

2011 census data analysis

Growing older in Scotland: health, housing and care

Research Briefing

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Published October 2015

EQUALITY AND HUMAN RIGHTS COMMISSION RESEARCH

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1. Executive Summary

This research briefing shows the range of activities and experiences that relate to the standard of living of older people in Scotland. The data furthers our understanding of housing, health, unpaid care and the inequalities that relate to these as people get older. The main findings of the review are:

- The growth between 2001 and 2011 in the people aged over 50 was equivalent to 98 per cent of the rise in Scotland's overall population. This is due to both people living longer and larger numbers of people turning 50.
- Although the older population is predominantly white (96.4 per cent) the ethnic minority population of Scotland aged over 65 has nearly doubled since 2001.
- There are indications that fewer people are taking early retirement. In 2011, 65 per cent of Scottish residents aged 50-64 were employed compared to 45 per cent in 2001.
- The majority of those over 65 are retired (88.5 per cent) but there is a substantial group of those aged between 65 and 75 working over 38 hours a week. Scottish residents are working past retirement age, and often working long hours and commuting long distances (37 per cent of men and 26 per cent of women travel over 10 kilometres to work).
- There are increasing numbers of single people and people living alone in the older population – 63 per cent of people aged over 65 live alone.

- Older people at risk of social isolation through health problems reported lowest levels of household access to cars. Public transport is a key support mechanism in many areas.
- Around 11 per cent of people over 65 undertake unpaid care. Carers in the poorest health are more likely to provide care for over 50 hours a week (81 per cent).
- Unpaid care amongst people aged over 50 with long-term limiting conditions varies by council area, with the highest in West Dunbartonshire – 15.4 per cent compared to 13.5 per cent national average.
- There has been a rise in single people entering communal establishments. Women over 75 are much more likely than men to live in communal establishments; 42 per cent of women over 95 are in such homes.
- Overcrowding becomes less of an issue as people grow older: one in 20 older people lives in an overcrowded room, compared to 10 per cent of 35-49 year olds and 15 per cent of children.
- 1,300 older people are living in overcrowded accommodation without heating.
- Health inequalities are becoming larger for older people living in Scotland. Health inequality by socio-economic position is growing amongst the older population (50-74) – 17 per cent of those who worked in routine roles have poor health, compared to 4 per cent who were in higher professional or managerial roles.
- Those in social rented accommodation report more health problems. For example 62 per cent of home owners over 65 report good health,

compared to 37 per cent of those over 65 in socially rented accommodation

2. Introduction

In 2015 the Equality and Human Rights Commission in Scotland commissioned research to explore the lives of older people in Scotland and the intersection between age as a protected characteristic and other protected characteristics.¹

The following information is based on the 2011 Census data (Scottish Government 2015a) with some comparison to the 2001 census (General Register Office for Scotland 2005). The research brief focuses on inequalities relating to growing older in Scotland including socio-economic status, gender and area-based differences.

The document will firstly outline wider demographic information relating to marital status and ethnic minority populations. This will be followed by a focus on:

- How older people spend their time, especially around employment.
- Older people providing unpaid care, broken down by age and gender.
- What housing older people live in, which includes information on communal living, extra rooms and overcrowding.
- Long term and general health data

3. Methodological note

The data used in this briefing note derive from the publicly available tables for the 2011 Scottish census. For simplicity, all tables and graphs in the main text are taken from the 2011 census. In some cases we have included data from the 2001 census but have included these within the

¹ The protected characteristics as defined by the Equality Act 2010 are: gender, ethnicity, disability, faith, sexual orientation, gender reassignment, maternity, age and marriage and civil-partnership status.

appendix. Where both 2001 and 2011 data is included in the same table, the earlier data has been italicised.

Our analysis is restricted to those areas where tables have been produced. In many instances tables are available which bring together various topics (such as health by housing). Because of the risks of disclosing individuals, not all tables combining all variables are available for census data, and many tables are not available at geographies below local authority level. Further, in many cases, categories such as age are grouped together to prevent individuals being disclosed. This is a particular consideration for this report as often data is only available within the age-group 65 or over, preventing detailed analysis of any breakdown within that category. Further census output tables were created for our analysis and these are now publicly available.

4. Policy Context

In Scotland there has been a clear policy emphasis on planning for the ageing population. In 2007, *All Our Futures: Planning for a Scotland with an Ageing Population*, committed the Scottish Government to focus on ageing throughout the Scottish Government's Purpose, strategic objectives and national outcomes, indicators and targets (Scottish Government 2007). Through a series of events relating to the National Forum on Ageing and the Scottish Older People's Assembly it has remained high on the agenda. Other strategic agendas have also been developed, including Scottish Government (2011) *Age, Home and Community: A Strategy for Housing for Scotland's Older People: 2012 – 2021* and *Reshaping Care for Older People* (Scottish Government 2010b).

These policies and strategies are also linked to the context of the Christie Commission that focused on integrating services to lessen harm and inequalities. In particular:

“We therefore call on the Scottish Government and other partners to continue to ...[develop]... arrangements which support the integrated provision of health and social care services, in particular for older people” (Christie 2011: 76).

The key challenges to this have been highlighted as:

- Housing needs are projected to rise rapidly as a result of population ageing.
- Rural local authorities tend to have an older population and a lower proportion of working-age people, and this pattern is projected to increase.
- Family support may be more challenging in the future, as there will be relatively fewer people in those age groups which typically provide support to older households

(Scottish Government 2011: 22-23)

In line with the policy priorities of the Scottish Government and the key elements of the Christie Commission, this document concentrates on the key policy priorities of inequalities, health, care and housing in the older population.

5. Demographics relating to older people in Scotland

Key Findings:

- The growth between 2001 and 2011 in the people aged over 60 equated to 98% of the rise in Scotland's overall population.
- There are an increasing number of older single people in Scotland, and there are likely to be more single older people in Scotland in future.
- The number of people living alone is greater in older age groups, probably because of widowhood.
- Rural Scotland has an older population than urban areas.
- The size of the 65+ ethnic minority population of Scotland has nearly doubled since 2001.
- Aging ethnic minority populations could therefore be an increased policy issue in Scotland in future.

This section contains demographic data on the profile of Scotland's older population. The following sections analyse data that gives us insight across the protected characteristics. Country of birth and proficiency in English (and other languages) are also explored. This briefing also specifically looks at rural and urban divides as this is of increasing concern.

Scotland's overall population grew from 5,062,011 in 2001 to 5,295,403 in 2011, an increase of 233,392. 160,223 of this increase was amongst people aged 60 or over, with a further increase of 67,612 amongst people in their 50's. Collectively, the increase of people over 50 was 97.6 per cent of the overall increase in Scotland's population. The increases in all older age-groups suggest that longevity is perhaps driving population growth. The proportion of the population over 80 grew

from 3.7 per cent to 4.3 per cent, those over 60 increased from 21.0% to 23.1% of the population, while for over 50s the proportion increased from 33.6% to 36.4%. The number of people aged over 100 increased by 22 per cent (854, up from 201), with the largest concentration in Argyll and Bute, where 1 in 2,755 residents are over 100 (32 people in total).

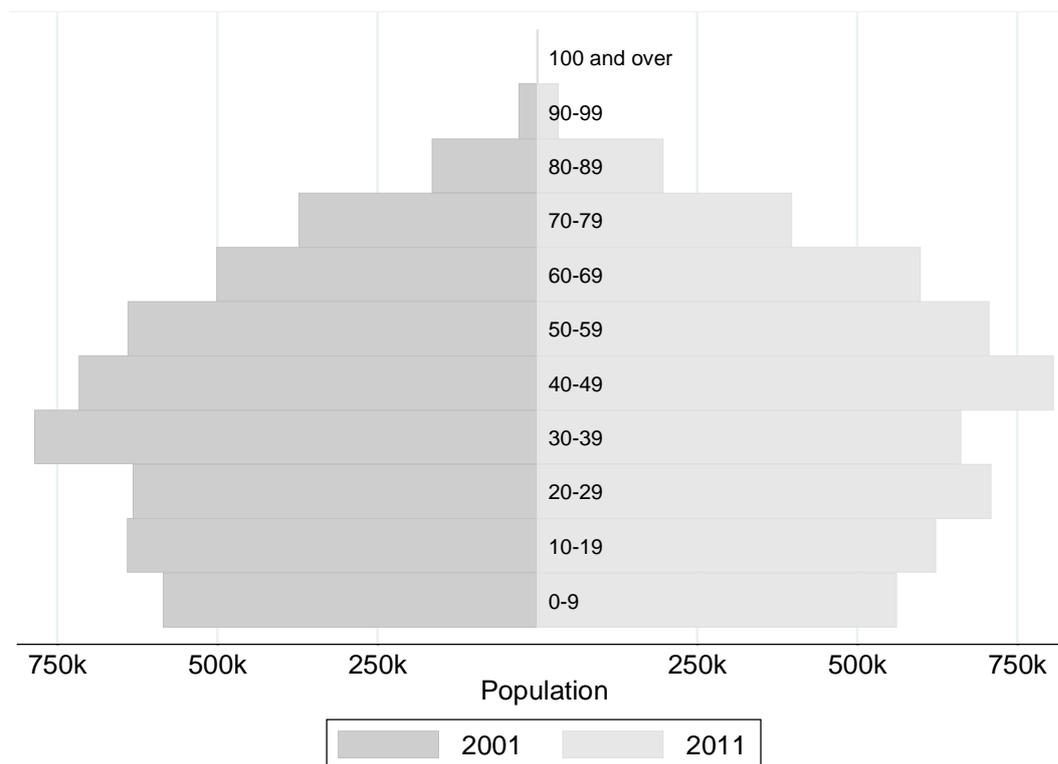


Figure 1: Population by age, Scottish Census 2001 (CAS002) and 2011 (DC1117SC)

Generally, rural Scotland has an older population than urban areas. For instance, Table 1 shows that, for every older age-group Edinburgh and Glasgow have a smaller percentage of the population in that bracket than Scotland as a whole, and the Western Isles and Scottish Borders have a larger percentage than the nation overall. While 23 per cent of the population are 61 or older, in Edinburgh and Glasgow this figure is just 20 per cent and 19 per cent respectively, compared to 29 per cent in both the Borders and Western Isles.

	Scotland	Edinburgh	Glasgow	Western Isles	Scottish Borders
51-55	7.1%	6.3%	6.5%	7.4%	7.7%
56-60	6.3%	5.4%	5.3%	7.1%	7.0%
61-65	6.4%	5.3%	4.8%	7.9%	7.9%
66-70	4.9%	3.8%	3.7%	6.1%	6.2%
71-75	4.2%	3.4%	3.4%	5.4%	5.2%
76-80	3.4%	2.9%	2.9%	4.1%	4.0%
81-85	2.4%	2.3%	2.0%	3.0%	2.9%
86-90	1.4%	1.4%	1.2%	2.0%	1.8%
91-95	0.5%	0.5%	0.4%	0.7%	0.7%
96+	0.1%	0.1%	0.1%	0.2%	0.2%

Table 1: Older population by area, Scottish Census 2011 (DC1117SC)

Within each age-group the numbers of older people are increasing, at a faster rate for men than women. Figure 2 shows the additional population size for each age group, while figure 3 shows the changing gender demographics within each age-group. The number of men in Scotland over 65 rose by 58,378 between 2001 and 2011, compared to 39,256 for women. The proportion of women in each age bracket from 50 to 64 is relatively stable at around 51 per cent, increasing steadily as people age. Over two-thirds of people over the age of 85 are women. However, these gender differences are not as stark as in 2001. This reflects the falling gap in life expectancy between men and women in Scotland over the past 20 years (Ellis, 2014).

