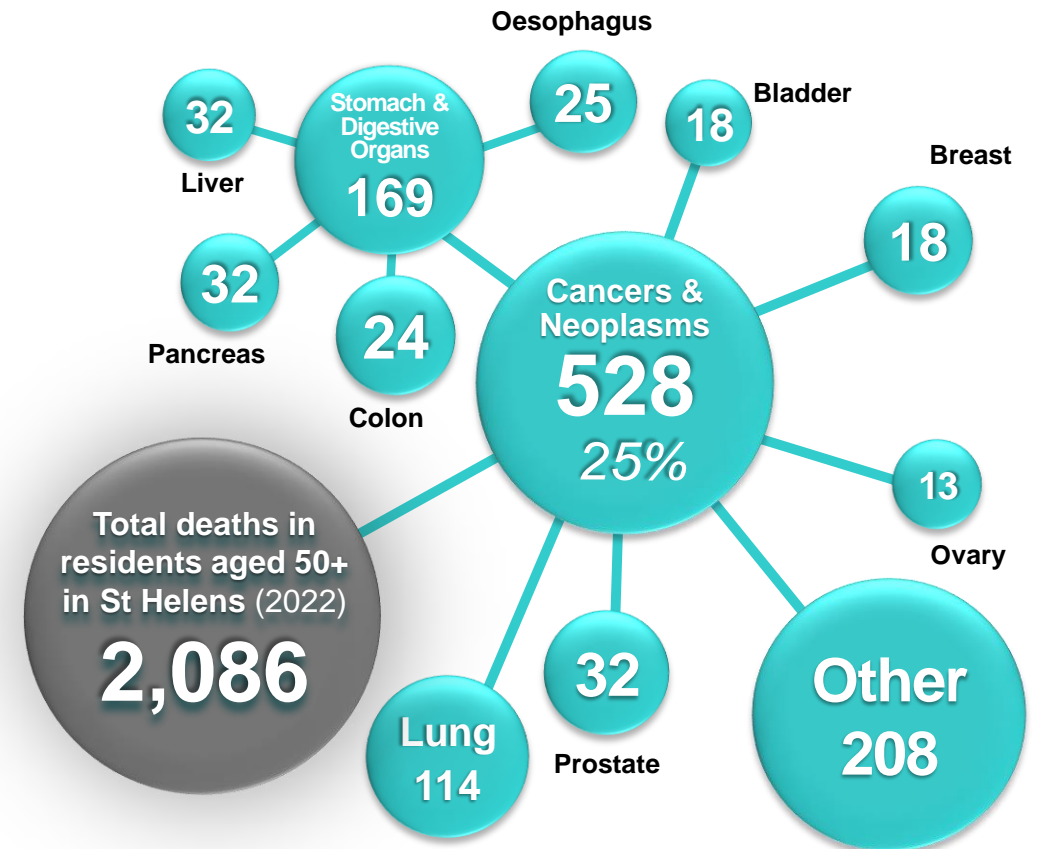


Number of people aged 65+ predicted to have Diabetes in St Helens, projected to 2040 (Source: POPPI)



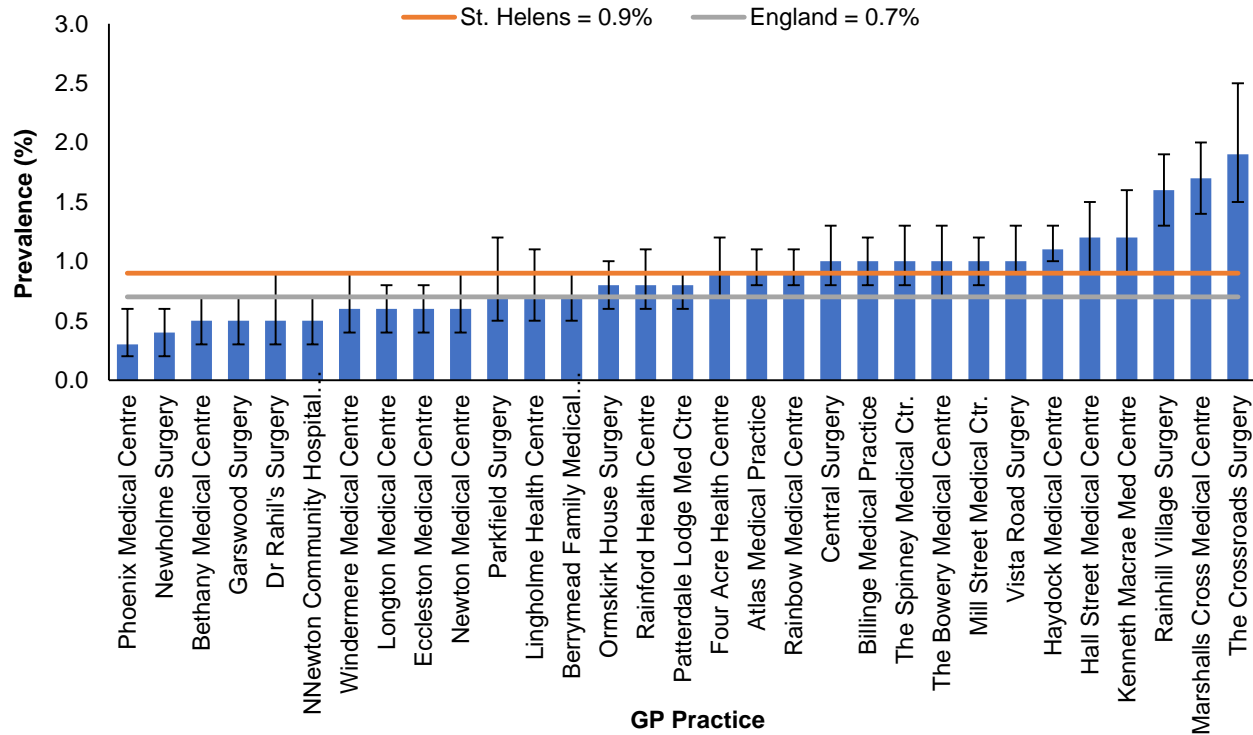
Cancers

- ▶ In 2020 the proportion of deaths in St Helens which included cancer as an underlying cause was:
 - ▶ 33.2% in 65-74 year olds
 - ▶ 23.8% in 75-84 year olds
 - ▶ 10.7% in 85+ years
- ▶ 52.6% of cancers in St Helens are diagnosed at stage 1 or 2, when they are generally more treatable. This is similar to national levels (52.3%).
- ▶ 31.1% of deaths due to cancers in 2022 were related to the digestive tract, while 21.2% were lung cancers.

