

A profile of residents in care homes: results from the 2012 Bupa census

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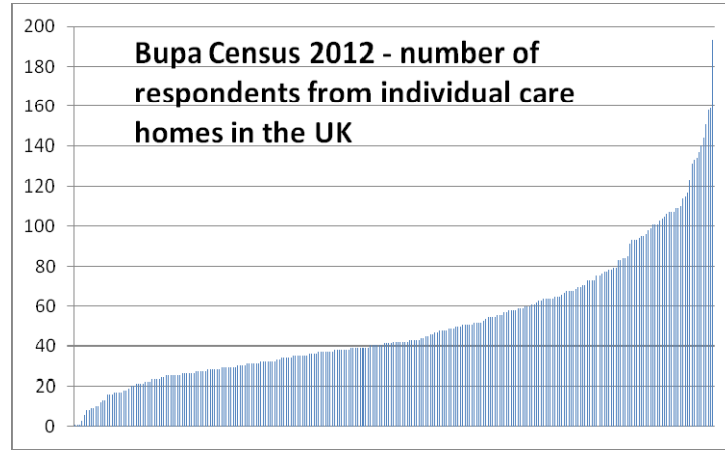
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New attitudes to old age

Bupa care home census - 2012

- This presentation reports some of the findings from a census of over **23,000** Bupa care home residents in the UK (12,901), Australia (3,460), New Zealand (2,838) and Spain (4,067) in June and July 2012
- A similar census was carried out in 2003 and 2009 with a census of both Bupa and non-Bupa homes in 2006
- The 2012 census additionally collected information on resident self/staff-rated health/wellbeing (HowRU) and their experience of care (howRwe) which is not covered here.

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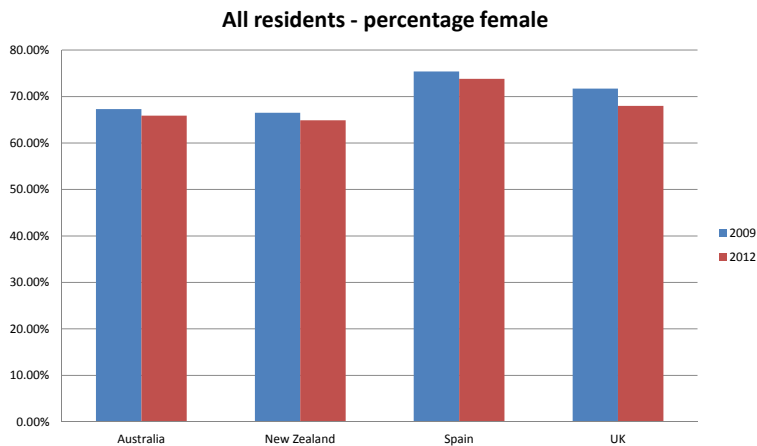
Size of home



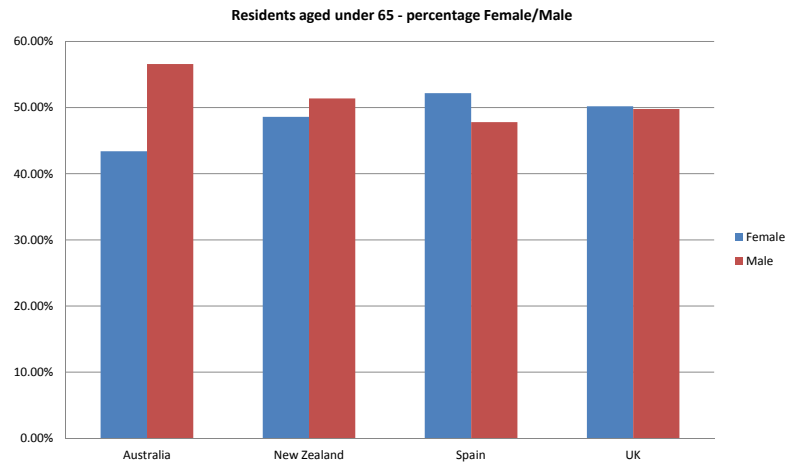
...varies from less than 20 residents to nearly 200.