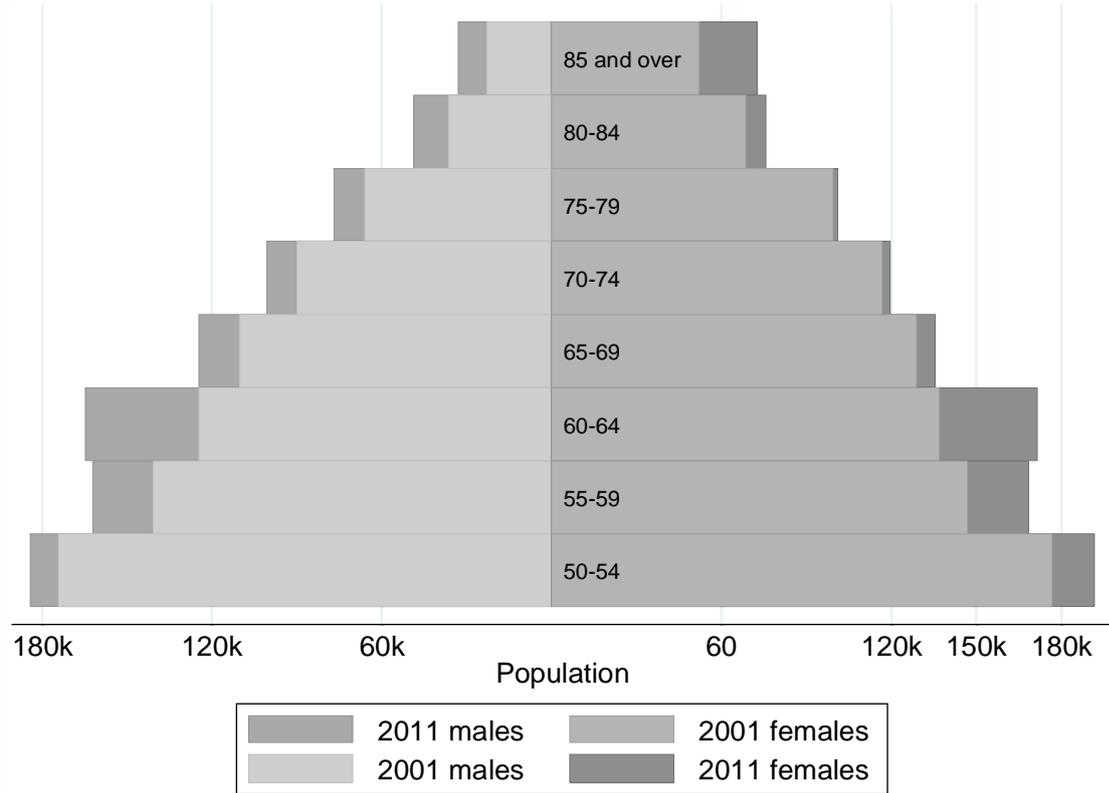


Figure 2: Older population by gender, Scottish Census 2001 (CAS002) & 2011 (DC1107SC)

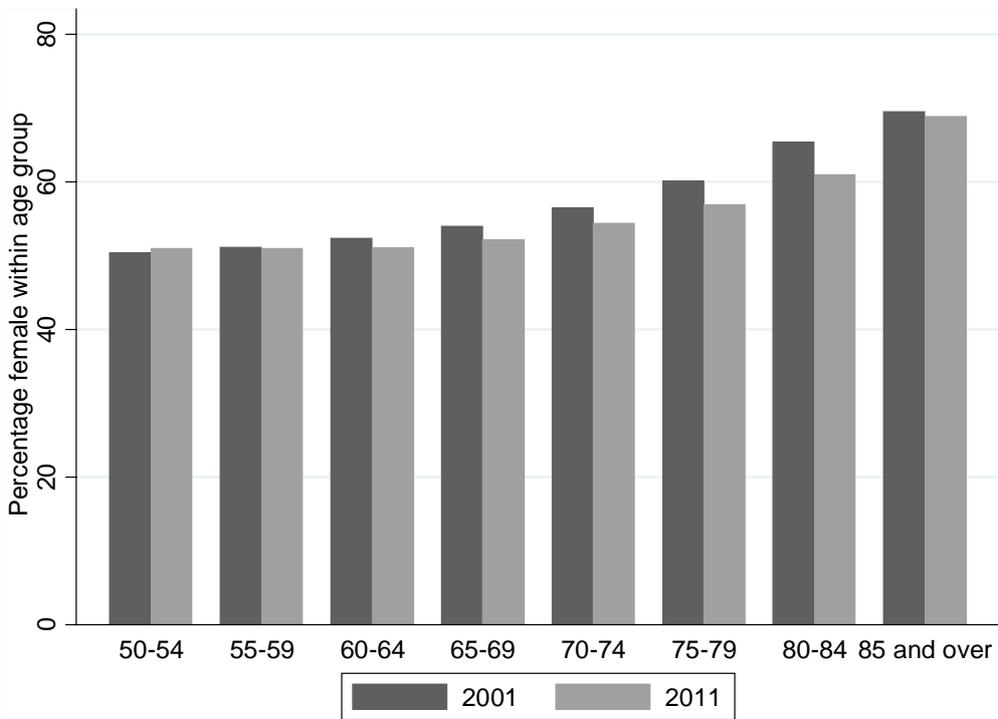


Figure 3: Gender breakdown by age, Scottish Census 2001 (CAS002) & 2011 (DC1107SC)

5.1 Marital status

Around seven per cent of people aged 60 or over have never (lived as) married (see Table 2). The proportion is higher for people in their 50's, and increases for each age group, suggesting that Scotland's older population will increasingly live without a partner in their homes.

Similarly, around two-thirds of 65-69 year olds currently live with their partners; the decline with age will be due to the increase in widowhood. For instance, the proportion living with a partner declines by 14 per cent from the ages of 75-79 to the ages of 80-84, with a similar increase in the rate of widowhood.

However, the increased divorce rate amongst those in their 50's suggests a pattern of greater numbers of people entering their later years without a partner. This may have implications for levels of social isolation. Such isolation can create a burden on both the health and well-being of older people (Hawton et al. 2011).

	Single	Living with partner	Divorced/separated	Widowed
All ages	35.4%	45.4%	11.4%	7.8%
50-54	13.6%	62.4%	21.5%	2.4%
55-59	10.0%	66.1%	19.6%	4.3%
60-64	7.6%	68.2%	16.6%	7.7%
65-69	6.5%	66.7%	13.2%	13.7%
70-74	6.2%	61.4%	9.7%	22.6%
75-79	6.5%	52.2%	6.7%	34.6%
80-84	7.6%	38.8%	4.4%	49.2%
85+	8.9%	21.1%	2.7%	67.3%

Table 2: Marital status, Scottish Census 2011 (DC1117SC)

Exact comparison cannot be made with the 2001 census, which coded people as either married or unmarried (see Table A1). However, for all age-groups from 65 upwards there is a higher proportion living with their partners in 2011 than were married in 2001.

5.2 Religion

While we might associate older generations with being more religious, a quarter of 60-64 year olds stated they had no religion, a proportion which increases with each younger age group (see Table 3). Similarly, the proportion of Christians is in decline, falling from 87 per cent of 80-84 year olds, to 73 per cent of 60-64 year olds and 65 per cent of 50-54 year olds.

	All ages	50-64	65-74	75+
Church of Scotland	34.86%	44.98%	57.56%	64.63%
Roman Catholic	17.07%	17.15%	16.04%	14.52%
Other Christian	5.91%	6.58%	7.45%	8.00%
Muslim	1.56%	0.67%	0.39%	0.22%
Hindu	0.33%	0.11%	0.10%	0.05%
Buddhist	0.26%	0.27%	0.11%	0.06%
Sikh	0.18%	0.13%	0.07%	0.06%
Jewish	0.12%	0.14%	0.15%	0.21%
Other	0.31%	0.39%	0.20%	0.11%
No religion	39.39%	29.58%	17.94%	12.14%

Table 3: Religion by age, Scottish Census 2011² (DC2107SC)

Among those who express a faith identity, the majority of older adults in Scotland classify themselves as members of the Church of Scotland, with Roman Catholics as the next largest group. Many faith groups (including Hindu, Muslim and Buddhist) have very low representation in the older population.

5.3 Ethnicity in Scotland

The older population is predominately white, and more so than younger age groups (see Table 4). The proportion of the non-white population amongst 75-79 year olds has doubled since 2001, but only from 0.4 per cent to 0.8 per cent (see Table A2). While this rate might appear to be slow, it should be noted that increases to the overall population means the size of these groups are expanding slightly faster. The number of

² Percentage excludes people who did not give an answer (around 7 per cent)

non-white people in Scotland over 65 has increased from 4,162 in 2001 to 7,394 in 2011, this increase appears to be amongst the Asian population, although changes in the categorisation of ethnicities between 2001 and 2011 make this difficult to ascertain.

Some ethnic groups have very low numbers in Scotland, with only 53 Africans and 70 Black Caribbean over the age of 80. Looking within ethnic groups, it appears the Black African population under 50 is much larger than that over 50. This suggests we will see increasing numbers of Black older people in coming years, which may have implications for policymakers. In particular, the problem of poverty in older age for this group may present a policy challenge, as Pakistani, Bangladeshi, Black African and Black Caribbean are the ethnic minority groups most likely to be in persistent poverty (Nandu and Fisher 2015).

	White	Mixed /multiple	Asian	African	Black	Other
All ages	96.0%	0.4%	2.7%	0.6%	0.1%	0.3%
50-54	97.9%	0.1%	1.6%	0.2%	0.09%	0.2%
55-59	98.3%	0.1%	1.3%	0.1%	0.06%	0.1%
60-64	98.9%	0.09%	0.8%	0.08%	0.05%	0.09%
65-69	99.1%	0.07%	0.7%	0.06%	0.04%	0.07%
70-74	99.1%	0.06%	0.8%	0.05%	0.04%	0.05%
75-79	99.2%	0.04%	0.7%	0.03%	0.03%	0.04%
80-84	99.3%	0.05%	0.5%	0.02%	0.03%	0.04%
85+	99.6%	0.04%	0.3%	0.02%	0.03%	0.04%

Table 4: Ethnicity in Scotland, Scottish Census 2011 (DC2101SC)

As Table 5 shows, Scotland's white older population largely identifies as 'Scottish', with fewer than 10 per cent identifying as from another part of the UK. While over 1 per cent of White people in Scotland are Polish, this drops to less than a tenth of a percentage point amongst retired age-groups, although this increases for the very oldest. This implies that economic migrants from within the EU are not of retirement age.

	Scottish	Other British	Irish	Gypsy/ Traveller	Polish	Other
All ages	87.4%	8.2%	1.1%	0.08%	1.20%	2.0%
50-54	88.0%	9.2%	1.0%	0.07%	0.5%	1.3%
55-59	87.9%	9.5%	1.1%	0.06%	0.4%	1.1%
60-64	87.6%	10.2%	1.1%	0.05%	0.2%	0.9%
65-69	88.3%	9.6%	1.2%	0.05%	0.1%	0.8%
70-74	89.8%	8.2%	1.2%	0.03%	0.1%	0.7%
75-79	90.9%	7.3%	1.2%	0.03%	0.1%	0.6%
80-84	90.3%	7.6%	1.3%	0.02%	0.1%	0.7%
85+	88.1%	9.5%	1.3%	0.02%	0.4%	0.8%

Table 5: Ethnicity of Scotland's white population, Scottish Census 2011 (DC2101SC)

In terms of national identity, around six in 10 older people in Scotland describe themselves as Scottish (see Table 6). There are few differences to the wider population, other than a greater tendency to identify as 'Scottish and British'. Thus, there is little evidence that older people view themselves, collectively, as different from the wider population in terms of their relationship to the UK.

	Scottish	British	Scottish & British	Scottish & other	English	Other UK combined	Other	UK & Other
All ages	62%	8%	18%	2%	2%	2%	4%	0.3%
50-54	62%	10%	19%	2%	3%	2%	2%	0.3%
55-59	61%	10%	21%	2%	3%	2%	2%	0.2%
60-64	59%	10%	23%	2%	3%	2%	1%	0.2%
65-69	58%	9%	25%	2%	3%	3%	1%	0.2%
70-74	59%	8%	25%	1%	3%	2%	1%	0.1%
75-79	61%	8%	24%	1%	3%	2%	1%	0.1%
80-84	62%	8%	23%	1%	3%	2%	1%	0.1%
85+	62%	8%	20%	2%	4%	2%	1%	0.1%

Table 6: National identity of older people in Scotland, Scottish Census 2011 (DC2102SC)

Table 7 shows the ethnicity of people by the age they entered the UK and shows migratory patterns amongst in-migrants currently in Scotland.

The most common ethnicity is White Other (perhaps from Europe or English-speaking countries). The ethnic mix is more marked than suggested by Table 5, with 68 per cent of migrants being White, and over a third of them identified as British or Irish.

