



## Knowledge Exchange Seminar Series (KESS)

*...is a forum that encourages debate on a wide range of research findings, with the overall aim of promoting evidence-based policy and law-making within Northern Ireland*



# Admission to care homes for older people

A data linkage study of factors  
associated with entry to care

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# The changing population

- Life expectancy has steadily increased
- Young people today can expect to live longer than ever before
- Greater numbers will live into very old age
  - BUT.....Age isn't everything!
- Greater proportion of childless people
- Change in living arrangements
  - Smaller families
  - Two generation households, extended family less common
- Economic upturns & downturns
- Cumulative experience of inequality and poverty

# Future population health

- Social situation today  Health situation tomorrow
- Information about care home utilisation can
  - Give insight into the causes of current patterns
  - Provide clues as to 'what works'
  - Forecast the direction of travel for social causes
- Health research as part of the toolkit for crafting policy

# NILS linkages

Health Card Registration

Change of address - every six months

General registrar's office

Deaths – at regular intervals

2001 Census forms

Age, sex, health, house tenure, living  
arrangements

Co-resident age, health



# Additional linkages

Regulation & Quality Improvement Authority

Residential & Nursing homes

Land & Property Services

Rateable value of houses

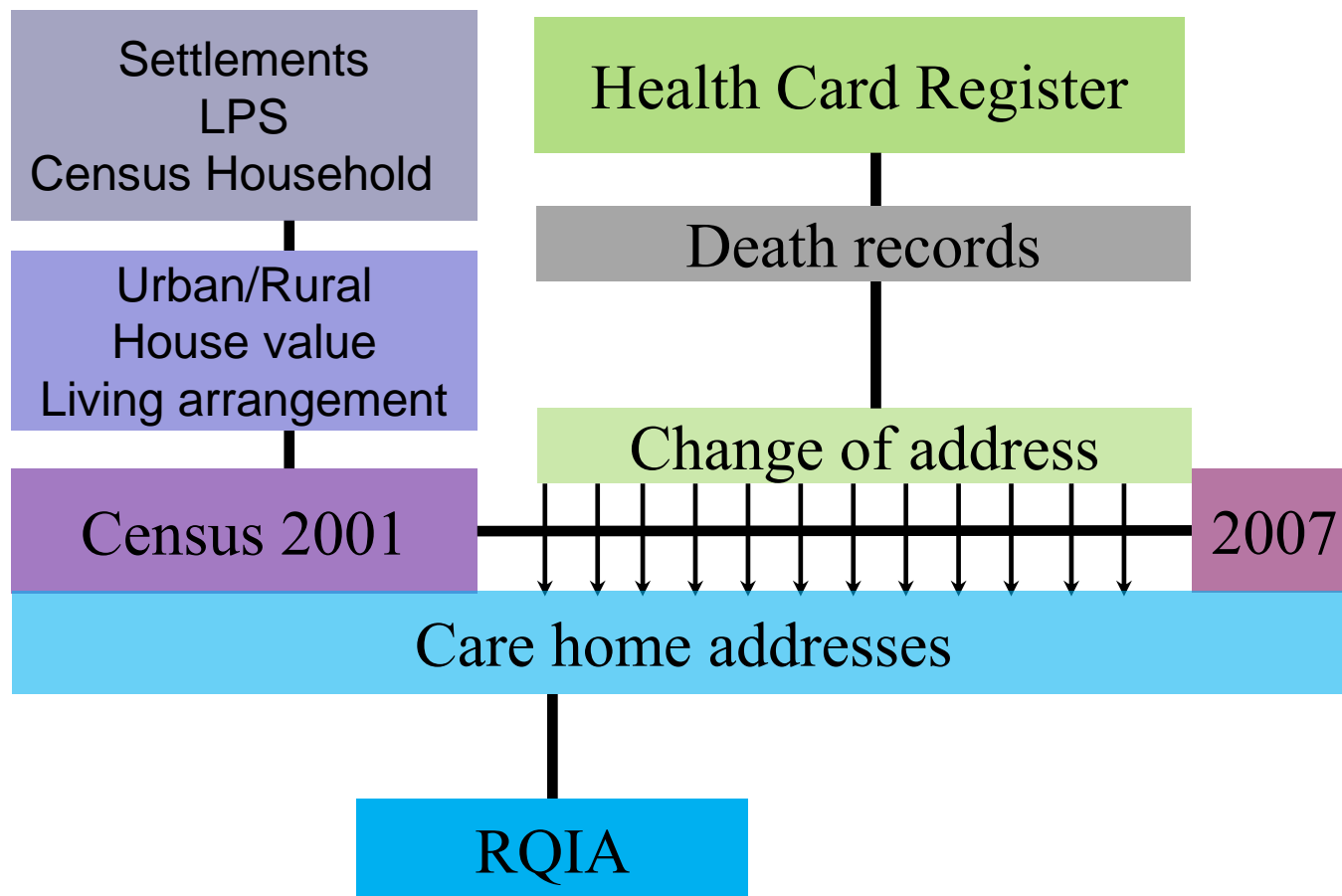
Geo-referencing

Health & Social Care Trust Boundaries

Multiple Deprivation Measures

Delineation of Settlements





# The study cohort

All NILS members 65 + years not in care

51,619 individuals

Six year follow up from Census day

2,138 (4%) admitted

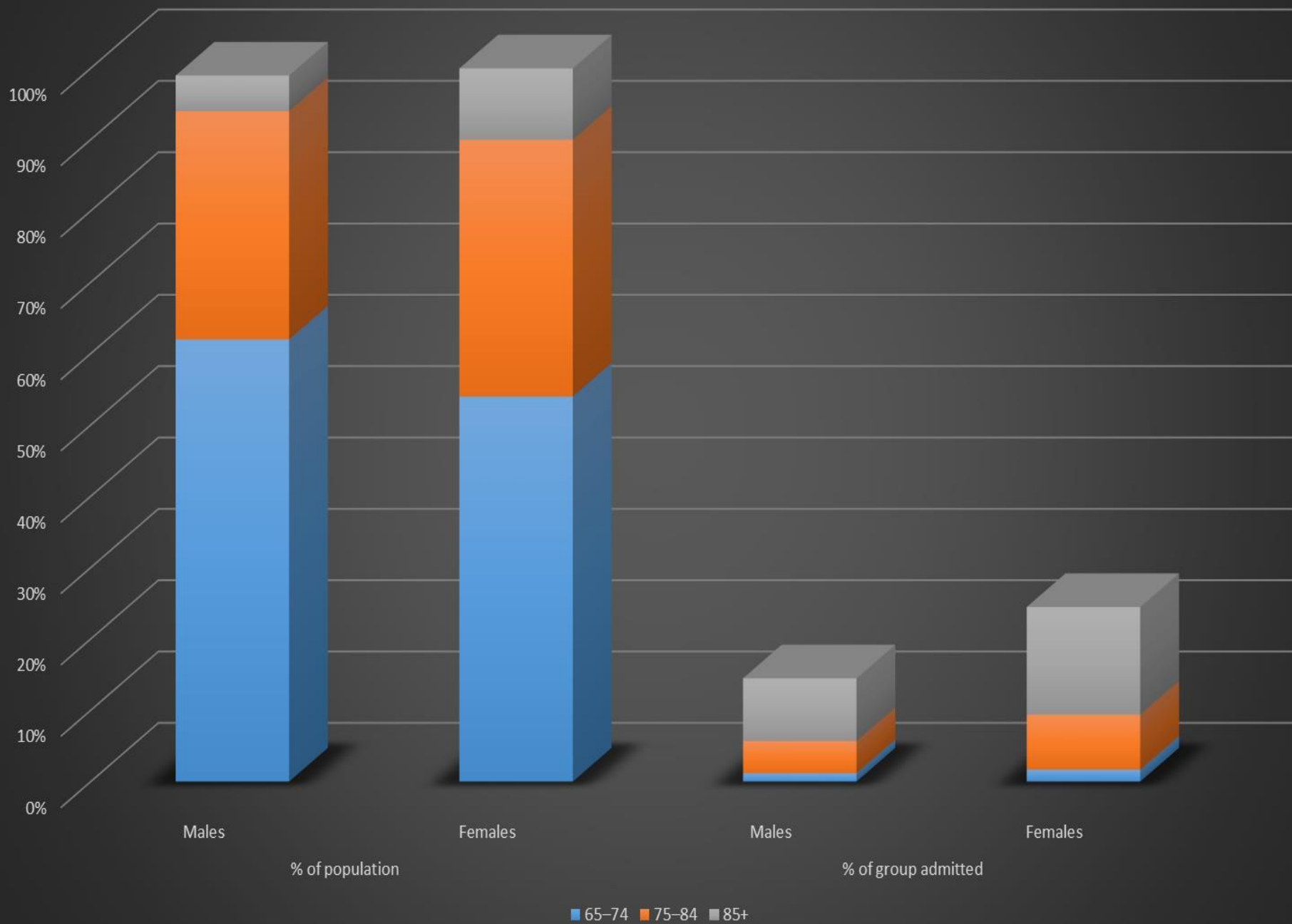
Cox proportional hazard regression

Time to admission as outcome

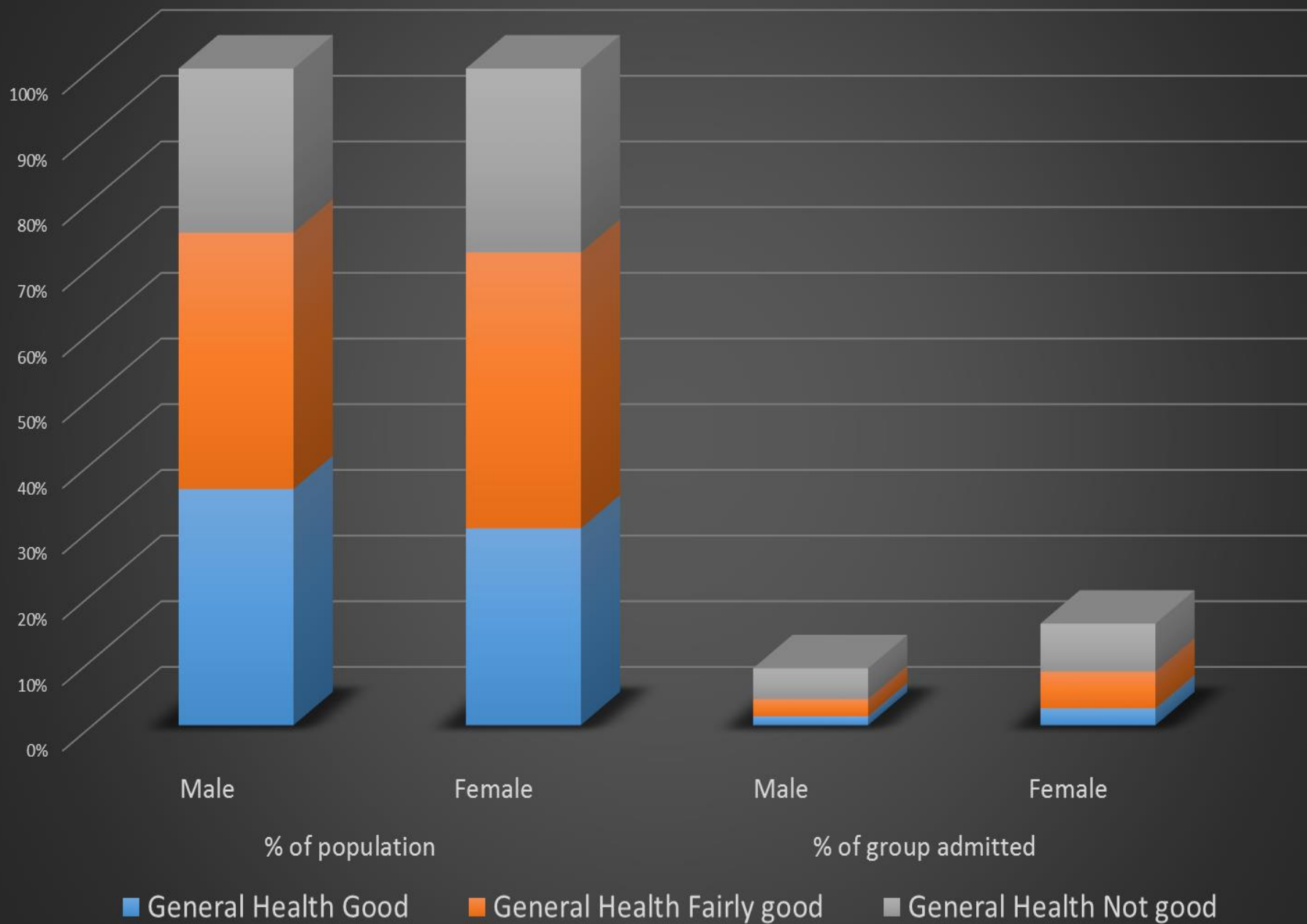
Right censored at time of death or end of 6 years

