


Non-Executive Report of the: Health and Adult Scrutiny Sub-Committee 5th November 2024	 TOWER HAMLETS
Report of: Addressing the needs of over 55s in Tower Hamlets	Classification: Unrestricted

Originating Officer(s)	Filuck Miah, Corporate Strategy and Communities
Wards affected	All wards

1. Summary

This cover report accompanies the presentation slide deck from Tower Hamlets Connect and Linkage Plus.

Together with the presentations, the paper outlines both the current demographic profile of the over-55 age population in Tower Hamlets and current commissioned provision through Tower Hamlets Connect and Linkage Plus.

2. Recommendations:

The Health and Adults Scrutiny Sub-Committee is recommended to:

1. Review the top copy paper and associated presentations in order to inform discussion for the Health and Adults Scrutiny Sub-Committee meeting.

2. Population profile and Need

- 3.1 The proportion of people who are over 55 in Tower Hamlets (bars) is smaller than elsewhere in London (line with dots) (**Figure 1**).
- 3.2 According to the 2021 census:
 - 6.2% of TH residents are aged 55-64
 - 3.3% are aged 65-76
 - 2.3% are aged 75 and over
- 3.3 These proportions all put Tower Hamlets among the 20% of LAs with the smallest proportions of residents within these older age groups, nationally.

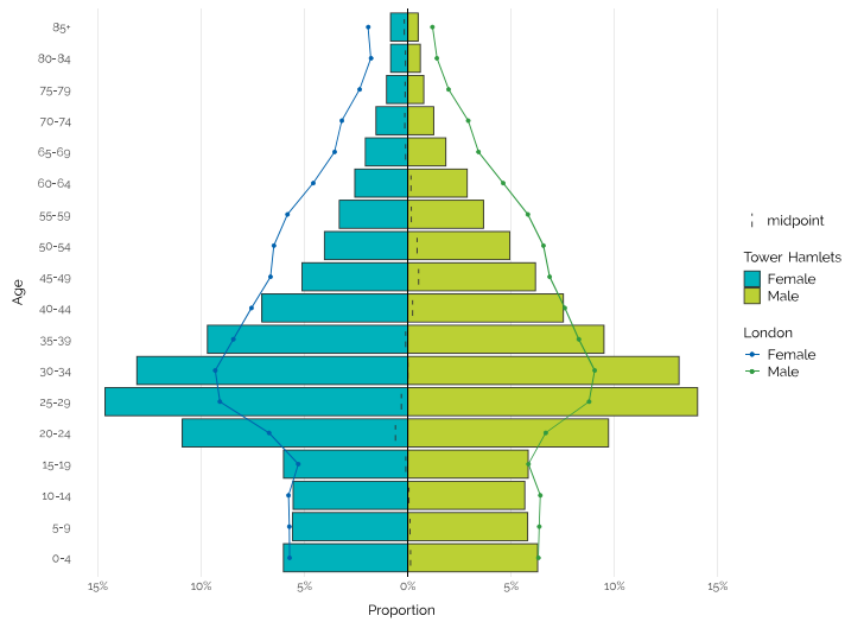


Figure 1

3.4 However the population aged over 55 is due to grow sharply – Between 2021-2030 there will be a 31% increase in 50-64s, and a 38% increase in 65+ age group

Deprivation

3.5 Tower Hamlets ranks highest of all Local Authority areas in England as having the highest proportion of older adults who experience income deprivation. The Income Deprivation Affecting Older People (IDAOPI) metric shows that 44% of the borough's older people are income deprived, compared to an England average of 14%.¹ The latest version of this measure was produced in 2019. In most LSOAs in Tower Hamlets, older adults are among the most income-deprived nationally (**Figure 2**).

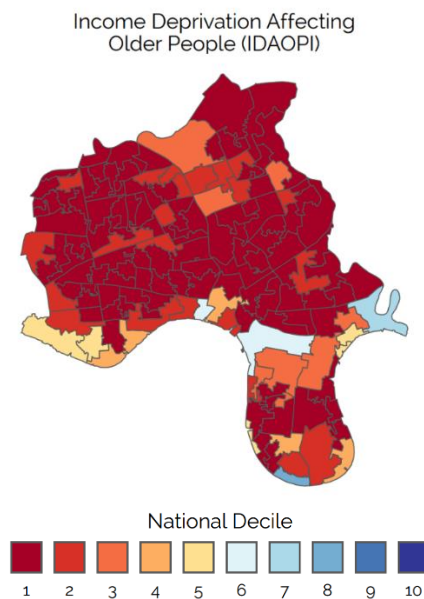


Figure 2

Health outcomes.

