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Community of older people

Employment status of older people

- Approximately 54% of Tower hamlets residents between ages 50-65 were in employment during 2016-2019 (Tower Hamlets Council, 2020).
- The number of people aged 60-64 working full-time has increased by 4.5% in comparison to 2015 in the UK, with one out of every three people aged 60-64 now working full-time (GOV.UK, 2020).
- However, in 2019/2020 the age set with the bottom average discretionary revenue was 85 and up (Clark, 2022).

Population status of older people

According to statistics by the Office for National Statistics (2021) (ONS), there has been an increase of 11% in people aged 65+ from 2011 to 2021 as shown in the Tower Hamlets Census Report.

2021

2028

Pension age population (65+) is projected to grow more rapidly than any other age group, growing by 39% by 2028 which is more than double the progression percentage for all ages (Tower Hamlets Gov UK 2018).

Income of older people

Statistics revealed that 44% of older people in Tower Hamlets reside in low-income households. This is the uppermost percentage in England (Tower Hamlets Poverty Review, 2021).

Health and social care needs of older people

- Health care needs of older people increase as they age, meaning an increase in the use of services such as the GP, at-home care, hospital visits, etc.
- According to statistics Tower Hamlets has the second highest stroke death rate in London for people aged 65-74 (Tower Hamlets Poverty Review, 2021).
- Tower hamlets have the highest proportion of older people in need of social care (Tower Hamlets Council, 2020).
- 63% of people using Adult Social Care services are older than 65 and 13.4% residents in Tower Hamlets received Social Care Services in 2016 (Tower Hamlets gov Uk, 2017).

The Care Act 2014

- The Care Act 2014 provides a distinct legislative framework for how local authorities and other sectors of the health and care system should safeguard persons who are in danger of abuse or neglect like older people (Age UK, 2022).
- Working with adults who require care and assistance to keep them safe from abuse or neglect is referred to as adult safeguarding.

  The approach allows important organisations and individuals with adult safeguarding obligations to deliberate on how they must collaborate and what actions they must undertake to keep older people at risk safe (Legislation.Gov UK, 2022).

The importance of safeguarding older people

- Older people are considered to be characteristically vulnerable members of society (Lonbay, 2018).
- Aims to reduce and prevent the risk of harm, neglect, or abuse along with support to continue their own lives.

Discrimination against older people

Ageism, also known as age discrimination, occurs when a person is treated unjustly due to their age.

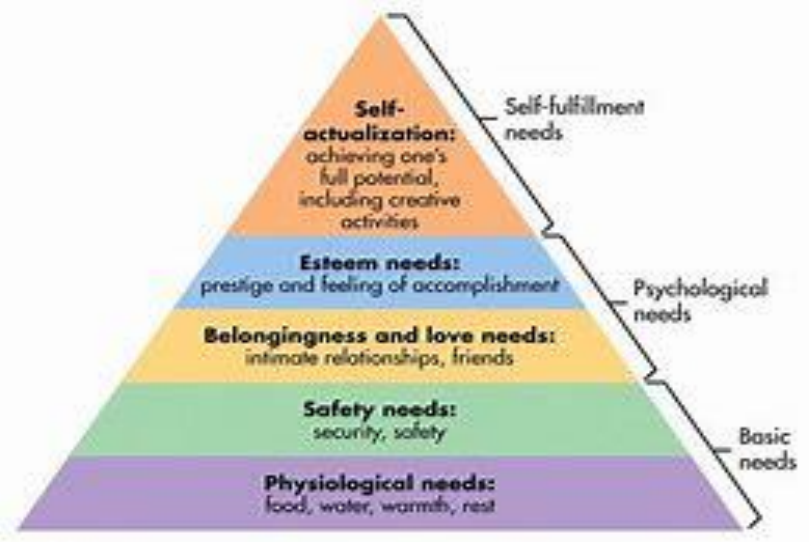
Ageism may have an influence on a person's confidence, employment prospects, financial status, as well as quality of life (Drydakis et al, 2018).

Ageism can occur anywhere not just in the workplace (Macdonald and Levy, 2016).

Discrimination against older people

- Losing a job due to age.
- Refusal of loans in banks, or even car insurance due to age.
- A low quality of service in a shop or restaurant due to the establishments attitude to older people (Age UK, 2022).
- Declined a medical appointment from a doctor to a consultant because of old age.

Maslow's Hierarchy of Needs and older people



- Physical needs, the fundamental needs of an older person include vital water, shelter, warmth, food, and clothing. Some are unable to supply them for themselves and hence require the assistance of a care provider (Hopper, 2020).
- Social needs, older people may find it difficult to socialise, so there are many ways for them to socialise by going to bingo and enjoying hobbies.
- Older people may feel lonely since they have few friends; an older person should also be able to sense all these factors in order to obtain self-actualisation.

Community projects for older people

- Day centres which allow older people to socialise, and learn new hobbies such as knitting, gardening, and games.
- Befriending services
- Young at heart; a weekly exercise programme in Tower Hamlets for residents aged 50+ that allows them to participate in sports and physical activities that contribute to a healthy lifestyle (Tower Hamlets, 2022).

The benefits of technology and social media for older people

- Can assist older people to connect with family, friends, and those who have shared interests.
- Social media can assist in social engagement in the community (Chopik, 2016).
- Telecare Service and Assistive Technology Team is a service in Tower Hamlets that assist older people in residing more independently and managing risks at home by supplying them with equipment that sound alarms in the event of catastrophes such as fire, floods, and falls, (Tower Hamlets, 2022)

How can the community of older people be sustained?

- More funding from the government for community projects to help older people stay active, socialise and enjoy a healthy lifestyle.

- A well-designed outdoor atmosphere can make the world of difference to community involvement for some older people (Gan et al. 2022). More opportunities for volunteering for older people, well-placed benches for older people to take a break if they can't walk so well, public toilet facility and attentive use of lighting and colour to help those with dementia can be the change between being on the go and isolated.

Conclusion

- This presentation has highlighted that the number of older people in the borough of Tower Hamlets is estimated to increase rapidly over the next few years.
- Community projects for older people allow them to participate and feel ownership in their development.
- The community of older people can be sustained if more funding is provided for people to be physically active before they reach old age, this can in turn help manage chronic diseases that most people suffer from when they reach old age.

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