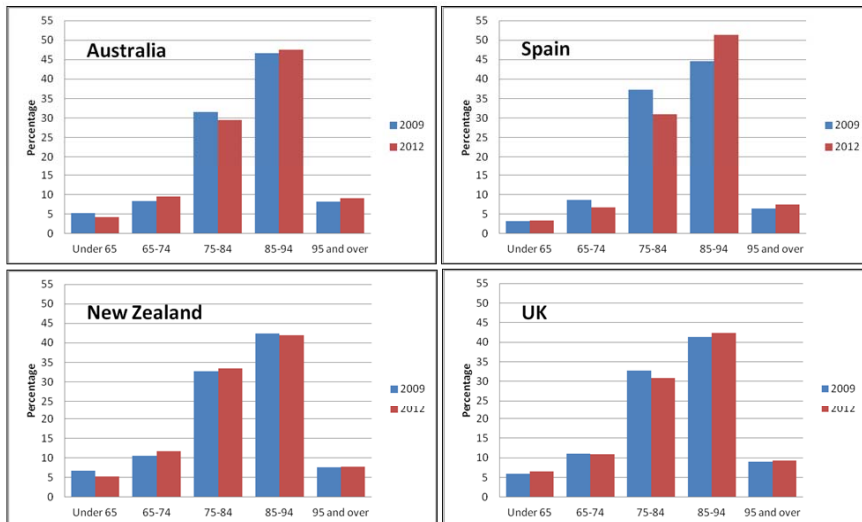
...a clear majority of residents are female, although this is declining slightly



...but for residents aged under 65 it is much more even with men sometimes in the majority



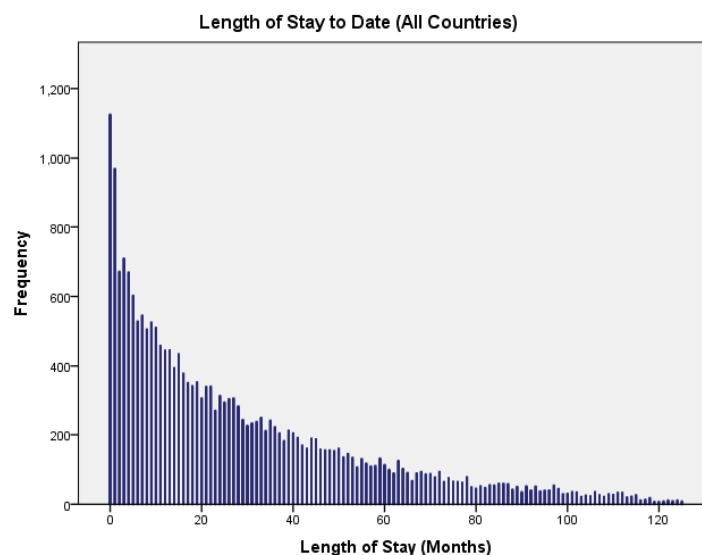
Age distribution of residents



Residents aged 65 and over make up 93% of the care home population in the UK, 95% in New Zealand, 96% in Australia and 97% in Spain.

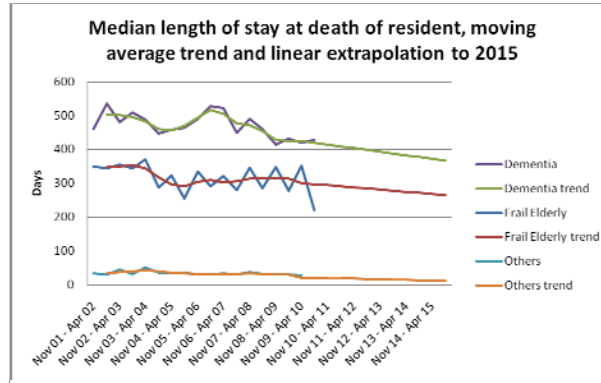
Length of stay

- The census value of 'length of stay to date' both **under**-estimates and **over**-estimates total length of stay.
- **Under**-estimates because the stay is not yet complete
- **Over**-estimates because, for example three short stay residents might have come and gone in one room during the stay of one long-stay resident in another room but only one long-stay and one short stay would appear in the census for the two rooms.



