COUNTY WEXFORD REPORT

POSITIVE AGEING IN IRELAND

Headline findings of a survey carried out by the Age Friendly Cities and Counties Programme and the Healthy and Positive Ageing Initiative
FOREWORD

County Wexford has a significant ageing population with 18,367 people, aged over 65, living in this county in the 2011 census and this is predicted to rise further over the coming decade.

In response to these statistics, the Wexford Age Friendly County Alliance was formed in 2015, representing a wide number of organisations in County Wexford.

In 2017, we will publish an ‘Age Friendly’ strategy for Wexford. This is a significant new step for us and this strategy will outline the actions that will be undertaken to improve the quality of life for older people living in rural and urban areas over the next five years.

These actions have been identified through extensive consultation with older people across the county. We have listened to your views and acquired an understanding of your needs in areas such as health, housing, transport, personal safety, the built environment, social activities and access to information.

Furthermore, Wexford County Council has commissioned statistical data to gain an insight into demographic trends around the county. The ‘All Island Research Observatory’ published a comprehensive report which illustrated that the ‘65 plus’ cohort increased by 20% between 2006 and 2011 which was the 5th highest nationally. This report identified that this age group experienced the greatest growth over this period, highlighting the significant demand on new older people services that will be required.

Tom Enright,
Chief Executive Officer,
Wexford County Council.
SECTION 1: INTRODUCTION

This section provides the background and rationale for the Healthy and Positive Ageing Initiative (HaPAI) and summarises the approach that is being taken to develop national and local indicators of Healthy and Positive Ageing.

The conceptual framework, based on the goals and objectives of the National Positive Ageing Strategy (NPAS), is also outlined. The links between this strategy and the Age Friendly Cities and Counties programme is briefly discussed. Finally, some demographic data for County Wexford is presented.
As we enter a period of rapid population ageing, it is becoming increasingly important to develop evidence about the health and wellbeing of older people in order to inform policy at national and local level. Such evidence can alert us to possible difficulties, facilitate greater long-term planning, and ensure that we maximise the potential of all older people in our communities.

The National Positive Ageing Strategy (NPAS) was developed following extensive consultation with older people and their representatives. Published in 2013, it sets out a vision for Ireland as:

“...a society for all ages that celebrates and prepares properly for individual and population ageing. It will enable and support all ages and older people to enjoy physical and mental health and wellbeing to their full potential. It will promote and respect older people’s engagement in economic, social, cultural, community and family life, and foster better solidarity between generations”.

The strategy takes the WHO’s Active Ageing – A Policy Framework (2002) as a ‘theoretical underpinning’ and calls for action on three fronts by defining active ageing as “a process of optimising opportunities for participation, health and security” (NPAS, 2013).

Arising from the publication of the National Positive Ageing Strategy and Healthy Ireland, the Department of Health (DOH) is leading a joint national programme with the Health Service Executive (HSE) and Age Friendly Ireland (AFI) - the Healthy and Positive Ageing Initiative (HaPAI).

Indicators can play a vital role in the identification of trends and issues while contributing to the process of priority setting, policy formulation, and the evaluation and monitoring of progress. The Healthy and Positive Ageing Initiative has developed an indicators framework structured around the three goal areas of Participation, Health, and Security. A number of objectives have been identified within each goal area, each of which will be associated with an indicator(s) where possible. The NPAS also identifies two cross-cutting objectives relating to ageism and information provision.

Healthy Ireland, the national framework to improve the health and wellbeing of the population, has identified four high level goals and 64 actions grouped under six broad themes. Implementation of the NPAS is an essential part of the vision for creating a society in which “every individual and sector of society can play their part in achieving a healthy Ireland” (Healthy Ireland Goal 4).
Under the three pillars of the National Positive Ageing Strategy (NPAS), four goals have been identified [see below]. The HaPAI/AFCC survey asks people for their views on many of the key action areas identified in the NPAS under each of the four goals.

Through the Age Friendly Cities and Counties (AFCC) programme, local authorities bring together diverse organisations such as An Garda Síochána, the HSE, Universities, key NGOs, transport and service providers to streamline their work, with the interests and needs of older people at their heart. The programme develops local multi-agency planning structures, which consult with older people to develop integrated city and county strategies to promote and advance older people’s health and wellbeing across Ireland.

The AFCC programme has been identified by the NPAS as being an important approach to improving the lives of older people throughout the country. In order to integrate the AFCC programme with the National Indicators programme, the HaPAI project is developing indicators that are relevant to both the implementation of the NPAS and the AFCC programme.

Many of the national data sources do not provide any information on the lives of older people on a county by county basis. To address this gap, the HaPAI project has carried out local research using a single random sample survey in a number of local authority areas. The results of these surveys will be used to inform policy development and service provision in participating Age Friendly City and County programmes.

This report sets out the headline findings of the survey carried out in the County Wexford area. A random sample survey of over five hundred people aged 55 and over was carried out in the area between July and October 2015, and further details of the methodological approach can be found in Section 3.
The growth of the population age 65 and over affects many aspects of future planning for society, by health care providers, policymakers and others. In order to plan for and meet the needs of a larger older population it is important to have an accurate picture of recent trends and future predictions.

The 2011 Census found there was a total of 535,393 people aged 65 and over in Ireland (CSO, 2011). This proportion is lower than the EU average of 18.2% (Eurostat 2013). In contrast, Italy and Germany have nearly a fifth of their population aged 65 and over.