3.6 Rates of poor self-reported health increase significantly with age in our borough; by age 60 and above, self-reported health is substantially worse in Tower Hamlets compared with other areas of the country.

3.7 As with self-reported health, the number of people living with a self-reported disability increases with age. However, this rate of increase is substantially higher for residents living in more deprived areas, meaning that for older adults (aged 65+), those living in the most deprived 10% of areas are around 2.5 times more likely to have a self-reported disability compared with those living in the least deprived 10% of areas (**Figure 3**)

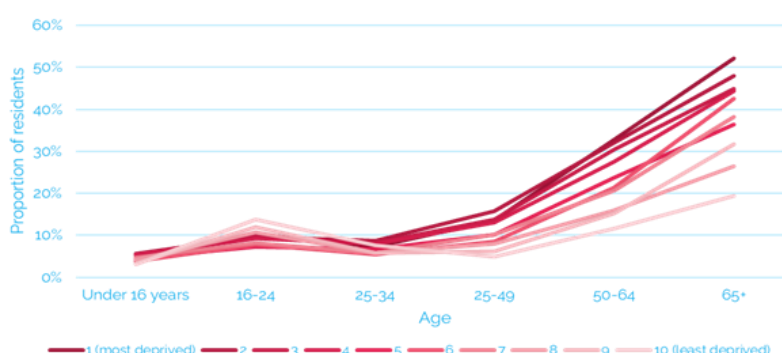


Figure 3

3.8 Similarly, among older adults, the likelihood of diagnosis with long-term conditions are highly unequal: in general, Bangladeshi and Black older adults are more likely than other ethnic groups to receive a diagnosis of conditions like stroke, diabetes and heart disease (see **figure 4** for example of stroke).

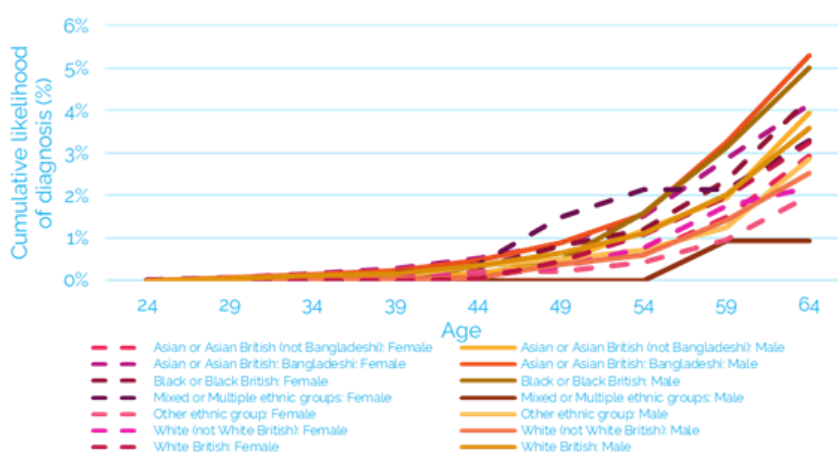


Figure 4: Cumulative likelihood of being diagnosed with Stroke/TIA by age, ethnic group and sex, Tower Hamlets residents (data from East London database 2021/22).

Adult social care need among older adults

3.9 Health survey for England data can be used to estimate how many adults in Tower Hamlets require support with Activities of Daily Living (ADLs) and Instrumental Activities of Daily Living (IADLs). When you take in to account different levels of need among deprivation and gender and age, a total of 7415 adults over 65 in Tower Hamlets require support with ADL , equivalent to 42% of the population.

Tower Hamlets estimate (using 2021 data) adjusted for:	Activities of Daily Living			Instrumental Activities of Daily Living		
	Males	Females	Persons	Males	Females	Persons
Age and gender	2,056 (27%)	3,412 (35%)	5,489 (31%)	N/A	N/A	N/A
Deprivation and gender	2,952 (38%)	3,724 (38%)	6,675 (38%)	3,175 (41%)	4,953 (51%)	8,128 (47%)
Deprivation, age and gender	2,952 (38%)	4,463 (46%)	7,415 (42%)	2,653 (34%)	4,953 (51%)	7,606 (44%)

* Data by age and gender for IADLs only available for 2016 so has been excluded from this table.