	All	50-64	65+
White: Scottish	14.0%	8.0%	9.7%
White: British	5.9%	7.2%	7.1%
White: Irish	5.7%	4.2%	8.9%
White: Gypsy/Traveller	0.1%	0.1%	0.1%
White: Polish	14.9%	21.0%	8.2%
White: other	24.1%	36.4%	34.3%
Mixed or multiple ethnicities	1.4%	0.9%	0.9%
Pakistani	5.7%	4.5%	6.8%
Indian	5.9%	3.2%	5.8%
Bangladeshi	0.6%	0.4%	0.7%
Chinese	6.8%	3.2%	6.1%
Other Asian	4.8%	3.8%	4.0%
African	6.4%	4.0%	3.3%
Caribbean or black	0.8%	0.6%	1.4%
Arab	1.9%	1.5%	2.0%
Other	1.1%	0.9%	0.8%

Table 7: Ethnicity of Scottish residents born outside the UK by age on arrival, Scottish Census 2011 (DC2801SC)

Overall, the number of older people in Scotland is increasing, at a much faster rate than younger age-groups. This appears to be driven by people living longer rather than by migration as there are relatively low numbers of immigrants amongst the older population (and older migrants often identify as being of Scottish origin). Even amongst migrants moving to the UK after the age of 65, 10 per cent regard themselves as White Scottish. There is evidence of demographic change in terms of religiosity and living arrangements, perhaps reflecting social changes of previous generations. However, while older Scotland is predominately white, it should be remembered the ethnic older population has nearly doubled over the last decade.

6. How older people spend their time in Scotland

Key Findings:

- 88.5 per cent of people over 65 are retired. Older men are more likely to be in employment than women.
- 20,288 men and 16,503 women between the ages of 65 and 74 are working over 38 hours per week.
- Over a quarter of workers over 65 work from home, and 20 per cent of female workers and 30 per cent of male workers, commute over five kilometres (3.1 miles).
- There are 1,724 students over the age of 65. Students in 2011 comprised 0.3 per cent of all 50-64 year olds, compared to 0.08 in 2001.
- Those most at risk of social isolation through health problems report lowest levels of household access to cars.
- There are gender differences in car access for over 65s, but not for 50-64 age-group.

This section will examine elements of structured time, including education and occupation data. This gives insights to the gendered differences affecting the older population in Scotland in employment and transport.

The main economic activity of Scottish residents over 65 is retirement (Table 8). However, 11.5 per cent of this population have alternative statuses, mostly commonly in employment. There was a slight rise in the numbers reporting their economic activity as employed, 7.2 per cent compared to 6.8 per cent in 2001 (see Table A3). The breakdown between part-time employment, full-time employment and self-employment were approximately evenly split (with the self-employed

more likely to continue in full-time work). Men (13.3 per cent) were more likely to declare themselves as working than women (5.7 per cent). In both 2001 and 2011, 0.2 per cent of people over 65 described themselves as unemployed. Compared to 2011 there has been a rise in the 50-64 age bracket of being in employment. In 2001 45 per cent of the population were in employment, compared to 65 per cent in 2011. This might partly be due to the rising of the female retirement age: exact comparison is not possible but female rates of retirement were 82% for people aged over 65 and 64% for women aged 60-64, much lower than in 2011.

	65+		50-64	65+ men	65+ women
Retired	788,280	88.5%	17.5%	85.9%	90.5%
Employee full-time	24,785	2.8%	39.9%	4.3%	1.6%
Employee part-time	23,772	2.7%	14.6%	2.3%	2.9%
Self-employed full-time	15,160	1.7%	7.8%	3.2%	0.6%
Self-employed part-time	8,885	1.0%	2.7%	1.5%	0.6%
Long-term sick or disabled	13,208	1.5%	9.0%	1.3%	1.6%
Looking after home	2,648	0.3%	3.0%	0.1%	0.5%
Student	1,724	0.2%	0.3%	0.2%	0.2%
Unemployed	1,593	0.2%	3.3%	0.3%	0.1%
Economically inactive	10,279	1.2%	1.9%	0.8%	1.4%

Table 8: Economic activity by age, Scottish Census 2011 (DC6201SC)

Older Scottish residents are increasingly more likely to be engaged in study. There are also 1,724 people (0.2 per cent) over 65 who describe themselves as students. While this is a small proportion of the retired population, it is much larger than the 0.01 per cent reported in 2001 (see Table A3). Similarly, the proportion for 50-64 year olds has increased from 0.08 per cent to 0.3 per cent.

Figure 4 shows the 10 most common occupations of Scottish residents past retirement age. These encompass a range of socio-economic positions, including professionals, managers, machine operators and

drivers. There is little evidence of specific occupations more readily undertaken by people of retirement age, if compared to the proportions of the workforce for the 55-59 age-group.

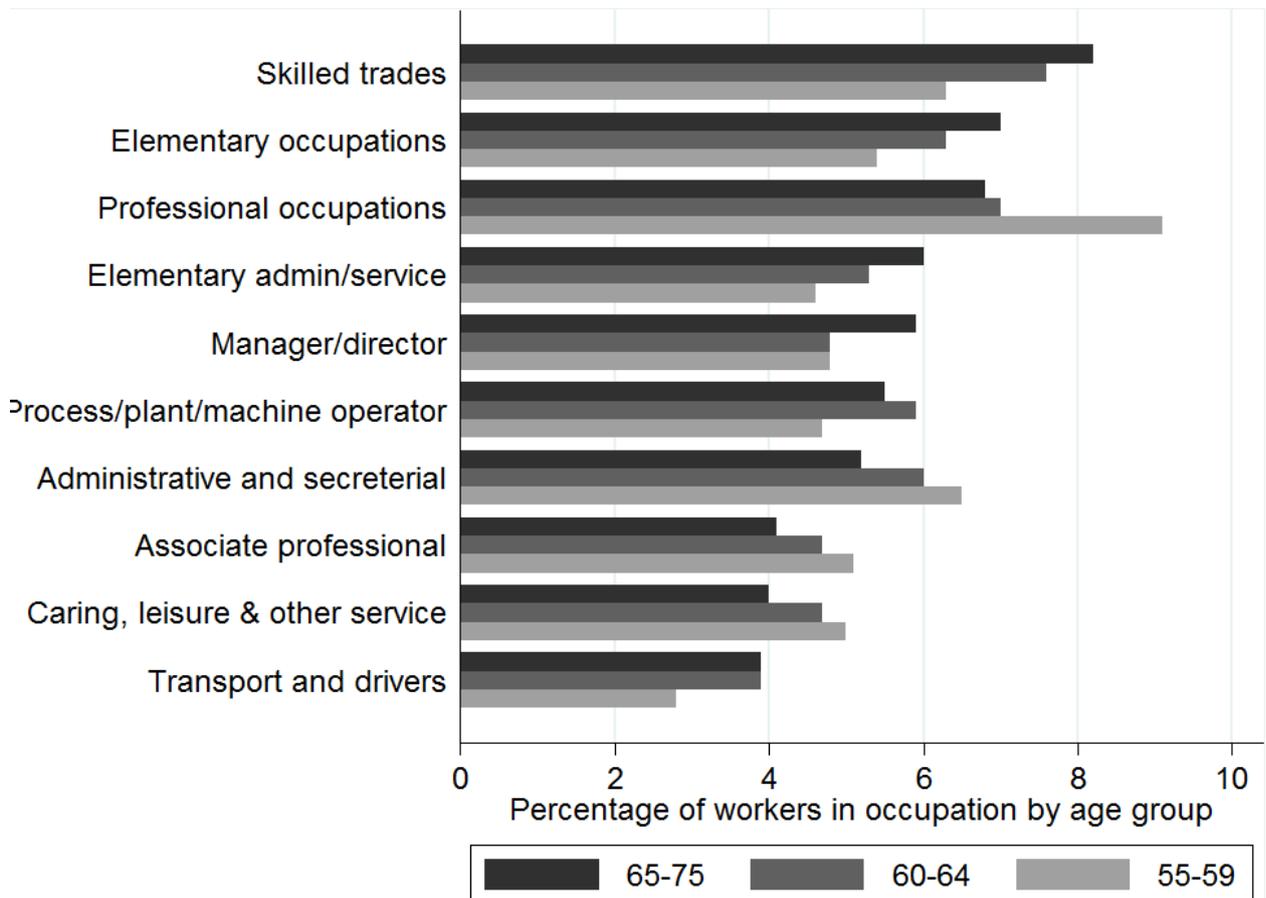


Figure 4: 10 most common occupations after usual retirement age, Scottish Census 2011 (DC6112SC)

There is a large workforce past retirement age. However, there is a gender imbalance in terms of the hours of work undertaken (see Table 9) – 65 per cent of working women over 65 work fewer than 30 hours, compared to 34 per cent of men; 55 per cent of older working men work 38 hours or more, compared to 22 per cent of working women. A reason for this may be related to care demands but later analysis shows that hours spend doing unpaid care tends to balance out between genders as men and women retire. These imbalances are slightly less than for the 60-64 age-group, although this was usually past the retirement age

for women but not men (61 in March 2011). It should be noted that Table 9 refers solely to those listing their economic activity as ‘in employment’ rather than incorporating those working with other status. It might be obscuring women who are classed as ‘retired’ but continue to work a part-time job. These difference in hours worked continue trends seen across the labour market reported in the companion report on women in the labour market.

	Under 60		60-64		65-74	
	Men	Women	Men	Women	Men	Women
1-15	4%	10%	4%	17%	12%	28%
16-30	9%	33%	13%	39%	22%	37%
31-37	19%	25%	18%	22%	11%	13%
38-48	51%	28%	44%	17%	34%	16%
49+	18%	5%	20%	5%	21%	6%

Table 9: Weekly hours of work by age, Scottish Census 2011 (DC6109SC)

There are large numbers of people working long hours in their retirement years. 7,806 men and 1,455 women aged 65-74 work over 49 hours per week. Working over 38 hours per week, longer than many full-time jobs, are 20,288 older men and 16,503 women. While older people are less likely, overall, to work at least 38 hours per week, a larger proportion are working at least 49 hours per week. Older people are also more likely to work part-time, especially male workers with 17% approaching retirement age and 34% over 65 working 30 hours or fewer, compared to just 13% of younger men.

There are also gender differences in terms of commuting. As Table 10 shows, men are slightly more likely than women to work from home (29 per cent compared to 24 per cent). However, they generally commute longer distances when outside the home (see Table 16). In total 1,267 men and 492 women over 65 travel over 40 kilometres (25 miles) to get to work.

	Males	Females
Work at home	29%	24%
Car	56%	46%
Public transport	7%	14%
Walk	5%	13%
Bicycle	0.8%	0.4%
Other	2%	1%

Table 10: Method of commute for workers aged 65-74, Scottish Census 2011 (DC7101SC)

Women aged 65-74 working outside the home generally work in their neighbourhood – 54 per cent work within five kilometres (3.1 miles) compared to 41 per cent of men; 37 per cent of men work over 10 kilometres (6.2 miles) away, compared to 26 per cent of women. This is reflected in the greater proportion of men driving to work (as shown in Table 10).

	Men	Women
0-2k	17%	28%
2-5k	24%	26%
5-10k	22%	20%
10-20k	19%	14%
20-40k	12%	8%
40-60k	3%	2%
60k+	3%	1%

Table 11: Length of commute of workers aged 65-74³, Scottish Census 2011 (DC7102SC)

Looking at car ownership more generally, 35 per cent of people over 65 do not have household access to a car. However, this tends to be distributed more towards people living in the biggest cities (see Table 12). The six Scottish Parliament Constituencies with the lowest rates of access to a car are all in Glasgow, and all ten highest are in Glasgow, Edinburgh or Dundee. The areas with the highest rates of access to a car (measured by lowest rates of non-ownership) included rural

³ Percentage exclude people who did not give an answer (around 15 per cent of women and 7 per cent of men).

mainland areas such as Aberdeenshire, Perthshire and the Scottish Borders, and islands such as Orkney, the Shetlands and Skye. This is important as car ownership determines access to employment and services. In rural areas, it can also be a means to combat social isolation. However, driving may become difficult or impossible for people as they get older leading to isolation.

There is considerable variance between places in terms of access to cars, which needs to be considered when thinking about impact on social isolation. Even in rural parts of Aberdeenshire, around one in five older people do not have access to a car which could cause issues of social isolation particularly if coupled with limited public transport access.