By 2041, there will be 1.4 million in Ireland aged 65 and over - three times more than the older population now. This older group will make up 22% of the total population, compared to 11.7% of the population in 2011 (CSO, 2013). The total population aged 70 and over is set to double from approximately 359,000 to just over 705,000 in 2046.
LOCAL DEMOGRAPHIC CONTEXT

The old-age dependency ratio indicates the total population aged 65 and over as a percentage of the population aged 15-64 (the working age population). In 2002, the ratio was 16.4%; by 2011 it had risen to 17.4%; and it is projected to rise to 30.0% by 2031 (CSO, 2013). In Wexford the dependency ratio was 19.6% (CSO, 2011).

Just like other areas in Ireland, County Wexford is experiencing ageing in its population structure which will have effects into the future. According to the 2011 Census, there were 33,619 people aged 55 and older in County Wexford which was just over one fifth of the local population (23%). This was similar to the State (22%). The total age dependency ratio, which is the sum of the young and old ratios, was calculated as being 54.8% in Wexford in 2011, an increase from 51.1% in Census 2006.

When reviewing the findings of this report it is useful to bear in mind that each 1% difference reported, represents nearly 336 older people.

The age and gender profile of County Wexford is different from the national average. Wexford has fewer men in the 55-64 age group and more women in the 65-74 age group.

**AGE & GENDER PROFILE OF PEOPLE AGED 55+ NATIONALLY v COUNTY WEXFORD**

Source: CSO (2011)

County Wexford has quite a diverse population, with 11% of the total population identifying as non-Irish nationals compared with a national average figure of 12%.

People in County Wexford have a similar level of educational attainment to the national average. In County Wexford 12% had third-level education (or higher) compared to the national average of 16%.

**EDUCATIONAL ATTAINMENT**

Source: CSO (2011)
In 2011 there were higher numbers of people employed in farming, agriculture, manual skilled and unskilled labour compared to the State averages. There were significantly lower amounts of higher professionals (3.6) and lower professionals (10.2%) than the State averages of 5.9% and 11.9% respectively.

County Wexford is a largely rural area; according to the 2011 Census, 63% live in a rural area.
Wexford is located in the south-east corner of Ireland and is the largest of Leinster’s 12 counties in size, and fourth largest in terms of population.

It is bounded by the sea on two sides, on the south by the Atlantic Ocean and on the east by the Irish Sea. The River Barrow forms its western boundary and the Blackstairs Mountains form part of the boundary to the north, as do the southern edges of the Wicklow Mountains.

It has four main towns. Wexford and New Ross are located in the south and west of the county, while the towns of Enniscorthy and Gorey support the northern part of the county. The county has a strong network of smaller towns, villages and rural settlements which support the county’s rural population.

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### LIVING CIRCUMSTANCES

- **Of those aged 55 and over**: 96.9%
  - **Live in a house**: 96.9%
  - **Live in a flat apartment or bedsit**: 1.7%
  - **Live in a temporary structure**: 0.3%
  - **Not stated**: 1.1%

Source: [Census 2011]
HEALTH AND WELLBEING

OLDER PEOPLE IN GOOD OR VERY GOOD HEALTH

71% COUNTY WEXFORD
72% NATIONALLY

Source: Good health (Census 2011)

Almost 10 out of 10 aged 55+ liked living in County Wexford

Source: Like living in County Wexford (AFCC)

For over 55s living in County Wexford in 2014:

7,579 Emergency Hospital Admissions

Nationally +21%
Wexford +11%

An increase of 11% in County Wexford compared with 2011 versus a national increase of 21%

Source: HIPE, Healthcare Pricing Office (HPO), August 2015
SECTION 2: SURVEY RESULTS

This section presents the main findings from the county survey for County Wexford under the following 11 categories:

- Public Spaces and Buildings
- Transportation
- Housing
- Safety and Security
- Healthy Ageing
- Social Participation
- Lifelong Learning
- Respect and Social Inclusion
- Civic Participation
- Information Access
- Caregiving
As County Wexford is a mostly rural area, many people in the survey reported that services were not available in their local area (10–15 minutes’ walk from their home). Supermarkets and other shops and a community centre or other venue where you can meet friends were most likely to be available. Cinema or other entertainment and full banking services were the least likely to be available.

**ACCESS TO ESSENTIAL SERVICES**

<table>
<thead>
<tr>
<th>Service</th>
<th>Difficulty to Access</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shops &amp; supermarkets</td>
<td>83%</td>
</tr>
<tr>
<td>Community centre</td>
<td>81%</td>
</tr>
<tr>
<td>Postal services</td>
<td>77%</td>
</tr>
<tr>
<td>Local health service</td>
<td>71%</td>
</tr>
<tr>
<td>Public transport</td>
<td>71%</td>
</tr>
<tr>
<td>Cafes/restaurants</td>
<td>70%</td>
</tr>
<tr>
<td>Park/green area</td>
<td>65%</td>
</tr>
<tr>
<td>Garda station</td>
<td>64%</td>
</tr>
<tr>
<td>Public library</td>
<td>62%</td>
</tr>
<tr>
<td>Banking services</td>
<td>60%</td>
</tr>
<tr>
<td>Entertainment</td>
<td>59%</td>
</tr>
</tbody>
</table>

**THE SERVICES THAT WERE MOST DIFFICULT TO ACCESS**

Where services were available in the local area, some were reported as easier to access than others.