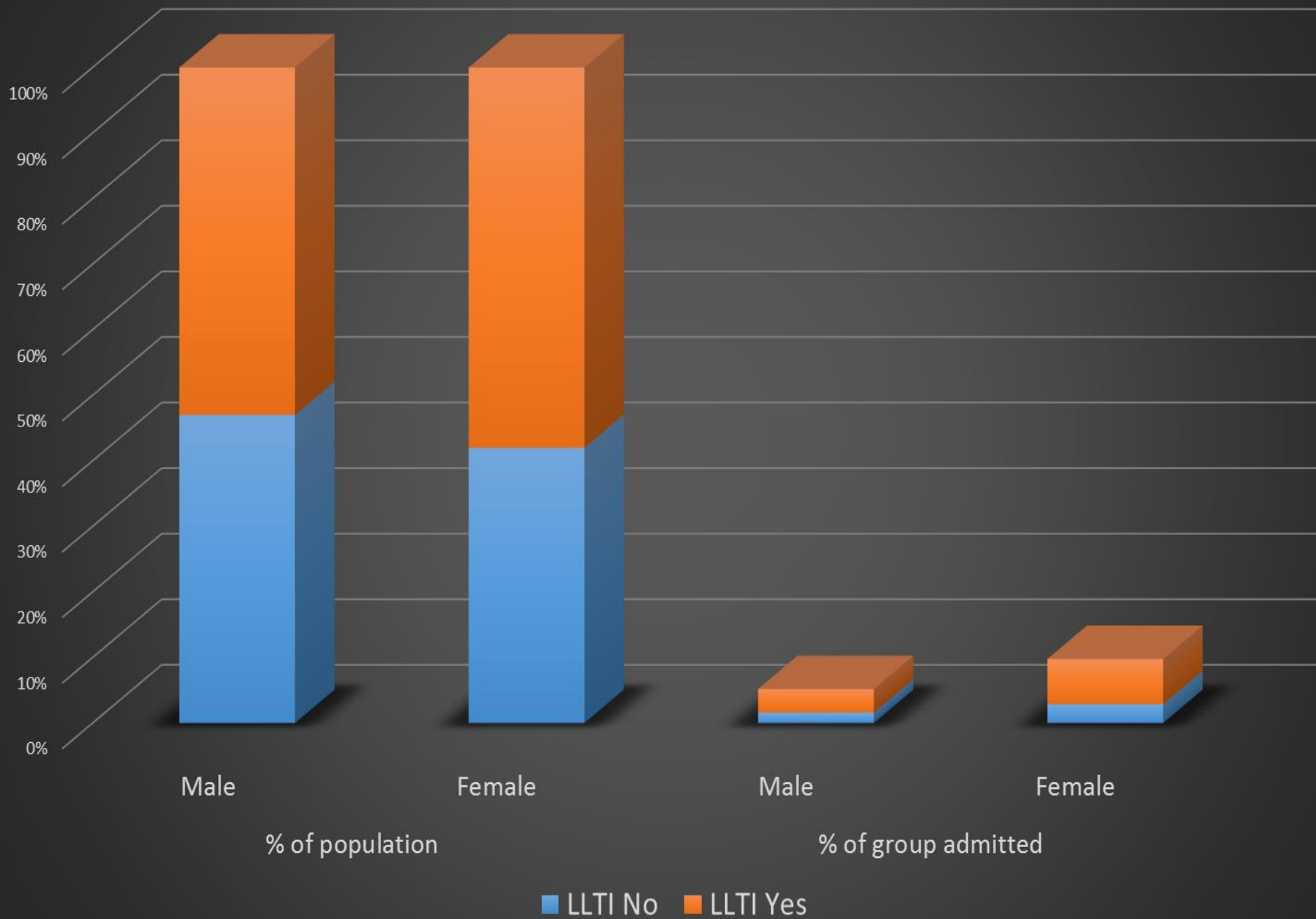
Several risk factors considered

All research carried out in a “secure setting”









# Living arrangements

The importance of living with others versus living alone

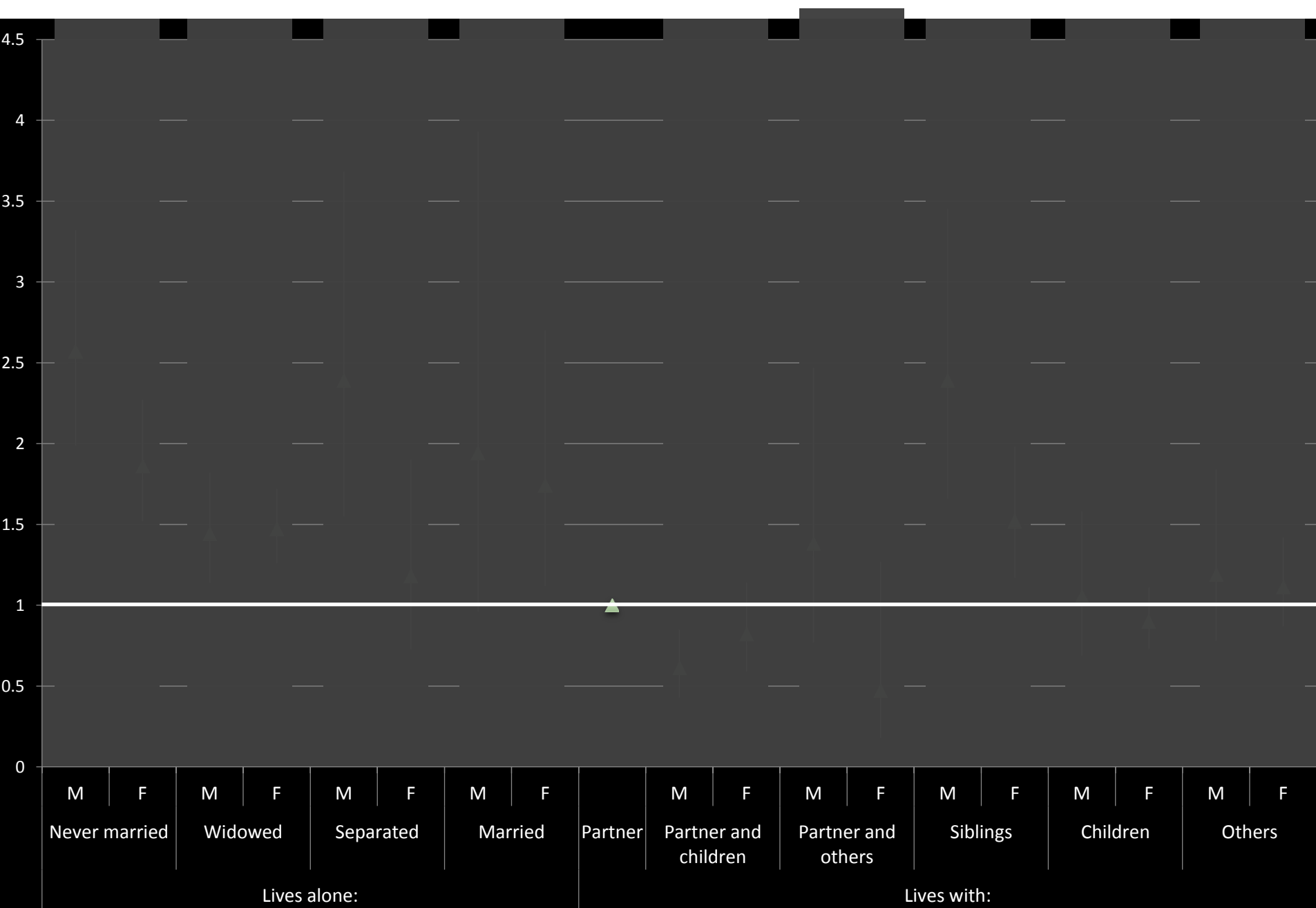
Specific issues:

Living with family versus non family?

One person, more than one person, many people?

Broader question – what sort of households provide support?

	Males	Females
Lives alone:		
Never married	7%	7%
Widowed	11%	32%
Separated	3%	2%
Married		1%
Lives with:		
Partner	50%	29%
Partner & Children	17%	9%
Partner & others	2%	4%
Siblings	3%	
Children	4%	12%
Others	3%	5%



# Housing tenure and value

Wealth = health

Wealth = greater purchasing power?

Wealth = more unpaid care?

## Self reported health by house tenure and value



## Care home admission risk by house tenure and value

Admission risk relative to 'renting' admission rate

1.1  
1  
0.9  
0.8  
0.7  
0.6  
0.5

Renting

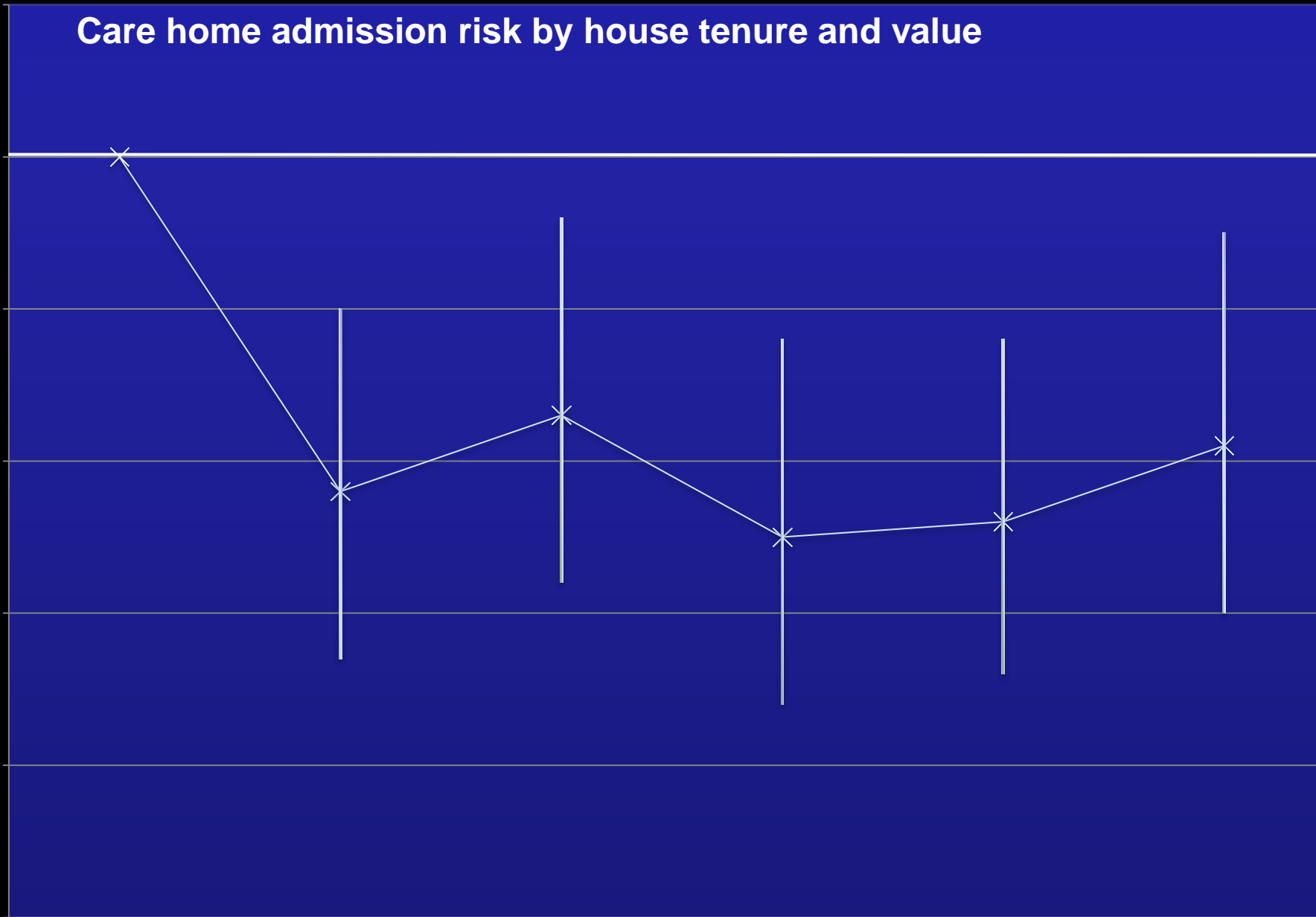
< £75k

£75k to <£95k

£95k to <£120k

£120k to <£160k

£160k or more





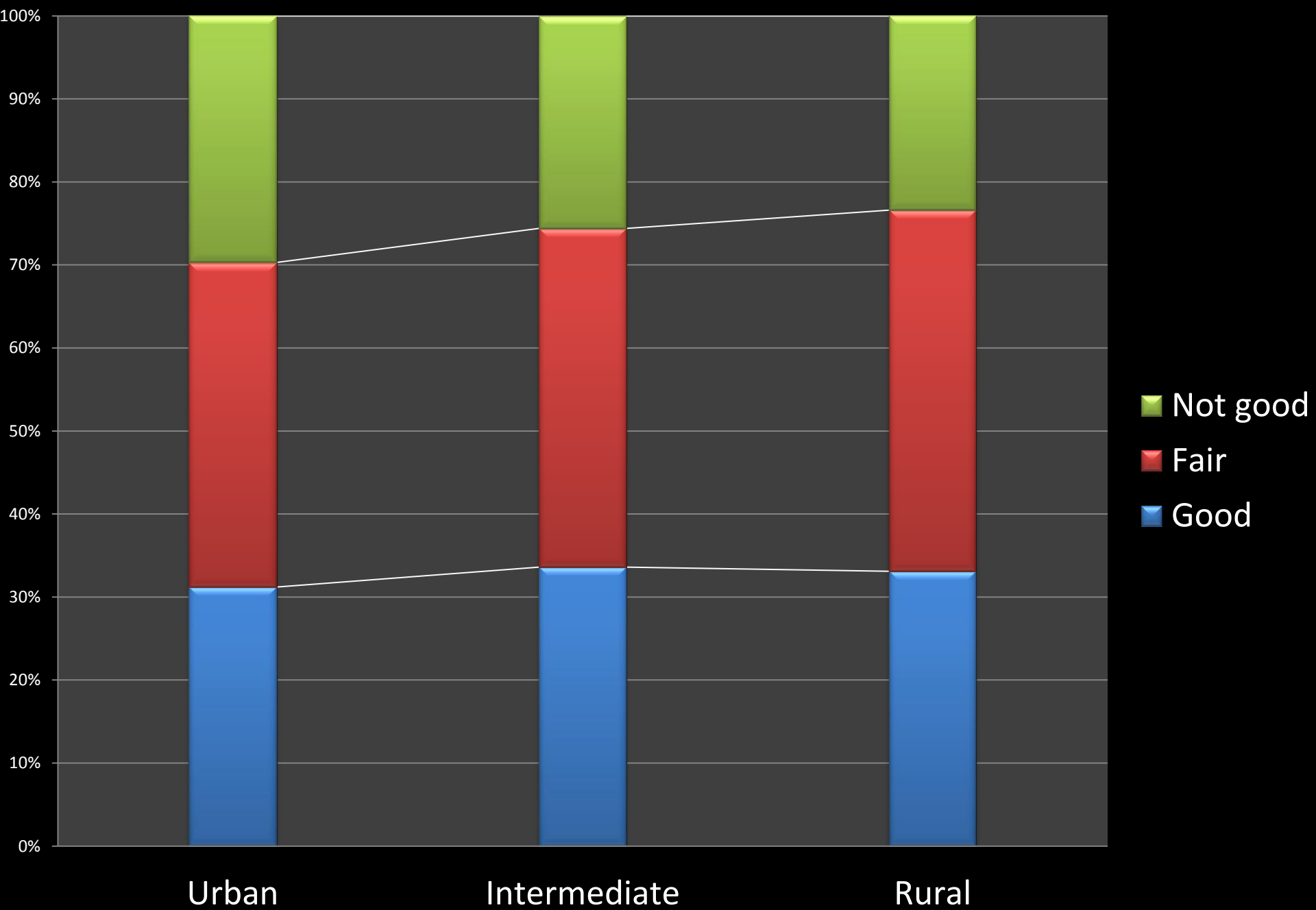