Proportion of population without access to a car - lowest		Proportion of population without access to a car - Highest	
Glasgow Kelvin	67%	Aberdeenshire West	17%
Glasgow Maryhill	66%	Orkney	20%
Glasgow Proven	66%	Aberdeenshire East	22%
Glasgow Southside	62%	Eastwood	22%
Glasgow Pollok	59%	Caithness, Sutherland and Ross	23%
Glasgow Shettleston	58%	Perthshire South and Kinrossshire	23%
Edinburgh Northern	55%	Ettrick, Roxburgh and Berwickshire	24%
Glasgow Anniesland	55%	Galloway and West Dumfries	24%
Glasgow Cathcart	53%	Skye, Lochaber and Badenoch	25%
Dundee City West	48%	Shetland Islands	25%

Table 12: Household car access for people over 65 by constituency, Scottish Census 2011 (DC3405SC)

There is an apparent gender bias in car access, with 25 per cent of men over 65 not having access compared to 43 per cent of women (see Table 13). The gender split is even for the 50-64 age-group. This may produce potential issues of the isolation of older women. There are apparent health inequalities also, with only 16 per cent of older men without a long-term limiting illness lacking access to a car compared to 41 per cent of those who are most limited. For women, the rates are 32 per cent to 58 per cent. This demonstrates that those perhaps most in

need of access to a car for health reasons are the least likely to have access. These health inequality and gender equality patterns are repeated for the 50-64 age-group. It is plausible that the limiting illness in some cases might prevent the individual from driving, although household access could be through cohabittees.

	Men	Women
Scotland	20%	25%
65+	25%	43%
... Limited a lot	41%	58%
... Limited a little	27%	49%
... Not limited	16%	32%
50-64	16%	16%
... Limited a lot	39%	38%
... Limited a little	26%	27%
... Not limited	11%	13%

Table 13: Percentage of population without household access to a car by age and long-term health, Scottish Census 2011 (DC3405SC)

A large proportion of Scottish residents are working past retirement age, and often working long hours and commuting long distances. There is a growing number of people studying in their later years. This suggests that Scotland's retired population is healthy and engaging with the wider community. Around one-third of retired people do not have household access to cars, although this is more prevalent in areas with better public transport links. This potentially enables people to access other services and avoid social isolation. However, it appears that those with the greatest health needs are most at risk of such isolation.

7. Unpaid care in Scotland

Key Findings:

- Around 10 per cent of people over 65 undertake unpaid care, with around half of them contributing over 50 hours per week. This rate is double that of the 50-64 age-group, and only a quarter of those carers provide the most hours.
- Older males are more likely to be carers than older women, but due to population sizes there are more women than men providing care aged over 65.
- Under half of carers over 65 with good health provide at least 20 hours per week compared to 81 per cent of those with the worst health. Two-thirds of older carers with the poorest health provide over 50 hours per week.

This section looks in more detail at unpaid care. The characteristics of those undertaking such work, including geography, health and socio-economic data, will also be examined.

Unpaid care was estimated to contribute £10.3 billion to the Scottish economy in 2011 (Buckner and Yeandle, 2007). Furthermore, there is a gendered aspect to unpaid care with carers more likely to be women. However, this gendering of unpaid care has been shown to be diminishing after retirement in England (ONS 2013). In Scotland, around 10 per cent of women over 65 undertake unpaid care, with around half of them contributing over 50 hours per week (see Table 14). By contrast, 11.5 per cent of men over 65 are carers, with a similar breakdown by hours. This might appear to contradict analyses which conclude that carers are more likely to be female, such as a Scottish Government (2015b) report using the same data to show that 54 per cent of carers over 65 are women. The higher prevalence of women amongst older

carers is a function of the larger older-age female population (see above), rather than a higher likelihood of being a carer.

	65+ men	65+ women	50-64 men	50-64 women
None	88.5%	89.9%	86.3%	80.1%
1-19	4.3%	3.9%	8.3%	12.1%
20-49	1.7%	1.6%	2.1%	3.3%
49+	5.5%	4.6%	3.3%	4.5%

Table 14: Unpaid care hours for men and women, Scottish Census 2011 (DC3013SC)

The proportion of people providing unpaid care among those aged over-65 is double that of the 50-64 age-group. It appears that the proportion of people providing unpaid care declines with age until retirement, when it strongly increases. This might be evidence of grandparents having childcare responsibilities or older people caring for partners or older parents. Indeed, if older people are caring for their partners this could influence the gender patterns observed. For instance, if people care for their partners and fewer men are widowed, this would increase the proportion of men providing care rather than reflecting gender roles. Stewart and Patterson (2010) also noted that gender differences in unpaid caring responsibilities are less apparent when provided by someone in the household. Data on black and ethnic minorities (BME) are not available for unpaid care due to the small group numbers (Stewart and Patterson, 2010).

In comparison to 2001 (see Table A4), the proportions of carers amongst the over 65 population has increased by around two percentage points for both men and women. This is predominantly an increase in the proportions giving over 20 hours per week. The figures have remained fairly stable for the 50 to 64 age group, albeit with a slightly drop in the numbers providing care for over 49 hours. This

implies a growing care inequality between the retired population and older people of working age.

Across all conditions of general health around 11% of people over 65 are carers, but there are differences in the levels of care provided. Under half of those carers over 65 with good health provide at least 20 hours care per week compared to 81 per cent of those with the worst health (see Table 15). Two-thirds of older carers with the poorest health provide over 50 hours per week. Similar patterns are seen amongst young cohorts, but with lower levels of care provided overall. For the future, there are indications of an increasing ‘care gap’ with a projection of unpaid care needed in England indicating a shortfall of over 160,000 care-givers (Pickard 2015). For Scotland, there has been no indication that the amount of unpaid care has decreased with the provision of free personal and nursing care. Furthermore, demand for carers will increase in the future (Scottish Government 2010a: 4.16-4.17). This is in line with decreasing expenditure within local authorities and the NHS that will not address the social care needed for older people in the UK (Age UK 2014).

	Good health	Fair health	Bad health
1-19	48%	30%	19%
20-34	8%	9%	9%
35-49	5%	7%	8%
49+	38%	54%	64%

Table 15: Weekly hours of unpaid care provided by carers over 65 by self-described general health, Scottish Census 2011 (DC3301SC)

People in worse health are also more likely to be providing unpaid care. People with long-term conditions are only slightly less likely to be carers, with around 11 per cent to 14 per cent of people with most conditions (including multiple issues) caring compared to 15 per cent of those

without long-term health conditions (see Table 16). Carers with such conditions, however, appear slightly more likely to undertake over 35 hours of care per week (again, perhaps indicating much unpaid care is vulnerable people caring for others within households). The only condition with lower unpaid care rates is people with learning difficulties, but even amongst this group 1 in 20 people over 65 are providing care for others. However, this might include people who look after their grandchildren, or others, alongside their own carers.

	None	1-19	20-34	35+
None	85%	9%	1%	4%
Multiple	86%	6%	1%	6%
Deafness or partial hearing	87%	5%	1%	6%
Blindness or partial sight	89%	4%	1%	6%
Learning disabilities	95%	1%	1%	3%
Learning difficulties	85%	7%	2%	7%
Development disorders	88%	5%	1%	6%
Physical disability	88%	4%	1%	7%
Mental health disorders	88%	5%	1%	6%
Other	86%	7%	1%	6%

Table 16: Weekly unpaid care by people over 50 by long-term health condition, Scottish Census 2011 (DC3305SC)

Caring rates amongst people aged over-50 with long-term limiting conditions vary by council area (see Figure 5). Nationally, 13.5 per cent of people with such conditions provide some level of unpaid care. The highest levels are in West Dunbartonshire (15.4 per cent), Stirling (14.6 per cent) and the Shetland Islands (14.5 per cent). The lowest levels are in Dumfries and Galloway (11.1 per cent), North Lanarkshire (11.8 per cent), North Ayrshire (12.1 per cent) and Falkirk (12.2 per cent). The comparison between Stirling and the neighbouring North Lanarkshire and Falkirk councils demonstrates the differences which can occur within relatively small geographical areas. Therefore there are

geographical inequalities to considering the provision of support for unpaid carers.

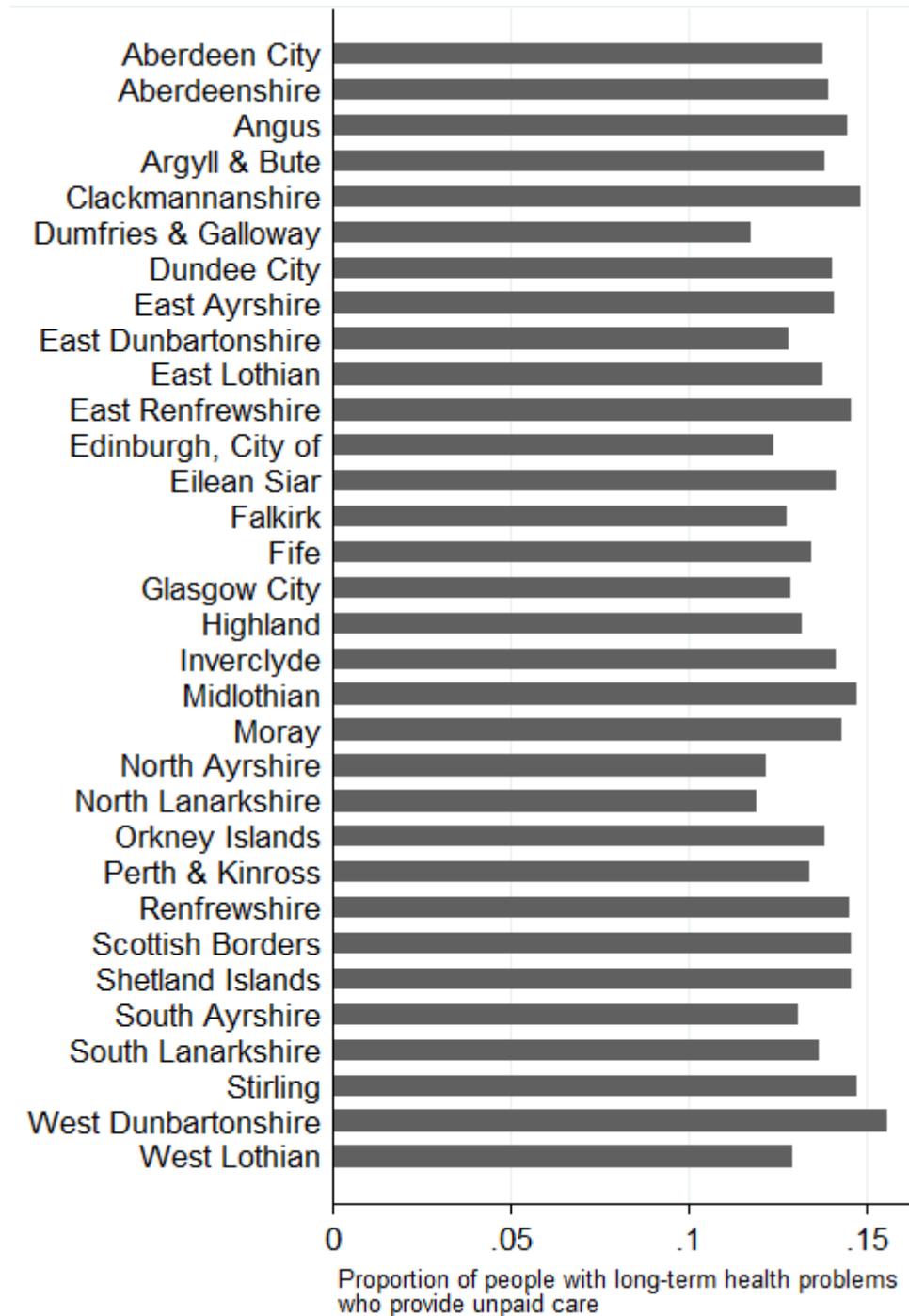


Figure 5: Proportion of people with long-term health problems who provide unpaid care by council area, Scottish Census 2011 (DC3305SC)

8. Housing older people in Scotland

Key Findings:

- Older people are usually homeowners, but inequalities exist regarding occupation and geography
- People live alone in two-thirds of homes with a head of the household over 65, while 1 per cent of such households include dependent children.
- Over half of all people over 50 have at least two spare rooms, but there are geographical disparities and some groups (such as those who own outright and those socially renting) are actually less likely to have spare rooms than younger home owners
- Only 5 per cent of older people live in an overcrowded room, compared to 10 per cent of 35-49 year olds and 15 per cent of children.
- Women over 75 are much more likely than men to live in communal establishments; 42 per cent of women over 95 are in such homes.
- There is some evidence of a decline in homelessness amongst older people.

This section will examine housing data, such as occupancy rates, tenure, types of central heating. This data will be analysed against geographical and deprivation data.

