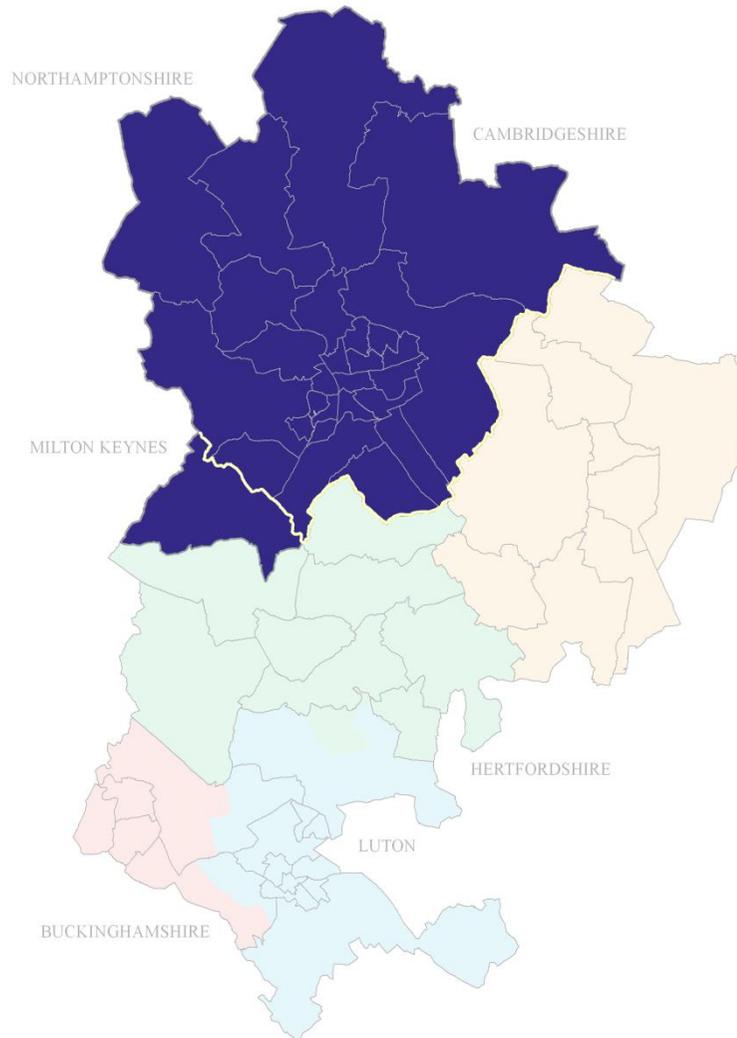




Bedford Borough Council and  
Central Bedfordshire Council  
working together

## Bedford



## Older People

### Executive Summary *PROFILE FOR* Bedford Locality 2014

Population Health & Public Health  
Intelligence  
Directorate of Public Health  
Locality Profile 2014

## Executive Summary

### Foreword

I am delighted to present the first Older People's Locality Profile. It has been designed to support both the locality GP commissioners to develop priorities and for Local Authority commissioners to assess practice by practice variations, identify inequalities and compliment the JSNA. It brings together GP practice level information about the health needs of our population. The report has been compiled by the Core Public Health team at Bedford Borough and Central Bedfordshire Councils with support from our Local Authority colleagues.

Over the past few years we have seen significant reforms to the health system following the enactment of the Health and Social Care Act 2012. Undertaking these reforms during a period of austerity has presented a particular challenge. However, it has provided an opportunity to take a life course approach to improve the health of our population and part of that involves getting services right for older people. More people are living longer, however, as people age they are progressively more likely to live with multiple illnesses, disability and frailty. It is important that we get services right for older people, in terms of prevention, early intervention, and better health outcomes. This will enable older people to stay healthy and independent in their own homes and will help to reduce their reliance on the health and social care services.

One of the Director of Public Health's responsibilities is to reduce health inequalities by ensuring that disadvantaged groups receive the attention they need. Presenting information at GP practice level can unmask important variations in health needs and outcomes that can be addressed.

