

Note for Cross Party Group Older People, Age and Ageing, 9th March 2016

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Living Arrangements of People Over 65, 2011 Census Household composition for specific groups of people in Scotland, Scotland's Census 2011

56.5% of older people over the age of 65 live in a one-family households Most are couple households in which both are over 65. In 71% of these one family households all adults are over 65. In 17% of these households are two generation.

The age distribution of men and women over 65 is rather different because women on average live longer. So when you look at the population of people over 65 living alone you find that there are more than twice as many women as men living alone and a much higher proportion of women over 65 are widows 42% than men are widowers 17%.

<http://www.scotlandscensus.gov.uk/analytical-reports>; Household composition for specific groups of people in Scotland, Scotland's Census 2011

All people aged 65 and over	% of all people aged 65 and over							
	Communal establishments	One person households	One family households: Total	One family households: All aged 65 and over	One family households: No children	One family households: With dependent children	One family households: All children non dependent	Other households
All people aged 65 and over	4.1	35.0	56.5	40.2	6.6	0.5	9.2	4.4

Sex Ratios	All people aged 65 and over	Communal establishments	One person households	One family households: All aged 65 and over	One family households: No children	One family households: With children	Other households
Males	43.1	29.2	29.8	49.9	80.4	44.0	41.3
Females	56.9	70.8	70.2	50.1	19.6	56.0	58.7

Figure 34 - Percentages of marital status for people aged 65 and over by sex
All people aged 65 and over

	% of people aged 65 and over			
	Single (never married or never registered a same-sex civil partnership)	Married or in a registered same-sex civil partnership	Separated (but still legally married or still legally in a same-sex civil partnership) or divorced or formerly in a same-sex civil partnership which is now legally dissolved	Widowed or surviving partner from a same-sex civil partnership
All males aged 65 and over	7.0	67.5	8.5	17.0
All females aged 65 and over	6.7	42.3	8.6	42.4

Living arrangements are consequential for a person's quality of life and support needs. Older people are often carers within families, both as grandparents and as carers of a partner who has become ill or frail. The main carers for older people who need assistance are co-resident partners and non-co-resident children. Living with family and having family close by is typically protective of well-being but also exclusive reliance on a partner combined with the lack of other social ties makes people very vulnerable at the time of loss of their partner.

The Growing up In Scotland study shows the significance of grandparents in children's lives and the importance of their assistance to many parents (Jamieson, Warner, Bradshaw 2012).

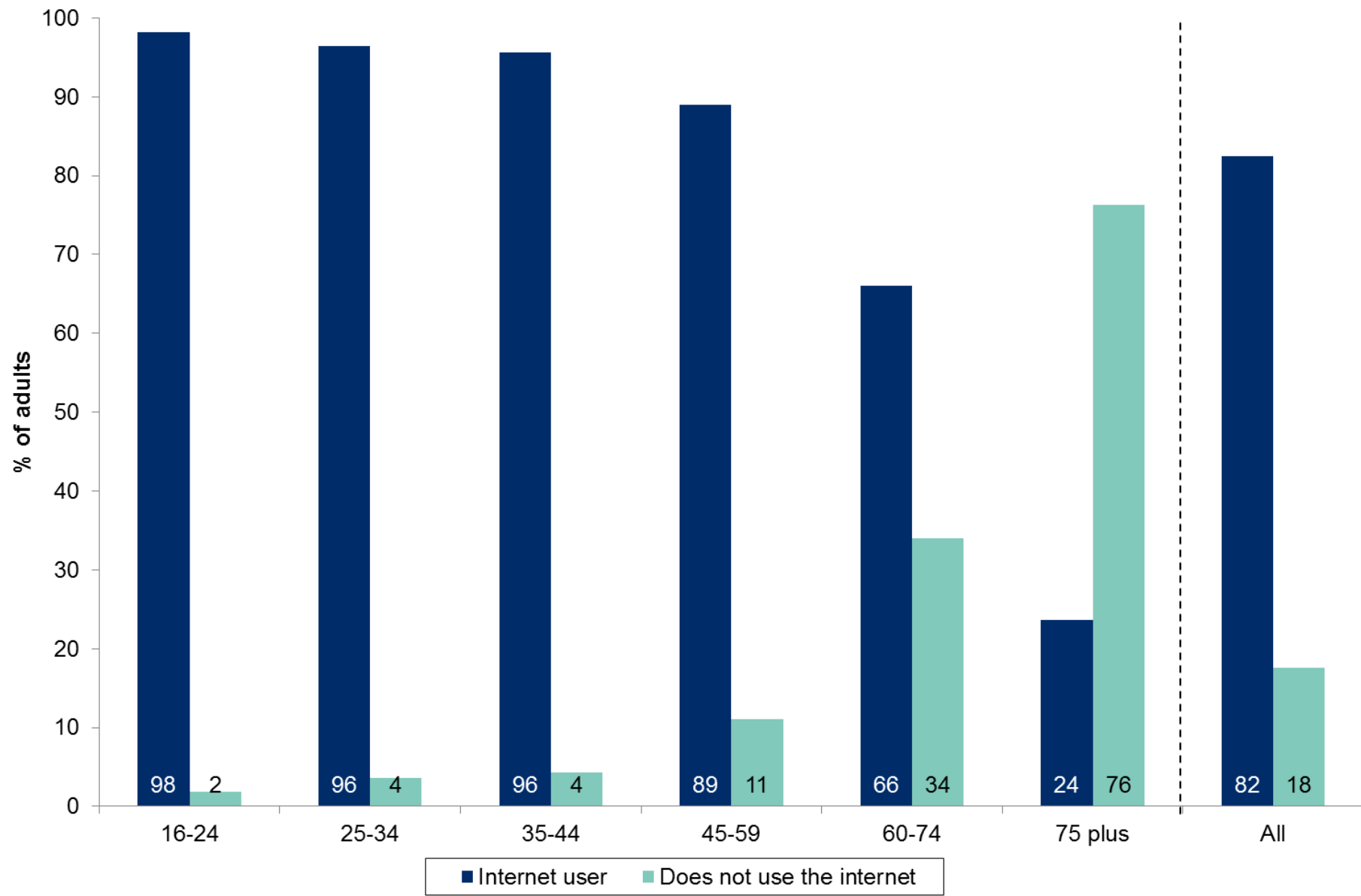
An extensive body of research associates living alone with negative outcomes in terms of physical and psychological well-being (for reviews see Hays 2002 and Young and Grundy 2009). However, results are not consistent or clear-cut because those living alone are not a homogenous group, and it is important to consider their diverse circumstances. Living arrangements may give an indication of the potential support available within households and the effort older people need to make to stay in personal contact with others. Nevertheless, the associations between living arrangements and the well-being of older people are complex; factors such as gender, socio-economic and marital status impact both on the likelihood of living alone in older age, as well as how that is experienced (Demey et. al. 2013, Jamieson and Simpson 2013). There is a distinction between social isolation meaning having limited social ties, and the subjective experience of loneliness; while these may be associated, they can exist independently (Burholt 2011, Perissinotto et. al. 2012). Several recent studies look specifically at loneliness amongst older adults (Beaumont 2013, Bennett and Victor 2012, Dykstra 2009, Flood 2005, Franklin and Tranter 2008, Fokkema et.al. 2012, Steptoe et. al. 2013, Victor et al. 2009; Victor and Bowling 2012, Wenger and Burholt 2004, Yang and Victor 2011).

