

# So, you're *too young* to think about getting older?

Nearly **1 in 5 people** currently in the UK will live to see their **100<sup>th</sup> Birthday\***

By **2040** over 25% of the UK population will be aged over 60 or over\*\*

## General Statistics

- There are, currently, an estimated **15.3 million** people in UK aged 60 or over\*\*
- 11.8 million people in UK aged **65** or over\*
- 1.6 million people in UK aged **85** or over\*\*
- **Only 14.8%** of people aged **85+** in the UK live in care homes\*\*

## Isolation & Loneliness

- 32% of people aged over 65 live alone (an estimated 3.65 million in total)\*\*
- Loneliness can be as harmful as smoking 15 cigarettes a day\*\*
- People suffering from **high loneliness levels** are twice as likely to develop **Alzheimers\*\***
- 360,000 people aged 65+ have not spoken to friends or family for over a week\*\*
- 1.2 million aged 65+ are 'persistently/chronically lonely'\*\*
- 800,000 people aged 65+ have no close friends\*\*
- 2.9 million older people in the UK **feel that they have no one to turn to** for help and support\*\*
- Depression affects up to 28% of people aged 65 or over raising to 40% of those in residential care
- Loneliness can increase your risk of premature death by up to 25%\*\*

## Internet & Technology

- 3.8 million people aged 65+ have NEVER used the internet\*\*
- 41% of people aged 65+ feel out of touch with the pace of modern life\*\*
- Gender gap in internet use only starts to appear in later life with only a third of women aged 75+ using the internet\*\*
- The proportion of people using the internet has doubled in the last six years\*\*
- 61% of 'non users' aged 65+ feel that the internet is not something they need or want\*\*
- The report 'Online Government services and the offline older generation' concluded that the direction of travel within Government is, definitely, to move resources online\*\*

### Activity & Health

- Lack of physical ability in later life costs NHS an estimated £1 billion\*\*
- 1 in 3 people aged 65+ needed help with at least one instrumental daily activity (ie dressing)\*\*
- Becoming bilingual in later life may delay the onset of dementia by up to 4.5 years\*\*

### Poverty & Access to Services

- 1.9 million pensioners live in poverty (1 million of them in 'severe poverty')\*\*
- 38% of pensioners in Great Britain, who are entitled to Pension Credit, have not claimed it\*\*
- A total of £3.5 BILLION of Pension Credit and Housing Benefit went unclaimed in 2014/15\*\*

### Contribution To Society

- Older households (65+) contributed about 61 BILLION a year to the UK economy in 2013/14\*\*
- 6.6 Billion contribution came in form of child care (taking care of family members)\*\*
- Reasons people gave for volunteering 'meeting new people' (91%), 'makes me feel needed' (76%), and 'gives me more confidence' (68%)\*\*
- 2.5 million volunteers in the UK are aged 65+\*\*

### Accessing Local Community

- 28% of rural households do not have access to a supermarket within 4km\*\*
- Over 65's estimated to spend an average of 80% of their time in their homes\*\*

### Future

- By the 2030's the number of people aged 60 or over is expected to pass 20 million\*\*
- By 2040, nearly 1 in 4 people in the UK will be aged 60 or over\*\*
- UK population to pass 70 million by 2026\*
- By 2036 over half of ALL local authorities projected to have over 1 in 4 of their residents over 65\*

\*Office for National Statistics: Overview of UK population July 2017

\*\*AgeUK ' Later Life in the United Kingdom' August 2017

If you would like to find out more about how you can help to support our work in the South West, please contact me directly on 07376 8988 44 or email Sarah@SilverOwlNetwork.co.uk.

Thank you.  
Kind regards,

*Sarah*