It is our intention to refresh the Older People's Locality Profile on an annual basis. We welcome your feedback on what you find useful and what other information would help you to improve services and outcomes for your local population.



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## Key findings

- The Bedford Locality population of those aged over 75 is 13,149 (7.3% of total population) and 3,898 (2.2%) for over 85 years. This is similar to the profile for England. Extrapolating the rate of growth would predict an increase of an additional 850 over 75's by 2017 from 2013 baseline. Proportions of elderly between GP practices are unevenly distributed – for over 75s this ranges from 2.2% – 11.0%.
- Mosaic analysis shows that Bedford Locality is characterised by affluent households and elderly. Deprivation scores for practices vary considerably as does the proportions of income deprivation affecting older people (IDOPI). Comparing these two scores suggests that there may be pockets of income deprived elderly in some practices more than their overall deprivation might suggest.
- Of the 13,000 over 75's in Bedford, just over 6,300 could be predicted to live alone. Social isolation and loneliness is increasingly being linked to poor physical and mental health.
- Emergency admissions for Ambulatory Care Sensitive conditions (ACS) have the potential to be reduced with good health and care in the Community and Primary care. ACS admissions involving Influenza and Pneumonia, COPD and Congestive Heart Failure disproportionately affect older people. In 2013/14 there were 390 spells for influenza and pneumonia, 187 for congestive cardiac failure and 225 for COPD. Total costs for admissions for these three ACS conditions amounted to £2640k for 13/14.
- Uptake of seasonal flu vaccination for Bedford for people over the age of 65 for 13/14 was 72.6% (target 75%)
- Hospital admissions (both emergency and elective) for over 75's for 2013/14 appear to have higher rates (than the BCCG mean) for cancer, cardiovascular disease and stroke but lower for respiratory disease.
- The predicted number of dementia cases in Bedford Locality for over 65's in Quarter 2 2013/14 is 2049, with 646 living in care settings and 1,403 living in the community. 1,127 are predicted to be mild cases, 676 moderate and 246 severe.
- It is estimated that Bedford locality has 78 older people with moderate or severe learning disability; 215 people registered deaf or hard of hearing. 1 in 3 people over the age of 85 nationally are living with sight loss.
- Rates of admissions for falls and hip fractures in Bedford locality are similar to the BCCG rate, with minor differences between practices.
- 353 people are supported by Bedford Borough Council in residential care and 97 in nursing home care as of April 2014.

- A number of community assets and voluntary services are described: however this is only a beginning. Identifying and developing community resources to better meet the needs of the frail elderly will be helpful in light of the changing demographics.

### **Recommendations for Bedford Locality**

- The variation in the proportion of elderly in GP practice populations should be taken into account when planning and commissioning health and social care. For example this may be important when allocating resources to multidisciplinary teams.
- Health and social care providers should be aware of the pockets of poverty that exist within the localities as older people from more deprived areas are likely to have increased health and social care needs. This information should be used to ensure that support and services are in place and accessible to the most disadvantaged in our communities.
- As our older population grows, prevention and self-management become increasingly important priorities. Health and social care services should promote lifestyle interventions and where appropriate refer patients and service users to smoking cessation, weight management, drugs and alcohol services, falls prevention services and voluntary sector organisations, for example where there are concerns about social isolation.
- Bedford Locality is currently not meeting the 75% target for over 65's flu immunisation and there is marked variation between GP practices. Locality groups should work with their practices to share best practice and improve uptake. GPs should aim to identify carers on their registers and ensure that they are invited for vaccination. Bedford Locality should work closely with NHS England and the local Public Health team to share and implement national and local guidance.
- There are an estimated 2,000 people living with dementia in Bedford Locality. GP practices should review their dementia registers to compare with the predicted prevalence to quantify potential unmet need. Identifying and diagnosing dementia ensures that patients and their carers can access appropriate care and support.