

Ipsos MORI



CENTRE FOR
**AGEING
BETTER**

Later life in 2015: An analysis of the views and experiences of people aged 50 and over

Survey Topline Results

December 2015

Survey topline results

Ipsos MORI interviewed a representative sample of 1,389 adults aged 50 and over across England. Interviews were conducted face-to-face, in home using Computer Assisted Personal Interviewing (CAPI), between 25th September and 18th October 2015. Data are weighted to match the profile of the population aged 50+ living in England.

Results are based on all participants unless otherwise stated.

Where results do not sum to 100%, this may be due to computer rounding, multiple responses or the exclusion of don't know/ not stated/ refused responses.

An asterisk () indicates a percentage of less than 0.5% but greater than zero.*

01 Which two or three of the following phrases define “older age” to you?

	%
Not being able to do certain things that you could when young	30
Being less physically active	29
Being retired / not working	27
Deteriorating health	25
Having grandchildren	20
Your age	19
More time to yourself	19
Collecting a pension	19
Getting grey hair or losing your hair	10
Requiring care services	9
Doing something new	9
Living off savings	6
Moving to a smaller home	5
Free bus pass	*
Being alone/lonely	*
Loss of memory/mental slowing/forgetfulness	*
Other	2
Don't know	1

02 **And at about what age do you personally think “older age” begins?
Please answer in terms of the number of years.**

	%
30-35	*
36-40	*
41-45	*
46-50	4
51-55	1
56-60	11
61-65	16
66-70	27
71-75	12
76+	15
Don't know	13

People sometimes talk about later life as being when you reach a certain age (e.g. when you are eligible for a state pension) or when you might experience other changes in lifestyle such as thinking about retirement or becoming a grandparent.

03 People often have different aspirations for things they'd like to do or achieve in their later life. Which, if any, of the following do you aspire to do in your later life?

	%
Travelling	44
Spending more time with family	37
Spending more time with friends	26
Taking up a new hobby or pastime	24
Volunteering	18
Learning a new skill	16
Taking up a new type of exercise/becoming fitter	15
Getting involved in the community	14
Some form of paid work	9
Further training or education	7
Continue working full time	6
Stay healthy/live longer	1
Gardening	1
Walks/walking	*
Take is as it comes/live each day separately/do as I please	*
Spending more time with myself/my partner	*
Moving away/abroad	*
Keeping busy/getting out and about/socialising	*
Fishing	*
None	1
Nothing	*
No answer	2
Other	2
Don't know	2

04a **Many different factors can contribute towards having a good later life. Looking at this list, which would you say is the *most* important factor in having a good later life?**

04b **And any others?**

	Most important %	Other important %
Being in good health	53	21
Having enough money to meet my needs	12	30
Being independent at home	8	20
Having good relationships with my family	8	19
Being able to get around easily	5	17
Having a group of friends around	3	13
Having my own home	3	10
Close access to amenities such as shops, doctors, etc.	2	7
Being able to live where I want	2	9
Learning something new	1	4
Being able to contribute to my community, such as volunteering	1	3
Being able to participate in all the social events that I want to	1	5
Happiness / positive thinking	*	*
Religion / faith	*	*
None	*	*
No answer	*	1
Other	*	*
Don't know	*	1

05 **And what two or three things are you most worried about as you age?**

	%
Your physical health	50
Not having enough money	31
Losing a partner or spouse	27
Becoming less mobile	23
Your mental health	22
Becoming suddenly ill	17
Becoming lonely	16
Requiring care services	14
Being far from family or friends	8
Doing less physical activity	7
Not being able to leave an inheritance	2
Being dependent on others/losing my independence	1
Dying/death	*
Welfare of my children	*
Nothing / I don't worry	*
Other	1
None	2
Don't know	*

Now I'd like to ask you a few questions about you and your community.

