The Propensity for Social Exclusion of Older People in London

Contents

Introduction

Older people can face various barriers to experiencing the full range of benefits that society affords. Poor transport links, social isolation and insufficient income can all have a detrimental impact to a person's quality of life.

This inability for an individual to benefit from the opportunities and resources that society should offer is referred to as social exclusion. This report looks into the various drivers of social exclusion amongst older people (although many of these indicators are equally relevant amongst all age groups) and attempts to identify areas in London where susceptibility is particularly high.

Six key drivers have been included with various indicators used in an attempt to measure these. The drivers were chosen by reviewing previous literature on the subject[1] as well as keeping in mind the availability of certain datasets. The majority of these indicators are at Lower Super Output Area (LSOA) level[2] in an effort to identify areas at as small a geography as possible.

Key Driver	Indicator	Description
Economic Situation	Income deprivation	Income Deprivation Affecting Older People Score from the 2015 Indices of Deprivation
Transport Accessibility	Public Transport Accessibility	Average Public Transport Accessibility Score
	Car access	Percentage aged 65 or over with no cars or vans in household
Household Ties	One person households	Percentage aged 65+ living alone
	Providing unpaid care	Percentage aged 65+ providing 50 or more hours of unpaid care a week
Neighbourhood Ties	Proficiency in English	Percent aged 65+ who cannot speak English well
	Churn Rate	Churn Rate: (inflow+outflow) per 100 population
Health	Mental health	Estimated prevalence of dementia amongst population aged 65 or over (%)
	General health	Percentage aged 65+ with a limiting long-term health problem or disability
Safety	Fear of crime	Percentage in borough worried about anti-social behaviour in area
		Percentage in borough who feel unsafe walking alone after dark
	Crime rates	Total offences per 100 population

Much of the following analysis focuses on LSOAs in the top decile for each indicator; that is the 10 per cent of LSOAs that have the worst scores. The worst scoring decile has been labelled 'decile 10' or the 'top decile' throughout.

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[1] Namely http://bit.ly/1PeQGPk, http://bit.ly/1wuaZpb , http://bit.ly/1O4MSCq and http://bit.ly/1VHSvtg
[2] LSOAs are geographical areas designed to improve the reporting of small area statistics in England & Wales. The population of an LSOA can vary from 1,000 to 3,000 people with the average size of a London LSOA at 1,800 people. There are 4,835 LSOAs in London.

There are an estimated 989,000 people aged 65 or over living in London as of 2015, accounting for 11 per cent of the population. Outer London boroughs have the oldest populations with Havering, Bromley and Bexley having the largest proportion of their population aged 65+ in 2015 (excluding City of London).
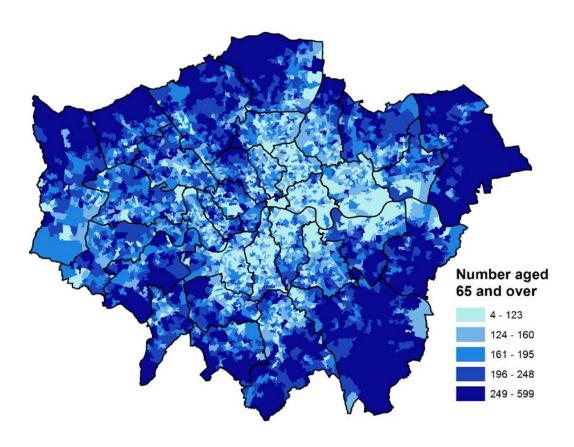
Table 1: Population aged 65 and over, 2015