<table>
<thead>
<tr>
<th>Service</th>
<th>Most difficult to access</th>
<th>Easiest to access</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gardaí</td>
<td>39%</td>
<td>79%</td>
</tr>
<tr>
<td>Banking services</td>
<td>34%</td>
<td>80%</td>
</tr>
<tr>
<td>Cinema/entertainment</td>
<td>32%</td>
<td></td>
</tr>
</tbody>
</table>

**ESSENTIAL SERVICES INCLUDE**

- Postal services
- Banking
- Shops
- Local health services (Pharmacy/ GP etc)
- Garda station

**SOCIAL & RECREATIONAL SERVICES INCLUDE**

- Cinema/Theatre/Entertainment
- Park/Green area
- Community centre/Social venues
- Café/Restaurants
- Public library
WE ASKED PEOPLE HOW THEY FELT ABOUT DIFFERENT ASPECTS OF THE BUILT ENVIRONMENT

Most people who lived in the open countryside and villages felt that these aspects of the built environment did not apply to their local area. The rates of dissatisfaction below only include those who thought that each aspect was relevant to them (between 37% for traffic lights and 69% for paths/pavements).

AS THEY AGE, PEOPLE ARE LESS SATISFIED WITH ASPECTS OF THE BUILT ENVIRONMENT SUCH AS THE QUALITY OF PAVEMENTS AND THE NUMBER OF PEDESTRIAN CROSSINGS AND TRAFFIC LIGHTS

RATES OF DISSATISFACTION

- **Quality and continuity of paths or pavements**:
  - Age 70+: 38%
  - Age 55-69: 34%

- **Availability or effectiveness of traffic calming measures**: 49%
- **Timing of pedestrian crossings and traffic lights**: 30%
- **Number of pedestrian crossings and traffic lights**: 44%

FACILITIES AND UPKEEP

- **Availability of accessible toilets**: 78%
- **General appearance and upkeep of your locality**: 81%
- **Availability of seats or resting places**: 59%

SAY IT IS EASY OR VERY EASY FOR THEM TO WALK A QUARTER OF A MILE IN THEIR AREA

- **Age 70+**: 55%
- **Age 55-69**: 68%

94% of people aged 55 and over liked living in their neighbourhood a lot.

78% are satisfied with the general appearance and upkeep of their local area.

COUNTY WEXFORD / SURVEY RESULTS
TRANSPORT USE IN THE PAST WEEK

THE MAJORITY OF RESPONDENTS ARE CURRENT DRIVERS

- 78% of people aged 55-69
- 67% of people aged 70+

DROVE THEMSELVES IN THE PAST WEEK

- 67% of people aged 70+
- 78% of people aged 55-69
- 52% of people aged 70+
- 40% of people aged 55-69
- 4.7% of people aged 70+
- 3.6% of people aged 55-69
- 1.5% of people aged 70+
- 2.7% of people aged 55-69
- 2.3% of people aged 70+
- 2.3% of people aged 55-69

PUBLIC TRANSPORT

- 62% of people aged 55+ rated public transport options as 'poor' or 'very poor'
- 25% rated it as 'good' or 'excellent'

By comparison, TILDA (2011) found that 50% of people rated public transport in the area as 'good' or 'excellent'

- 20% reported that a lack of transport in County Wexford causes difficulty for socialising or essential tasks
- 33% for those who are not current drivers and for those with walking difficulties

More than 1 in 4 (29%) reported that there was no public transport available within a 15 minute walk of their house, while a further 29% said that while it was available, it was difficult to access.
HOUSING CONDITIONS, FACILITIES AND UPKEEP

WE ASKED ABOUT HOUSING CONDITIONS, FACILITIES AND UPKEEP

- **99%** OF PEOPLE in County Wexford live in a house
- **83%** HAVE LIVED IN THEIR AREA FOR 10 YEARS OR MORE
- **87%** OF PEOPLE REPORTING NO PROBLEMS

Most homes are in good condition, with

- **50%** OF PEOPLE aged 70+ have problems with the upkeep of their homes
- **12%** OF PEOPLE aged 55+ were unable to keep their houses adequately warm in the last 12 months

By comparison, the European Quality of Life survey (EQLS, 2012) found nationally that 5% of people were unable to afford to keep their house warm.

PROBLEMS WITH HOUSING FACILITIES

- **10%** AGED 70+
- **50%** AGED 70+
- **20%** AGED 70+
- **13%** AGED 70+

- **14%** AGED 55-69
- **39%** AGED 55-69
- **23%** AGED 55-69
- **14%** AGED 55-69

<table>
<thead>
<tr>
<th>UNABLE TO KEEP HOUSE ADEQUATELY WARM</th>
<th>UPKEEP</th>
<th>FACILITIES</th>
<th>CONDITIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Includes: Inability to keep house warm for financial reasons</td>
<td>Includes: Difficulty carrying out the maintenance or upkeep yourself or with the cost of upkeep.</td>
<td>Includes: Shortage of space, home too big for current need, lack of indoor or downstairs flushing toilet, bath or shower and lack of outside space.</td>
<td>Includes: Rot in windows, door or floors, and damp or leak in walls or roof. Includes both cost of upkeep and maintenance.</td>
</tr>
</tbody>
</table>

The most frequent problem people had with conditions was damp or leaks (9.5%)
1.4% of people aged 55+ living in County Wexford reported that their home was too big for their current needs.

- 39% of people aged 55+ would like help with bills/upkeep for housing.
- 39% of people aged 55+ would like help for adaptations or physical improvements to house.
- 40% of people aged 55+ would like non-financial help with housing maintenance.

Housing Preferences:

- 22% of people aged 55+ would consider moving to an adapted type of housing.

Adults aged 55 and over in County Wexford were most positive about adapting their house to their needs and were least positive about moving in with a relative other than their children.
### Safety and Security

**How safe do people feel?**

We asked how safe people feel in various situations.