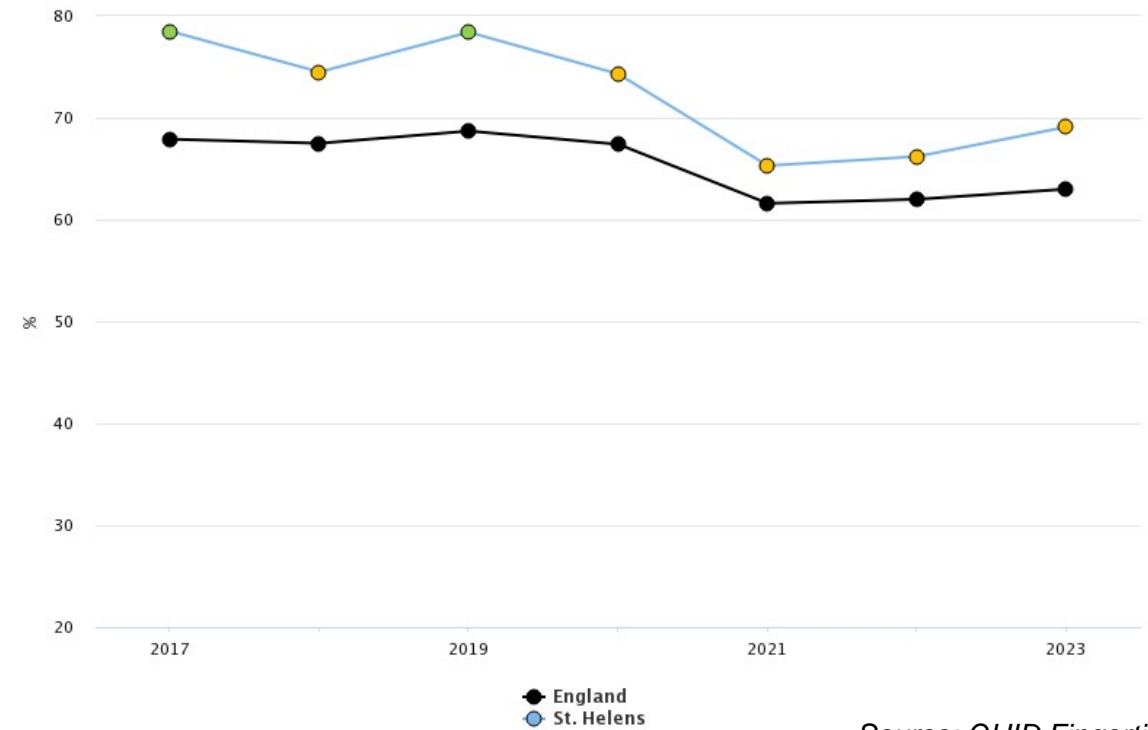


Dementia

QOF prevalence of dementia (aged 65+) in St Helens ICB by GP Practice, 2022-23 (Source: OHID Fingertips)



Estimated dementia diagnosis rate (aged 65 and older) for St. Helens

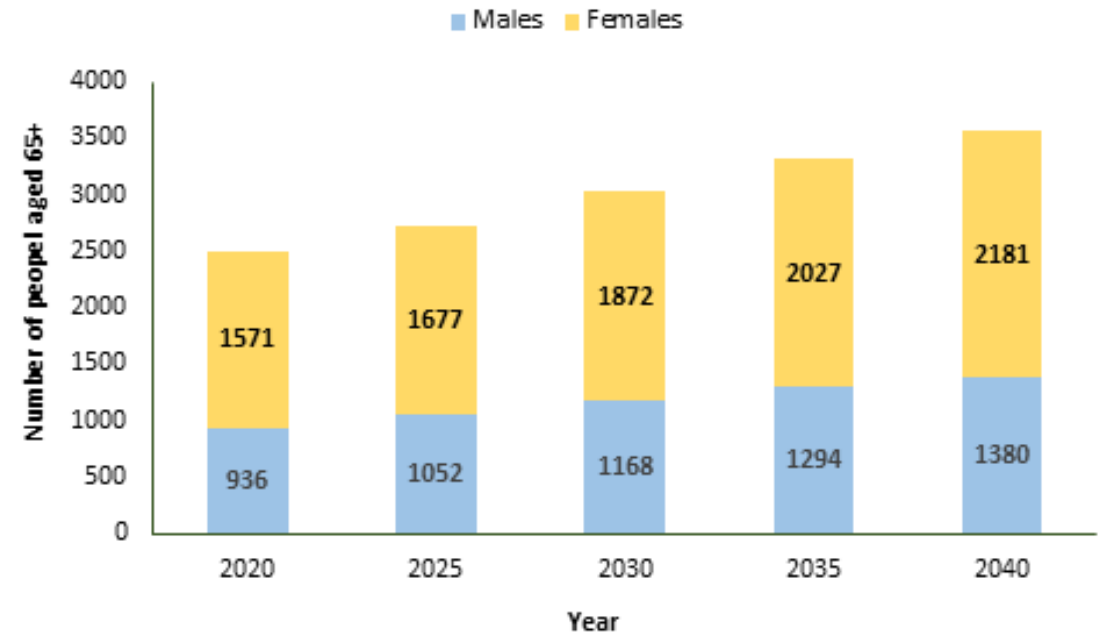


Source: OHID Fingertips

Dementia - Projections

- ▶ Dementia diagnosis rates are better in St Helens than nationally.
- ▶ The prevalence is dementia in St Helens in 0.9%, compared with 0.7% nationally.
- ▶ 8 GP practices in St Helens have a statistically higher prevalence of dementia than the national average.
- ▶ The number of people aged 65+ with dementia is predicted to rise by 42% between 2020 and 2040.

Number of people aged 65+ predicted to have Dementia in St Helens, projected to 2040 (Source: POPPI)

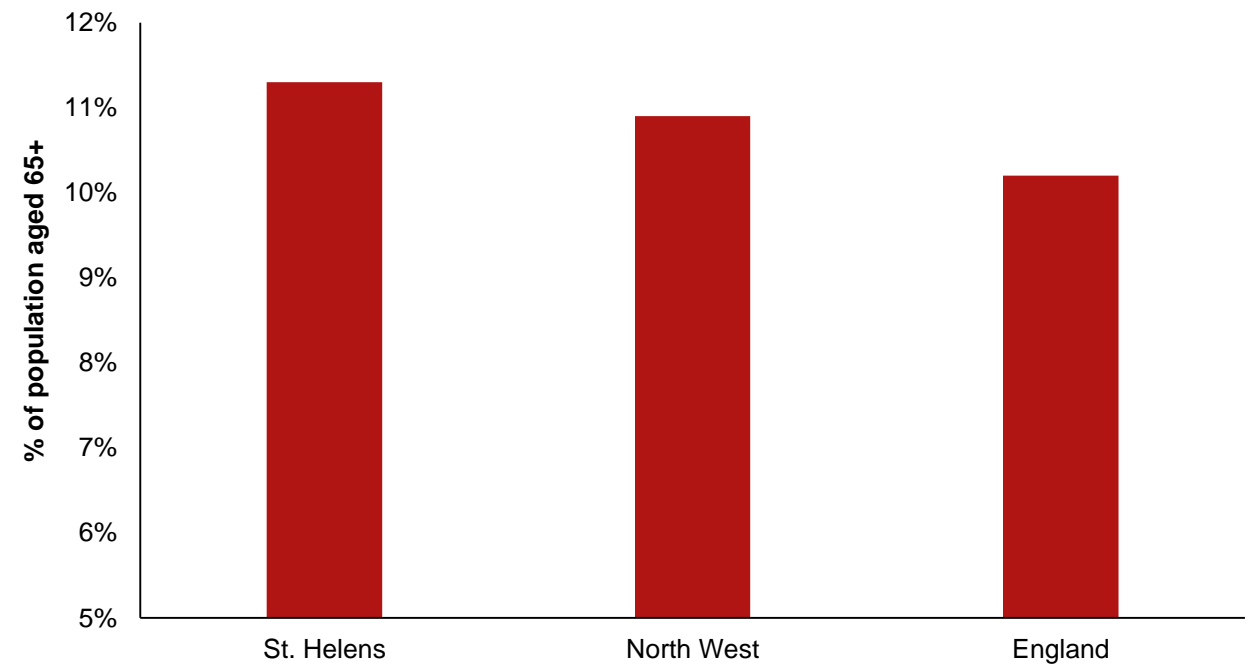


Mental Health

- ▶ The estimated prevalence of depression and anxiety in St Helens in 2017 was 11.3%.
- ▶ This is slightly higher than 10.9% in the North West and 10.2% in England
- ▶ In the years 2020-22, there were 72 suicides registered in St Helens
- ▶ 27 of these (37.5%) were in people aged 50 and over
- ▶ 10 (13.9%) were in people aged 65+