Rank	Borough	Number aged 65 and over	Percent aged 65 and over
1	Havering	45,794	19%
2	Bromley	56,834	18%
3	City of London	1,382	17%
4	Bexley	40,014	17%
5	Sutton	30,329	15%
6	Harrow	36,964	15%
7	Richmond upon Thames	28,351	14%
8	Kensington & Chelsea	22,017	14%
9	Barnet	52,447	14%
10	Hillingdon	38,558	13%
11	Kingston upon Thames	22,113	13%
12	Croydon	48,901	13%
13	Enfield	41,747	13%
14	Redbridge	35,809	12%
15	Westminster	28,125	12%
16	Merton	24,710	12%
17	Camden	27,171	11%
18	Ealing	39,816	11%
19	Hounslow	30,095	11%
20	Brent	35,462	11%
21	Greenwich	28,681	11%
22	Waltham Forest	27,650	10%
23	Hammersmith & Fulham	18,045	10%
24	Barking & Dagenham	19,391	10%
25	Lewisham	27,593	9%
26	Wandsworth	29,262	9%
27	Haringey	24,905	9%
28	Islington	19,815	9%
29	Southwark	24,019	8%
30	Lambeth	24,839	8%
31	Hackney	19,200	7%
32	Newham	22,591	7%
33	Tower Hamlets	16,693	6%
Outer London		683,665	13%
Inner London		305,659	9%
Greater London		989,323	11%

Source: GLA trend-based population projections (short-term migration scenario)

Figure 1 uses 2011 Census data to show how older people are distributed across London

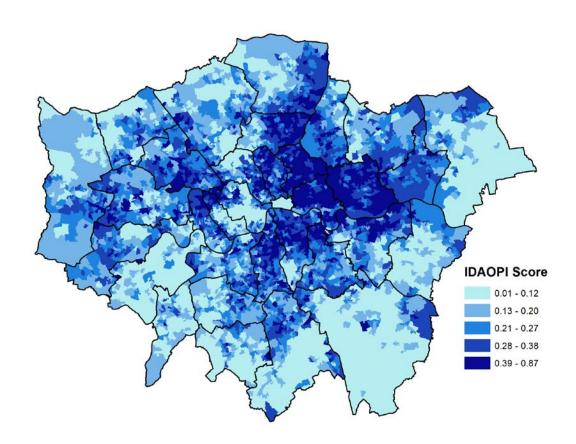**Figure 1: Population aged 65 and over by LSOA, 2011**

Source: 2011 Census, ONS

Economic Situation

While income deprivation can affect people of all ages, it is something especially difficult for older people to escape from as they are less likely to be economically active. This adds an extra importance to policy intervention as a means of ensuring that the financial situation of older people does not fall below an acceptable standard.

The Income Deprivation Affecting Older People Index (IDAOPI) measures the proportion of all those aged 60 or over who experience income deprivation. It is a subset of the Income Deprivation Domain of the Indices of Deprivation which measures the proportion of the population in an area experiencing deprivation relating to low income. The definition of low income is based on the proportion claiming pension credit (guaranteed element) and includes both those people that are out-of-work, and those that are in work but who have low earnings (and who satisfy the respective means tests).

Figure 2: Income Deprivation Affecting Older People Index Score, 2015

Source: English Indices of Deprivation 2015, DCLG

The IDAOPI shows that Tower Hamlets has the highest levels of income deprivation among older people, followed by Hackney, Newham and Islington. In fact four of the top ten most deprived LSOAs in the country were in Tower Hamlets.

Table 2: The 20 most income deprived LSOAs in London

LSOA Code	LSOA Name	Income Deprivation Affecting Older People (IDAOPI) Score
E01004319	Tower Hamlets 021A	0.87
E01004324	Tower Hamlets 017C	0.87
E01004298	Tower Hamlets 022A	0.86
E01003517	Newham 036E	0.82
E01004301	Tower Hamlets 025B	0.82
E01004309	Tower Hamlets 015D	0.79
E01004205	Tower Hamlets 013A	0.78
E01004236	Tower Hamlets 008B	0.75
E01004321	Tower Hamlets 021C	0.74
E01004206	Tower Hamlets 013B	0.74
E01003037	Lambeth 013A	0.72
E01004325	Tower Hamlets 021D	0.71
E01004323	Tower Hamlets 017B	0.71
E01004242	Tower Hamlets 012C	0.70
E01004316	Tower Hamlets 009C	0.70
E01004252	Tower Hamlets 024A	0.70
E01003487	Newham 033D	0.69
E01004310	Tower Hamlets 015E	0.67
E01004238	Tower Hamlets 008D	0.66
E01004284	Tower Hamlets 019A	0.66
London Average		0.25

Source: DCLG English Indices of Deprivation 2015

Transport Accessibility

Poor access to transport can be a barrier to many aspects of society including employment, education, retail, and participation in socio-cultural activities.