Scotland as a whole is still a nation of home owners. In regards to age, those aged over 70-79 are most likely to own their home outright. Table 17 shows housing tenure by age (excluding those in communal establishments, who are discussed later in this section). For those over 80, there is a larger proportion of people in social rented housing (27.2 per cent in the 80-84 category compared to 25 per cent in the 75-59

category) and home ownership as a tenure declines with age. Also private renting also declines with older age groups and there is a small effect from 70 onwards of 'other/rent-free' (living with children etc.). Overall around 70 per cent of Scotland's households are owned for each age-group from 50-84, dropping slightly for overs 85s. This compares to 62 per cent of all ages.

	Owned outright	Owned mortgaged	Social rent council	Social rent Other	Private landlord	Other/rent-free
All ages	27.8%	34.2%	13.2%	11.1%	11.1%	2.6%
50-54	20.8%	48.9%	11.8%	10.3%	6.8%	1.4%
55-59	33.9%	38.2%	11.5%	9.6%	5.4%	1.4%
60-64	48.9%	22.9%	12.6%	9.7%	4.4%	1.5%
65-69	59.4%	11.5%	13.5%	10.3%	3.6%	1.7%
70-74	60.9%	9.3%	14.2%	10.6%	2.9%	2.1%
75-79	61.3%	8.4%	14.6%	10.4%	2.4%	2.8%
80-84	59.6%	7.3%	16.0%	11.2%	2.2%	3.4%
85+	54.8%	5.8%	17.9%	13.8%	2.5%	5.3%

Table 17: Tenure of Scotland's older population, Scottish Census 2011 (DC411SC)

Levels of mortgaged homes decline amongst retirement age-groups. As Table 18 shows, the proportion in each type of home is relatively consistent between the 65-74 and 75-84 age-groups. However, among over 85s levels of home-ownership are lower and socially rented housing provision increases. This is perhaps driven by older people selling their homes and moving into rented sheltered, supported accommodation. This data does not include people moving into communal establishments, such as residential homes, but would include people living in sheltered housing. Thus, the decline in home-ownership from 85 onwards does not necessarily represent lower living standards for older people.

	65-74	75-84	85+
Owned	68%	70%	61%
Socially rented	26%	25%	32%
Private rented	6%	5%	8%

Table 18: Tenure of Scotland's older population, Scottish Census (DC411SC)

Rates of home ownership are related to occupation. Table 19 shows home ownership levels broken down by a marker of social class based on most recent occupation, the National Statistics Socio-Economic Classification (NS-SEC). Ownership levels are much higher among the most advantaged population, the top four categories. They are much lower amongst semi-routine and routine occupations, and very low amongst those who have never had a secure long-term job.

	Scotland	65+	50-64
Higher managerial	83%	91%	91%
Lower managerial	77%	85%	85%
Intermediate occupations	68%	77%	78%
Small employers	75%	81%	80%
Lower supervisory	63%	69%	70%
Semi-routine	47%	61%	58%
Routine	45%	54%	51%
Never-worked	12%	32%	22%
Full-time students	18%	40%	46%
Overall	61%	71%	71%

Table 19: Home ownership by NS-SEC of household reference person, Scottish Census 2011 (DC4605SC)

This relationship between occupational inequality and housing tenure differs between council areas (see Table 20). The difference in ownership levels between non-manual workers (managerial, intermediate, small employers and lower supervisory) and other occupational positions for people over 65 ranges from 28 percentage points in Argyll & Bute and Moray to 8 percentage points in Dumfries & Galloway. Thus, home ownership should not be thought of as only

associated with age, but interacting with socio-economic status and geography.

	Non-manual	Manual	Difference
Argyll & Bute	80.6%	52.4%	28.1%
Moray	84.4%	56.8%	27.7%
Fife	85.9%	58.4%	27.5%
Orkney Islands	83.8%	61.3%	27.5%
Perth & Kinross	84.2%	56.7%	27.5%
South Lanarkshire	74.4%	48.2%	26.2%
West Lothian	64.5%	39.1%	25.4%
Inverclyde	85.9%	61.2%	24.8%
Angus	79.5%	55.1%	24.4%
Aberdeen City	78.7%	54.4%	24.3%
North Ayrshire	80.3%	56.0%	24.3%
East Lothian	80.3%	56.2%	24.1%
East Renfrewshire	81.8%	58.0%	23.8%
Glasgow City	79.8%	56.5%	23.3%
South Ayrshire	82.1%	59.1%	23.0%
Dundee City	77.6%	54.6%	23.0%
East Ayrshire	83.0%	60.0%	23.0%
Shetland Islands	77.0%	54.3%	22.8%
Midlothian	82.1%	59.6%	22.5%
Renfrewshire	82.1%	59.7%	22.4%
Scottish Borders	70.8%	48.7%	22.2%
Clackmannanshire	92.3%	70.1%	22.2%
East Dunbartonshire	84.1%	62.3%	21.8%
Aberdeenshire	82.1%	60.0%	22.1%
Eilean Siar	79.4%	57.9%	21.5%
Stirling	74.6%	53.3%	21.3%
City of Edinburgh	83.4%	62.5%	20.8%
North Lanarkshire	84.7%	64.6%	20.1%
West Dunbartonshire	91.9%	72.7%	19.2%
Falkirk	85.6%	66.9%	18.8%
Highland	81.9%	69.3%	12.6%
Dumfries & Galloway	85.8%	78.3%	7.5%

Table 20: Home-ownership rates among manual and non-manual occupation NS-SEC groups for people over 65 by council area, Scottish Census 2011 (DC4605SC)

Table 21 shows household composition – 70 per cent of such homes comprise a single person (63 per cent as one-person households, 7 per cent as lone parents whose children have left), compared to 21 per cent of all homes in Scotland. Over 20 per cent of such homes headed by

someone over 65 comprise a couple living alone (whether with grown-up children or not) and nearly one per cent of homes have dependent children (whether living as a couple or a lone parent).

	All ages	65+	50-64
One-person household	17.0%	62.9%	19.6%
Couple – no children	17.1%	11.9%	41.1%
Couple – dependent children	33.0%	0.7%	9.2%
Couple – all children moved out	10.3%	9.4%	18.0%
Same-sex couple	0.1%	0.03%	0.1%
Lone parent – dependent children	9.5%	0.2%	1.4%
Lone parents – all children moved out	4.2%	7.1%	4.9%
Other	8.8%	7.9%	5.8%

Table 21: Household composition, Scottish Census 2011 (DC1109SC)

These patterns of older people living alone, or having children who have moved out, is reflected in the high levels of older people with spare rooms. Over half of all people over 50 have at least two spare rooms, with 78 per cent over 65 having at least one extra room. This compares to people aged 25-49 where only a quarter have two spare rooms and 53 per cent one spare room. Similarly, only five per cent of older people live in an overcrowded room, compared to 10 per cent of 35-49 year olds and 15 per cent of children.

	Over occupied	Full	One spare rooms	Multiple spare rooms
All ages	11%	25%	25%	39%
65+	5%	17%	28%	50%
50-64	6%	16%	26%	52%
25-49	12%	28%	27%	33%
16-24	21%	34%	21%	23%
0-15	15%	31%	21%	33%

Table 22: Occupancy rating by age, Scottish Census 2011 (DC4410SC)

Again, there are geographic differences in the distribution of spare rooms. Figure 6 shows the percentage of people over 65 living in homes with a spare room, by health board. While 78 per cent of all people over

65 have spare rooms, this ranges from 71 per cent in Grampian to 89 per cent in Shetland. In Greater Glasgow 82 per cent of older people had a spare room, compared to 77 per cent in Lothian.

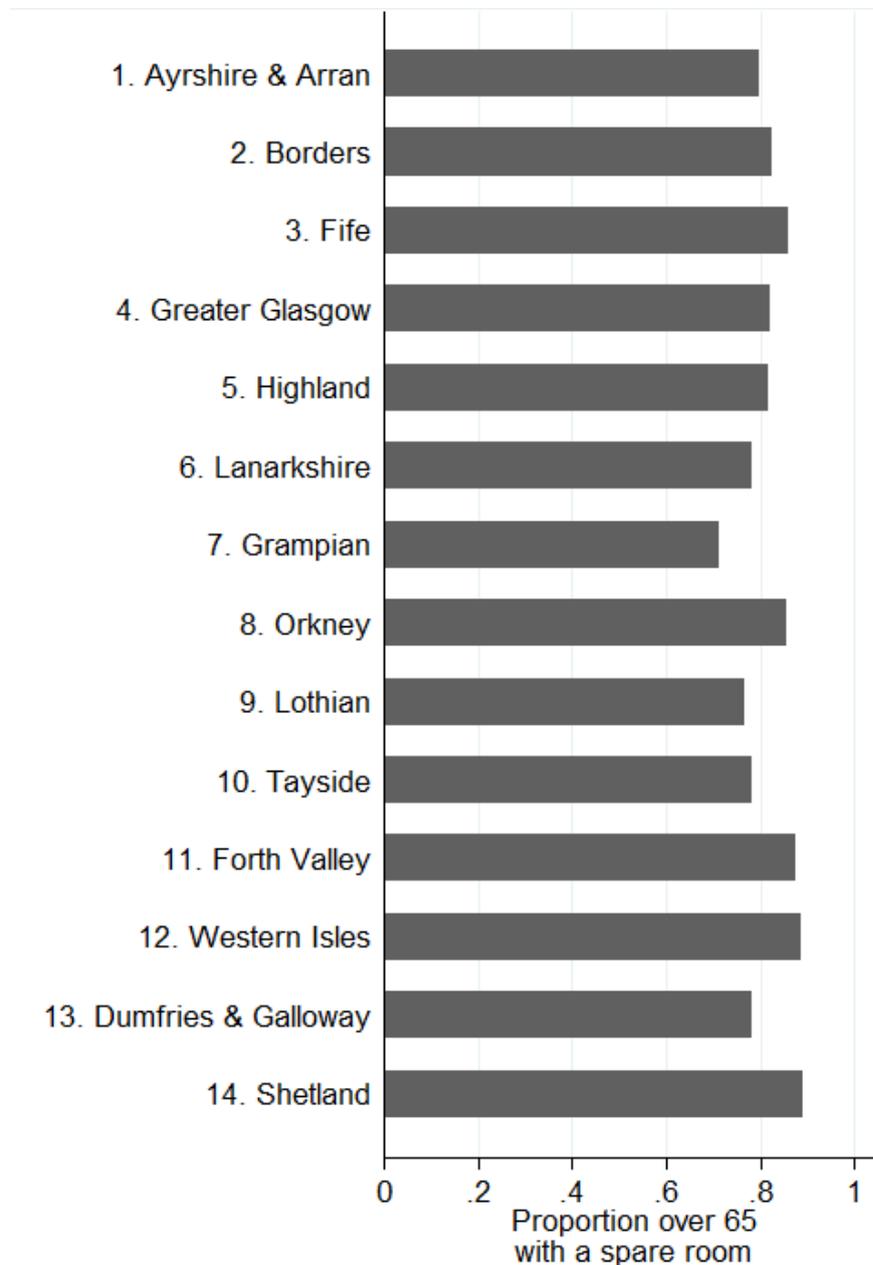


Figure 6: Proportion of people over 65 with a spare room by health board, Scottish Census 2011 (DC4410SC)

It is important to note that there has been a recent focus around the perception of older people having spare rooms. The Welfare Reform Act 2012, which abolished the Spare Room Subsidy (also known as the

Bedroom Tax) was one part of this debate. This involves the reduction of Housing Benefit if working-aged tenants are deemed to have a spare room that they do not need (see Berry 2014 for more detail). Older people living in over-sized homes have also been perceived to contribute to the social problem of shortage of family homes (for example, see Inman 2011). However, while older age-groups are generally more likely to have spare rooms than the population overall, this is not true of all groups. For instance, people aged over 85 who own their homes outright (which represent 55% of the age group, as shown in Table 17) are actually less likely to have spare rooms than younger home owners. This is also true of people who are social renters, who are provided accommodation by housing associations or similar organisations.

It is not possible from census data to accurately observe how many people might be affected by the Bedroom Tax, but for the older population the impact will be limited by the exemption of people if the claimant is the over the qualifying age for state pension, or the claimant has a partner over that age (Berry 2014). However, we can observe that over half of all people who rent from their council aged 65-74 have spare rooms. Amongst the over 85 age-group, there are 8,749 who rent from their council who have spare rooms, 8,022 socially renting with spare rooms and a further 923 privately renting. Overall, there were 55,259 people over 65 renting from their council who had spare rooms, and a further 47,028 in social renting and 7,617 privately renting. However, as seen in the spare room data these numbers are small in comparison to other groups that have spare rooms. This suggests we should not necessarily focus solely on the social-rented sector to freeing up spare rooms in larger homes for younger families.