Numerous studies from various countries demonstrate the significance of gender and partnership trajectories across the life course for social connectedness. Wenger and colleagues (2007) looking across a number of countries, found that childless never married women had higher levels of social engagement through such activities as volunteering and involvement in community and voluntary organizations. Davidson (2004) found never-married men accustomed to living on their own and looking after their personal and domestic needs were more content than widowed and divorced men living alone. Murphy et al. (2007) observe that, while in general married people have better mental and physical health, studies of American and British populations have found never-married women at older ages have as good or better health than their married counterparts, interpreted as reflecting stronger non-marital social networks. Also it cannot be assumed that living with other family members is always beneficial, as work on domestic violence has demonstrated (see CRFR briefings 80 and 39).

Whether or not people have children can be important for quality of life in older age. Clare Wenger's typology of social support systems (1992, 1993) demonstrates the varying importance of local kin, activity in the local community, and engagement with local family, friends, and neighbours, in terms of delivering practical assistance to older people. A comparative study (Wenger et al. 2007) applying this typology to international data from several countries including Australia, the United Kingdom and the US demonstrated differences across countries in distributions of types of support networks. Across all the countries, childless older people had a range of types of networks but were less likely

than those with children to have the most supportive types of networks, with childless men the most likely to have the least supportive networks. Childless formerly married men were shown to be at greater risk than the childless never married or currently married, indicating past reliance on their lost partner for their social contacts.

LATS, couples who are 'living apart together' has been discussed as a new family arrangement – that is bit of a rag bag term which has proved to be rather a minority phenomenon but it is possible that a small proportion of older people living alone have formed couple relationships in later life and do not wish to have the domestic upheaval and responsibilities of co-residence and may not want the legal entanglements of marriage or civil partnership. On the other hand, there are some co-resident older people who may have wished to have their relationship legally recognised but current legal mechanisms are not suited to their way of life. For example siblings sharing a tenancy or heterosexual couples who would prefer a civil partnership over a marriage.



Internet available resources and reports

The table of internet use is from the Scottish Household Survey 2014. <http://www.gov.scot/Publications/2015/08/3720/downloads>

Extending the housing options for older people: focus on extra care, Alison Petch, May 2014, IRISS Insights, No 26
<http://www.iriss.org.uk/resources/extending-housing-options-older-people-focus-extra-care>

PROP (Practitioner Research: Older People) September 2013 five reports produced by practitioners within NHS Lothian, Scottish Care, West Lothian Council, Glasgow City Council and Alzheimer Scotland, with support from academic researchers at the CRFR and IRISS.
<http://www.iriss.org.uk/resources/prop-practitioner-research-older-people>

<https://www.era.lib.ed.ac.uk/handle/1842/6559>

Connect in Care research team *Alison Forbes, Esther Walker, Heather Wilkinson, Alex McCauley* developed a toolkit to support learning and practice development in order to improve the quality and experience of care for older people across all settings in Scotland.