Londoners rely on having access to both cars and public transport in order get around. In 2014, over half of journeys (57 per cent) made in London by those aged 65 and over were by car or another form of private transport. A further 31 per cent of journeys were made on public transport.[3]
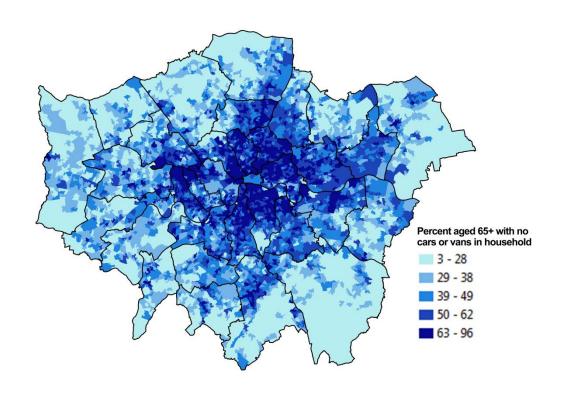
Therefore two transport indicators have been included; one to measure car availability whilst the other measures public transport accessibility.

Car Availability

Car or van availability was measured by ONS in the 2011 Census, asking respondents: "In total, how many cars or vans are owned, or available for use, by members of this household?".

Those aged 65 and over living in an Inner London LSOA were much more likely to live in a household with no cars or vans than residents of Outer London – see **Figure 3**. This trend was also seen by residents aged under 65.

Figure 3: Percentage aged 65 and over with no cars or vans in household by LSOA, 2011

Percent aged 65+ with no cars or vans in household

- 3 - 28
- 29 - 38
- 39 - 49
- 50 - 62
- 63 - 96

Source: 2011 Census, ONS

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[3] Source: Department for Transport National Travel Survey 2014

Public Transport Accessibility

Conversely, Inner London LSOAs averaged higher Public Transport Accessibility Levels (PTALs)[4] than Outer London (meaning residents had better access to public bus and rail services) – see **Figure 4**.

Figure 4: Average Public Transport Accessibility Level by LSOA, 2014

Average Public Transport Accessibility level
- 0.3 - 2.4
- 2.5 - 3.0
- 3.1 - 3.9
- 4.0 - 5.2
- 5.3 - 8.0

Source: Transport for London

The two trends above effectively balance each other out, with LSOAs scoring higher PTALs tending to also average a higher rate of residents who live in a household with no cars or vans and vice versa.

There are however 24 LSOAs in the top two deciles for both poor public transport accessibility and low car availability amongst older people. These are shown in **Table 3**.

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[4] Public Transport Accessibility Levels (PTALS) are a detailed and accurate measure of the accessibility of a point to the public transport network, taking into account walk access time and service availability. The method is essentially a way of measuring the density of the public transport network at any location within Greater London. A full methodology can be found here: http://data.london.gov.uk/dataset/public-transport-accessibility-levels

Table 3: Boroughs containing LSOAs with poor public transport accessibility and low car availability amongst households with older people

Borough	Number of LSOAs in Borough with poor public transport accessibility and low car availability amongst households with older people
Newham	5
Greenwich	3
Waltham Forest	2
Hackney	2
Lewisham	2
Barnet	2
Wandsworth	2
Croydon	1
Enfield	1
Haringey	1
Havering	1
Kensington and Chelsea	1
Southwark	1

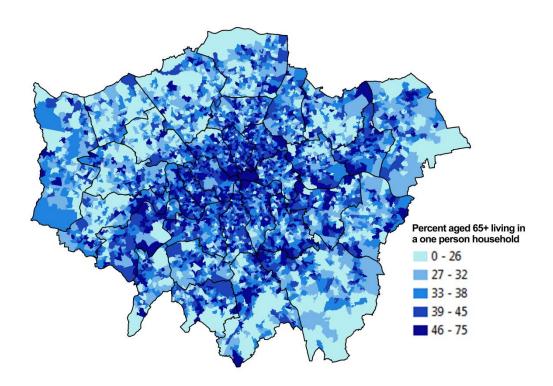*Sources: 2011 Census, ONS and PTALs, Transport for London*

Although these LSOAs are quite dispersed, there are more towards the east, with five in Newham and a further seven in the neighbouring boroughs of Hackney, Greenwich and Waltham Forest. Surprisingly this list also includes some areas in traditionally less deprived boroughs such as Kensington and Chelsea and Wandsworth.