*This graph does not show the 2.5% of residents who stay for longer than 10 years 5 months.

Bupa Care Homes - Length of stay at death



If earlier trends were to continue, by 2015 the median length of stay for dementia care residents would be around one year (367 days) and for older frail residents would be just under nine months (265 days).

Source: Centre for Policy on Ageing, *Changing role of care homes*, 2011

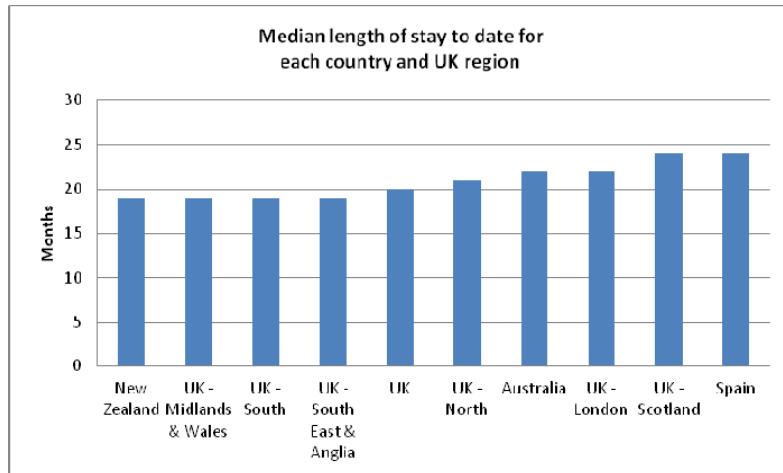
The trend towards shorter lengths of stay may be slowing or reversing...

Country	Median length of stay to date (months)	
	2009*	2012
Australia	21	22
New Zealand	19	19
Spain	23	24
UK	19	20

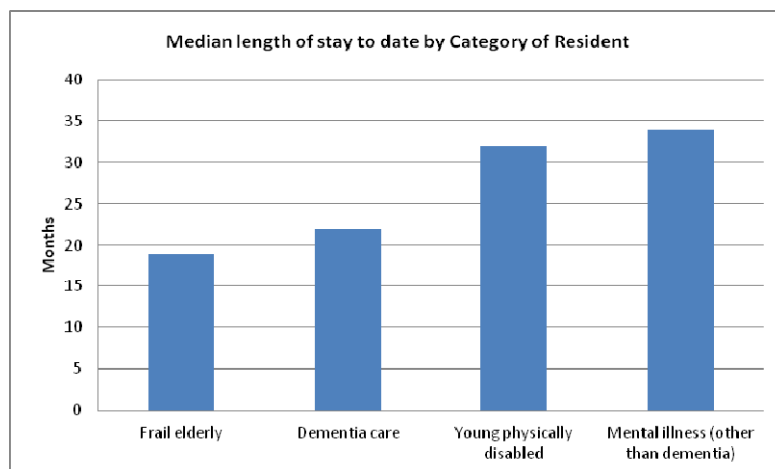
*Rounded to the nearest month



Length of stay is greatest in Scotland and Spain...