- **Aged 55+**
  - 26% feel safe at home during the day.
  - 26% feel safe out and about during the day.

- **MEN**
  - 24% feel safe at home at night.
  - 24% feel safe out and about at night.

- **WOMEN**
  - 28% feel safe at home at night.
  - 28% feel safe out and about at night.

The majority of people feel very safe.

- 96% feel safe at home during the day.
- 96% feel safe out and about during the day.
- 87% feel safe at home at night.
- 64% feel safe out and about at night.

- 22% of women do not feel safe when out and about at night.

**How frequently did this experience occur?**

- 44% once.
- 56% more than once.

**NPAS Goal 1:** Participation

**NPAS Goal 2:** Health

**NPAS Goal 3:** Security

**National Indicator**

**Local Indicator**
HEALTHY AGEING

STATE OF HEALTH

- **63%** of people aged 55–69 say their health is good or very good.
- **62%** of people aged 70+ say their health is good or very good.
- **7%** of people aged 70+ say their health is bad or very bad.

**17%** of people aged 55+ currently smoke.

This is higher than the national average of 14% (TILDA, 2013).

**55%** of people aged 55–69 have a long-standing illness or health problem.

Among these people, **16%** are severely limited in their everyday activities because of this health problem.

**56%** of people aged 70+ have a long-standing illness or health problem.

**63%** of people aged 55–69 say their health is good or very good.

**62%** of people aged 70+ say their health is good or very good.

**7%** of people aged 70+ say their health is bad or very bad.

Most Common Health Conditions

The four most common health conditions experienced by adults aged 55+ in County Wexford and nationally are:

- **Arthritis**
- **High Blood Pressure or Hypertension**
- **High Cholesterol**
- **Diabetes**

While the four main health conditions reported were common across both genders, **osteoarthritis was very common among women only**. 13% reported a doctor diagnosis of osteoarthritis in County Wexford. This was smaller to the national percentage for women of 18% (TILDA, 2011).
64% of people aged 70+ have 2 or more health conditions that have been diagnosed by a doctor.

TILDA (2011) found that 67% have 2 or more health conditions.

49% of adults aged 55-69 and 34% of adults aged 70+ do at least 150 minutes of moderate physical activity per week.

TILDA (2013) found that 45% of people aged 55+ do at least 150 minutes of moderate exercise every week.

**Assistance with Activities**

**Assistance with Activities in Those Aged 70+ in County Wexford**

- **Personal Care**
  - 5.4% of over 70s need assistance with personal care and 90% receive this assistance.

- **Housekeeping**
  - 13% of over 70s need assistance with housekeeping and 88% receive this assistance.

- **Mobility**
  - 12% of over 70s need assistance with their personal mobility and 80% receive this assistance.

5.4% of over 70s need assistance with personal care and 90% receive this assistance.

13% of over 70s need assistance with housekeeping and 88% receive this assistance.

12% of over 70s need assistance with their personal mobility and 80% receive this assistance.

**Health Services**

**Reasons Why Adults in County Wexford Did Not Receive Services Needed in the Last 12 Months**

- **Cost**
  - 6.5% of people aged 55+ in County Wexford are currently on a waiting list.

- **Waiting List**
  - 10% of people aged 55+ in County Wexford are currently on a waiting list.

- **Distance/Transport Problems**
  - 4.5% of people aged 55+ in County Wexford are currently on a waiting list.

**Preventive Health Services Received in the Past 12 Months**

- **Flu Vaccination (in target group 65+)**
  - 66%

- **Blood Test for Cholesterol (all ages)**
  - 78%

- **Blood Pressure Check (all ages)**
  - 87%

- **Mammogram or Breast X-ray (women 55-64)**
  - 64%

15% of people aged 55+ in County Wexford are currently on a waiting list.

Among these, 27% have been on a waiting list for more than 1 month and 61% have been on a waiting list for more than 3 months.
SOCIAL PARTICIPATION

HOW OFTEN DO PEOPLE SOCIALISE

We asked people how often they socialise or participate in community groups. More than 1 in 4 people participate in a community group at least weekly. This is similar to 27% of people aged 70+. Two in three people meet socially with relatives, friends and colleagues at least once a week. Eight percent meet people socially less than once a month or never.

MAIN BARRIERS TO SOCIAL PARTICIPATION

Over 1 in every 3 adults aged 70+ [34%] in County Wexford said that the social activities available in their local area don’t interest them. 9.6% of people aged 55-69 can’t get to the venues where social activities are happening. 6.1% of people aged 55-69 have negative attitudes about older people being involved. 9.3% of people aged 55-69 think costs involved are too high. 34% of people aged 55-69 think the social activities available don’t interest them.

LONELINESS IN OLDER PEOPLE

5.3% of people aged 55+ said they often feel lonely. 21% of people aged 55+ said they feel lonely some of the time. MEAN LONELINESS SCORE BY AGE IN COUNTY WEXFORD COMPARED WITH TILDA NATIONAL AVERAGE: This is a modified version of the UCLA Loneliness scale. Scores range from 0 (not lonely) to 10 (extremely lonely). Source for National data: TILDA (2014). People in County Wexford aged 55-69 are on average slightly less lonely than the national average - while people aged 70+ report a similar level of loneliness.
**LIFELONG LEARNING**

**COUNTY WEXFORD / SURVEY RESULTS**

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**EDUCATIONAL ATTAINMENT**

We asked people about their participation in lifelong learning.

- **11%** of people were in informal education or classes.
- **1.9%** of people participated in training leading to a formal education.