Household Ties

One person households

Social isolation can have a significant impact on a person's psychological and physical wellbeing. Those who live on their own – especially older people – are naturally more susceptible to have reduced contact with others. Therefore identifying LSOAs with a high rate of those aged 65 and over who lived alone could help indicate where there is a high risk of loneliness or social isolation.

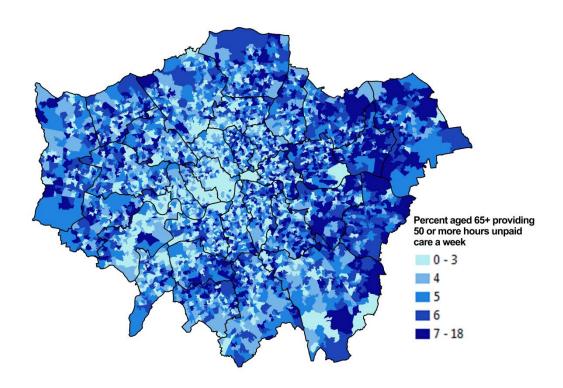**Figure 5: Percentage aged 65 and over living in a one person household, 2011**

Source: 2011 Census, ONS

Figure 5 shows that LSOAs in Inner London boroughs were more likely to have a high proportion of those aged 65 and over living in one person households. There was a comparatively low proportion of LSOAs in the western Outer London boroughs with high rates.

Providing Unpaid Care

Those providing a significant amount of unpaid care can face severe limitations in their time for other activities. While the inability to undertake paid employment may have damaging financial implications, the inability to partake in personal, social and cultural activities can also affect physical and mental wellbeing. Furthermore the responsibility of caring itself may be directly detrimental to the carer's happiness and health.

Figure 6: Percentage aged 65 and over providing 50 or more hours unpaid care a week, 2011

Source: 2011 Census, ONS

The majority of the LSOAs with a high proportion of older people providing 50 or more hours of unpaid care were in East London. Most significantly, over a third of LSOAs in Barking & Dagenham (40 out of 110) were in the worst decile of London LSOAs.
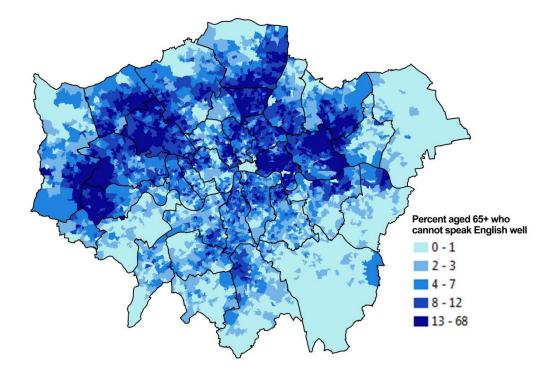
Neighbourhood Ties

Proficiency in English

The inability to communicate effectively can become a barrier to fully integrating into society, making otherwise straightforward day-to-day activities more challenging or even impossible. Anything from shopping and working to forming relationships with others can become problematic when communication is an issue.

The most fundamental barrier to communication is language and, when looking at the rate of Londoners aged 65 or over who cannot speak English well, it becomes apparent this is very much an issue in areas north of the Thames.