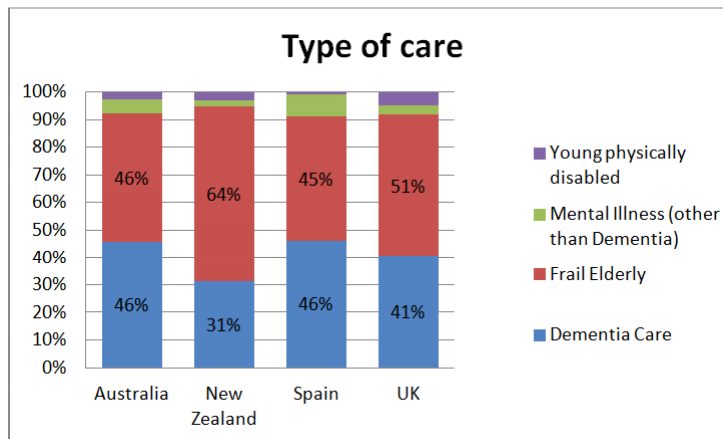


Residents with mental illness (other than dementia) stay longest while the 'frail elderly' stay for the shortest time on average...

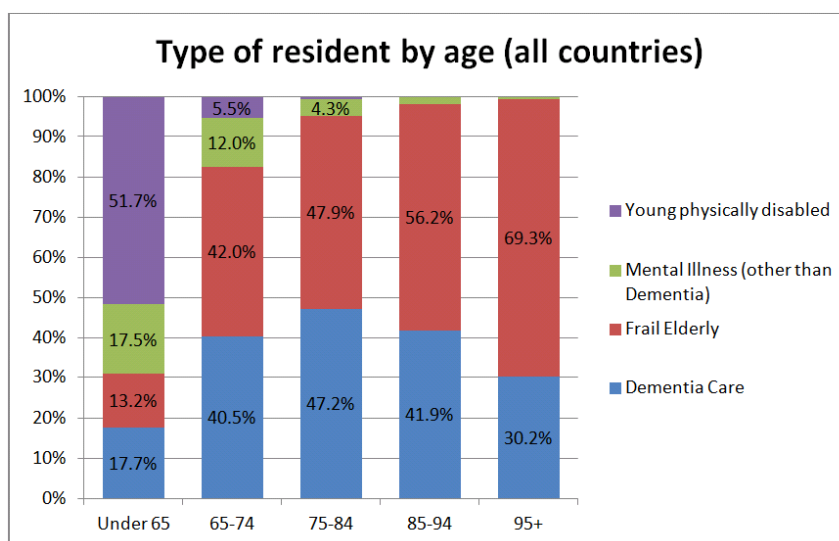


Type of care

New Zealand has the highest proportion of 'frail elderly' residents while Spain has the highest proportion receiving dementia care...



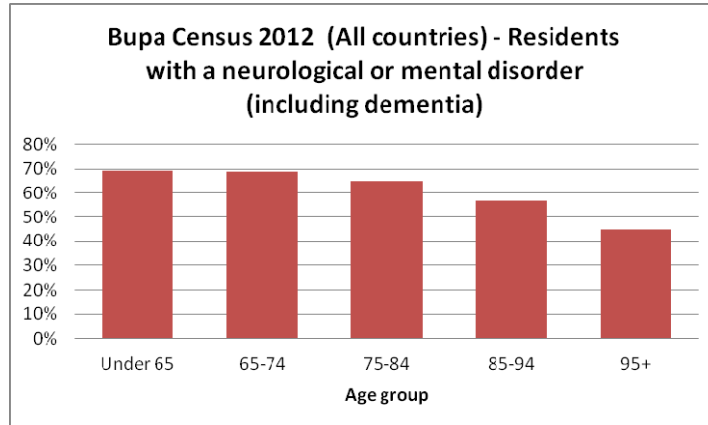
...but this is very much dependent on the age of the resident



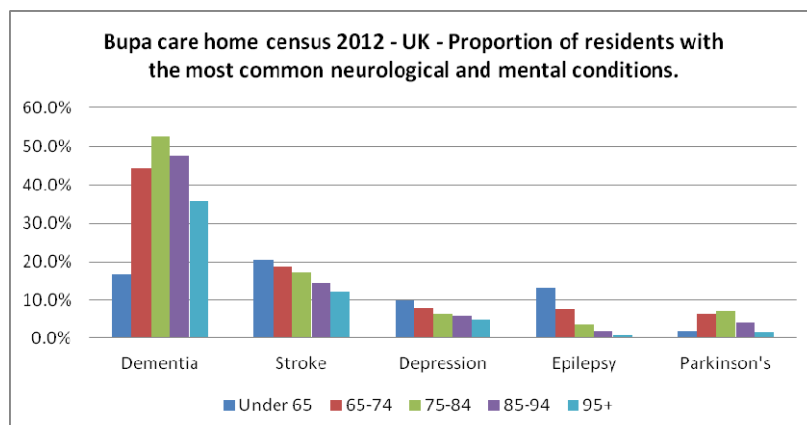
Neurological and mental disorders (including dementia)