Source: Primary Care Mortality Database

Estimated Prevalence of Common Mental Health Disorders*



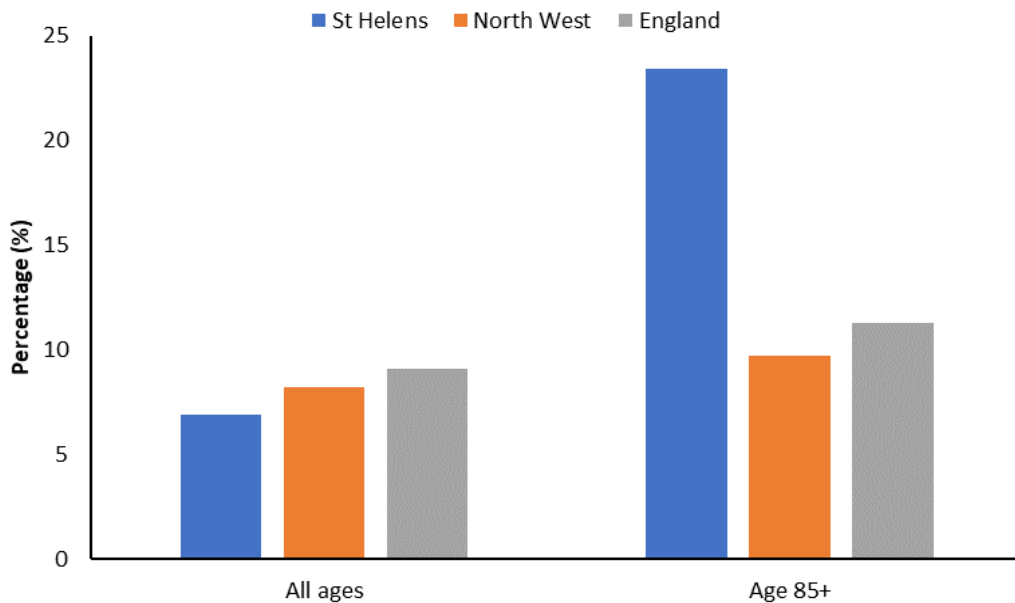
Source: OHID Fingertips 2017 Data

* Common Mental Health Disorders are defined as any depression or anxiety

Winter Mortality Index

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Winter Mortality Index August 2021 - July 2022



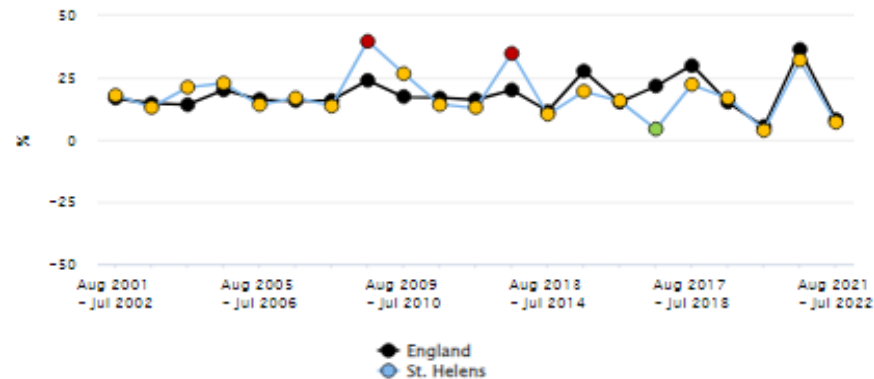
Source: OHID Fingertips

- ▶ The Winter Mortality Index is a measure of the difference in the number of deaths during the winter months (December to March) compared with those during the rest of the year.
- ▶ This relates to cold temperatures, respiratory conditions and extra pressure on health services.
- ▶ Excess winter mortality disproportionately affects older populations.
- ▶ Winter Mortality is slightly better in St Helens compared with the North West and England for all ages. The rate is much higher in the 85+ population, **although with wide confidence intervals, neither of these differences are statistically significant.**
- ▶ St Helens Council supports winter wellness in a number of ways:
 - ▶ Providing Winter Well packs to support vulnerable residents, including a “keeping well” calendar, room thermometer and vitamin D vouchers.
 - ▶ Producing a “Keeping Well in Winter and Beyond Guide 2023/24” with useful advice, information and contact details.
 - ▶ The Affordable Warmth Team is available to provide advice and assistance

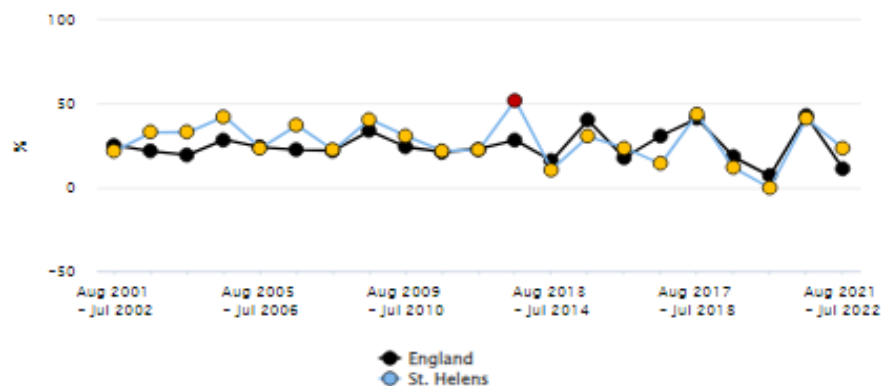
Winter Mortality Index

39

Winter Mortality Index Trend



Winter Mortality Index Trend – 85+



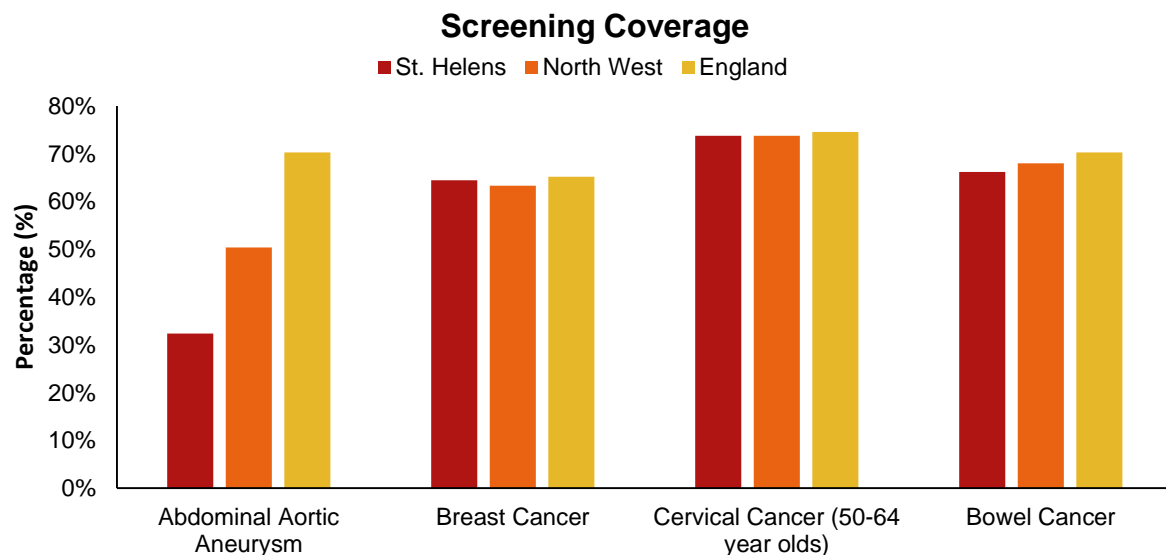
- ▶ The Winter Mortality Index has fluctuated significantly since 2001
- ▶ There have been peaks in WMI in 2008-9, 2012-13, 2016-17 and 2020-21, for both all ages and those aged 85+
- ▶ The value for 2019-20 is artificially low as this is a ratio of winter to summer deaths, and there was a significant increase in summer deaths in this year due to covid. The apparent rise in winter mortality in the last year should therefore be interpreted with caution