**Highest level of educational attainment among survey participants**

- **14%** of people are at primary level.
- **17%** are at lower secondary level.
- **28%** are at upper secondary level.
- **3.2%** are at third level non-degree.
- **12%** are at third level degree or higher.
- **26%** are not stated.

**Source:** Census 2011

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**BARRIERS TO PARTICIPATION IN LIFELONG LEARNING**

Almost **1 in 4** people aged **55+** in County Wexford experienced a barrier to participation in lifelong learning in the past **12 months**.

- **2.0%** costs associated with taking the course.
- **3.4%** lack of transport/distance to the course.
- **13%** no suitable or interesting courses available.
- **1.8%** responsibilities in the home.
- **3.4%** personal incapacity or ill-health.
- **5.7%** other barrier.

**NPAS GOAL 1:** Participation

**NPAS GOAL 2:** Health

**NPAS GOAL 3:** Security

**NATIONAL INDICATOR**

**LOCAL INDICATOR**

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**MEAN LONELINESS SCORE BY AGE IN COUNTY WEXFORD COMPARED WITH TILDA NATIONAL AVERAGE**

This is a modified version of the UCLA Loneliness scale. Scores range from 0 (not lonely) to 10 (extremely lonely). Source for National data: TILDA (2014)

People in County Wexford aged 55-69 are on average slightly less lonely than the national average - while people aged 70+ report a similar level of loneliness.

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NPAS GOAL 1: Participation

NPAS GOAL 2: Health

NPAS GOAL 3: Security

LOCAL INDICATOR

NATIONAL INDICATOR
PUBLIC ATTITUDES

WE ASKED PEOPLE ABOUT ATTITUDES OR BEHAVIOURS TOWARDS THEM AS PEOPLE

12% of people aged 55+ in County Wexford said they experienced negative attitudes or behaviours towards them as an older person.

TOP 3 SOURCES OF NEGATIVE ATTITUDES AND BEHAVIOURS EXPERIENCED BY PEOPLE

- Younger people: 4.9% of those aged 55-69 and 4.6% of those aged 70+
- Health professionals providing services: 5.4% of those aged 55-69 and 2.6% of those aged 70+
- Financial services providers: 2.2% of those aged 55-69 and 5.0% of those aged 70+

OVERALL THE 3 MOST COMMON SOURCES OF NEGATIVE ATTITUDES WERE FROM:

- Younger people: 4.8%
- Health service providers: 4.4%
- Financial service providers: 4.0%
CIVIC PARTICIPATION

VOLUNTEERING

JUST OVER 1 IN 4 PEOPLE AGED 55-69 AND ALMOST 1 IN 4 PEOPLE AGED 70+ VOLUNTEER AT LEAST ONCE A MONTH

OF THESE VOLUNTEER AT LEAST WEEKLY

82% OF THOSE WHO VOLUNTEER AT LEAST OCCASIONALLY are satisfied with the amount of time they spend volunteering

12% would like to increase the amount of time they spend volunteering

72% are satisfied with the range of volunteering options on offer

THE TYPES OF ORGANISATIONS THAT PEOPLE VOLUNTEER WITH ARE:

AGED 55+

20% Community and social services (e.g., organisations helping people in need)

16% Educational, cultural, sports or professional associations (e.g., GAA)

14% Social movement (e.g., environmental/human rights organisation)

12% Other voluntary organisations

POLITICAL ACTIVITIES

The EQLS [2012] found that 17% of people aged 55-69 contacted a politician or public official and only 5% attended a protest.

2.5% AGED 70+ Offered their views as an older person in an official capacity

4.4% AGED 55-69 Offered their views as an older person in an official capacity

6.8% AGED 70+ Contacted a politician or public official

8.3% AGED 55-69 Contacted a politician or public official

1.4% AGED 70+ Attended a protest or demonstration

4.6% AGED 55-69 Attended a protest or demonstration

1.0% AGED 70+ Attended a meeting of a trade union, a political party or political action group

4.8% AGED 55-69 Attended a meeting of a trade union, a political party or political action group

COUNTY WEXFORD / SURVEY RESULTS
INFORMATION ACCESS

SOURCES OF INFORMATION

- Less than half of people aged 55 and over in Co. Wexford get information from the internet:
  - 62% for people aged 70+
  - 40% for people aged 55-69
  - 37% for people aged 70+
  - 41% for people aged 55-69

- The top three sources of information for over 55s in County Wexford:
  - Television: 89%
  - National Radio: 95%
  - Newspapers: 74%

INTERNET USE

- 62% of County Wexford residents used the internet in the past 3 months.
- 52% of people used the internet more than weekly.
- 44% of the population used the internet (other than for work) at least once a week.
- 40% of people did not use the internet at all.

DIFFICULTY ACCESSING INFORMATION

- More than 1 in 10 people aged 55+ have difficulty accessing information about health or social care.
- Difficulty getting information about health or social care:
  - 12% aged 70+
  - 15% aged 55-69
- Difficulty getting information about local events and activities:
  - 6.4% aged 70+
  - 12% aged 55-69

Note: 'Do not use' defined as those who said 'not applicable' to question about internet use.
CAREGIVING

WE ASKED PEOPLE ABOUT HOW OFTEN THEY PROVIDE CARE TO OTHERS

1 IN 4 PEOPLE AGED 55-69 AND 1 IN 7 PEOPLE AGED 70+

CARE FOR CHILDREN OR GRANDCHILDREN EVERY DAY OR WEEKLY

THE PERCENTAGE OF PEOPLE IN COUNTY WEXFORD AGED 55 AND OLDER WHO ARE INVOLVED IN CARING FOR CHILDREN AND GRANDCHILDREN IS SLIGHTLY LOWER THAN THE PERCENTAGES REPORTED IN THE EUROPEAN QUALITY OF LIFE SURVEY (EQLS) FOR IRELAND.

