

## A summary picture of the lives of older people living in Birmingham

This document provides a summary of the key facts and figures on older adults (those aged 65 years and over) living in Birmingham. For detailed information and a wider range of data (including sources), please see the JSNA older adults chapter dashboard.

Click this [link](#) to access the JSNA Older Adult chapter Dashboard.



There are 150,500 older adults living in Birmingham, which is expected to grow to 180,000 by 2033. They live shorter lives than the England average, experience disability sooner, and 26% live in poverty. There are large inequalities in health and wellbeing indicators across the city.



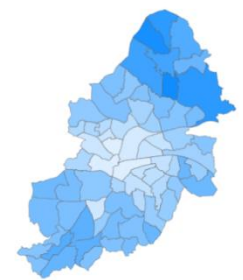
Almost a third of older people living in the most deprived areas of the city say their health is 'bad' or 'very bad'. Rates of undiagnosed dementia and hospital admissions for falls are higher than England, while uptake of screening and immunisations is lower for all programmes.



Just over half of older social care service users are satisfied with the care and support they receive, and two thirds feel in control of their daily lives. More older service users receive direct payments, self-directed support, and reablement than average.

### How many older adults live in Birmingham?

There are 150,500 older adults aged 65 years and over (65+) living in Birmingham (13% of the total population), including 21,500 aged 85 years and over. More older people live in the north of the city. They make up a greater proportion of the population in the wards to the north (e.g. Sutton Wylde Green, Sutton Four Oaks) and south (e.g. Northfield, Bournville and Cotteridge, Kings Norton North) of the city (Figure 1).



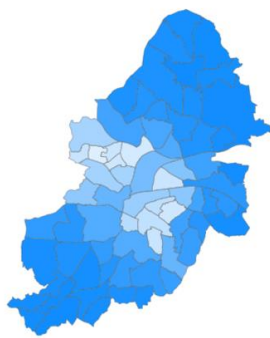
Source:  
2021 Census (TS007)

Figure 1. Percentage of population who are 65 years and over

### What is the ethnicity of older adults in Birmingham?

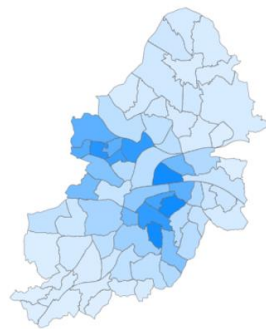
Whilst Birmingham's population overall is over 50% minority ethnic groups, only 24% of Birmingham's older residents (65+) are from ethnic minority groups. The ethnicity breakdown of older adults differs across the city (Figures 2-4), for example, 70% of the older adult population in Small Heath, Sparkhill and Alum Rock are of Asian and Asian British ethnicity, whilst in Newtown nearly 50% are of Black or Black British ethnicity. There are also generational differences in the country of birth, reflecting changing patterns of migration; with higher proportions of older adults born in Ireland and in The Americas

and the Caribbean, than in younger population. A greater proportion of older adults identify as Christian and fewer identify as Muslim or no religion compared with the younger population.



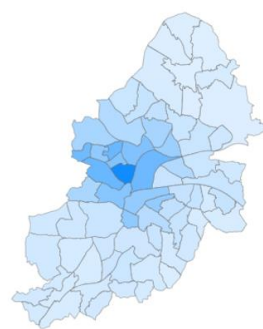
Source:  
2021 Census (RM032)

Figure 2: Percentage of 65+ population of White/White-British ethnicity



Source:  
2021 Census (RM032)

Figure 3: Percentage of 65+ population of Asian/Asian-British ethnicity



Source:  
2021 Census (RM032)

Figure 4: Percentage of 65+ population of Black/Black-British ethnicity

### How is the population of older adults expected to change?

Population projections show a year-on-year increase in the population aged 65 years and over as people live longer. By 2033 there will be an estimated 180,000 older adults living in Birmingham, an increase of 30,000 people (16%) and including 4,000 people aged 85 years and over. The older male population is predicted to grow at a quicker rate than females. More older adults will mean an increase in demand for health and social care. In addition, older people are now often presenting with more significant need or multiple long-term conditions.

### What is the life expectancy at age 65?

At 65 years, life expectancy for Birmingham residents is 20.4 years for women (8.4 months shorter than England) and 17.7 years for men (1 year shorter than England). In addition to living shorter lives than England average, women and men in Birmingham also experience disability sooner and can expect only 8.5 and 8 years respectively free from disability from the age of 65 years. Life expectancy at 65 years varies hugely across the city, with greatest length seen for residents of Sutton Four Oaks (25.1y female; 21.9y male) and shortest for residents of Castle Vale (16.8y female, 14.4y male).

### How do older adults view their overall health?

Overall, 17% of older Birmingham residents reported their health to be 'bad' or 'very bad' in Census 21. But this varied across the city, with 30% older adults in Bordesley Green and Lozells reporting such poor health, compared to only 8% in Sutton Four Oaks. The differences seen reinforce the association between poor health and deprivation.