# Urban and rural areas

Different lifestyle and health experience

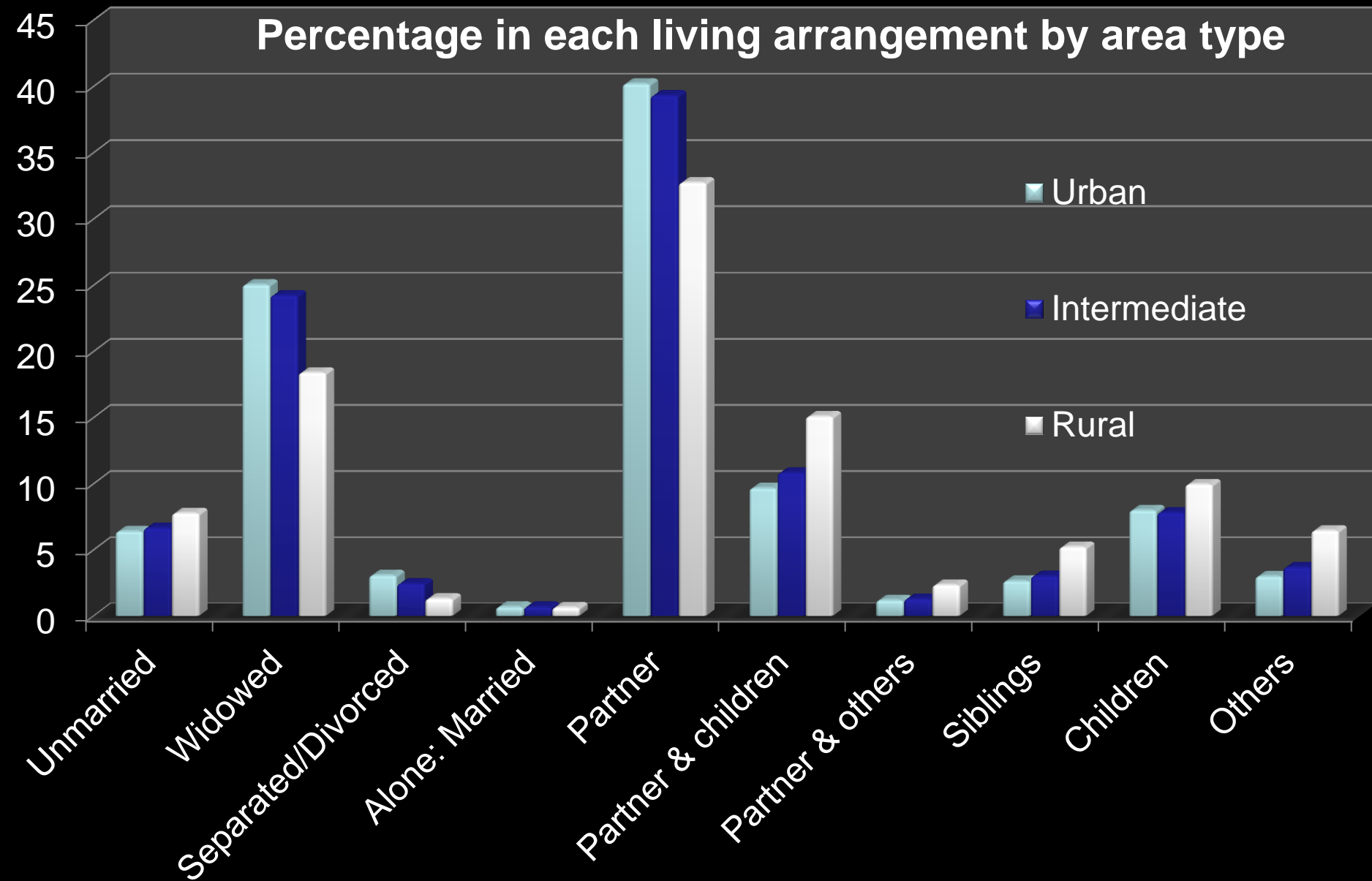
Difference in family support

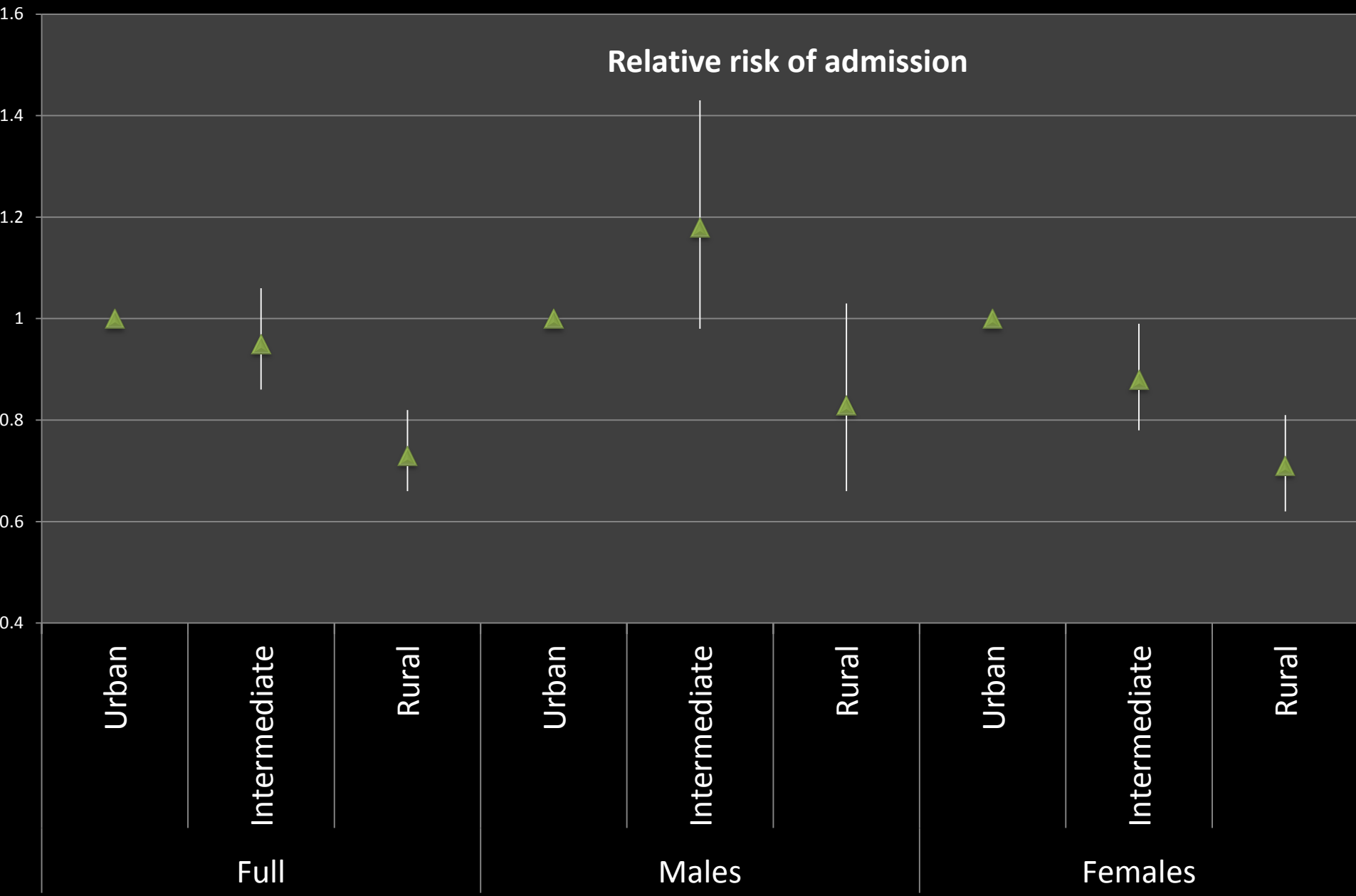
Difference in community support

# General Health by Area Type



Percentage in each living arrangement by area type





# Findings & Implications

## Living arrangements

Variation in support in the home more important than levels of support outside the home

Spouses more supportive than siblings

Living with children and spouse particularly supportive

Current trends in family structure suggests less supportive environments for future generations

**Increase formal services or change household structures**

# Findings & Implications

## **House ownership and value**

“We won’t pay with our homes”

