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## Social Exclusion and Older People in Rural Scotland

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**HARC**

Healthy Ageing in Rural Communities Research Network

# Older People and Social Exclusion in Rural Scotland

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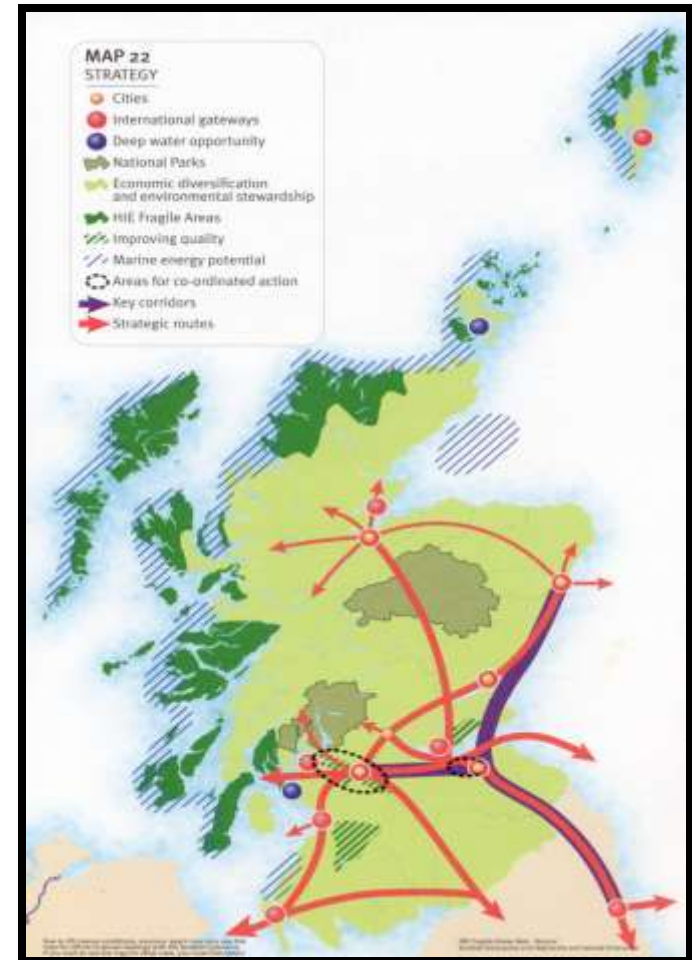
**23<sup>rd</sup> February 2012**

## CARDI paper structure – February 2012

- Research rationale and approach
- Rural Scotland
- The governance context – performance delivery, rural policy and older people priorities
- Thematic perspectives – transport, housing, health and social care, support and contact, participation
- Insights for policy and practice in Ireland and Northern Ireland

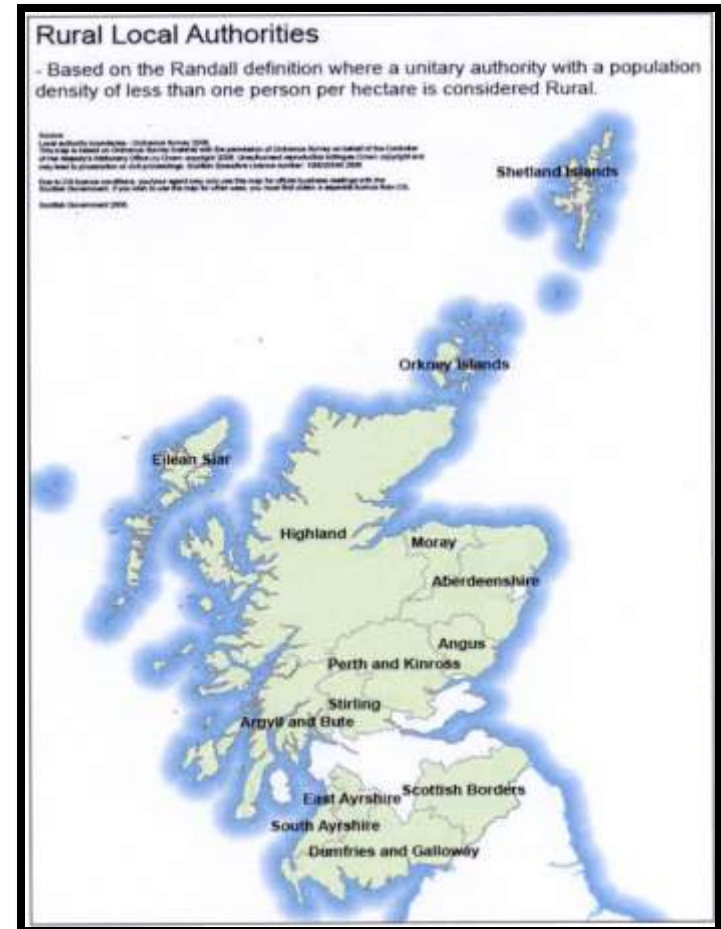
# Why rural Scotland?