IN THE EQLS - 15% OF OVER 55s AND 7.2% OF THE OVER 70s ARE INVOLVED IN CARING FOR CHILDREN OR GRANDCHILDREN EVERY DAY

INVOLVED IN CARING FOR AN ELDERLY OR DISABLED RELATIVE EVERY DAY

5.3% OF THOSE OVER 55

5.8% OF THOSE OVER 70

CAREGIVER STRAIN IS MEASURED USING THE QUESTION “HAS YOUR OWN LIFESTYLE BEEN AFFECTED BY THE CARING THAT YOU PROVIDE IN ANY OF THE FOLLOWING WAYS?” THERE ARE 12 DIFFERENT ITEMS SUCH AS “SLEEP DISTURBED” AND “IT IS A FINANCIAL STRAIN”
The target population for this survey includes all community-dwelling members of the population aged 55 and older in County Wexford. This sample did not include people aged 55 and older who were in long-term care or living in an institution at the time of survey. A multi-stage random-route sampling strategy was used to generate a sample of this population.
STUDY POPULATION AND SAMPLE

The target population for this survey includes all community-dwelling members of the population aged 55 and older in County Wexford. This sample did not include people aged 55 and older who were in long-term care or living in an institution at the time of survey. A multistage random-route sampling strategy was used to generate a sample of this population. This sampling approach involved several steps.

Firstly, a random sample of 50 District Electoral Divisions (DED) in County Wexford was selected as the primary sampling units (PSUs). Within each selected DED a starting address was selected at random. Beginning with this address a total of 10 interviews were to be completed in each of the 50 areas.

Detailed information on the approach that interviewers took to identify eligible households within each area for the survey is provided in Appendix 1. In summary, from their starting address, interviewers called to every fifth house. The interviewer asked to speak to a person aged 55 years or older in the household. One person aged 55 or older per household was invited to complete the interview. If there were two or more older people in the household then the interviewer applied the ‘next birthday’ rule to select one participant.

FIELDWORK AND RESPONSE RATE

A total of 502 interviews were conducted with participants aged 55 and older. Interviews were conducted in 2015.

The response rate is the proportion of selected households that included an eligible participant who completed an interview. Interviewers visited a total of 648 eligible households where a person aged 55 and older was resident. A further 280 households were visited but eligibility to participate in the survey was not determined. Based on the proportion of eligible households identified from the number of households visited, we calculated that 233 of these 280 would have contained a person who was eligible to participate. We included these households when calculating the response rate. A total of 501 interviewers were completed from 881 households, with a response rate of 57%.

DATA COLLECTION METHODS

Each participant completed a structured Computer-Assisted Personal Interview (CAPI) in their own home with a trained interviewer from Amárach Research. The interview contained questions on: age-friendly public spaces; experiences of discrimination; housing; safety and security; healthy ageing; health and social services utilisation;
participation in education and lifelong learning; active citizenship and volunteering; social and cultural participation; transport; and access to information. Participants were also invited to complete an additional, separate, paper-based survey on potentially sensitive topics. This included emotional wellbeing and elder abuse. This data will be available at the end of 2016.

ANALYTIC STRATEGY

This report presents descriptive data from the survey, including percentages and average values. In general, the results focus on the percentage of people aged 55+ who can be classified into a certain group, for example, those who report difficulty accessing specific services, or who volunteer. In a small number of cases participants did not respond to a survey item. These participants are excluded from the results for that survey question. Across all survey questions, no more than 15% of participants were missing a response.

PRESENTATION OF THE RESULTS

Throughout the report results are reported for different age groups and gender in order to illustrate key differences between groups in the population aged 55 and older. Results are, in the main, reported for two different age groups: 55-69; and 70+. Other age groups are reported where relevant. For example, uptake of the flu vaccine is reported for the target age group (age 65+).

NATIONAL BENCHMARKS

There are a number of national studies which collect data that is similar to this study. These include the Census, The Irish Longitudinal Study on Ageing (TILDA) and the European Quality of Life Survey (EQLS) and the Survey of Income and Living Conditions. Where applicable, we have reported this national data as a comparison or benchmark for the local data.

WEIGHTING

The response rate for the CAPI in County Wexford was 57%. Response rates typically vary among different groups within a given population such as different age groups or levels of education. This variation can lead to biased estimates when reporting results. This analysis included the application of sample weights which corresponded to the number of people in the population of County Wexford that were represented by each survey participant. Weights which were applied to the survey sample were estimated using the Census
COUNTY WEXFORD / METHODOLOGY

(2011). The characteristics compared were age, gender, educational attainment (primary/secondary/third level) and marital status (married/not married).

All analysis was conducted using Stata Version 13.

LIMITATIONS OF THIS REPORT AND FUTURE ANALYSIS

The results reported here are broadly descriptive and associations between responses to the different survey items are not explored in detail. Further work will be undertaken to explore complex associations between the different variables recorded in the survey. In addition, future publications will compare results across counties. It is also important to note that while the data is broadly representative of the population aged 55+ in the community in County Wexford, it does not include, and is not representative of, individuals who live in institutional settings.

INTERPRETING DIFFERENCES BETWEEN GROUPS

The data reported in this report is based on a random sample of individuals aged 55+ living in County Wexford. Any differences that we see between groups within the county (e.g. between men and women or between different age groups), or between County Wexford and national figures, could reflect a real difference in the population as a whole, or could be due to random chance.

