

Ageing Well in South Ayrshire: Data

We know that in South Ayrshire we have an ageing demographic which is above the national average for Scotland. Currently, 26.6% of the population is over the age of 65 and it is expected that this will increase by a further 6.7% by 2028. It is important to look at the projected figures to understand what an

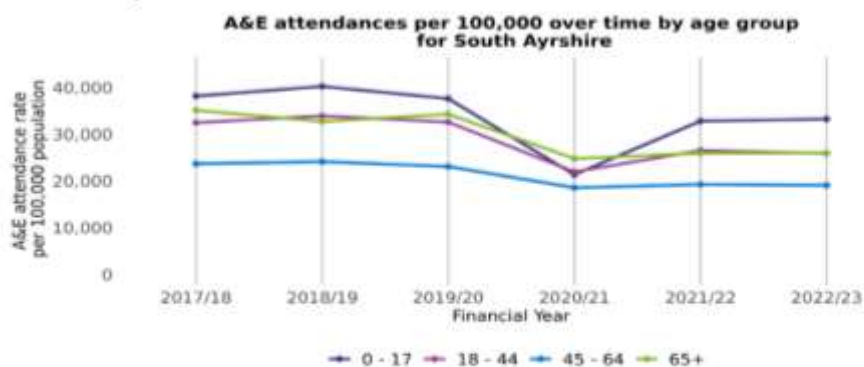


increase in the older adult population will mean for our communities and services. By understanding the figures, this will help us to prepare and support all older people in South Ayrshire to live well for longer.

We realise that Emergency Department (ED) attendances decreased during the COVID-19 Pandemic in 2020-2021, however the numbers have now increased again. South Ayrshire has a significantly higher rate for delayed discharges for older people in comparison to Scotland's overall average. Delayed discharges are when people remain in hospital after they are deemed medically fit, this can be due to a range of reasons such as, they may be awaiting the arrangement of care at home services or a place at a care home.

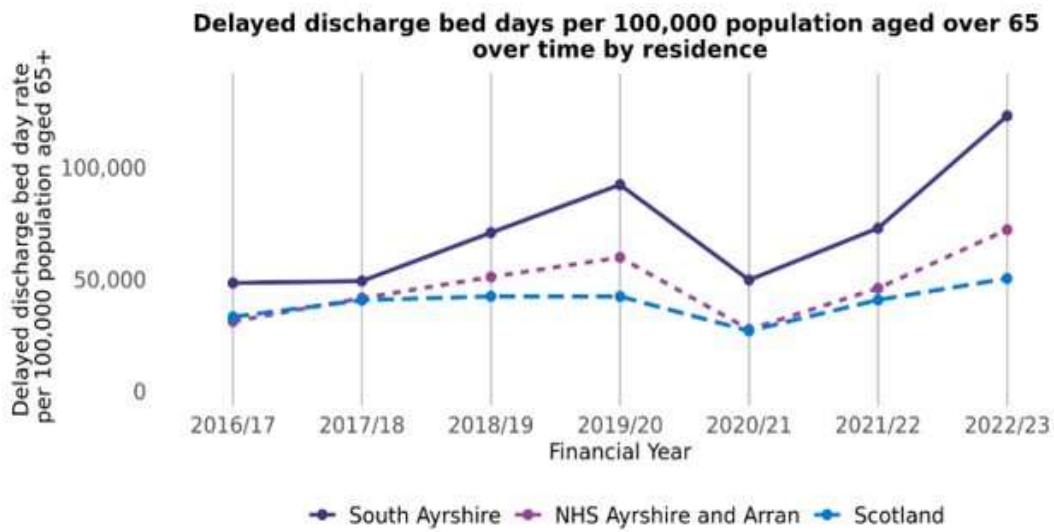
ED attendances

South Ayrshire 2017/18 to 2022/23



- **26,044** A&E attendances per 100,000 population aged over 65, compared to 31,641 in Scotland.

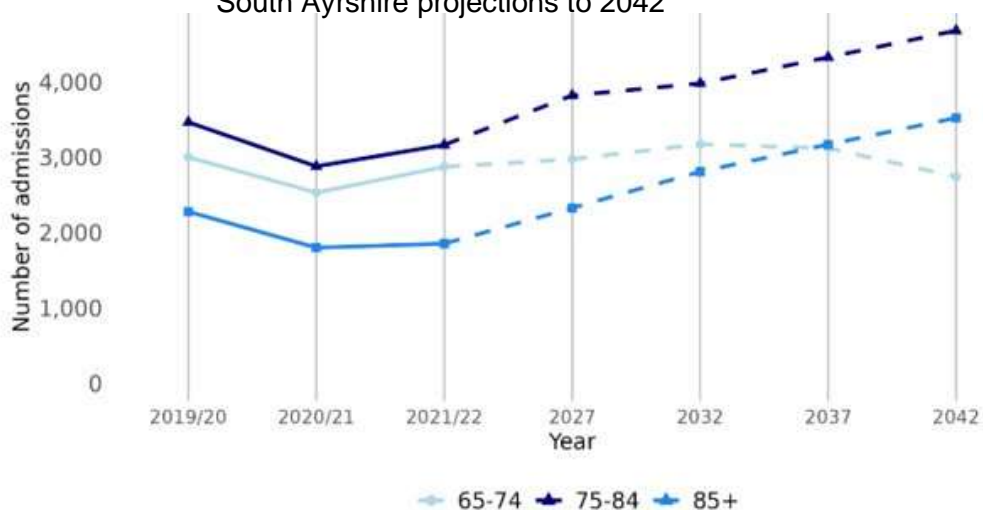




We know that delayed discharges need to be addressed, and whilst in the last year we have made significant progress in this area, as the population age increases, our anticipated rate of hospital admissions will too. If people are in hospital longer than required this can have a serious impact on their health and wellbeing including issues such as increased risk of infections, reduced mobility, and muscle loss.