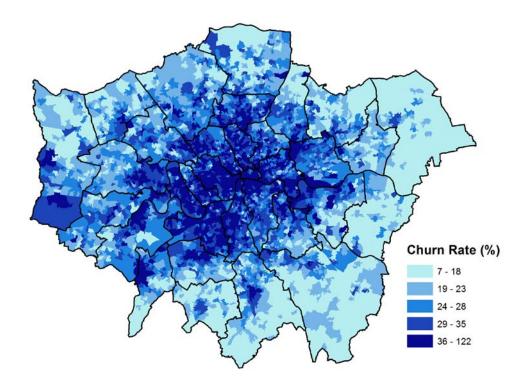**Figure 7: Percentage aged 65 or over who cannot speak English well, 2011**

Source: 2011 Census, ONS

LSOAs in Tower Hamlets, Newham and Ealing exhibited the highest rates whilst LSOAs in Bromley and Havering had comparatively low rates of residents aged 65 or over who cannot speak English well.

Population Turnover

Areas with high population turnover have a lower propensity for social bonds to be formed between residents, increasing the risk of social isolation.

Figure 8: Churn Rate (all ages), 2010-11

Source: 2011 Census, ONS

Figure 8 shows that areas with high churn rates[5] are more common in Inner London. Wandsworth had the highest proportion of its LSOAs in the top decile for churn rate followed by Westminster, City of London and Hammersmith & Fulham.

Most of the LSOAs with the highest churn rates contain communal establishments such as university halls of residence.

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[5] Churn rates are the sum of inflow and outflow in an area as a percentage of all usual residents. Inflow is defined as the number of residents who did not live in the area one year previous to the Census; outflow the number of residents who lived in the area one year previously but have move elsewhere within the UK.
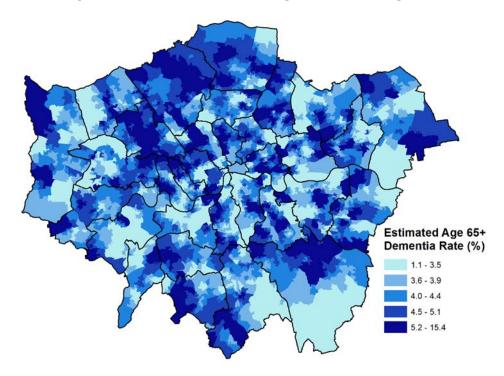
Health

Health and wellbeing are strongly linked with social exclusion. Poor health can drive social exclusion whilst social exclusion itself can cause both mental and physical deterioration.

Mental Health

Dementia is an increasingly prevalent issue with over 45,000 Londoners diagnosed with the disorder as of 2014-15[6]. **Figure 9** shows that dementia prevalence varies geographically across London although there are no noticeable spatial patterns.

Figure 9: Estimated prevalence of dementia amongst Londoners aged 65 or over, 2015

Source: HSCIC practice level data aggregated to LSOA level

It is important to note that these statistics only include those *diagnosed* with dementia so there may be some areas of low prevalence which are in fact reflective of an area with a particularly low rate of diagnosis.

Barnet had the highest number of LSOAs in the top decile for dementia prevalence amongst older people followed by Camden and Tower Hamlets.
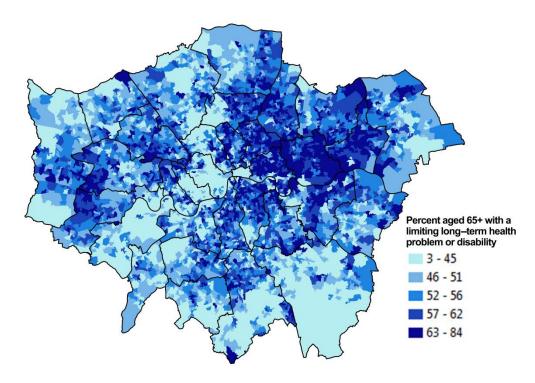
Activities Limited

The 2011 Census asked people if they had a health problem or disability that had lasted or was expected to last for at least 12 months and which limited the person's day-to-day activities. People whose day-to-day activities are limited are more likely to be at risk of social exclusion as they may be unable to undertake activities that an average healthy person could.