	Owned outright	Owned mortgage	Council rent	Social rent	Private rent	Other
All ages	85.4%	72.8%	35.0%	31.1%	41.2%	65.5%
50-64	88.9%	82.0%	53.2%	46.0%	59.7%	81.1%
65-74	91.1%	83.5%	54.1%	45.7%	68.7%	82.6%
75-84	88.4%	78.3%	48.6%	39.5%	64.2%	81.5%
85+	84.3%	75.0%	41.1%	30.2%	57.8%	79.1%

Table 23: Percentage of people living in homes with spare rooms by age and tenancy, Scottish Census 2011 (CA_0009b)

Indeed, those who socially rent are more likely to live in overcrowded accommodation. Table 24 shows the percentage of people in over-occupied homes, by age. While older Scots are less likely to be in overcrowded homes than the overall population, inequalities between home owners and those who rent persist into retirement. There are 5,420 Scots aged 85 or over living in overcrowded homes in Scotland, representing nearly 16% of people in council or social housing.

	Owned outright	Owned mortgage	Council rent	Social rent	Private rent	Other
All ages	3.8%	7.3%	20.2%	22.6%	21.3%	11.0%
50-64	2.5%	4.7%	11.9%	16.0%	13.1%	5.4%
65-74	2.0%	4.6%	10.5%	14.7%	9.3%	4.3%
75-84	2.6%	5.7%	10.5%	15.0%	10.0%	4.3%
85+	2.8%	5.9%	9.6%	15.9%	11.8%	3.9%

Table 24: Percentage of people living in overcrowded homes, by age and tenancy, Scottish Census 2011 (CA_0009b)

The census offers some opportunities for assessing housing quality. Homes without any central heating offers one proxy measure (figure 7). The proportion of Scottish residents over 65 living without central heating is very low, and lower than the national average. As it is slightly higher for people 50-64, and with a stronger effect for those from over-occupied homes, this might indicate that winter fuel payments are effective, but are not necessarily targeted at the right age bracket. However, there are 13,579 individuals of retirement age without any form of central heating in their homes. This is slightly higher as a

percentage for over-occupied homes, with 1,413 older people living in overcrowded homes without central heating.

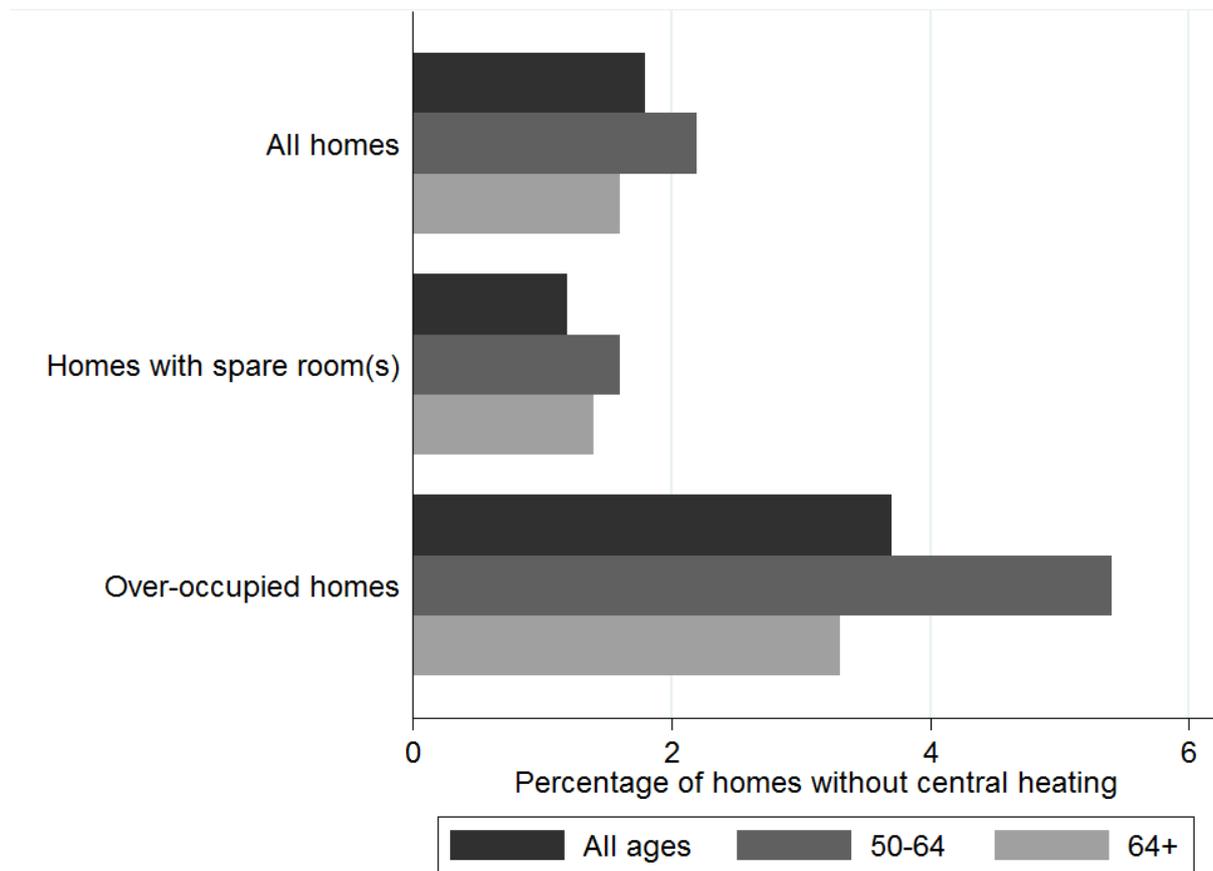


Figure 7: Percentage of homes without central heating, Scottish Census 2011 (DC4410SC)

Such homes without central heating are also concentrated in the private rented sector, with 7.7% of people aged 50 to 64, and 6.5% of those over 65, who live in such homes having no central heating, compared to 4.8% of younger private renters.

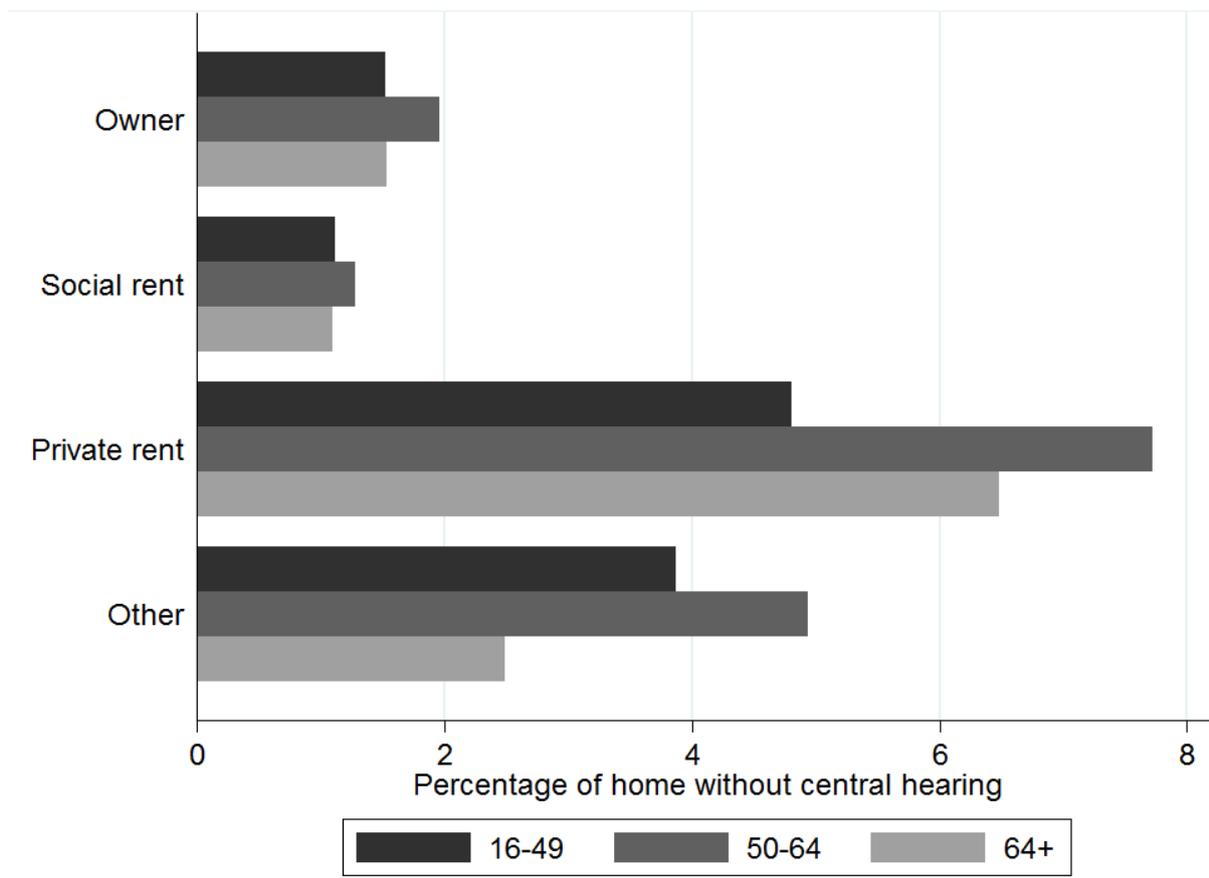


Figure 8: Percentage of homes with central heating, by tenancy, Scottish Census 2011 (CT_0009a)

The discussion in this section thus far relates to individuals living in their own homes. Many older people live in communal establishments, such as residential homes, prisons or temporary accommodation such as hotels or hostels. There are 35,567 people over the age of 65 in such accommodation and a further 4,443 aged 50 to 64 (Table 25). This comprises a small proportion of the younger age groups, but for those over 95 it represents 42 per cent of women and 24 per cent of men. It appears that men are slightly more likely to live in such accommodation than women until the age of 75, when women become a lot more likely than men to live in communal establishments. These figures are fairly consistent with 2001 data, suggesting few trends in numbers of people in communal establishments (see Table A5).

	Percentages		Population	
	Females	Males	Females	Males
50-54	0.4%	0.7%	776	1,273
55-59	0.5%	0.7%	778	1,196
60-64	0.5%	0.8%	885	1,246
65-69	0.7%	1.0%	957	1,239
70-74	1.4%	1.5%	1,666	1,477
75-79	2.9%	2.4%	2,972	1,864
80-84	7.0%	4.8%	5,321	2,333
85-89	14.8%	9.0%	7,021	2,183
90-94	26.3%	15.2%	5,162	1,111
95+	42.0%	23.7%	2,526	350

Table 25: Older people living in communal establishments by age, Scottish Census 2011 (DC1104SC)

The most common type of communal establishment for people over 65 is adult care, such as residential homes (see Table 26). However, 8.4 per cent are resident in other types of establishment, most commonly hospitals. 0.2 per cent of people are both in prison and living in hostels/shelters. A further 0.5 per cent live in hotels or holiday camps, which could plausibly be short-term accommodation, or could be used as an alternative to residential care (census data does not allow us to distinguish between these uses).

Changes to the coding since 2001 make comparison difficult, but the proportion of people in hostels has declined from 0.7 per cent, while the proportion in hotels has risen from 0.3 per cent. This could represent a small decline in homelessness amongst older people (combined drop from 1.0 per cent to 0.7 per cent), while the increase in hotels/holiday camps might reflect more people working past 65 (see Table A6). The prison population has remained stable, with just 83 people over 65 detained at the time of the 2011 census, compared to 80 in 2001.

	50-64	65+
Hospitals	12.0%	5.6%
Adult care	58.1%	91.6%
Prison	10.1%	0.2%
Hotels/holiday camps	5.6%	0.5%
Hostels/shelters	4.4%	0.2%
Other	9.8%	1.9%

Table 26: Types of communal establishment, Scottish Census 2011 (DC3402SC)

Amongst the 50-64 age-group there are relatively high numbers in prison (10.1 per cent) and in hostels/shelters which might represent homelessness (4.4 per cent). A further 5.6 per cent were resident in hotels/holiday camps, although this might include people working in such places and cannot necessarily be regarded as relating to housing. The large 'other category' includes employees living in children's homes, boarding schools or defence accommodation, and a small number of mature students in university halls. Comparison to 2001 is difficult as the age bracket 45-64 was used then, but this showed a lower number in prison (8.1 per cent) and a higher number in hostels (10.4 per cent, with 6.2 per cent in hotels). Thus, while homelessness is apparently becoming less of an issue for the older population, rates of imprisonment may be rising slightly (448 people detained aged 50-64 in 2011, compared to 444 people aged 45-64 in 2001; exact comparison not possible).