Source: OHID Fingertips

Health Protection

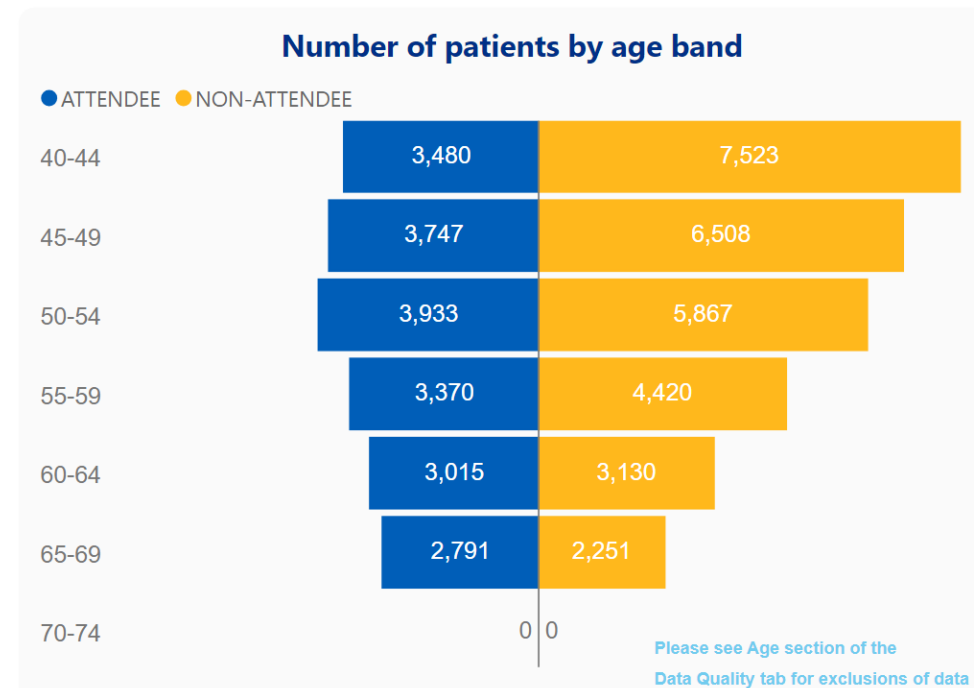
Screening & NHS Health Checks

2022 data (note AAA 2021-22). Source: Fingertips.



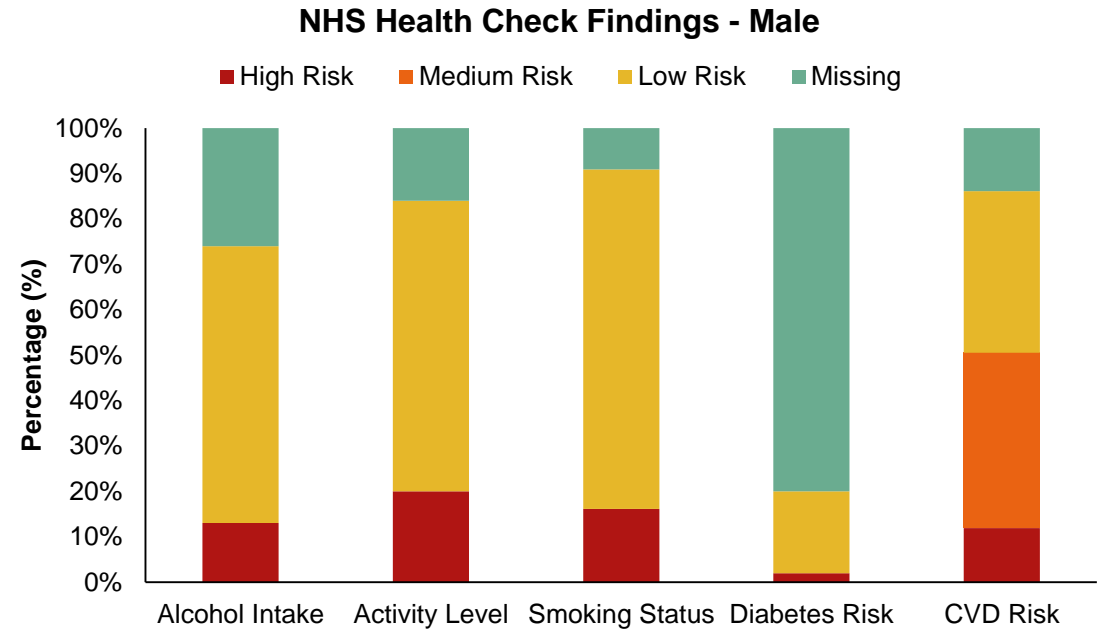
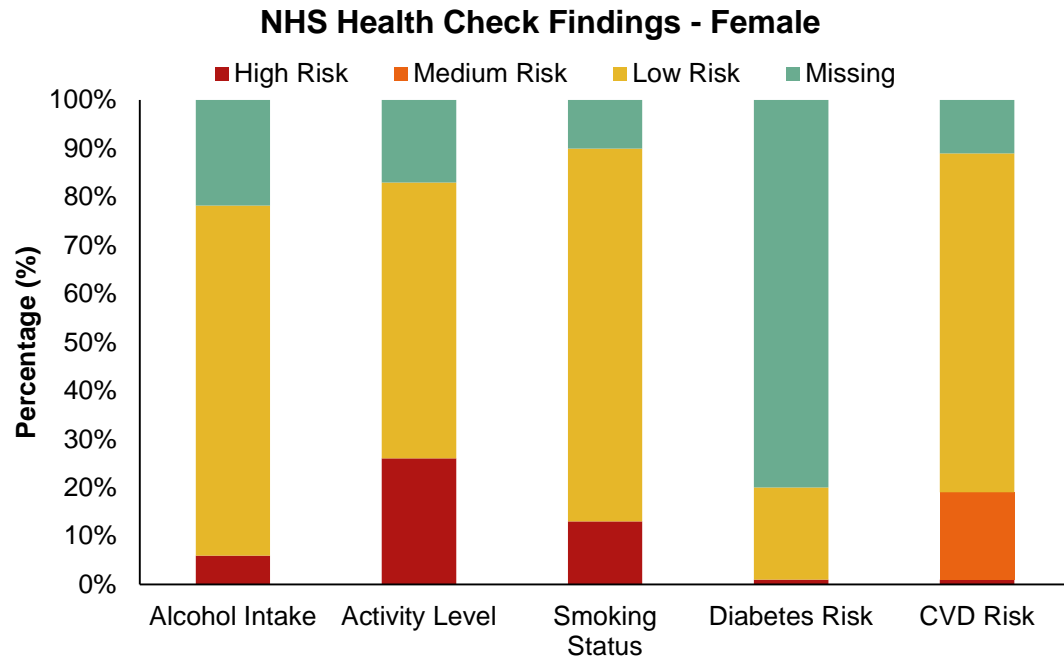
- Uptake of AAA and bowel cancer screening programmes are lower in St Helens than the North West and England.
- Breast cancer screening uptake is slightly higher than the North West, and cervical cancer screening is equal to the North West
- Bowel cancer screening rates have climbed in recent years, while cervical cancer screening rates have been falling

- In 2018, NHS health checks were attended by 13,109 people aged 50+.
- DNA (Did Not Attend) rates decreased with increasing age