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[6] Source: HSCIC Quality and Outcomes Framework (QOF) for April 2014 - March 2015

Figure 10: Percentage aged 65 or over with a limiting long-term health problem or disability by LSOA, 2011

Source: 2011 Census, ONS

Figure 10 shows that the majority of LSOAs in eastern boroughs had a high proportion of those aged 65 or over with a limiting long-term health problem or disability. Nearly half (49 per cent) of LSOAs in Tower Hamlets were in the top decile as well as 44 per cent of LSOAs in Newham.
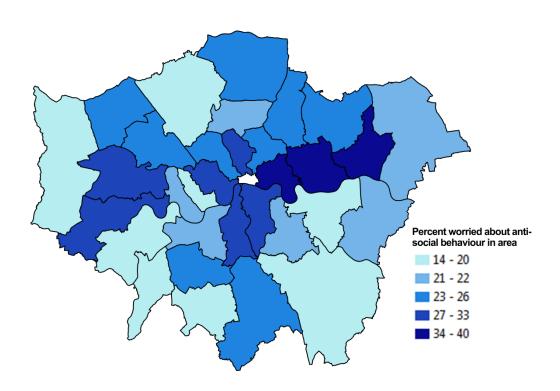
Crime and Safety

Both fear of and exposure to crime can be directly detrimental to health and mental wellbeing. Those who don't feel safe in their local area are less likely to leave their home, making them more prone to social exclusion. Note that the following data is provided by the Metropolitan Police Service and therefore doesn't include any figures for City of London.

Fear of Crime

Whilst not at LSOA level and for all ages – not specifically for older people, results from the Metropolitan Police Service's Public Attitude Survey (PAS) can indicate in which parts of London fear of crime is more prevalent.

Figure 11: Percent worried about anti-social behaviour in area by borough, 2014/15

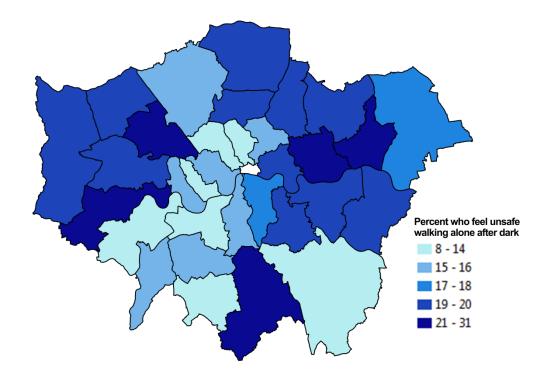*Source: Metropolitan Police Service Public Attitude Survey (PAS)*

Figure 12: Percent who feel unsafe walking alone after dark, 2014/15

Source: Metropolitan Police Service Public Attitude Survey (PAS)

Newham and Barking & Dagenham reported the highest rates of both those worried about anti-social behaviour in the area (40 per cent and 35 per cent respectively) and those who feel unsafe walking alone after dark (31 per cent and 29 per cent respectively).
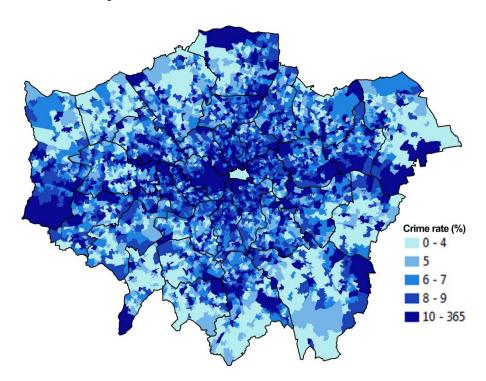
On the other end of the scale, Richmond reported the lowest rates for both indicators with 14 per cent worried about anti-social behaviour in the area and 8 per cent who feel unsafe walking alone after dark.

Crime Rates

Inner London LSOAs averaged higher crime rates than Outer London. Crime rates were especially high in western Inner London boroughs such as Westminster, Kensington & Chelsea, and Camden. In fact the five LSOAs with the highest crime rates were all seen in Westminster.

However this is likely skewed by these boroughs' daytime populations which are significantly larger than their resident population. For example, the GLA estimates that Westminster's daytime population reaches over one million due to incoming workers, school children and tourists. This is more than four times that of its resident base of 226,000 so using the number of crimes recorded per resident can be misleading.