Greater caring burden for less affluent groups, knock on consequences for carers’ employment and health

Financial crises - fewer deprived people (more often in poor health) will own their homes

Future house values may not recoup care costs

## **Funding sources other than housing:**

**will be popular**

**may well be necessary**

# Findings & Implications

## Urban and rural areas

Different levels of health, different service needs

More supportive household structures in rural areas

Different family cultures?

More space in rural houses?

Less care home admission in rural areas

Demand induced supply?

Moves closer to home?

Different deployment of formal home care?

**Can the rural experience be copied in urban areas?**

# Thank you for listening

The help provided by the staff of the Northern Ireland Longitudinal Study (NILS) and the NILS Research Support Unit is acknowledged. The NILS is funded by the Health and Social Care Research and Development Division of the Public Health Agency (HSC R&D Division) and NISRA. The NILS-RSU is funded by the ESRC and the Northern Ireland Government. The authors alone are responsible for the interpretation of the data and any views or opinions presented are solely those of the author and do not necessarily represent those of NISRA/NILS. Many thanks to the staff at the Regulation and Quality Improvement Authority for their help with the care home data. Mark McCann holds a Medical Research Council (MRC)/University of Glasgow fellowship supported by MRC partnership grant MC/PC/13027.

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Northern Ireland  
Assembly



The Open  
University



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