"Let's talk about it" - Using stories to improve care for older people: a practical guide

Jamieson, L. Warner, P. Bradshaw P. (2012) *The involvement of grandparents in children's lives* Edinburgh: Scottish Government
<http://www.scotland.gov.uk/Publications/2012/05/4455/downloads>

The following CRFR research briefings partially or exclusively focus on older people

<http://www.crfr.ac.uk/publications/research-briefings/>

CRFR Briefing 80: South Asian women's experience of family abuse: The role of the husband's mother, Nughmana Mirza

CRFR Briefing 55: Someone to talk to: views and experiences of emotional support. Julie Brownlie and Simon Anderson

CRFR Briefing 53: From mother to daughter: How mothers and daughters share information about parenting., Kelly Shiell–Davis

CRFR Briefing 39: Older women and domestic violence in Scotland. 2008 Marsha Scott and othes.

CRFR Briefing 23: Relationships between grandparents and teenage grandchildren. 2005 Nicola Ross, Malcolm Hill, Helen Sweeting and Sarah Cunningham-Burley

CRFR Briefing 20: Solo living across the adult lifecourse. 2005

The next table of internet use by age is from the Scottish Household Survey 2014

Other tables from <http://www.scotlandscensus.gov.uk/analytical-reports>; Household composition for specific groups of people in Scotland, Scotland's Census 2011

Figure 35A - Percentages of household composition for people aged 65 and over by Scottish Index of Multiple Deprivation (SIMD 2012)

All people aged 65 and over in households

SIMD decile	% of people aged 65 and over within each SIMD decile					
	One person households	One family households: All aged 65 and over	One family households: No children	One family households: With dependent children	One family households: All children non dependent	Other households
1 - Most deprived	48.2	28.0	4.5	0.8	12.5	5.9
2	44.5	33.0	5.2	0.6	11.7	5.0
3	42.1	35.9	5.6	0.6	11.0	4.9
4	40.2	37.8	6.3	0.6	10.5	4.7
5	36.9	41.2	6.9	0.5	9.9	4.6
6	34.4	43.5	7.9	0.5	9.1	4.6
7	32.3	45.6	8.3	0.5	8.6	4.7
8	31.0	48.1	8.1	0.5	8.2	4.2
9	29.4	50.5	8.0	0.5	7.7	3.9
10 - Least deprived	29.5	51.7	7.6	0.4	7.3	3.6

Figure 35B - Percentages of people aged 65 and over by Scottish Index of Multiple Deprivation (SIMD 2012)

All people aged 65 and over in households

SIMD decile	% of people aged 65 and over
1 - Most deprived	8.2
2	9.3
3	10.0
4	10.2
5	10.4
6	10.5
7	10.8
8	10.6
9	10.2
10 - Least deprived	9.9

Figure 36A - Percentages of living arrangements for people aged 65 and over by Urban-Rural Indicator (2011/12)
All people aged 65 and over in households

Urban-Rural Indicator	% of people aged 65 and over within each area					
	One person households	One family households: All aged 65 and over	One family households: No children	One family households: With dependent children	One family households: All children non dependent	Other households
Large urban areas	41.0	37.6	5.4	0.6	10.5	5.0
Other urban areas	36.2	42.9	6.9	0.5	9.4	4.1
Accessible small towns	34.6	44.9	7.3	0.5	8.8	3.9
Remote small towns	37.9	42.8	7.1	0.6	7.5	4.1
Accessible rural	29.0	47.3	9.2	0.6	9.1	4.9
Remote rural	31.6	44.3	9.5	0.6	8.6	5.4

Figure 36B - Percentages of people aged 65 and over by Urban-Rural Indicator (2011/12)

All people aged 65 and over in households

Urban-Rural Indicator	% of people aged 65 and over
Large urban areas	34.9
Other urban areas	30.5
Accessible small towns	9.5
Remote small towns	4.6
Accessible rural	12.4
Remote rural	8.2

Figure 37 - 2001 and 2011 household composition for people aged 65 and over in households

All people aged 65 and over in households

	2001	2011	2001 % of all people aged 65 and over in households	2011 % of all people aged 65 and over in households	2001 to 2011 percentage point change
All people aged 65 and over in households	765,178	854,152	100.0	100.0	-
One person households	296,136	311,867	38.7	36.5	-2.2
One family households: All aged 65 and over	281,752	357,993	36.8	41.9	5.1
One family households: No children	53,452	59,006	7.0	6.9	-0.1
One family households: With dependent children	5,377	4,709	0.7	0.6	-0.2
One family households: All children non dependent	78,683	81,545	10.3	9.5	-0.7
Other households	49,778	39,032	6.5	4.6	-1.9

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