06 **Overall, how satisfied or dissatisfied are you with your local area as a place to live?**

	%
Very satisfied	47
Fairly satisfied	39
Neither	5
Fairly dissatisfied	6
Very dissatisfied	3
Don't know	-

07 **Would you say that this is a good neighbourhood to grow old in?**

	%
Yes, definitely	56
Yes, to some extent	34
No	10

08 **Why would you say this is a good neighbourhood to grow old in?**

All who consider their neighbourhood good to grow old in (1,253)

	%
It is a safe area	44
It is a quiet area	42
There are lots of local amenities such as shops, doctors, etc.	36
I have friends in the local community	36
There is good public transport	24
The area is well-maintained and tidy	17
There are opportunities to meet people and get involved in groups	14
There are lots of other older people	13
There are opportunities to get involved in decisions affecting the local area	6
Good neighbours	2
Close to family	1
Close to the countryside	1
Good environment	1
People here care/look after each other	1
Close to the city/town	*
Close to the sea/good sea air	*
Good community / community spirit	*
Good parks / open/ green spaces	*
Its beautiful/picturesque	*
It's flat / all on one level/ no hills	*
Know the area well	*
Lots to do / activities / events	*
Other	1
None	*
Don't know	*

09 **How much do you agree or disagree with the following statements?**

	Strongly agree	Somewhat agree	Neither / nor	Some-what Disagree	Strongly disagree	Don't know
	%					
I use public transport in my area often	18	19	12	18	33	1
The public transport in my area is affordable	25	26	29	8	7	5
The public transport in my area has frequent services	27	30	18	10	12	3
The public transport in my area can get me to most places that I need to go	28	30	18	10	11	3

10 **We would like to ask how often you meet people, whether here at your home or elsewhere. How often do you meet friends or relatives who are not living with you? Is it...**

	%
On most days	34
Once or twice a week	40
Once or twice a month	17
Less often than once a month	7
Never	2
Don't know	-

11 **How often do you feel you lack companionship?**

	%
Hardly ever or never	70
Some of the time	24
Often	5
Don't know	*

12 **And how strongly do you agree or disagree with the following statements?**

	Strongly agree	Somewhat agree	Neither / nor	Some-what disagree	Strongly disagree	Don't know
	%					
I have family members close by that I can rely on if I had a problem	49	24	6	9	13	-
I have friends or other members of the community close by that I can rely on if I had a problem	51	32	7	6	4	-

13 **In what year did you move to this accommodation?**

	%
2010-2015	21
2000-2009	23
1990-1999	19
1980-1989	17
Before 1980	18

14 **Which of the following statements best describes your current attitude to moving to different property in the future?**

	%
I intend to move within the next 5 years	14
I intend to move within the next 5-10 years	8
I intend to move sometime after the next 10 years	5
I do not intend to move	72
Don't know	2

15 Why do you intend to move?

All who intend to move in the future (341)

	%
To move to a smaller property	41
To move closer to family/friends	13
Other change in personal circumstances (e.g. health issue, giving care/ support)	11
To move to a larger property	7
To move to a single floor house	6
To live abroad/in a warmer climate	5
Smaller/more affordable mortgage payments	5
To move closer to amenities	5
To be in the countryside/more rural area	4
To get some peace and quiet/get away from all the noise	2
To have somewhere of my own/own my own home	1
To be near the sea/coast	1
To return to an area previously lived/ where raised	1
To live somewhere new/ different	1
To be with my partner	1
To release the equity in the property	1
To live somewhere more manageable/ not so large	1
To live somewhere more affordable/ not so expensive	*
To get away from building work/ local developments	*
To improve health/ wellbeing	*
Other	7

16 **Have you made or installed any of the following adaptations to your current home in order to improve your quality of life?**

	%
Grab rails	12
Safety devices, such as gas detectors and water-level alerts	10
Equipment for washing and for using the toilet, such as bath seats or raised toilet seats	9
Adaptations to seating and beds, such as chair or bed raisers	4
Ramps	2
Stair lift	2
Shower room/walk in shower/wet room	1
Double glazing	*
Kitchen refurbishment	*
New conservatory added	*
Smoke alarm	*
Downstairs toilet/ bathroom	*
New boiler/ heating	*
Bathroom refurbishment	*
Alarms installed	*
Other	1
None	64
Don't know	2

17 **Thinking more broadly about your wellbeing and happiness, how would you rate the following in terms of importance?**

	Very important %	Fairly important	Not very important	Not at all important	Don't know
Health	85	14	1	*	-
Financial security	64	33	2	*	*
Relationships with other people	61	33	4	1	*
Where you live	52	42	4	1	*

18a On a scale of 0 to 10, where '0' means 'not at all' and '10' is completely, overall, how satisfied are you with your life nowadays?