- Devolution in 1999
- 5.2 million people in 2008
- 60% in central belt and 27% in 4 main cities
- Spatial framework published in 2004
- Key issues – remoteness and connectivity
- Longstanding engagement with rural areas
- How do older people fare?
- Insights for Ireland and Northern Ireland

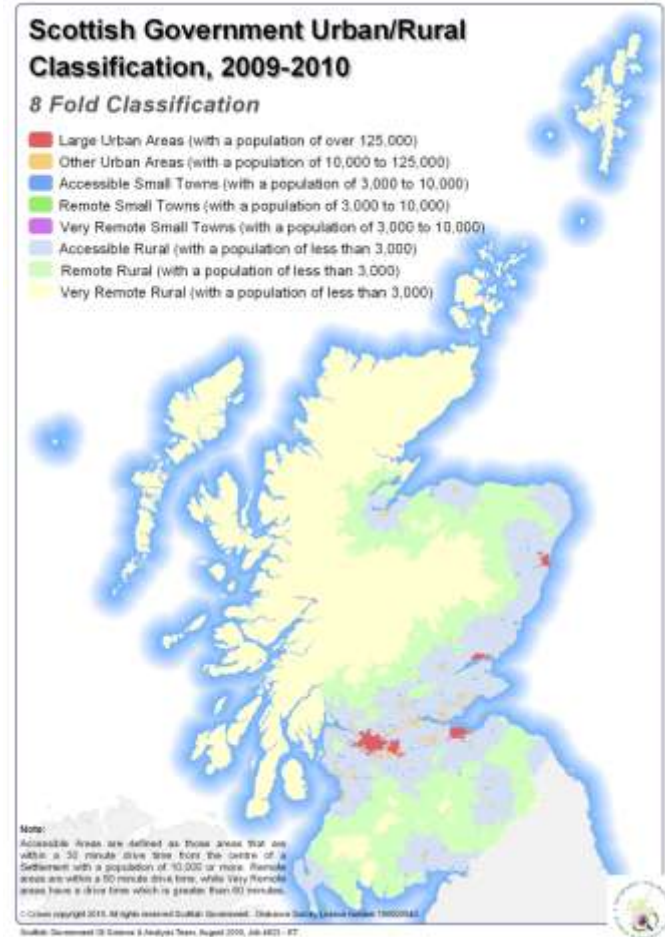
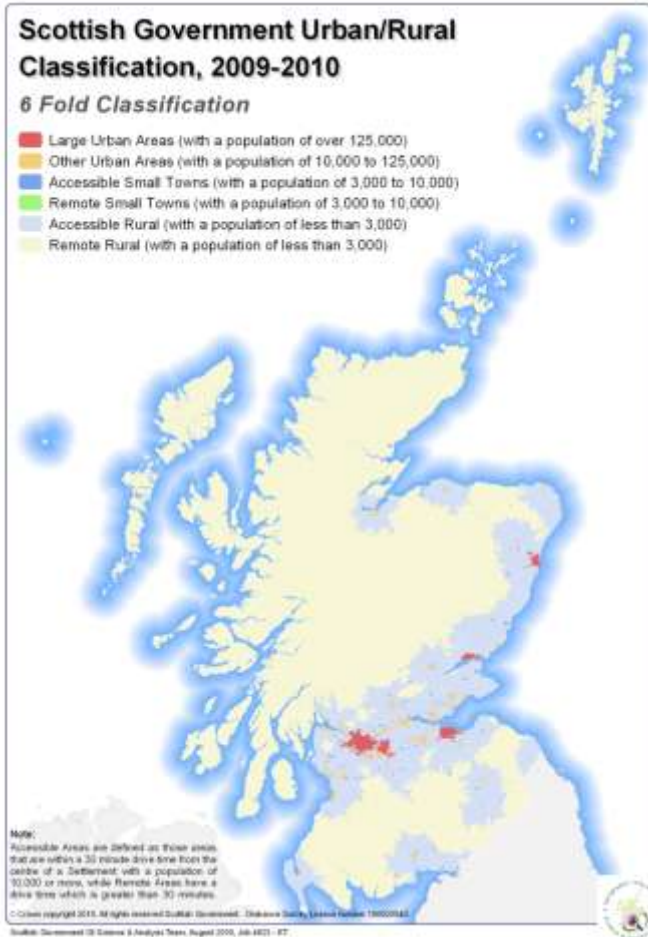