4.0 Use of ASC services

- **Deprivation:** Rates of ASC utilisation among over 65s in Tower Hamlets generally increase with increasing deprivation; however, in the most deprived quintile the rate of ASC use among over 65s is lower than in the second-most deprived quintile. There are many possible explanations, including barriers to ASC among residents in most deprived quintile; alternative informal support in these areas; or possibly that shorter life expectancy means fewer older people in these areas to receive support.
- **Ethnicity.** Bangladeshi and Black ethnic groups have the highest *rate* of service use in older adults, with females having notably higher rates of service use compared with males within these ethnic groups

4.1 Older adults are more likely to use ASC services if they:

- Have one or multiple long-term conditions: 44% of service users aged 65+ are diagnosed with 4 or more long term conditions, compared with 20% of residents overall.
- Currently smoke or previously have been smokers
- Live alone (44% of >65 ASC service users live alone, compared with 27% of all >65 residents).

4.2 This demonstrates that promoting health in older age is an important way to minimise health and social care spend. There has been a gradual increase since early 2021 in the number of people aged 65+ who use home care, suggesting people are getting support closer to home.

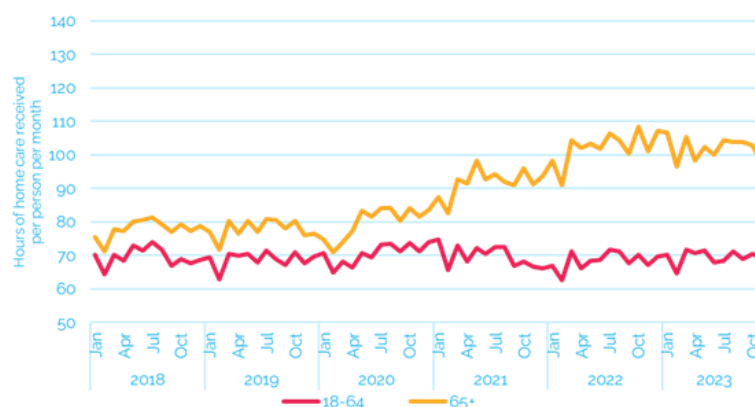
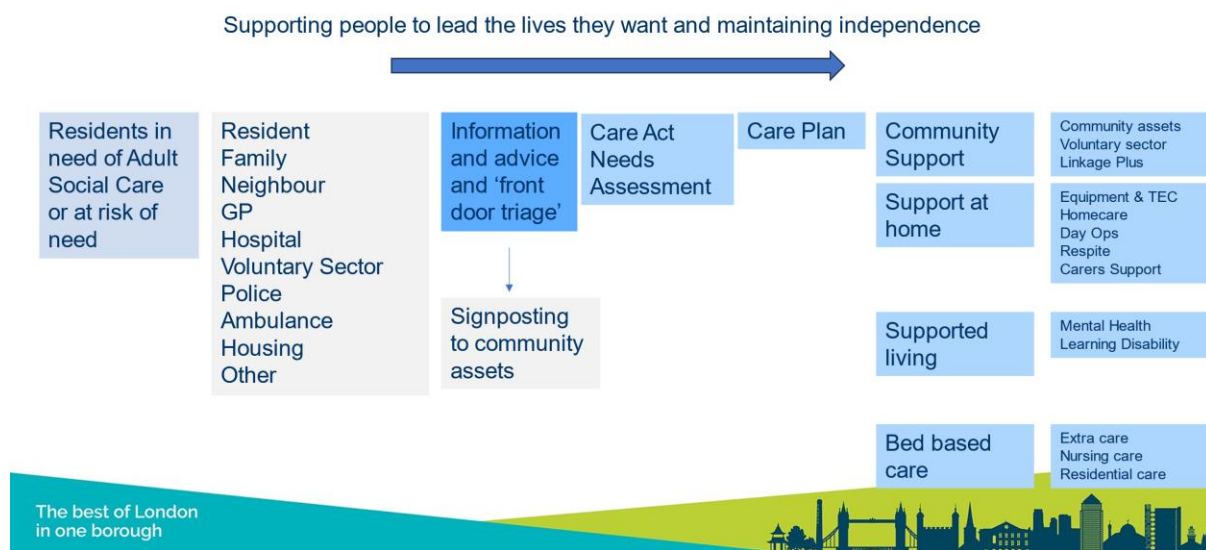


Figure 5

Overview of services for Over 55s.