The size of a difference that is likely to be real rather than due to random chance depends on two issues:

1. The size of the groups we are comparing, and
2. How low or high the percentages that we are comparing are.

The Tables on the following pages provide a guide to how big the differences need to be for us to be confident that they are real differences. Table 1 should be referred to when comparing small groups, of about 250 individuals. In this report, this applies when we are comparing men versus women, and comparing age groups 55-69 versus age 70+. Table 2 should be referred to when comparing groups of 250-500 individuals (an age group in a county, or the whole county) to a national figure. In this report, this applies to comparisons between the county itself, and national data sources such as TILDA or EQLS.
### TABLE 1: COMPARING SMALL GROUPS (of about 250 individuals)

**INCLUDES: MEN COMPARED WITH WOMEN; AGE 55-69 COMPARED WITH 70+**

<table>
<thead>
<tr>
<th>HOW BIG IS THE DIFFERENCE?</th>
<th>How confident can we be that it is a “real” difference? (i.e., not due to chance)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>9% OR MORE (percentage points)</strong></td>
<td>Can be reasonably confident differences are real</td>
</tr>
<tr>
<td><strong>Example:</strong> 74% of those in the 70+ age group and 64% of the 55-69 group are dissatisfied with the availability of accessible toilets. We can be confident that this 10% difference is not due to chance.</td>
<td></td>
</tr>
<tr>
<td><strong>5-8% (percentage points)</strong></td>
<td>We need to be cautious with these differences. We can only be confident that they represent real differences if the percentages being compared are above or below a certain value.</td>
</tr>
<tr>
<td>Are both values being compared ...</td>
<td>Minimum difference needed</td>
</tr>
<tr>
<td>Less than 30% or greater than 70%?</td>
<td>8%</td>
</tr>
<tr>
<td>Less than 20% or greater than 80%?</td>
<td>7%</td>
</tr>
<tr>
<td>Less than 15% or greater than 85%?</td>
<td>6%</td>
</tr>
<tr>
<td>Less than 10% or greater than 90%?</td>
<td>5%</td>
</tr>
<tr>
<td><strong>LESS THAN 5% (percentage points)</strong></td>
<td>Cannot be confident that these differences are real</td>
</tr>
<tr>
<td><strong>Example:</strong> 21% of women had an experience that left them concerned for their personal safety, compared with 17% of men. We cannot be confident that this 4% difference is real. This difference could be due to chance.</td>
<td></td>
</tr>
</tbody>
</table>
### TABLE 2: COMPARING COUNTY DATA (250-500 people) AND NATIONAL DATA (>1000 people)

**INCLUDES: COMPARISONS BETWEEN THE COUNTY AND NATIONAL DATA SOURCES**
(e.g. TILDA and EQLS)

#### HOW BIG IS THE DIFFERENCE?

<table>
<thead>
<tr>
<th>Difference</th>
<th>How confident can we be that it is a “real” difference? (i.e., not due to chance)</th>
</tr>
</thead>
<tbody>
<tr>
<td>7% OR MORE</td>
<td>Can be reasonably confident differences are real</td>
</tr>
<tr>
<td>(percentage points)</td>
<td>Example: 60% of people in the local authority area rated public transport as good or excellent, compared with 50% nationally. We can be confident that this 10% difference is not due to chance.</td>
</tr>
<tr>
<td>4-6%</td>
<td>We need to be cautious with these differences.</td>
</tr>
<tr>
<td>(percentage points)</td>
<td>We can only be confident that they represent real differences if the percentages being compared are above or below a certain value.</td>
</tr>
<tr>
<td></td>
<td>Are both values being compared ...</td>
</tr>
<tr>
<td></td>
<td>Minimum difference we can be confident is real</td>
</tr>
<tr>
<td>Less than 25% or greater than 75%?</td>
<td>6%</td>
</tr>
<tr>
<td>Less than 15% or greater than 85%?</td>
<td>5%</td>
</tr>
<tr>
<td>Less than 10% or greater than 90%?</td>
<td>4%</td>
</tr>
<tr>
<td>LESS THAN 4%</td>
<td>Cannot be confident that these differences are real</td>
</tr>
<tr>
<td>(percentage points)</td>
<td>Example: 14% of over 55s smoke, compared with 15% nationally. We cannot be confident that this 1% difference is real. This difference may to be due to chance.</td>
</tr>
</tbody>
</table>

Example: 62% of over 70s in the local authority area have multiple chronic conditions, compared with 67% nationally. Both values are between 15% and 85%, and therefore we cannot be confident that this 5% difference is real.
APPENDIX: DETAILED DESCRIPTION OF IDENTIFYING ELIGIBLE HOUSEHOLDS

The steps taken by interviewers were as follows:

1. Within each district electoral division (DED) interviewers were given a starting address on (for example) Road 1. The interviewer called at this house and asked to speak to somebody aged 55 years or older. If there is an eligible occupant or if there was no response from the house, they made a note of the address and called back, up to four times.

2. To locate the next house, interviewers stood with their back to the front door, turned to their left and counted five doors along the road, and called at this fifth house on e.g. Road 1.

3. Interviewers continued in this manner, calling at every fifth house until they reached the end of the road; assuming they successfully identified an eligible occupant to complete an interview or noted non-responses.

4. At the end of Road 1 they turned Left on to Road 2, counted five houses from the last house visited on Road 1 and continued calling to every fifth house on Road 2 until the end of the road.

5. At the end of Road 2 interviewers turned Right on to Road 3 (counted five houses from the last house visited on Road 2), continued calling at every fifth house on Road 3 until the end of the road.