## Defining rural Scotland

- Randall mapping in 1985
- 14 rural local authorities
- Population density of less than 1 person per hectare
- Some 90% of Scotland landmass
- Some 30% of population (1.5m)
- Coarse grain eg Stirling
- Refined since 2000 by Scottish Gov Urban Rural Classification
- Typology based on population and drive time accessibility



# Scottish Government Urban Rural Classification, 2009-2010



## Defining rural Scotland

- Landmass: Accessible rural areas = 25%; Remote rural areas = 69%
- Population: Accessible rural areas = 12% (618,000); Remote = 7% (336,000)
- Over 90 inhabited islands – “Fragile areas”
- Growth and decline differentials
- Older smaller households  
17 % in remote rural; 15% in accessible rural; 12% for rest of Scotland
- Single pensioner households  
15% in remote rural; 12% in accessible rural; 13% for rest of Scotland
- In-migration and out-migration by older people; ageing rural populations

## The governance context – performance delivery

- From 1999 a social justice, poverty and income inequality dimension to public policy – “Every Older Person Matters”.
- By May 2007 – economic growth and employment integral to a social inclusion agenda
- A National Performance Framework defines a new working relationship with local authorities against 5 Strategic Objectives, 15 National Outcomes and 45 National Indicators
- Some generic applicability to older people – but no National Outcome specifically related to older people
- Concerns for rural and older people from local government flexibility
- Government has agreed “to review” positioning of older people



# The governance context – rural policy

## ***Rural Scotland – A New Approach (2000)***

- Supporting economic development.
- Breaking down barriers.
- Improving access to services.
- Sustaining and making the most of our natural and cultural heritage.

## ***Rural Scotland: Better Still, Naturally (2007)***

- Growing the rural economy.
- Making the most of our heritage.
- Delivering better services.
- Supporting thriving rural communities.

## ***Speak Up for Rural Scotland (2010)***

- Rural economies.
- Multi-purpose land use.
- Renewable energy.
- Empowered communities.
- Sustaining rural communities.
- Infrastructure and services.
- Working together.

- From agriculture to rural development
- 2011 government statement with 13 priorities
- Social inclusion from an integrationist perspective – harnessing potential

# The governance context – older people priorities

## 2007 “All Our Futures: Planning for a Scotland with an Ageing Population”

- The individual older person is linked to active ageing
- Avoids stereotypes of older people as passive recipients of services
- A commitment to collaborative governance

## Vision

Our future vision for Scotland is of a confident society that values and empowers people of all ages to use their knowledge, talents and skills to make the most of their lives, to help build up the fabric of our society and to contribute to Scotland’s future success. We want to ensure that older people are valued, appreciated and – where necessary – supported to live full and fulfilling lives. We want our older people to help build thriving local economies; to contribute to the work of the voluntary sector; and to participate in sport, culture and the arts in every capacity. We want more older people to take on leadership responsibilities in their communities, and to become involved in helping to foster understanding and mutual respect across generations.