Turning to the marital status of those in communal establishments, there are many more separated or divorced people in the 65-74 age-group than older cohorts, and also much higher proportions of people who are single. This might reflect a rise in people entering old age and entering residential homes without a partner. Amongst the oldest age-group, 80 per cent of women are widowed compared to 59 per cent of men, with a much higher proportion of men being married than women. This reflects

women’s longer life expectancy. This may also explain why women over 85 are much more likely to be in communal establishments than men – it is more of a widowhood effect than a gender issue.

		Single	Married	Separated/ divorced	Widowed
65-74	Male	34.4%	23.3%	24.4%	17.9%
	Female	58.8%	22.2%	13.2%	38.8%
75-84	Male	18.8%	34.2%	9.1%	38.0%
	Female	14.5%	14.8%	4.3%	66.4%
85+	Male	11.9%	25.6%	3.7%	58.8%
	Female	13.1%	5.8%	1.6%	79.5%

Table 27: Marital status of residents of communal establishment by age, Scottish Census 2011 (DC1116SC).

Marital status is associated with general health amongst older people, although the wellbeing effects of marriage appears to decline with age. Figure 9 shows the percentage of people in good health, by age and marital status. Amongst 50-64 year olds married people are more likely to be in good health (66%) than those who never married (58%). However, for people aged 75-84 this pattern is reversed, with 41% of people who never married and 39% of those who are married in good general health. The figures are interesting when linked to the data around unpaid care, which suggests that spouses have the burden of care in older age.

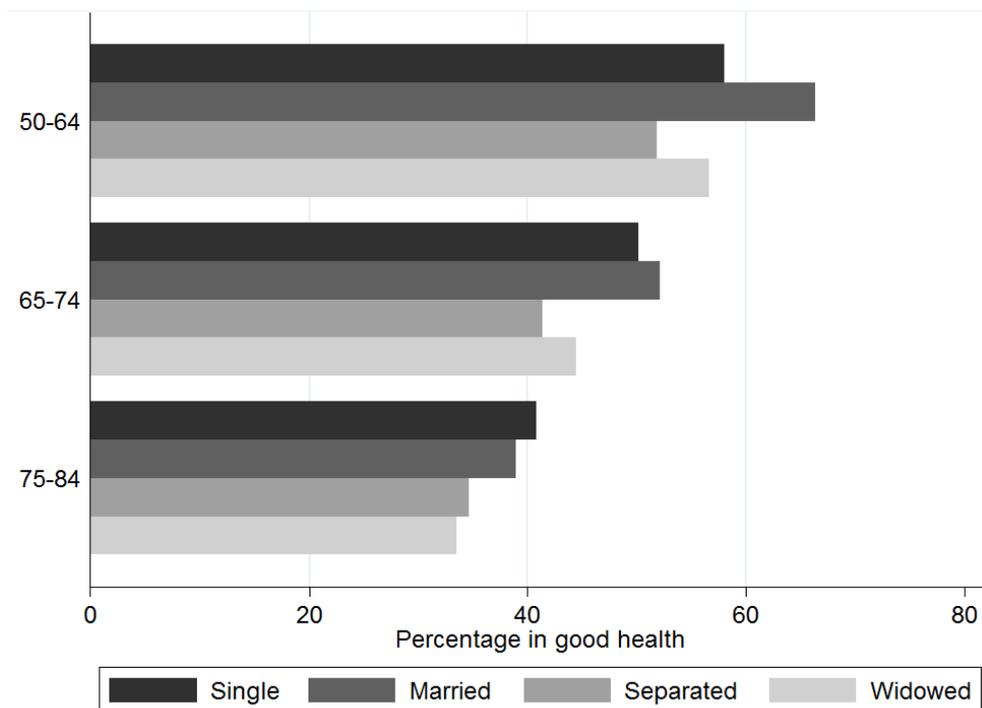


Figure 9: Percentage of people in good general health, by age and marital status, Scottish Census 2011 (CA_0009c)

9. The health of older people in Scotland

Key Findings:

- Around a quarter of people over 65, and around one in 8 of people aged 50-64, report their daily lives as being limited a lot.
- General health levels are lower for people living in communal establishments, such as care homes.
- Some evidence of health inequalities by different older ethnic groups.
- Health inequality by socio-economic position is large and growing amongst the older population.

Long-term and general health will be explored with reference to socio-economic background and locality. A comparison is offered with housing characteristics, while analysis of access to motor vehicles will examine

isolation (particularly within rural areas). This includes a discussion of the residents of communal establishments.

In terms of general, day-to-day, health, 53 per cent of over 65's reported the best health and 14 per cent the worst. For the 50-64 age-group these figures were 75 per cent and 9 per cent respectively. These figures were lower than in 2001, although a two-category scheme was used in 2001 which makes direct comparison difficult.

Just 40 per cent of people over 65 reported being in good long-term and general health, compared to 76 per cent of the population overall (see Table 28). Overall, 53 per cent said they had a long-term condition which limited them to some degree, with 28 per cent saying they felt limited a lot. Previous analysis of the 2011 census shows that the majority (59 per cent) of people that reported that they are 'limited a lot' from a health problem or disability were aged 60 or over (Scottish Government 2015c: chp 4A). For the 50-64 age-group, 25 per cent has a limiting condition, with 13 per cent feeling limited a lot. These figures are roughly consistent with 2001 data (see Table A7), although direct comparison is not possible as health was only available in two rather than three categories.

Long-term	General	Scotland	50-64	65+
Not limited	(very) good	76.3%	68.0%	40.3%
	Fair	3.8%	6.1%	6.2%
	(very) bad	0.2%	0.3%	0.3%
Limited a little	(very) good	4.6%	5.1%	10.8%
	Fair	4.8%	6.5%	13.4%
	(very) bad	0.8%	1.3%	1.4%
Limited a lot	(very) good	1.3%	1.2%	3.3%
	Fair	3.6%	3.9%	12.3%
	(very) bad	4.7%	7.8%	12.0%

Table 28: Long-term and general health, Scottish Census 2011 (DC3201SC)

Overall, two-in-five have good general and long-term health, a further 11 per cent have a condition which limits a little and good health. Most over-65s are in good health and only 12 per cent in the worst health. For both self-reported long-term and general health, only around half of all people over 65 reported the best health and around three-quarters of 50-64 year olds. Around a quarter of people over 65, and around one-in-eight of people aged 50-64, report their daily lives as being limited a lot. These groups also experience other disadvantages, for instance with those whose lives are limited being twice as likely to be within a household without car. These figures are much higher than for young cohorts.

There is no evidence of any gender effects for general or long-term health. For instance, 56 per cent of men (see Table 29) and 53 per cent of women (see Table 30) have good or very good general health, while 50 per cent of men and 45 per cent of women have no long-term health problems.

		All males	50-64	65+
General	(very) good	83%	74%	56%
	Fair	11%	17%	31%
	(very) bad	5%	10%	14%
Long-term	Not Limited	82%	75.%	50%
	Limited a little	9%	12%	25%
	Limited a lot	9%	13%	26%

Table 29: Health of Scottish men by age, Scottish Census 2011 (DC3201SC)

		All females	50-64	65+
General	(very) good	81%	75%	53%
	Fair	13%	16%	33%
	(very) bad	6%	9%	14%
Long-term	Not Limited	79%	73%	45%
	Limited a little	11%	14%	26%
	Limited a lot	10%	13%	29%

Table 30: Health of Scottish women by age, Scottish Census 2011 (DC3201SC)

Differences were more evident in terms of ethnicity (see Figure 10). While 68 per cent of people age 50-64 had the best long-term and

general health, this ranged from 77 per cent for the African community to 60 per cent for the Asian community, while the worst health in both categories ranged from 5.2 per cent for Africans and 8.2 per cent for mixed ethnicity. Amongst the over 65's the best health ranged from 32 per cent for the Asian community to 48 per cent for the African community, and for the worst health from 12 per cent for Caribbean groups to 14 per cent for Asian. This implies there are differences in health levels for different ethnic groups, although it should be remembered the populations are very small and, therefore, statistical results are less reliable than amongst larger social groups.

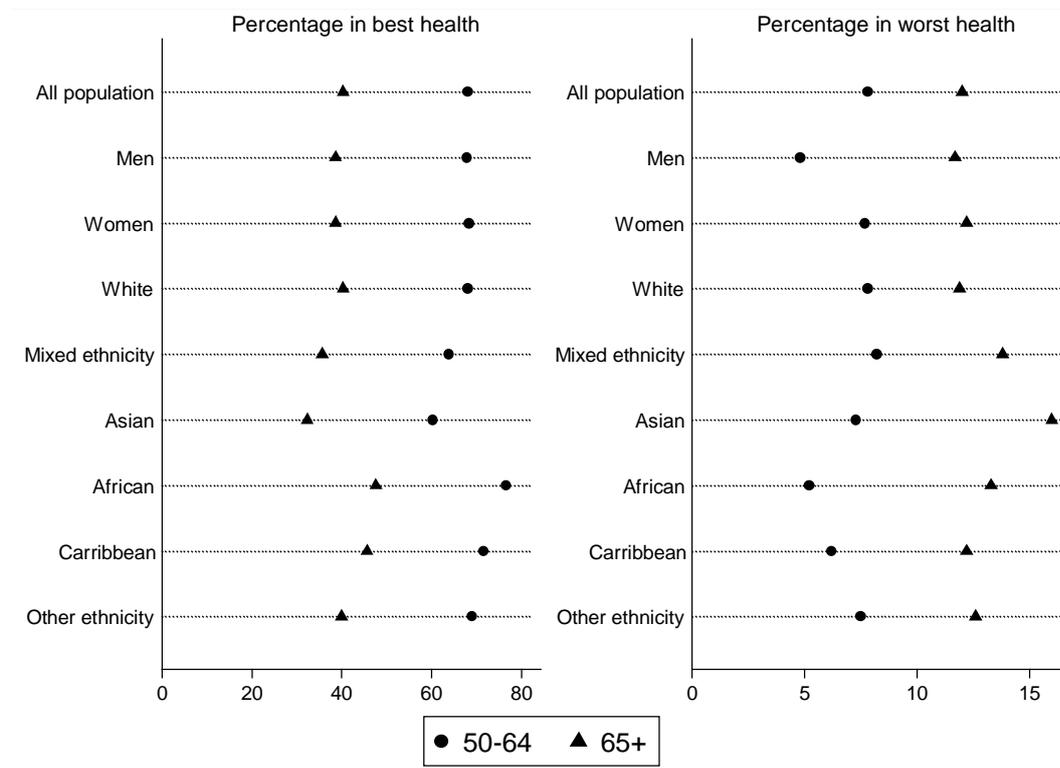


Figure 10: Percentage in best and worst health categories (long-term and general), Scottish Census 2011 (DC3201SC)

Differences in socio-economic status are also observable (see Table 31) with non-manual workers typically having better health. Each of the five non-manual occupations have at least 75 per cent of people aged 50-74 reporting good general health. Aside from the small number of students,

the highest of other groups is 65 per cent. Good health is exceptionally low (38 per cent) in the never worked category but this could include people who have had life-long disabilities or poor health. There are very few people who have never worked in society generally.

	Good	Fair	Bad
All	70%	20%	10%
Large employer	85%	11%	4%
Higher professional	86%	11%	4%
Lower managerial	80%	14%	6%
Intermediate	76%	17%	7%
Small employers	75%	18%	7%
Lower supervisors	65%	22%	13%
Semi-routine	65%	23%	12%
Routine	56%	27%	17%
Never worked	38%	35%	28%
Long-term unemployed	65%	28%	7%
Full-time student	73%	17%	9%

Table 31: General health of 50-74 year olds by NS-SEC, Scottish Census 2011 (DC3601SC)

Comparing to the 2001 figures (Table A8) there appears to be growing health inequalities amongst the older population. For all NS-SEC categories the percentage reporting good health has risen, but by around 11 percentage points for each non-manual occupation and between 3 and 7 percentage points for lower supervisors, semi-routine and routine worker. As Figure 11 shows, this contributes a large proportion of people from the most advantaged occupations moving into good health than amongst the least advantaged workers. Amongst the higher professionals the proportion with fair/bad health has dropped from 24 per cent to 14 per cent (taking 58 per cent of those previously with fair/bad health into good health), whereas for routine workers the proportion with good health has dropped from 47 per cent to 44 per cent (moving just 6 per cent of those into good health). Thus, while people

from all occupational backgrounds are seeing improved general health, this improvement is more marked for non-manual workers.