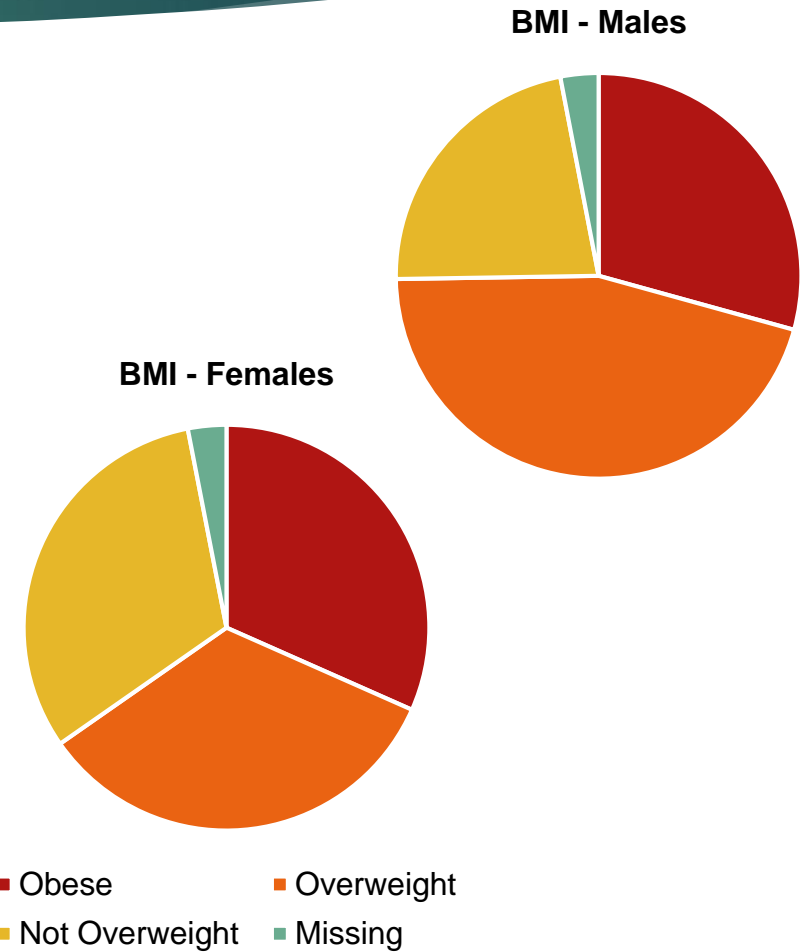
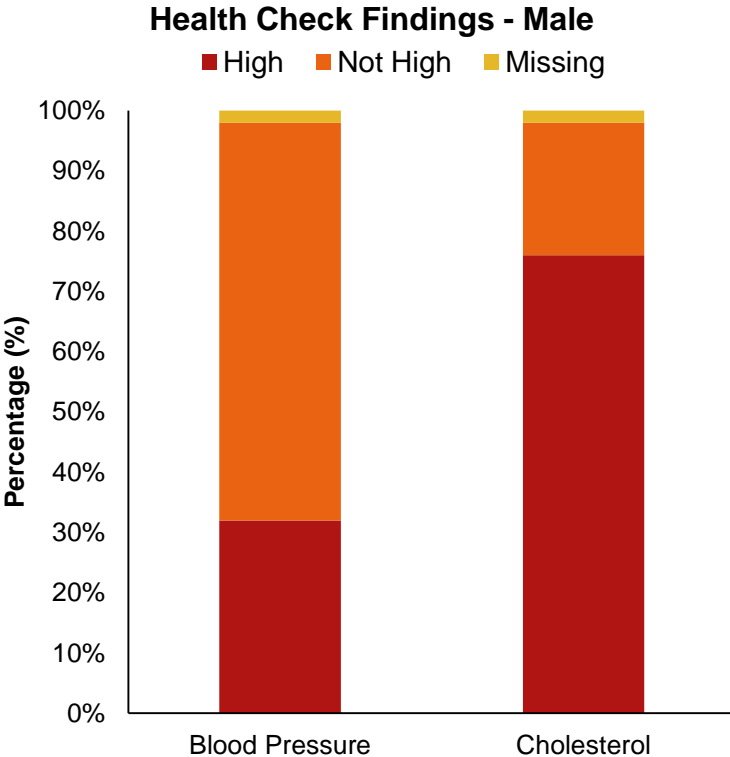
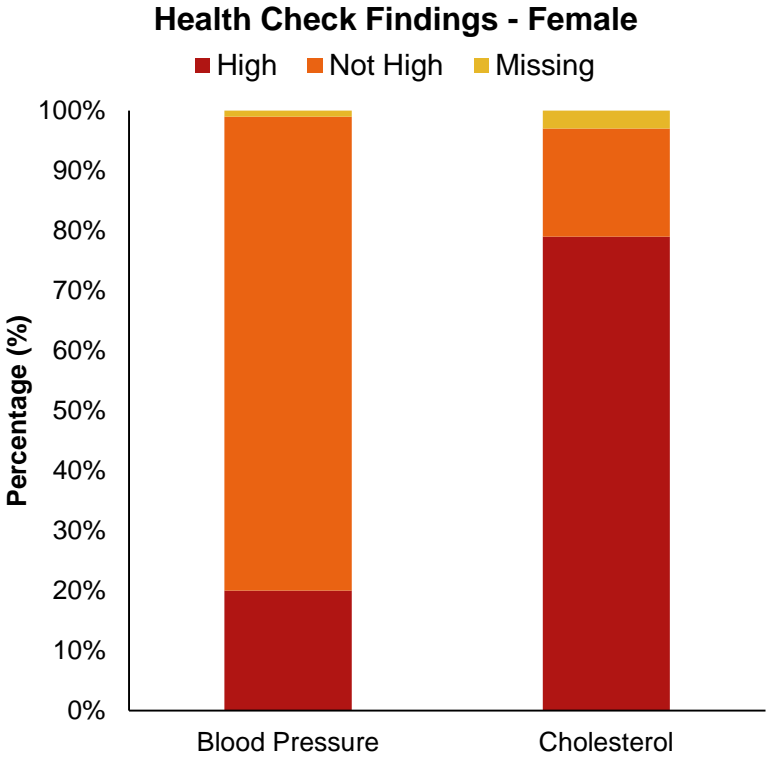