18b And using the same scale, overall, to what extent do you feel that the things you do in your life are worthwhile?

	18a %	18b %
Not at all – 0	*	1
1	1	*
2	*	*
3	1	1
4	2	1
5	6	7
6	7	7
7	17	15
8	32	30
9	15	15
Completely - 10	18	23

19 I'd now like to ask you how you feel about different aspects of your life. For each one, please say how often you feel that way.

	Often %	Some- times	Not often	Never	Don't know
I feel that what happens to me is out of my control	10	32	28	29	1
I feel left out of things	4	22	25	49	*
Family responsibilities prevent me from doing what I want to do	6	22	22	51	*
On balance, I look back on my life with a sense of happiness	55	35	7	3	*
I feel satisfied with the way my life has turned out	53	34	9	3	1
I feel that the future looks good for me	42	44	10	3	1

20 **How strongly do you agree or disagree with the following statements?**

	Strongly agree %	Somewhat agree	Neither / nor	Somewhat disagree	Strongly disagree	Don't know
I tend to bounce back quickly after hard times	33	41	15	9	2	*
I have a hard time making it through stressful events	6	21	20	31	22	*
I usually come through difficult times with little trouble	25	44	18	11	3	*
I tend to take a long time to get over setbacks in my life	4	18	19	32	26	*

21 **Do you have any long-standing physical or mental impairment, illness or disability? By 'long-standing' I mean anything that has troubled you over a period of at least 12 months or that is likely to trouble you over a period of at least 12 months.**

	%
Yes	37
No	63

22 **Does anyone, whether family, friend, professional or volunteer, provide you with personal care or special help?**

	%
Yes	10
No	90

23 **About how many hours on per week on average do they spend looking after you?**

All who receive personal help/ care (147)

	%
Less than 20 hours per week	69
More than 20 hours per week	31
Don't know	-

24 **Does this person live with you?**

All who receive personal help/ care (147)

	%
Yes	36
No	63
Don't know	1

25 **Which two or three of the following do you think most contributes to a healthy lifestyle?**

	%
Good diet	58
Moderate physical activity such as long walks	36
Doing things you enjoy	31
Avoid smoking	28
Spending time with friends	21
Doing mind exercises such as crossword puzzles or other games	15
Having hobbies	14
Getting your 5 a day portions of fruit and vegetables	13
Drinking less	11
Visiting a GP or other doctor for regular check-ups	10
Vigorous physical activity such as exercise classes or attending a gym	10
Being part of a club or community organisation	5
Volunteering	4
Mental wellbeing/ keeping the mind active	*
Happiness/ laughter	*
Positive thinking	*
Other	2
Don't know	1

26 **How do you expect your health to change in the next 5 years compared to how healthy you are now? Do you expect to....**

	%
Become much healthier	2
Become somewhat healthier	7
Stay the same	67
Become somewhat more unhealthy	20
Become much more unhealthy	2
Don't know	2

27 **At what age do you expect to retire or will consider yourself to be retired?**

	%
54 or below	*
55-59	3
60-64	9
65-74	26
75+	3
MEAN	65.76
Already retired	49
Don't know	10

28 What is the main reason you are not yet retired?

All aged 50+ in England who are not yet retired in (627)

	%
I need to earn money	31
I think I'm too young to stop	16
I enjoy the work I do	14
I want to earn money	5
Work gives me a sense of purpose	4
Already retired	4
Not currently at retirement age	4
I don't know what else I would do with my time	2
I earn more money working than I would get when I retire	2
My partner is working so I want to keep working too	2
Work gives me a good social life	2
I don't have much pension savings so I will work and save for the future	2
I like the people I work with	2
Carer	1
Not working due to ill health/ long-term sick	1
Work keeps me fitter and healthier than if I stopped	1
Health	1
Housewife	1
Still working/ semi-retired	1
Disabled	1
Don't need to retire	*
Other	2
Don't know	2