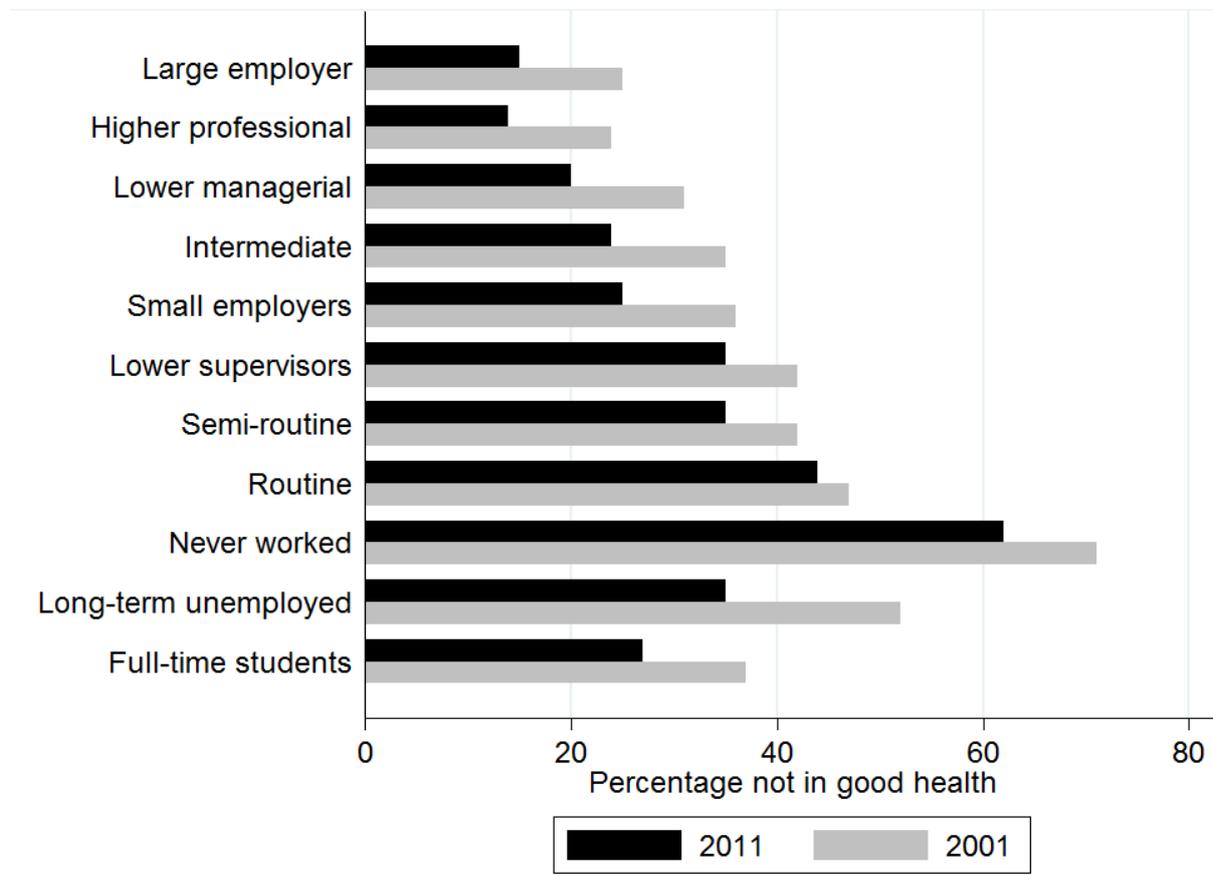


Figure 11: People not in good health by NS-SEC, Scottish Census 2011 (DC3601SC) and Scottish Census 2001 (S23)

9.1 Health and housing

Those in socially rented accommodation had a higher rate of self-reported health problems. For example 62 per cent of home owners over 65 report good health, compared to 37 per cent of those over 65 in socially rented accommodation (see Table 32). This is quite stark when comparing to the 55 per cent Scottish average. Similarly, 23 per cent of social renters report the worst health, compared to 10 per cent of homeowners. This difference has got worse over time. In 2011 social renters over 65 were 2.3 times more likely to have bad health, compared to 1.8 times in 2001 (see Table A9). Similar inequalities are observed in

terms of long-term health (see Table 33), although there is greater consistency with 2001. However, it should be remembered that the majority of supported housing in the UK is socially rented with increasing amounts of older residents reporting ‘disability related requirements’ (Pannell and Blood, 2012)

	Good	Fair	Bad
Scotland	82%	12%	6%
... 50-64	74%	16%	9%
... 65+	55%	31%	13%
Owners	86%	10%	4%
... 50-64	82%	13%	5%
... 65+	62%	28%	10%
Social renters	69%	19%	9%
... 50-64	46%	29%	25%
... 65+	37%	40%	23%
Private renters	87%	9%	4%
... 50-64	69%	19%	12%
... 65+	52%	34%	15%

Table 32: General health amongst older people, Scottish Census 2011 (DC4302SC)

There is evidence that the older home owning population in lower value properties could be putting pressure on the social rented sector as their housing choices become more limited in older age (Satsangi, McCall and Greasley-Adams 2014). However, the picture is complicated as social renters are more likely to have long-term health issues and less likely to have overall good health.

As well as the indications that health levels are connected to tenure, general health levels are lower for people living in communal establishments (see Singha 2014 for more background on communal establishments). Around a quarter of residents over 65 have the worst health and around four per cent the best health compared to 40 per cent of over 65s nationally having the best health and 12 per cent the worst health (see Table 34). It is apparent that in many circumstances people

with specific healthcare needs will be more likely to be within some establishments.

	Limited	Limited and bad health	Not limited and good health
Scotland	19%	5%	77%
... 50-64	26%	9%	68%
... 65+	51%	13%	41%
Owners	16%	4%	80%
... 50-64	19%	5%	76%
... 65+	46%	10%	48%
Social renters	32%	12%	62%
... 50-64	52%	25%	39%
... 65+	68%	22%	24%
Private renters	13%	4%	84%
... 50-64	29%	11%	64%
... 65+	56%	14%	37%

Table 33: Long-term health by tenure by age, Scottish Census 2011 (DC4302SC)

		25+	50-64	65+
General	Good	39%	42%	25%
	Fair	40%	37%	49%
	Poor	21%	49%	26%
Long-term	Limited a lot	60%	57%	76%
	Limited a little	18%	23%	19%
	Not limited	22%	20%	5%
Combined	Not limited and good health	20%	15%	4%
	Limited a lot and bad health	19%	19%	25%

Table 34: Long-term and general health of residents of communal establishments, Scottish Census 2011 (DC3304SC)

10. Conclusion

This research briefing contains an extensive insight into the lives and experiences of older people in Scotland. Linking back to the policy background outlined earlier in the report, key issues around inequalities are highlighted as policy concerns.

Generally, rural Scotland has an older population than urban areas, confirming the pattern set out in 2001. There are also increasing numbers of single older people and people living on their own. This has implications for housing provision, health and social care in terms of combatting potential social isolation. This is heightened for older women, who have less access to cars. Good transport links are should therefore be priority for the older population to combat isolation and maintain health and wellbeing.

The older population has been shown to be working longer, less likely to take early retirement and have a substantial amount of caring responsibilities. Scotland is clearly supported well by this age group through their employment and by their unpaid care hours. However, there are clear inequalities in who provides this care – carers over 65 in the poorest health are more likely to care for over 50 hours a week (81 per cent). This has implications for health policy which is increasingly looking towards asset-based and coproduced forms of delivering care which may be difficult if the caring population is in such poor health.

There has been a large increase in older ethnic minority groups in Scotland. There is evidence of health inequalities within these groups. Scottish Government analysis shows that, on average, the ethnic minority groups are far younger than White Scottish, White Irish or White Other British groups, the aging of the ethnic minority population is going to present new challenges to service provision to respond sensitively and appropriately to cultural difference.

Finally, what type of housing you live in has been directly linked to health inequalities. Older social housing tenants are more likely to report health issues. Furthermore, although communal living is increasing, the health

of those living in communal establishments has been shown to be poorer than other tenures, although this is often because these are specialist supported accommodation such as care homes.

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12. Appendix: 2001 tables

	Married/ re-married
Scotland	40.2%
50-54	71.5%
55-59	72.5%
60-64	70.6%
65-74	61.0%
75-79	44.4%
80-84	31.6%
85-89	19.1%
90+	10.0%

Table A1: Marital Status by age, 2001 Scottish Census (CAS002)

	White	Indian	Pakistani and other South Asian	Chinese	Other
Scotland	98.0%	0.3%	0.8%	0.3%	0.6%
50-54	98.9%	0.2%	0.4%	0.2%	0.3%
55-59	99.2%	0.2%	0.3%	0.1%	0.2%
60-64	99.1%	0.2%	0.4%	0.2%	0.2%
65-69	99.3%	0.1%	0.3%	0.1%	0.2%
70-74	99.5%	0.1%	0.2%	0.1%	0.2%
75-79	99.6%	0.1%	0.1%	0.1%	0.1%
80-84	99.6%	0.1%	0.1%	0.1%	0.1%
85-89	99.7%	0.1%	0.1%	0.1%	0.1%

90+	99.7%	0.1%	0.1%	0.1%	0.1%
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Table A2: Ethnicity by age, Scottish Census 2001 (S201)

	50-64	65+
Employment	44.9%	6.8%
Student	0.08%	0.01%
Unemployed	2.5%	0.2%
Economically inactive	52.6%	93.0%

Table A3: Economic activity by age, Scottish Census 2001 (CAS041)

		None	1-19	20-49	49+
50-59	Men	85.2%	10.0%	1.7%	3.2%
	Women	78.2%	14.0%	3.0%	4.7%
60-64	Men	86.9%	7.6%	1.6%	4.0%
	Women	83.3%	9.3%	2.2%	5.3%
65-84	Men	89.7%	4.7%	1.3%	4.5%
	Women	91.4%	4.4%	1.0%	4.0%
85+	Men	93.3%	2.2%	0.7%	3.8%
	Women	97.3%	0.9%	0.3%	1.5%

Table A4: Weekly hours of unpaid care, Scottish Census 2001 (CAS025)

	45-64	65+
NHS	18.9%	13.2%
Local authority care homes	6.4%	13.0%
Housing associations	3.4%	1.3%
Other care homes	36.9%	69.3%

Hotels	6.2%	0.3%
Hostels	10.4%	0.7%
Prison	8.2%	0.2%
Other	9.8%	2.1%

Table A5: Types of communal establishment, Scottish Census 2001 (CS232)

	Females	Males
60-64	0.5%	0.7%
65-74	1.2%	1.4%
75-84	5.7%	4.1%
85-89	17.6%	11.4%
90+	34.3%	20.5%

Table A6: Percent of population living in communal establishments, Scottish Census 2001 (CS232 & CAS002)

	60-64	65-84	85+
Good general and long-term	59.6%	48.0%	25.1%
Good general and poor long-term	21.0%	30.5%	44.3%
Poor general and good long-term	11.7%	10.9%	9.9%
Poor general and poor long-term	18.2%	20.4%	29.6%

Table A7: Long-term and general health, Scottish Census 2001 (CAS019)

	Poor long term	Poor general health
Scotland	20%	10%
... 50-64	30%	17%
... 65+	53%	22%
Owners	15%	7%
... 50-64	23%	12%
... 65+	45%	17%
Social renters	31%	18%
... 50-64	52%	33%
... 65+	63%	30%
Private renters	20%	11%
... 50-64	39%	24%
... 65+	59%	27%

Table A8: General and long-term health problems by tenure, Scottish Census 2001 (CAS017)

	Good	Fair	Bad
All	50%	32%	18%
Large employer	75%	19%	6%
Higher professional	76%	18%	5%
Lower managerial	69%	23%	8%
Intermediate	65%	26%	9%
Small employers	64%	28%	9%
Lower supervisors	58%	29%	13%
Semi-routine	58%	31%	11%
Routine	53%	33%	15%

Never worked	29%	38%	33%
Long-term unemployed	48%	40%	12%
Full-time student	63%	24%	12%

Table A9: General health of 50-74 year olds by NSSEC, Scottish Census 2001 (S23)