Source: NHS Health Checks Power BI Dashboard

NHS Health Checks Data – 2017-18



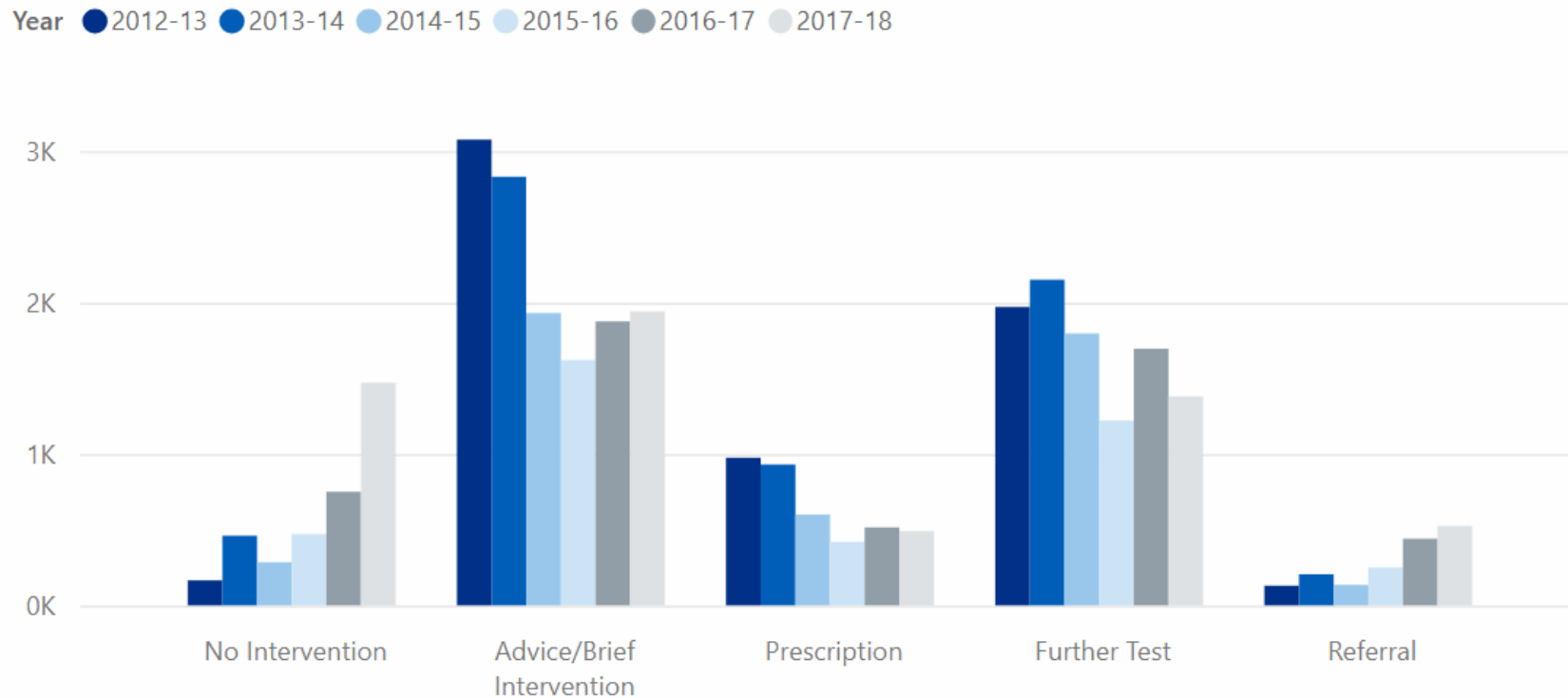
NHS Health Checks Data – 2017-18



Source: NHS Health Checks Power BI Dashboard

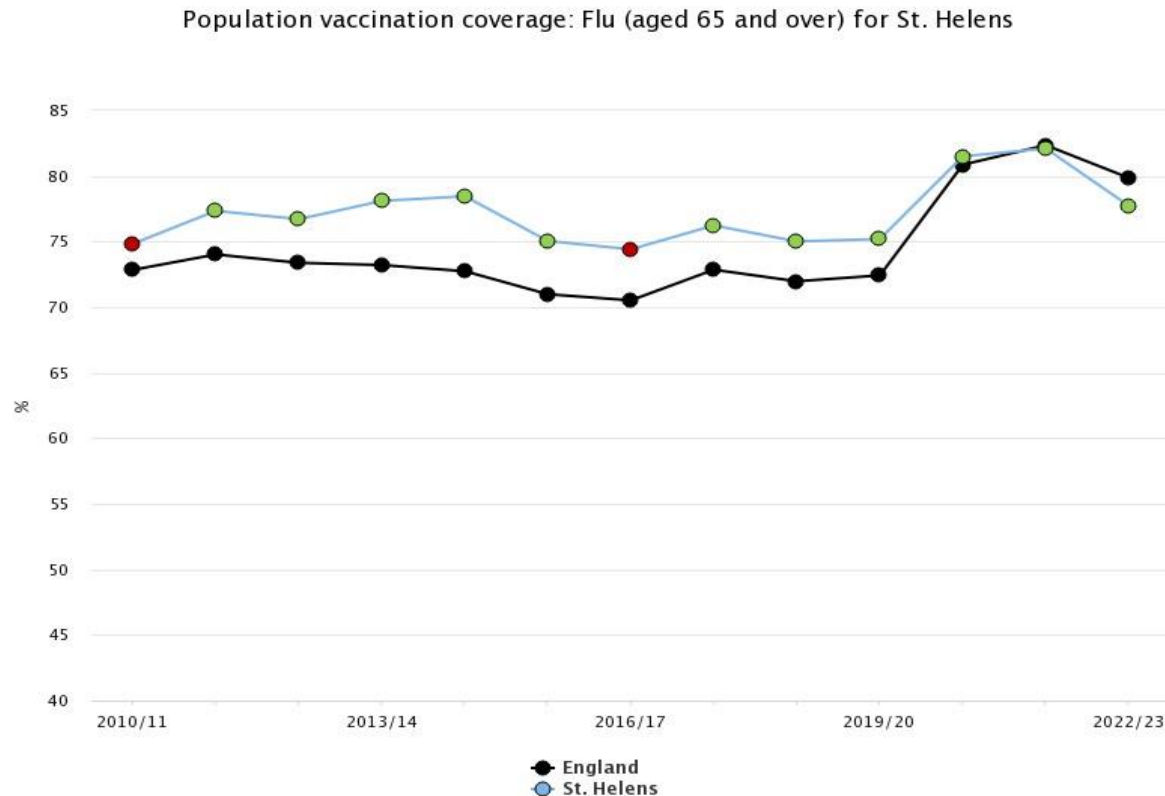
NHS Health Checks Data – 2017-18

Count of patients by intervention offered, by financial year



- ▶ Between 2012 and 2018, the number of health check attendees receiving brief advice, interventions, prescriptions or further testing all declined
- ▶ Referrals for further support increased, but numbers remained low
- ▶ The number of attendees who received no intervention at all increased significantly

Flu and Shingles Vaccinations

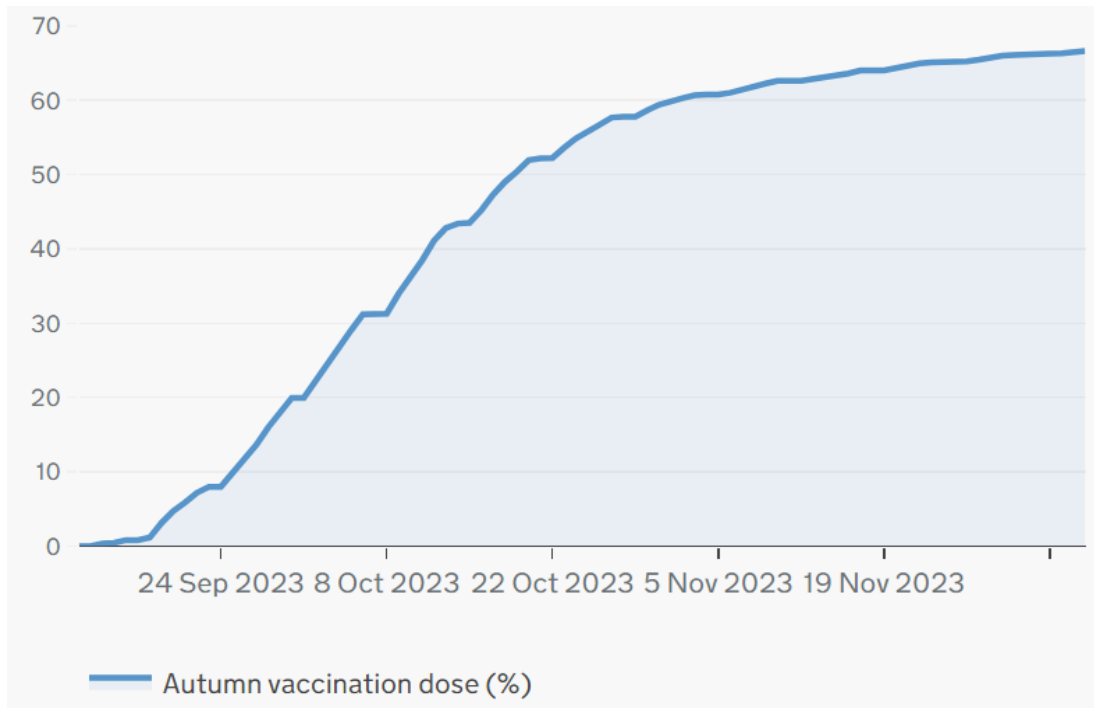


- ▶ Flu vaccination uptake has followed a similar pattern to national levels
- ▶ Generally, St Helens has done slightly better than England
- ▶ There was a rise in uptake, both in St Helens and nationally, from 2019/20; this may be attributable to increased awareness of health risks due to the Covid19 pandemic.
- ▶ The last year has seen a drop in uptake, both nationally and in St Helens. This could be due to “vaccination fatigue” generally
- ▶ Shingles vaccination coverage in 71-year-olds is 41.9% in St Helens, compared with 48.3% in England. Uptake fell from 50.5% in 2019/20, and is starting to gradually increase more recently