### What is the financial situation of older adults?

Across the city, 26% of over 60-year-olds (49,400 people) are living in poverty, based on the Income Deprivation Affecting Older People Index (IDAOP, 2019). This is significantly higher than England average of 14%. There is great variation across the city, with the highest levels of poverty in older people seen in Lozells, Sparkbrook and Balsall Heath

East and Alum Rock (each with over 60% of older people living in poverty). Homelessness (households owed a duty under the homelessness reduction act) in those over 55 years in Birmingham is lower than England. This is due to the available housing stock for those over 55 years which makes it possible for people to be housed quickly from the housing register, meaning the number presenting for homelessness support is lower.

### What are the living arrangements and social contact for older adults?

Just over half of 64 to 84-year-olds are living in a couple (Census 21). For those 85 and over, this decreases to just over a quarter, and nearly 60% of them are widowed or are surviving partners. Only approximately a third of older adult social care users and older adult carers in the city have as much social contact as they would like (2021/22). For social care users this figure has been declining for the last four years. Just over 10% of older adults provide unpaid care, with 5% providing 50 hours or more unpaid care a week (Census 21).

### What social care do older adults receive and how do they view this?

More older residents using social care receive self-directed support or direct payments in Birmingham than England (98.5% and 93.2% respectively 2021/22). Just over half of older adult social care service users reported they were satisfied with care and support services in the annual Adult Social Care Survey 2021/22, and whilst this was lower than England average it was not significantly different. Two-thirds of older adult social care service users felt they had control over their daily lives, which has been on a downward trend for four years and is significantly lower than England (which has been relatively stable for the last four years). For all ages (including under 65-year-olds), Birmingham has 7,547 care home beds of which 4,047 are nursing home beds (10.6 and 5.7 per 100 people over 75 years respectively). In 2020/21, 624 people were permanently admitted to a care or nursing home (rate of 418 per 100,000 people 65+, which is lower rate than England).

Following discharge from hospital, 1,730 older adults (7.4% of discharges) were offered reablement services. This is significantly higher than England average and is a sizeable increase on a couple of years ago, when the service was redesigned to improve capacity, hours covered and support timely discharge. 2021/22 has also seen the percentage of older adults who were discharged from hospital into reablement services who were still at home 91 days later improve to meet the England average (80%). This is the first time in 7 years that this has not been significantly worse than average suggesting real improvements in reablement outcomes.

### What health problems do older adults face?

Some key health problems affecting older adults in Birmingham are:

- **Dementia:** The recorded prevalence of dementia is 4% (6,720 people) in Birmingham, the same as England (latest data 2020). However, it is estimated that only 59% of the population expected to have dementia have a diagnosis (i.e. there are approximately 4,700 people living with dementia without a diagnosis), which is significantly worse than England (62% diagnosed, 2022). The directly standardised rate of admissions for people with dementia was 4,800 per 100,000 in Birmingham which is significantly higher than England average (3,520 per 100,000, 2019/20). There has been a year-on-year increase in the rate of admissions for the since 2016/17 and the rate has always been significantly higher than England average.

- **Visual Impairment:** In Birmingham 6,300 older adults are registered as blind or partially sighted (2019/20). This is a significantly higher rate than England. The reasons for the higher rate in Birmingham are not clear but could potentially be due to the associations with deprivation or different level of risks by ethnicity.
- **Common mental disorders:** Birmingham has a higher rate of common mental disorders (e.g. depression, anxiety, PTSD, OCD) in older adults, compared to England (12.7% compared to 10.2%, 2017).
- **Falls and hip fractures:** There were 900 emergency admissions for hip fractures in older adults (2021/22), which was a similar rate to England. However, data by ward (5 years cumulative data) suggest that emergency admissions for hip fractures in older adults are over 50% higher in some areas (Erdington, Perry Common and Druids Health & Monyhull). Emergency hospital admissions due to falls in older adults are also higher than England (2,360 per 100,000 older adults in Birmingham compared to 2100 for England, 2021/22). The ICB is currently leading on falls prevention for Birmingham.
- **Screening and immunisation:** Uptake of screening and immunisation programmes for older adults is lower in Birmingham than England for all programmes i.e. abdominal aortic aneurysm, breast cancer, bowel cancer, cervical cancer screening (50-65 year olds) are all lower than England, as are flu vaccination for older adults, shingles vaccination and pneumococcal polysaccharide vaccine (PPV) coverage.

### What proportion of deaths are preventable and where do people die?

For the period 2016/17 to 2020/21, the standardised mortality rate from causes considered preventable for people aged under 75 years in Birmingham was 127 i.e. 27% greater than would be expected if the rate was the same as the national average. This varied by ward, with some areas more than a 100% higher than expected (Newtown 219, Shard End 207 and Castle Vale 203).

Overall, a higher proportion of older adult deaths for Birmingham residents occur in hospital (~50% in 2021), compared to England, although the proportion of deaths that occur at home has been increasing over time. NHS and BCC are working together to provide quality end of life care including enabling people to die with dignity in a place of their choice.