Number of projected hospital admissions

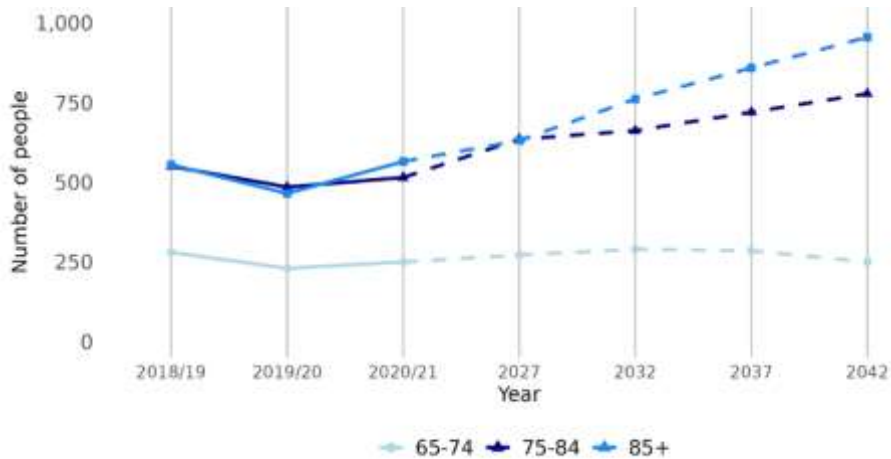
South Ayrshire projections to 2042



With the predictions that our emergency admissions will increase, it is vital that we act as a community to ensure our communities are well equipped and that people are less likely to require hospital care unless it is absolutely necessary.

Care at home requirement estimates

South Ayrshire Projections to 2042

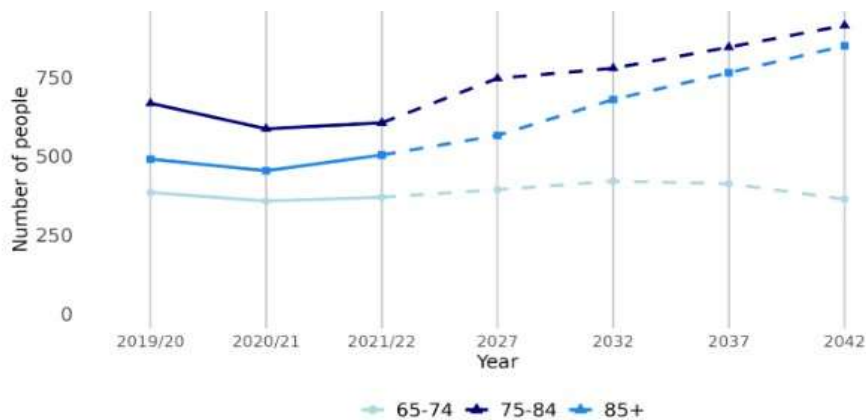


Source: PHS Source Linkage Files, NRS Population Projections

We are already experiencing an increased demand for our care at home services. With the known predictions of an increased older adult population, our care at home resources will also need to increase. These predictions provide us with an indication that we will need to have more formal care at home services to manage the population needs in the future.

Frailty prevalence estimates

South Ayrshire Projections to 2042

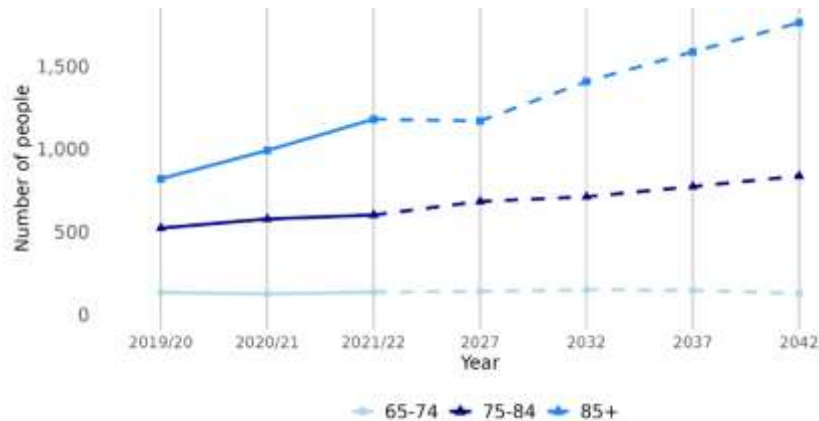


Source: PHS Source Linkage Files, NRS Population Projections

Projections indicate that frailty in older people will continue to rise, particularly for the 75-84 age group. Increased frailty can mean an increased reliance on formal services such as care at home, occupational therapy, and physiotherapy. Increased frailty can also lead to social isolation where places and spaces aren't equipped to support frailty.

Dementia rates estimates

South Ayrshire projections to 2042



Source: PHS Source Linkage Files, NRS Population Projections

As frailty is projected to increase, so too are the rates for dementia diagnosis. It is estimated that around 1 in 3 people born today will develop dementia¹. From a South Ayrshire perspective, older people aged 75 and over will see a continued increase in the number of people diagnosed with dementia. To be able to support people to live well for longer and in their own homes it is vital our environments are well equipped and dementia friendly spaces across our locality areas are introduced.

For people who can no longer live at home we need to ensure we have on going care home provisions to support people who require 24 hour care. As need continues to increase, we will need more care home provision to support our older population.

¹ [Scottish Government](#)