Fifty eight percent of Bupa residents have a neurological or mental disorder

Proportion of residents with a neurological or mental disorder (including dementia)				
Australia	New Zealand	Spain	UK	All countries
64.8%	65.1%	49.1%	56.9%	57.7%



Neurological and mental disorders (including dementia)



Dementia



The prevalence of dementia in Bupa care homes in the UK is much higher than in the community, (except for the oldest residents - aged 95+) ...

Dementia prevalence rates in the community and in Bupa UK care homes in 2012

Dementia prevalence rates	Age Group					All Ages
	Under 65	65-74	75-84	85-94	95 and over	
UK Community*	0 - 0.16%	1.3% - 2.9%	5.9% - 12.2%	20.3% - 28.6%	32.5%	1.1%
Bupa UK Care Homes	16.8%	44.3%	52.6%	47.4%	35.8%	45.6%

* Community rates - Consensus estimates from Dementia UK, Knapp et al, 2007. Prevalence rate ranges shown are for the first five year period to the last five year period of the age group.

... and is continuing to increase.

Bupa census 2003 - 2012 - UK proportion of residents with dementia and confusion

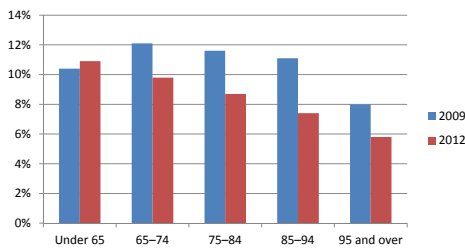
UK	2003	2006	2009	2012
Confused or forgetful	62%	63%	63%	64%
Dementia	36%	38%	44%	46%

Depression

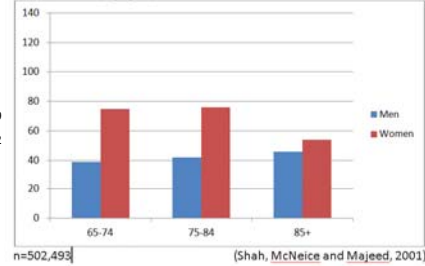


Depression is more common among care home residents than in the community (as indicated by GP consultation rates) but community prevalence estimates vary and the census findings are lower than community prevalence estimates for depression from some other studies ...

Bupa Census, UK, prevalence rates for Depression



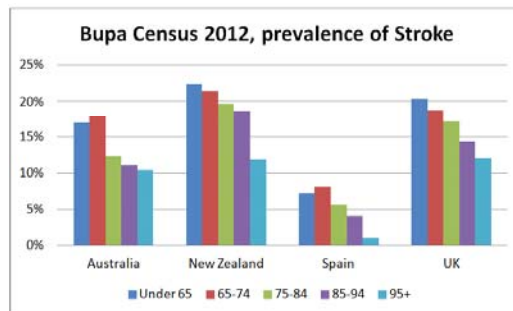
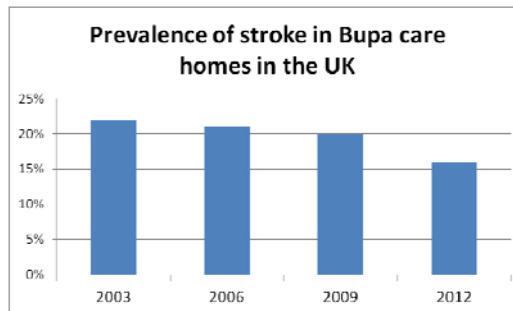
Older adults - GP Consultation rates for depression, England and Wales: Rates per 1000 by age group and sex



Stroke

The prevalence of stroke in Bupa care homes in the UK has been declining but is three times the level in Spain. The level in New Zealand is four times that in Spain.