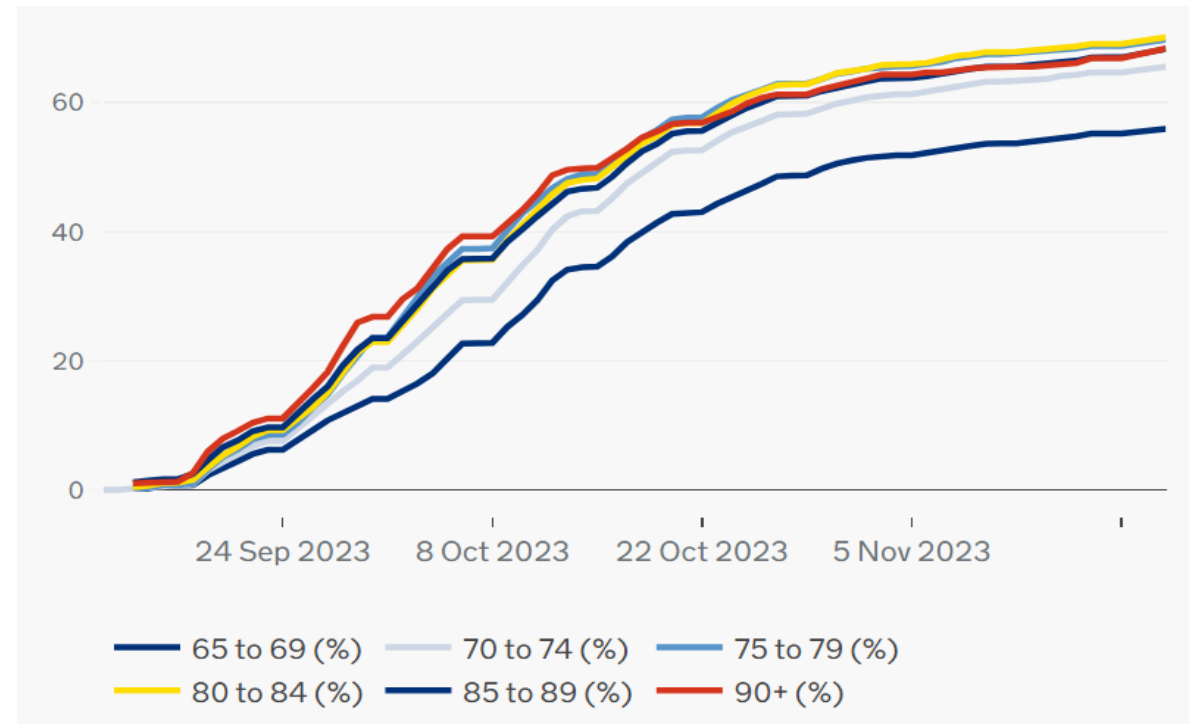
Covid Vaccinations

Source: UKHSA Coronavirus Dashboard

Proportion of over 65s in St Helens receiving their Autumn Covid Booster



66.6% of over 65s have received their Autumn booster as of 6th Dec 2023. This compares with 68.3% nationally.

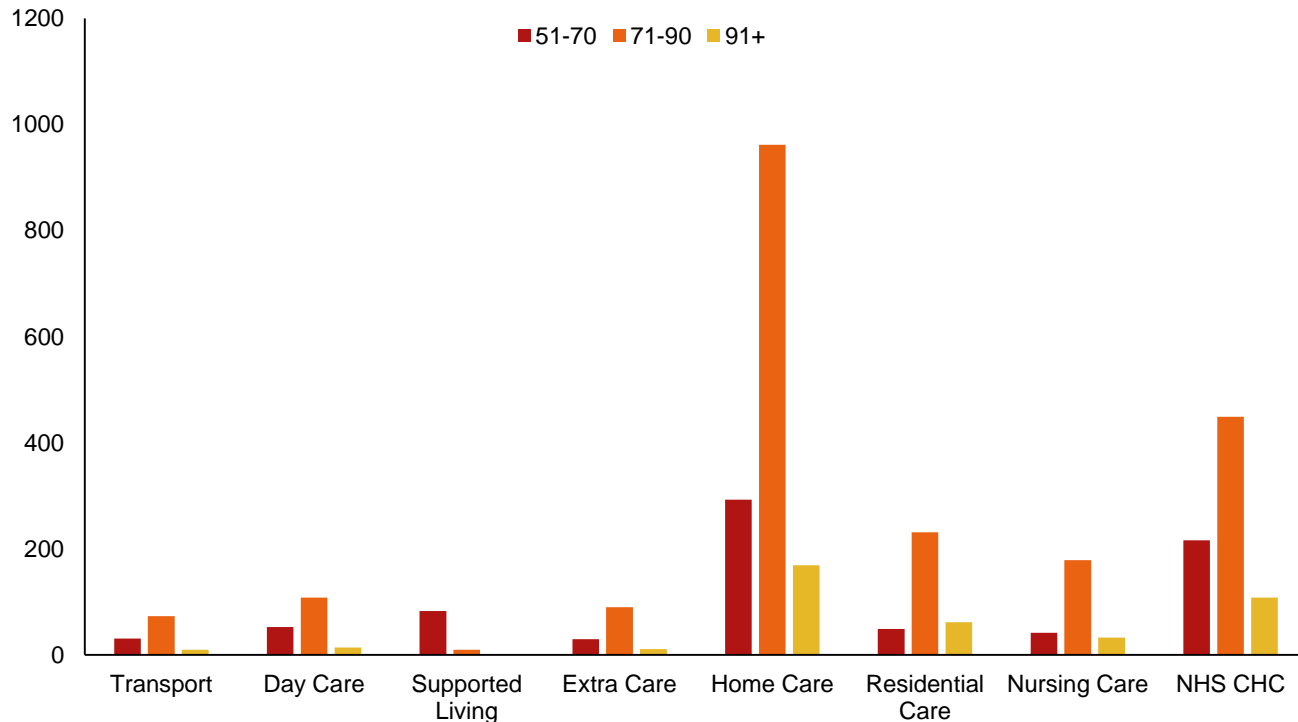


Breakdowns of uptake by age are similar in St Helens and England. The lowest uptake is seen in 65-69 year olds (57.4% St Helens, 59% Eng), and the greatest in 80-84 year olds (72.1% St Helens, 74.5% Eng).

Social Care

Adult Social Care Provision

Adult Social Care Provision (Nov 2023)



- ▶ In 2021 there were 8.1 care home beds per 100 people in St Helens (9.9 NW, 9.4 England)
- ▶ There were 4.1 nursing beds per 100 people (5.1 NW, 4.6 England)

Day Care: Care provided in a centre

Supported Living: Self-contained homes for independent living with occasional support

Extra Care: Self-contained homes with regular support and community spaces

Home Care: Carers attending the home

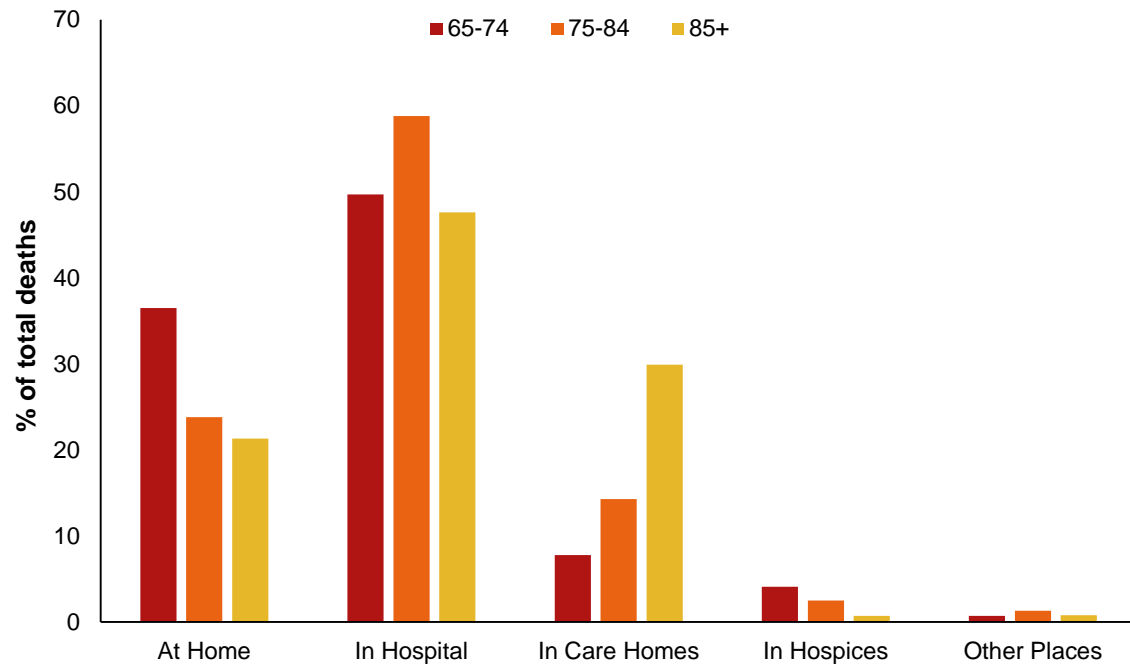
Residential Care: Care home without nursing support

