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# State of Dorset Older People



Dorset County Council

The number of older people living in Dorset will continue to grow, adding to increased demand for health and care services.

Over the next decade, the number of those aged 85+ is expected to increase by almost 21%<sup>1</sup>.

Big Numbers Box

**422,900** Total population  
in 2016

Aged 65+  
in Dorset **28%**

In England  
& Wales **18%**

**1%** pa

Growth in those  
aged 65+ over  
next decade

**81** years

Life expectancy males

**85** years

Life expectancy females

## Box 1: Population Change

In the last year:

- Overall the population of Dorset has increased by 0.5% (2,100)<sup>2</sup>.
- Deaths outnumbered births by about 1,700 so Dorset's net natural population declined<sup>2</sup>.
- Migration gives a net gain of around 3,400. Around 20,400 people moved into Dorset from other parts of the UK and around 17,500 moved out. International migration gave a net gain of around 500<sup>2</sup>.
- The greatest net migration gain is of children and those aged 60-69 whereas there is a net loss of 15-24 year olds<sup>2</sup>.

Age profile 2016



- Over the next ten years, the percentage of Dorset residents aged 65+ is expected to grow by 0.9% per annum. That's an increase of 20,500 people - and almost a fifth of these (3,700) will be aged 85+<sup>1</sup>.
- This isn't happening in Dorset alone but in Dorset we have a higher starting point. 28% of our population is aged 65+ (119,700) compared with 18% in England & Wales<sup>2</sup>.

### Sources

1 2016-based trend population projections, Dorset County Council

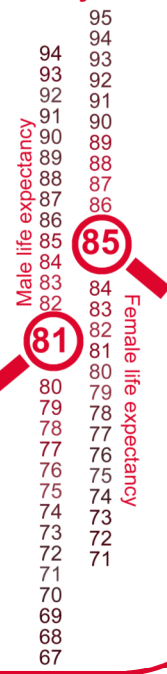
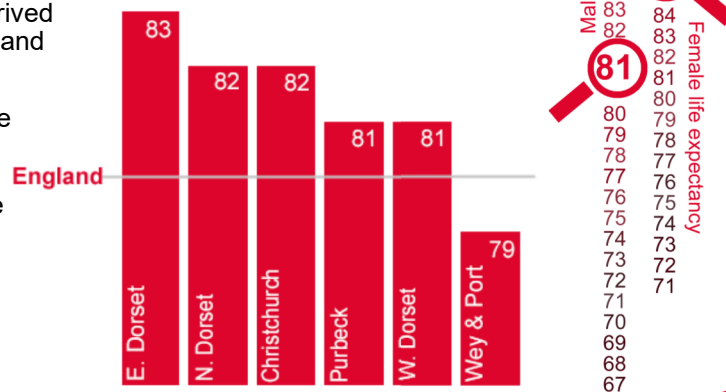
2 2016 Mid-year estimates, ONS, Revised 22/03/18. For more info visit <https://apps.geowessex.com/stats/>

3 Local Area Migration Indicators 2016, UK, ONS

## Box 2: Life Expectancy

- Increased life expectancy and continuing migration - largely from other parts of the UK - account for the growing population of older people.
- Life expectancy at birth for both males (81.2 years) and females (84.7) is above the national average (England males 79.5 years and females 83.1)<sup>4</sup>.
- Life expectancy varies throughout the county, with Weymouth and Portland slightly below England.
- The life expectancy gap between Dorset's most and least deprived areas is 5.4 years for males and 5.0 years for females<sup>5</sup>.
- Healthy life expectancy is the number of years a person would be expected to live in good health. In Dorset, there is a difference of 16 years between healthy life expectancy and overall life expectancy for men, and 18 years for women<sup>6</sup>.

Male life expectancy by district



## What are we doing about it?

Over the next decade many more of us will move into the 65+ and 85+ age groups. More family members will find themselves acting as informal carers: in 2011 the Census identified 49,300 unpaid carers in Dorset, an increase of 17% since 2001. Demand for formal care workers will also grow – and it's already very difficult to recruit people, particularly in rural areas. Dorset has been working with councils across the South West to promote caring as a career under the banner 'Proud to Care'.

Staying fitter for longer improves people's physical and mental wellbeing. Dorset's councils maintain green spaces, fund services such as 'LiveWell Dorset'<sup>7</sup> and support 'Prevention at Scale' through a multi-agency Sustainability and Transformation Plan. Information and advice for all has been enhanced via on-line resources, including a Carers Hub, but other formats are still provided. Dorset has launched a 'Prepare to Live Better' campaign, encouraging people to plan ahead by thinking about future needs and maintaining independence, how technology and equipment might help and building financial stability.

As older people live longer, feelings of loneliness and isolation can develop when they are supported to remain in their own homes. The availability of housing for younger people can also be reduced. The county council produces population projections going forwards 25 years to anticipate housing need and inform local plans, including demand for specialist provision for older people.

### Sources

- 4 Life expectancy at birth (2014-16), ONS
  - 5 Dorset Health Profile 2017, Public Health England, 04 July 2017
  - 6 Health state life expectancy at birth and at age 65 by local areas, UK, 2015-2016, ONS
  - 7 <https://www.livewelldorset.co.uk/>
- DCC Adult Social Care Annual Report:  
[https://www.dorsetforyou.gov.uk/media/224664/Local-Account-2016-to-2017/pdf/\\_2017.pdf](https://www.dorsetforyou.gov.uk/media/224664/Local-Account-2016-to-2017/pdf/_2017.pdf)