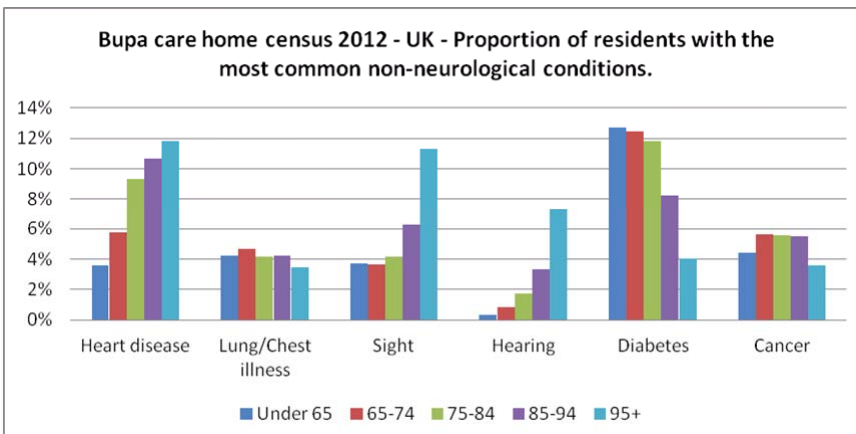
Counter-intuitively the prevalence tends to decline with the resident's age. (see also Diabetes)



Non-neurological conditions



Heart disease increases consistently with age and we see a spike in **sight and hearing problems** for residents aged 95 and over but the prevalence of **diabetes** is higher in the younger age groups. These counter-intuitive findings for this, currently incurable, condition match similar findings in the 2009 census and possibly reflect the increasing levels of obesity and diabetes among younger people in the community, heralding increased prevalence in care homes in the future.



Reason for admission

The vast majority of Bupa care home residents are admitted for long term care.

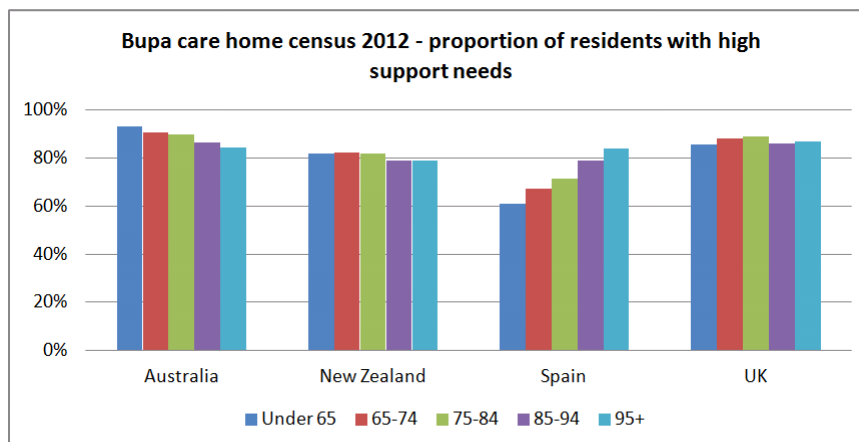
Nature of admission	Country				All countries
	Australia	New Zealand	Spain	UK	
Convalescent or Rehabilitation	0.2%	0.1%	4.3%	0.6%	1.1%
End of Life Care	1.4%	0.7%	0.5%	1.8%	1.3%
Intermediate or Sub-acute Care	0.1%	0.1%	3.1%	0.6%	0.9%
Long Term Care	96.7%	98.0%	90.5%	94.3%	94.4%
Respite/Holiday Relief admission	1.6%	1.1%	1.7%	2.7%	2.2%
Total	100.0%	100.0%	100.0%	100.0%	100.0%

In the UK, while a Long Term Care resident may have had an average (median) stay to date of 22 months, an End-of-life care resident has stayed for just 3.5 months on average, a Convalescent or Rehabilitation resident for 2 months, an Intermediate or Sub-acute Care resident for 1 month and a Respite/Holiday Relief admission for less than one month.

