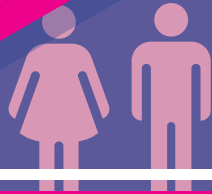


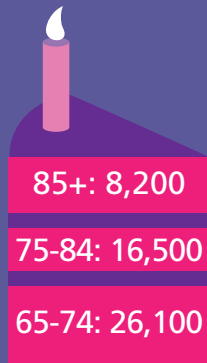
STAYING CONNECTED IN LATER LIFE



GROWING OLDER IN BRIGHTON & HOVE



There are **37,700 people** in Brighton & Hove aged 65 and over.



By 2030 that will be nearly **51,000**

Further information about the population of Brighton & Hove

 **CLICK HERE TO READ THE REPORT**

WHAT MATTERS TO PEOPLE IN LATER LIFE?

“ Being able to support the community, and getting support when needed ”

What does wellbeing mean to older people?



CLICK HERE to read a University of Brighton Report and to watch related videos on Wellbeing, Adjusting to Change, Living Options, Care and Caring Relationships, Making Decisions Together, and Working Together with Older People. [YouTube](#)

Caring relationships

Resources & activities



Security

Feeling like you belong



Being confident that help is there when you need it.

Get the health and social care information you need



Local organisations working with older people:

[Lifelines](#)

[Hop 50+](#)

[LGBT Switchboard](#)

[Somerset Day Centre](#)

[Citywide Connect](#)

[Age UK \(and Facebook\)](#)

[Hangleton and Knoll project](#)

[Neighbourhood Care Scheme](#)

[Trust for Developing Communities](#)

HEALTH AND WELLBEING ISSUES FOR OLDER PEOPLE IN BRIGHTON & HOVE

Majority of people aged 75 and over live with a long term condition

Over half of those aged 65 and over (19,000) find their day-to-day activities limited

Up to 16% of people aged 65 and over have depression

There are 11,500 carers aged 50 and over

14,468 households in Brighton & Hove are occupied by people aged 65 and over who live alone

High rates of 'non-decent homes' where the head of household is aged 85 and over

Each year 10,900 will fall at least once and 1500 fallers will attend A&E

Nearly a quarter (23.6%) of people aged 60 and over in Brighton & Hove are affected by income deprivation

Residents aged 65-74 are most happy (2012 Health Counts Survey)

78% of aged 75 and over feel strongly that they belong to their immediate neighbourhood (2012 Health Counts Survey).

Brighton & Hove has nearly double the national average of independent active older people and a smaller proportion with high care needs.

The city has a good transport network. Over 40,000 people aged 60 and over have a concessionary bus pass and they make over 10.5 million journeys a year. Free bus travel has helped reduce social isolation among older people.

A significant proportion of older people contribute through volunteering

A higher proportion of older people participate in groups making decisions affecting their local area

THE LONELINESS AND ISOLATION OF OLDER PEOPLE IN BRIGHTON & HOVE

CAUSES



Lack of money



Loss of friends



Mobility problems



Distant family



Stigma



49%
of people over
75 live alone



WHAT YOU CAN DO ABOUT IT?



Low cost social activities



Befriending [‘My Life’ website](#)



Assistance with getting out and about
[Shop mobility](#)



Physical and outdoor activities
[Active Forever](#), [Healthwalks](#)



Cultural activities

[YouTube](#) Contemporary art, [cultural history](#), [museums](#),
[music](#), [singing](#), [contemporary dance](#), [photography](#)
[Libraries](#)



Showing the positives of ageing

[Older People’s Day](#), [Older People’s Day photos](#)



Linking services working with older people

THE INTERNET HELPS TO KEEP OLDER PEOPLE CONNECTED

A TIPPING POINT HAS BEEN REACHED

More people aged 65+ are using digital than not

Of those 65+ on the internet:



79% can (with confidence) use e-mail (92% of 55+)



20% use social networking (60% of 55+)



13% use Skype and similar systems (22% of 55+)

RECENT INTERNET USERS BY AGE GROUP

Quarter 1 (January–March) 2015

Almost 9 in every 10 adults in the UK have used the internet in the last 3 months (86%) 

Almost all adults aged 16–54 have used the internet in the last 3 months...

| Age Group | Percentage |
|-----------|------------|
| 16 to 34 | 99% |
| 35 to 54 | 95% |
| 55 to 64 | 87% |
| 65 to 74 | 71% |
| 75+ | 33% |

But just 3 in 10 adults aged 75 and over used the internet in the last 3 months.

HOW DO OLDER PEOPLE DEVELOP THEIR INTERNET (INCLUDING SOCIAL MEDIA) SKILLS?

| | |
|---|-------|
| Worked things out on their own without help | 68.7% |
| Family and friends | 60.6% |
| Training course | 17.6% |
| Work or school | 12.4% |
| Library | 9.7% |
| Paid someone | 3.7% |
| Internet café | 0.6% |

WHAT'S HAPPENING LOCALLY?



Lifelines - older volunteers training other older people to use IT



Age UK Digital engagement project



HaKIT - older people learning IT skills

Using social media to reach out and keep in contact. Such as...
[LGBT Switchboard](#),
[The Carers Centre](#)

What can we conclude?

Older people are catching up on digital opportunities. However, it is relationships that matter most and which can keep people connected in their community. Digital media can help, but it isn't an alternative to face to face.