

# Later Life Newsletter

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No 46 – July 2013

**Extra Care housing has potential to reduce loneliness** A report by the ILC-UK entitled "[What role for extra care housing in a socially isolated landscape?](#)" for the Housing Learning & Improvement Network, has found that older people who move into extra care housing very often find this brings great benefits to their social lives and helps them to develop new friendships.

**A review of health and wellbeing boards:** On 19th June new research published by the Campaign to End Loneliness, looked into 152 health and wellbeing boards, identifying their early progress in tackling the problems of loneliness and social isolation in local areas. [read the research](#)

**Social isolation and loneliness can increase mortality in men and women:** In a study of over 6,500 UK men and women aged over 52, it was found that social isolation was linked to a higher risk of death in older people. Regardless of whether they considered themselves as lonely, being separated from family and friends was associated with a 26% higher risk of death over a seven year period. [read the full article](#)

**"I love photography; I love walking; and I have Frontal Lobe Dementia"** [A new film](#) breaks a few myths about dementia by introducing six people whose lives have been affected by the condition. The video, on the Social Care TV website, focuses on their thoughts about having the condition, but also shows them getting on with their lives, by showing them involved with their hobbies.

**Bring it Back is The Dairy Council's campaign** to increase awareness of malnutrition. Despite the concentration on obesity, malnutrition is common particularly in the older person and can have important clinical consequences such as increased infections and longer and more frequent hospital admissions, but also negative quality of life and social consequences. It is important that we all recognise and respond to signs of our elderly at risk from malnutrition and do something to help. For example simple food ideas using dairy may help. [Find out more](#) or [order free leaflets and postcards](#)

**Living Standards, Poverty and Inequality in the UK: 2013:** This IFS report indicates that relative pensioner poverty has fallen to its lowest level since records began in 1961, driven by robust growth in income from state pensions and benefits. Pensioner poverty has fallen by over a quarter since before the recession. Pensioners, who are protected from most of the benefit cuts, are likely to continue to fare rather better than children and the working-age population in the coming years. [read the report](#)

**A million over-65s still working:** the number of people aged 65 or over and still in employment has tipped over one million for the first time, according to the Office for National Statistics. The ONS Labour Market Statistics showed that 9.5 per cent of over 65s are now still in work. The increase is a reflection of more people staying on to work instead of retiring, in combination with an ageing population increasing the amount of people in this age bracket. [read more](#)

**"Work Longer, Live Healthier"** New research by the Institute of Economic Affairs indicates that being retired decreases physical, mental and self-assessed health. The adverse effects increase as the number of years spent in retirement increases. Higher state pension ages are not only possible (given longer life expectancy) and desirable (given the fiscal costs of state pensions) but later retirement should, in fact, lead to better average health in retirement. [read the report](#)

**Baby boomers are retiring, but not fading away** The generation that invented youth culture and gave us free love, drugs and rock and roll may be getting on but have no plans to simply fade away, reveals a new report from the Mental Health Foundation, which highlights the need for radically different responses by health and social care services, and society more widely in the UK. [read the report](#)

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