Nursing Home: Care home for people with nursing needs

NHS CHC: Continuing Health Care for residents with palliative conditions

Palliative Care and End of Life

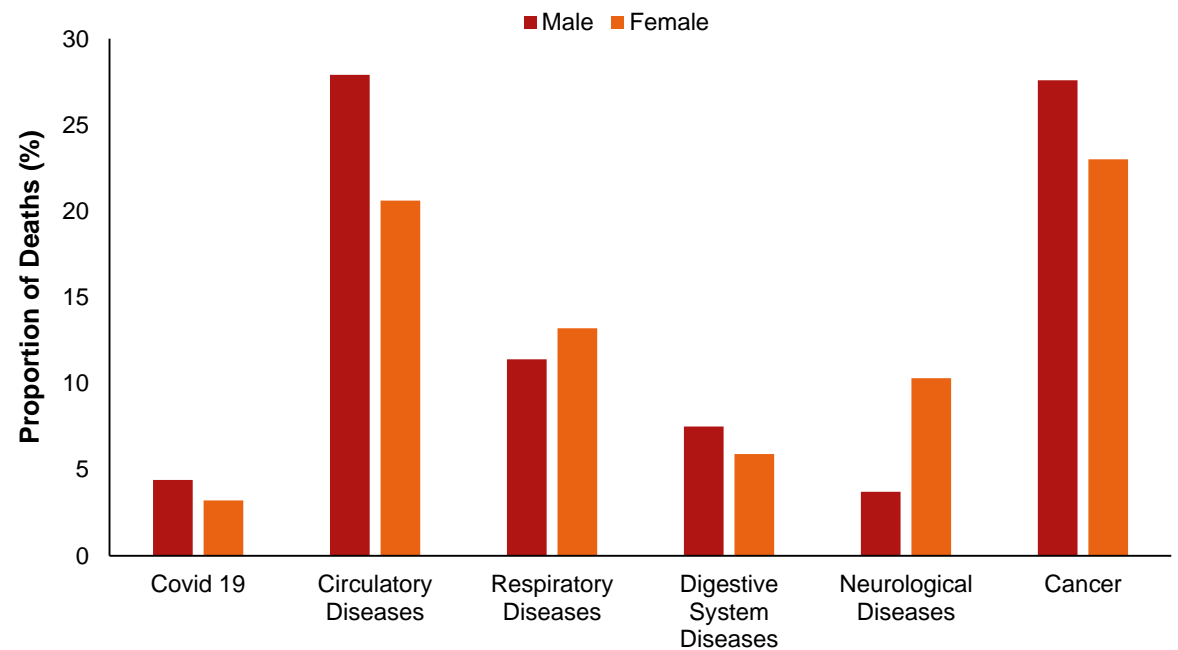
Place of Death: St Helens 2022



Source: OHID Fingertips

Generally, more people die in hospital than a home

Underlying Causes of Death 2022 (aged 50+)



Source: Primary Care Mortality Database

Men are dying more from CVD and cancer than women

Conclusions

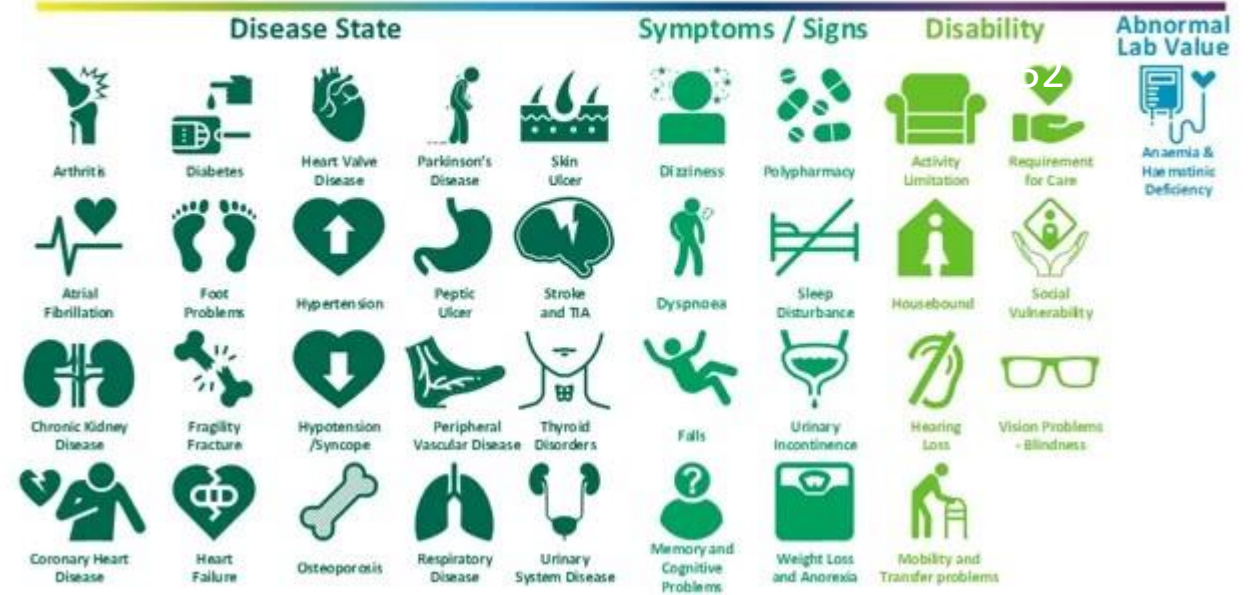
- ▶ In 2021, 20.54% of the population was aged 65 or over
- ▶ That is expected to increase to 24.53% by 2040
- ▶ There is a higher density of people over 65 years in Rainford, Billinge & Seneley Green, Rainhill and Eccleston, but we see a greater number of health concerns associated with older age such as frailty, dementia, hip fractures and strokes in more deprived areas
- ▶ This suggests we cannot only concentrate activity and support for older people in the areas with older populations, but we must also focus on areas of greater need to reduce health inequalities within this age group
- ▶ Prevention of disease involves primary, secondary and tertiary prevention, and all three can be supported further in St Helens with the promotion of screening, health checks and vaccinations
- ▶ Older people want to be involved in their community, which can help to prevent loneliness and support mental health and wellbeing. Accessible transport links and safe community spaces have been identified as priorities for this population

Recommendations

- ▶ The development of an Older Adults Forum or Network of stakeholders, including public health, PCNs, Adult Social Care, VCSFEs and more, could help to coordinate services and identify potential gaps in provision.
- ▶ Promoting St Helens as an [Age Friendly Community](#) could ensure that the needs of this population are considered across all areas. This requires no accreditation or direct costs, so we could adapt this to our needs.
- ▶ Strengthen partnerships that promote community connection, health and wellbeing, and independence in older adults, for example, via promotion of the Live Well Directory and volunteering opportunities.
- ▶ Independence should be supported through the strengthening of public transport and facilities, with a focus on ensuring that these are accessible to older people
- ▶ An existing strength of St Helens is the feeling of connectedness and a focus on volunteering or giving back to the community; this can be built upon to engage more of the older population, particularly to support mental health in this group
- ▶ The identification and management of long-term conditions and risk factors for CVD, frailty and dementia need to be targeted towards areas of greater deprivation. Although there is a smaller proportion of the population which is older here, their health needs are generally greater.
- ▶ Falls can be reduced through promotion of activities that increase core strength, currently delivered by the Active Lives and Sports Development Service and Go Active.
- ▶ A renewed focus on improving the uptake of screening programmes and vaccinations will support with secondary prevention. This could include education and awareness campaigns

Appendix 1 Frailty Tool

Electronic frailty index



- ▶ The Electronic Frailty Index is one commonly used tool to measure and record frailty in the UK
- ▶ Data is drawn automatically through GP systems where the 36 “deficits” depicted above are coded
- ▶ The number of deficits that an individual has is divided by 36 to generate a score
- ▶ A score below 0.12 indicates that the individual is not frail. 0.12-0.24 is mildly frail, 0.24-0.36 is moderately frail, and 0.36 or over is severely frail.

Contact details

St Helens Public Health Team

Email: publichealth@sthelens.gov.uk

Website: www.sthelens.gov.uk/health

More detailed information is available on request, to do so please email publichealth@sthelens.gov.uk