High support needs

87% of Bupa residents in the UK have high support needs.

(Defining 'High Support Needs' as having one or more of dementia, confusion, challenging behaviour, dual incontinence, severe hearing or visual impairment or total dependence in mobility)



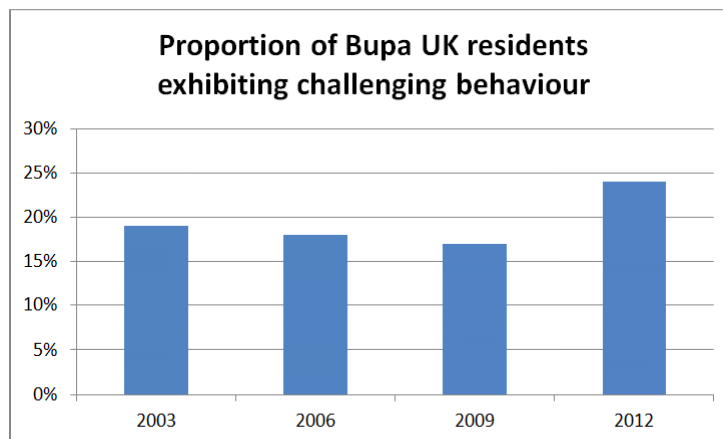
Impairment/Disability

Over three quarters of Bupa care home residents in the UK either require assistance or are fully dependent on others for their mobility.



Challenging behaviour

Improvements in the level of challenging behaviour, reported in earlier censuses, have shown a severe reversal in the current census



Challenging behaviour



Key factors associated with challenging behaviour (in order of importance in the 2009 census)

Bupa census UK

Proportion of residents exhibiting challenging behaviour, for various characteristics or conditions.

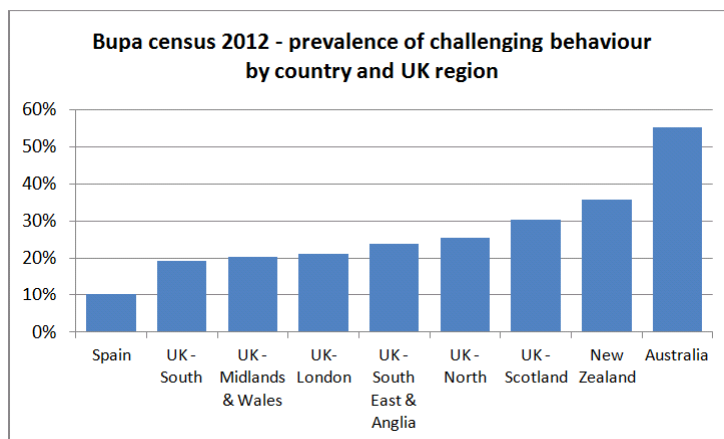
Condition	2009	2012	Condition	2009	2012	Condition	2009	2012
Huntingtons disease	49.2%	55.1%	Learning difficulties	31.9%	30.4%	Aged 65-74	25.7%	32.0%
Depressed or agitated / Depressed*	37.4%	29.8%	Neurological trauma	30.2%	31.6%	Mobility: fully mobile	24.5%	32.7%
Schizophrenia	37.1%	44.3%	Aged under 65	26.7%	30.6%	Gender: Male	24.2%	29.1%
Bi-polar disorder	34.5%	41.3%	Dementia	26.6%	36.7%	Dual incontinence	21.9%	29.0%

*May not be a comparable group

Challenging behaviour



Levels of challenging behaviour are highest in Scotland, New Zealand and Australia



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The full CPA report is available from the CPA website

<http://www.cpa.org.uk/reportsandreviews>.