- 4.3 Given the need above, the council, directly and through commissioned arrangements, provides a variety of services to improve outcomes for older people. Some of these services are universal, but which older people can access, whilst others are targeted.
- 4.4 A system overview is detailed below setting out the service pathways from the front-door.

System overview - Adult Social Care



- 4.5 Whilst there are a variety of services, the focus of this paper is on the prevention and early help arrangements in place – key amongst which are commissioned arrangements with Linkage Plus, Tower Hamlets Connect and provision for carers.

Linkage Plus

- 4.6 Linkage Plus is a service that is dedicated to supporting older people (aged 50 years and older) to age well through the delivery of outreach and activities that promote health and wellbeing and reduce social isolation and loneliness. This supports the borough's commitment to delivering preventative services.
- 4.7 The service provides a consultative resource (Older People's Reference Group) that enables older residents to have an organised, co-ordinated voice that offers an opportunity to influence key decisions made by the Council and other statutory organisations on issues that affect their lives. This help ensure that services in Tower Hamlets better reflect the needs, wishes and aspirations of older people.
- 4.8 Current contract runs from 1 April 2022 to 31 March 2025 with a possibility of two more extensions of one year each. The contract is commissioned by

Integrated Commissioning with LBTH Public Health and the ICB each contributing 50% of the budget.

Tower Hamlets Connect – Age UK and Partners

4.9 The Tower Hamlets Connect service is focused on the provision of information, advice and advocacy around health, social care and wellbeing. The aim of the service is to provide early help to residents when they need it. The service has three main components for the provision of information and advice:

- The Tower Hamlets Connect digital portal. The portal provides information on a range of health, social care and wellbeing topics to support residents; an events calendar detailing relevant events taking place in the community; and a directory of services that can support residents to find a range of services in the community to meet their needs. In addition, the digital portal includes an online self-assessment form where residents can complete an assessment of their needs, and it will provide them with information on support available to them or refer them to the Tower Hamlets Connect service to further assess their needs.
- Helpline. The Tower Hamlets Connect helpline takes telephone calls and email referrals from residents and professionals
- Face-to-face. This is provided at various venues across the borough, providing information, advice and advocacy.

40% of people accessing Tower Hamlets Connect are aged 55 and over.

Unpaid Carers Service - Carers Centre Tower Hamlets

5.0 The Unpaid Carer Service focuses on delivery of statutory responsibilities outlined in the Care Act. Its primary aim is to ensure that unpaid carers receive essential support, including access to information, advice, and needs assessments, along with practical resources that positively impact their health and wellbeing. The service functions as a comprehensive front door for adults providing care in Tower Hamlets, helping carers maintain their roles for as long as they choose by offering key services in one place.

The service delivers a range of priority functions:

- Identification and recognition of carers; increasing awareness and visibility of carers within the community, this includes having a central base in Tower Hamlets, offering outreach in places such as GP practices and hospitals.
- Provision of information and practical support; ensuring carers receive accurate and timely information, advice, and practical assistance, including help with form completion, maximising welfare benefits, and advocacy.
- Education and training delivered via the Carers Academy, this includes training and educational opportunities designed to support carers,

particularly those caring for individuals with specific conditions. Activities are co-produced with carers to ensure relevance and effectiveness.

- Strength based community-based Care Act compliant carers needs assessments
- Focusing on contingency planning and emergency preparedness and promoting health and wellbeing through activities such as yoga, counselling, and overnight retreats.
- Carers are actively involved in the service design and delivery, ensuring their voices are heard and they have a platform to influence decisions that affect their lives.
- Promotes the use of digital tools and assistive technologies, offering hybrid sessions to make support more accessible to carers who may be unable to attend in person. It encourages carers to explore how technology can assist them in their roles.

35% of people accessing Carers Centre Tower Hamlets are aged 55 and over.

Carers Emergency Service – Care Solutions Bureau

The free service support carers who are experiencing, or are at risk of developing, a crisis situation by arranging urgent or flexible short-term support (typically up to 24 hours) for the person being cared for, which will allow the carer to take a break from their caring role or respond to crisis situations. This service is primarily for carers who:

- have not self-identified as a carer and/or unknown to Adult Social Care
- are not in receipt of support from Adult Social Care. This includes carers who have had an assessment but were not eligible for services at the time of the assessment.

So far in 2024/25, 55% of carers accessing this service are agenda 55 and over.