6. At the end of Road 3, the interviewer turned Left on to Road 4, and alternate right and left turns at the end of each road while keeping within the DED.

If a household was ineligible due to age of more than 55 years or the household refused to participate, was vacant or derelict, interviewers used the following procedure to locate the next house:

1. Interviewers stood with their backs to the front door, turned left and went to the next house. If they again met with an ineligible household or a refusal they continued next door to the left until they identified an eligible occupant or noted a non-response.

2. Once they obtained an interview or non-response interviewers reverted to the fifth house on the left rule (steps 2-6). This procedure was followed until the quota of 10 interviews was reached, up to a maximum of 50 households, within each assigned DED.

3. The address and outcome of each house visited was recorded (including refusals, ineligible, vacant/derelict, non-responses and completed interviews) on the response sheet by each interviewer.

APARTMENTS:
Interviewers are given a sheet with the total number of residential addresses in the first column and the target apartment or flat in the second column. If apartments are not numbered, and there are doorbells, they count the bells from top left to bottom right. If apartments are not numbered and there are no separate doorbells, they count the apartments from top left to bottom right as you face the main door of the building from the street.
**RANDOM ROUTE RURAL AREA:**
In a rural area where houses are more spread-out interviewers are supplied with a map of each relevant DED and given the address to call at within each DED.

**HOUSEHOLD RESPONSE RATE:**
In order to calculate the response rate it is important to identify which houses are excluded because they are ineligible (nobody age 55 years or older), households that could not be contacted (non-response) and which households were eligible (person aged 55 years or older) but which either co-operated or refused to participate in the survey. Interviewers record each address called at and the outcome using codes for refusals, ineligibles, vacant/derelict and non-contacts.

In relation to ‘non-response’ interviewers record the time called at, and the times at which they called back (up to 4 times on different days and times). They also record the final outcome after the 4 attempts i.e. not eligible due to age, refused, interview completed, or could not contact after 4 attempts. 10% - 20% of interviews and adherence to random route are validated.
## REFERENCES & DATA SOURCES


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### DATA SOURCE

<table>
<thead>
<tr>
<th>DATA SOURCE</th>
<th>CENSUS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reference period</td>
<td>2011</td>
</tr>
<tr>
<td>Data collection frequency</td>
<td>Five year intervals</td>
</tr>
<tr>
<td>Coverage</td>
<td>De facto population i.e. the population recorded for each area represents the total of all persons present within its boundaries on the night of the Census, together with all persons who arrived in that area on the morning of Monday 11 April 2011, not having been enumerated elsewhere</td>
</tr>
<tr>
<td>Method of data collection</td>
<td>Self-completed form</td>
</tr>
<tr>
<td>Data content</td>
<td>Demography</td>
</tr>
<tr>
<td>Relevant policy areas</td>
<td>Healthcare, health, carers education, employment, transport, housing and living arrangements</td>
</tr>
<tr>
<td>Sample size</td>
<td>4,581,269 (total population)</td>
</tr>
<tr>
<td>DATA SOURCE</td>
<td>EUROPEAN QUALITY OF LIFE SURVEY (EQLS)</td>
</tr>
<tr>
<td>-------------</td>
<td>----------------------------------------</td>
</tr>
<tr>
<td>Reference Period</td>
<td>2011</td>
</tr>
<tr>
<td>Data collection frequency</td>
<td>Every four years</td>
</tr>
<tr>
<td>Coverage</td>
<td>The target population is all residents aged 18 and older, and the target sample size ranges from 1,000 to 3,000. A multi-stage, stratified random sampling procedure is used.</td>
</tr>
<tr>
<td>Method of data collection</td>
<td>Face-to-face questionnaire</td>
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<tr>
<td>Data content</td>
<td>Employment, income, housing and environment, family, health, work-life balance, subjective wellbeing and social equality.</td>
</tr>
<tr>
<td>Relevant policy areas</td>
<td>Family life, housing, income, life satisfaction, subjective-wellbeing, trust and social solidarity, poverty and social inclusion.</td>
</tr>
<tr>
<td>Sample size</td>
<td>1051</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>DATA SOURCE</th>
<th>THE IRISH LONGITUDINAL STUDY OF AGEING (TILDA)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reference Period(s)</td>
<td>Wave 1 (2009-2011); Wave 2 (2012-2013)</td>
</tr>
<tr>
<td>Data collection frequency</td>
<td>Every two years, Wave 3 due to finish data collection in 2015</td>
</tr>
<tr>
<td>Coverage</td>
<td>Community-dwelling adults aged 50+ at Wave 1 and 52+ at Wave 2, living in the Republic of Ireland (ROI). A random, clustered, stratified sampling is used to ensure population representative sample.</td>
</tr>
<tr>
<td>Method of data collection</td>
<td>Face-to-face Interviews in participants homes; self-completion questionnaire; nurse-led health assessment</td>
</tr>
<tr>
<td>Data content</td>
<td>Health, economic and social data</td>
</tr>
<tr>
<td>Relevant policy areas</td>
<td>Employment, Education and Lifelong Learning, Active Citizenship, Engagement in Activities, Transport, Healthy Ageing, Support and Care Services, Income, Homes, Ageism</td>
</tr>
<tr>
<td>References</td>
<td>TILDA data available from <a href="http://www.ucd.ie/issda/data/tilda/">http://www.ucd.ie/issda/data/tilda/</a></td>
</tr>
<tr>
<td>Sample size</td>
<td>Wave 1: 8,175; Wave 2: 7,010</td>
</tr>
</tbody>
</table>