29 **What are the main reasons why you retired when you did?**

*All aged 50+ in England who are retired
in (762)*

	%
Felt ready to retire	32
I reached state pension age	25
Onset or development of ill health/disability	13
My finances were sufficient to allow me to retire	8
I was made redundant	7
I had always planned to retire then	6
I wanted to spend more time with family or friends	5
I felt I was expected to retire	5
I didn't like work anymore	5
I became eligible for my private/occupational pension	4
Became a carer for a partner, relative or friend	4
My employer suggested that I retire	2
Unhappy with role change/ working conditions/ environment	2
End of contract/ completion of service/ no work available for me	1
To look after my grandchildren whilst their parents are at work	1
Health reasons	1
Moved house	1
Business closed	1
To have children	1
Retirement leaves me financially better off	*
My partner and I retired at the same time	*
Had the opportunity to take early retirement	*
Partner's wishes	*
Other	3
Don't know	1

30 **Now that you are retired, what do you miss about work?**

All aged 50+ in England who are retired in (762)

	%
I don't miss anything	44
I miss the social interaction	36
I miss the income	8
I miss the feeling that I'm doing something useful	8
I miss earning money	6
I miss having structure to my week	4
I miss having something to do	4
I miss getting out of the house	3
Other	7
Don't know	1

31 **How well would you say you yourself are managing financially these days? Would you say you are...?**

	%
Living comfortably	27
Doing alright	47
Just about getting by	21
Finding it quite difficult	4
Finding it very difficult	1
Don't know	*

32 **And how do you expect your financial situation to change in the next 5 years compared to how it is now? Do you expect it to....**

	%
Become much better	3
Become somewhat better	13
Stay the same	74
Become somewhat worse	8
Become much worse	1
Don't know	1

33 How much do you agree or disagree with the following statements?

	Strongly agree	Tend to agree	Neither/nor	Some-what disagree	Strongly disagree	Don't know
	%					
I have experienced discrimination at work or applying for work because of my age	4	7	17	19	53	1
Older people should be allowed to stay in work as long as they want to	45	32	12	8	4	*
Older people have a valuable contribution to make in the workplace	52	34	10	3	1	*

34 **Do you provide any of the following help or assistance for someone either living or not living with you? If yes, about how many hours on average per week do you spend looking after them?**

	Less than 20 hours per week	More than 20 hours per week	Not applicable/ Do not provide care	Don't know
	%			
Caring for a spouse or partner	1	5	94	*
Caring for a parent or parent-in-law	6	3	91	*
Caring for any other relative	4	2	94	*
Caring for a friend or neighbour	4	1	95	*
Help providing unpaid childcare for a grandchild or any other child	10	3	87	*

35 **When considering all the efforts that you have put into caring for someone please tell me how strongly you agree or disagree with the following statements.**

All who provide personal care/ help (391)

	Strongly agree	Tend to agree	Neither / nor	Some-what disagree	Strongly disagree	Don't know
	%					
It can at times cause me stress	16	35	10	11	28	*
It can at times prevent me doing other things I would like to do	14	39	13	13	21	*
I enjoy the time I spend caring for someone	46	35	12	5	2	-
I feel I'm making a contribution because I care for someone	53	31	11	2	3	-

36 **In the last 12 months, have you been involved with any of the following types of groups who get together to do an activity or socialise? If you have not taken part in any group please say so**

	%
I have not taken part in any group	52
Hobbies/social clubs	18
Sports/exercise groups, including taking part, coaching or going to watch	15
Local community or neighbourhood groups	11
Groups for children or young people	10
Religious groups, including going to a place of worship or belonging to a religious based group	10
Adult education groups	5
Groups for older people	5
Health, disability and welfare groups	4
Environmental groups	3
Political groups	3
Trade union groups	2
Other group	1
Don't know	*