Figure 13: Crime rates by LSOA, 2014

Source: Metropolitan Police Service

Overall Propensity for Social Exclusion

Pulling all of these indicators together can help to identify areas where older people have a particularly high susceptibility of experiencing social exclusion, i.e. living in an LSOA with multiple disadvantages.
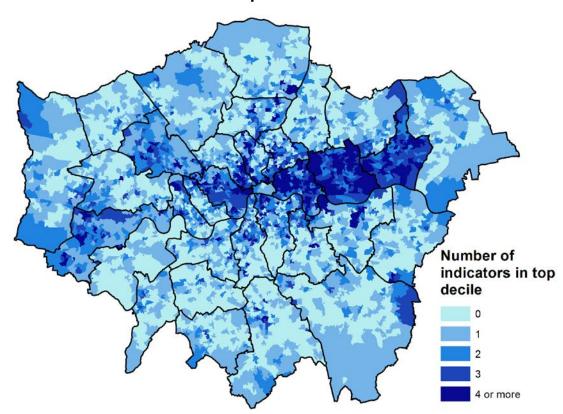
Figure 14: Number of indicators in the top decile of London LSOAs

Over half of LSOAs in both Newham and Tower Hamlets had four or more of the twelve indicators in the top decile (where the top decile contains the worst scoring LSOAs). This was driven by fear of crime, inability to speak English well, income deprivation and a high rate with a limiting long-term health problem.

On the other end of the scale there are 11 boroughs with no LSOAs with four or more indicators in the top decile. These are Barnet, Bromley, Harrow, Havering, Hillingdon, Kingston upon Thames, Merton, Sutton, Waltham Forest, City of London, and Richmond upon Thames.

Table 4 shows the LSOAs with the most indicators in the top decile.

Table 4: Number of indicators in the top decile by LSOA

LSOA Code	LSOA Name	Number of indicators in top decile
E01033424	Brent 017F	8
E01033578	Newham 013E	8
E01033579	Newham 013F	8
E01004315	Tower Hamlets 006C	8
E01004322	Tower Hamlets 017A	8
E01001429	Enfield 030D	7
E01002697	Islington 019B	7
E01003486	Newham 033C	7
E01003528	Newham 005A	7
E01003585	Newham 004B	7
E01033574	Newham 034F	7
E01004203	Tower Hamlets 005C	7
E01004211	Tower Hamlets 013D	7
E01004247	Tower Hamlets 020C	7
E01004261	Tower Hamlets 010A	7
E01004312	Tower Hamlets 009A	7
E01004317	Tower Hamlets 009D	7
E01004326	Tower Hamlets 017D	7
E01032783	Tower Hamlets 031G	7

Another way to analyse these indicators collectively is by ranking the LSOAs for each indicator and then averaging the rank across all 12 indicators[7]. This method gives more of an overall level for each LSOA rather than highlighting the extremes. The City of London has been excluded from this analysis.

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[7] This is a weighted average to ensure all six drivers mentioned in the introduction (economic situation, transport accessibility, household ties, neighbourhood ties, health, and safety) have equal weight in the overall figure. This ensures that health (which includes three indicators) doesn't have more of an affect than economic situation (which only has one indicator).
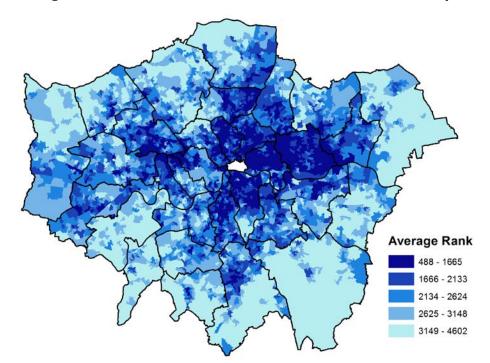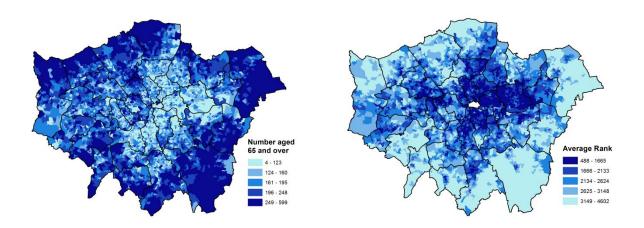
Figure 15: Average rank across twelve indicators where rank 1 is most deprived

Again, a large proportion of LSOAs in Tower Hamlets, Newham and Islington show a high propensity for social exclusion amongst older people. Indeed eight of the ten LSOAs with the highest average rank were in either Tower Hamlets or Newham.