Strategic Outcomes

Priority Action Areas

## The governance context – older people priorities

- The Scottish Centre for Intergenerational Practice 2007
- The National Forum on Ageing Futures Group 2009-11
- See the Person, Not The Age campaign 2008-09
- Scottish Executive reports to Parliament 2008 + 2011
- Stakeholder events 2008-09
- Scottish Older People's Assembly
- Reshaping Care for Older People



## Thematic perspectives - transport

### Varying accessibility in rural Scotland

- Concessionary Travel Scheme
- Demand Responsive Transport

### The importance of the car in rural Scotland

- Rural Petrol Station Grant Scheme

### Island living and ferry connections

- eg Jura Development Trust

“But I have to say that none of my parents and parents in law would be able to go by car if there is no fuel in that village. They would not go across the A9 to go and get the fuel. But they will go around their village and put the fuel in their cars. And this is very-very important. There is someone who is 87 and he is still driving. But if he stops driving his will changes completely. And they are old people providing service to other old people.”

## Thematic perspectives - housing

Rural stock – detached, owned, repair needs,  
less energy efficient

In Scotland – 58% of single pensioner  
households and 34% of older smaller  
households were fuel poor and more likely  
to experience fuel poverty

Higher levels of fuel poverty in remote rural  
areas (50%) *vis a vis* accessible rural  
areas (31%) and rest of Scotland (24%)

“I went on protected price. I come off  
that next year in April. I’ve done the  
calculations, and up to this September  
not including the price, gas has  
increased by 37%, it wouldn’t be on  
my bill, because I am obviously  
protected but I’ve got to pay some. But  
next year I could be facing something  
like 50% increase in fuel costs, which  
is...the income doesn’t increase like  
that or my pension!”

Additional payments?    Advisory services

## Thematic perspectives – health and social care

Health inequalities in urban and rural Scotland greatest in remote rural areas (local elderly v non local in-migrants?)

In-migration of older retirees putting pressure on services

The role of community care and planning through engagement in the Highlands

“You can’t get on the list. We had to go private. I live right next door to doctor’s surgery...and you can’t get an appointment...because the population is growing all the time. It’s all the people from down South who are taking early retirement, who are 50-55 years old. And they are coming up here because it’s a lovely place to live and has a lot to offer.”

“With families moving away not everyone has someone to look after them and there is sometimes a ‘missing link’ when there is no family member to help arrange services. People in these circumstances need to be aware of what is available locally.”

## Thematic perspectives – support and contact

The importance of family and friends AND  
the importance of health professionals

The provision of food services and the  
need for new ways to deliver this  
opportunity for social interaction

“This is the first time I have sat at a table in a restaurant with other people in 20 years. It is so nice, thank you.”  
(Over 50s Men’s Health Lunch Club, Stornoway)

“The quality of this service at all levels is excellent value for money, food is freshly prepared and very palatable. My mother is a regular attendee and really enjoys the social aspect and for me it offers a few hours of respite and peace of mind that she is being cared for.” (Isle of Uist lunch club)

## Thematic perspectives - participation

The proportion volunteering in all age groups increases with rurality

60-64 age – 35% in remote rural areas  
20% in large urban areas

65-69 age – 37% in remote rural areas  
21% in large urban areas

Central to community resilience and the contribution made by older people to older people is project evident.

“ As an older-younger person, I was intrigued by the Age Unlimited Scotland programme, and the idea of training older people to deliver social ventures. We had the germ of an idea, and were encouraged through the workshops and training to develop this into a business plan – the more involved we’ve become, the more exciting it has got. Although not naturally confident, we’ve really developed our own confidence and it’s helped us as much as the older folk we’re wanting to help.”



## Key insights

- Differentiated rural geographies and longitudinal data sets
- Critical mass research on older people
- Scottish government strategy on older people in 2007
- Policy formulation that proactively engages with older people
- An assets based approach to older people that goes beyond needs
- The complexity of the older people lived experience in rural areas

“We will protect the pensioner in Inverness who lives off her savings and fears ever-rising prices and bills...

For Scotland’s patients, our commitment to protecting the health budget is all about delivering the better and faster treatment we know they seek...

For our unpaid carers, men and women, young and old, who give so much of their lives to look after the people they love, we will work to ensure they are true partners in the delivery of care and their special role is fully recognised...

A Warm Homes Fund, which will deliver warm homes for thousands of Scots in our most fuel poor communities... The health of a pensioner living in a damp house will suffer...

This is a Government with ambition for Scotland.”

(First Minister’s Statement, 26th May 2011)



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***Thank you for listening***