Bromley had the lowest propensity for social exclusion along with Richmond upon Thames and Havering.

Interestingly, LSOAs showing the highest propensity for social exclusion amongst older people also tend to be the areas with the smallest number of older people living in them. This could be seen as a positive as it means that many of London's older population are living in less deprived areas.

Figure 16: Comparison between number of persons aged 65 or over and propensity for social exclusion amongst older people

However many of these areas are set to age rapidly over the next ten years. The number of people aged 65 and over living in Newham is projected to increase by 31 per cent by 2025 – more than any other London borough – while the number living in Tower Hamlets is projected to increase by 25 per cent. The figure for London as a whole was 20 per cent.

Table 5: Number aged 65 or over by borough, 2015-2025

Borough Name	Number aged 65+ 2015	Number aged 65+ 2025	Percentage change 2015-2025
Newham	22,293	29,102	31%
Westminster	27,799	35,758	29%
Hackney	19,022	24,154	27%
Lambeth	24,653	30,977	26%
Haringey	24,700	30,940	25%
Southwark	23,818	29,736	25%
Ealing	39,554	49,347	25%
Tower Hamlets	16,486	20,518	24%
Harrow	36,704	45,058	23%
Croydon	48,534	59,520	23%
Brent	35,209	43,167	23%
Hounslow	29,827	36,393	22%
Greenwich	28,540	34,800	22%
Waltham Forest	27,409	33,378	22%
Kensington & Chelsea	21,908	26,659	22%
Lewisham	27,380	32,972	20%
Barnet	51,945	62,365	20%
Camden	26,926	32,191	20%
Hammersmith & Fulham	17,917	21,176	18%
Sutton	30,088	35,491	18%
Redbridge	35,449	41,660	18%
Islington	19,588	22,985	17%
Enfield	41,373	48,521	17%
Hillingdon	38,158	44,531	17%
Richmond upon Thames	28,107	32,678	16%
Wandsworth	29,010	33,691	16%
Merton	24,529	27,914	14%
Bromley	56,424	63,964	13%
Bexley	39,831	44,815	13%
Havering	45,518	51,205	12%
Kingston upon Thames	21,888	24,399	11%
Barking & Dagenham	19,122	20,912	9%
Inner London	302,867	372,958	23%
Outer London	678,210	800,118	18%
Greater London	981,076	1,173,076	20%

Source: GLA trend-based population projections (long-term migration scenario)

There were 45 LSOAs in London with both a high number of older residents and a high propensity for social exclusion amongst older people[8]. The distribution of these LSOAs across the boroughs is shown in Table 6 below. Almost a third (14) were in Westminster, far more than any other borough.

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[8] These LSOAs were in the top 20% of all London LSOAs for both the number of people aged 65+ and average decile across the social exclusion indicators.

Table 6: LSOAs where there are many older residents and high propensity for social exclusion, by borough

Borough	LSOAs with both a high number of older residents and a high propensity for social exclusion amongst older people
Westminster	14
Camden	4
Ealing	3
Barking and Dagenham	2
Harrow	2
Hounslow	2
Islington	2
Kensington and Chelsea	2
Newham	2
Waltham Forest	2
Barnet	1
Brent	1
Croydon	1
Enfield	1
Haringey	1
Southwark	1
Tower Hamlets	1

Conclusion

The aim of this report was to attempt to identify areas in London where susceptibility for social exclusion amongst older people is particularly high. The report has looked at a wide range of indicators separately as well as analysing these indicators collectively in a variety of different ways. From this some clear spatial patterns become apparent, with LSOAs in east London boroughs such as Newham and Tower Hamlets often showing the worst scores.

It is important to reiterate that the figures produced from this report do not aim to measure the prevalence of social exclusion but rather attempts to indicate where susceptibility for social exclusion is particularly high at a detailed geographical level.

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