

NZNO 10TH NATIONAL GERONTOLOGY SECTION CONFERENCE

Rydges Latimer, Christchurch 31 Oct & 01 Nov 2016



BACK
TO OUR
FUTURE

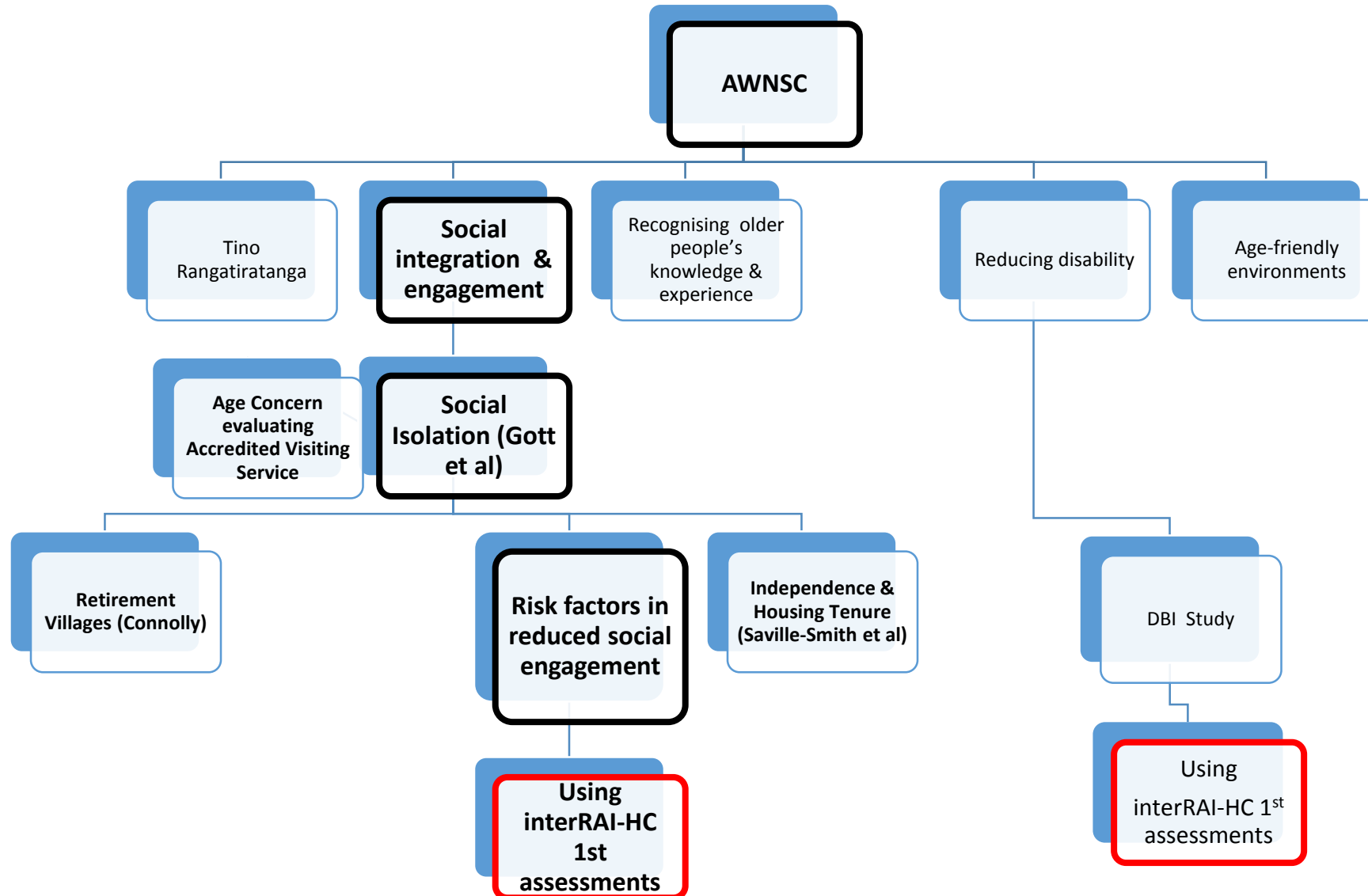


Does Ethnicity Matter?

Some patterns that are emerging in the InterRAI -HC data around ethnicity, living arrangements and loneliness

Helen Gibson & Richard Scrase

Ageing Well National Science Challenge & where we fit...



Research Group includes.....

- Dr Hamish Jamieson (Geriatrician)
- Dr Sally Keeling (Social Scientist)
- Prof Philip Schluter (UC, Biostatistician)
- **Dr Helen Gibson** (Research Nurse)
- Rebecca Abey (Assistant Research Fellow, PhD student)
- **Richard Scrase** (Research Nurse/GNS CDHB)
- Prof Paul Beere (UC, GeoHealth Researcher)
- And many others

InterRAI - HC 1st Assessments Dataset 2012-2015

- 71,859 standardised interRAI-HC first assessments
- Mean Age 82.69%
- Data linkage & encryption, approved matching to outcomes for:
 - Mortality
 - Residential care admission
 - Medications
 - Hospital admissions
 - Geomapping

Questions arranged by important social concepts ...

Social Activity

- **Withdrawal from activities of interest**
- **Reduced social interaction**
- **Participation in activities of long-standing interest**
- **Change in social activities in last 90 days**
- **length of time alone in day**

Perceived Loneliness

- **Feeling Lonely**

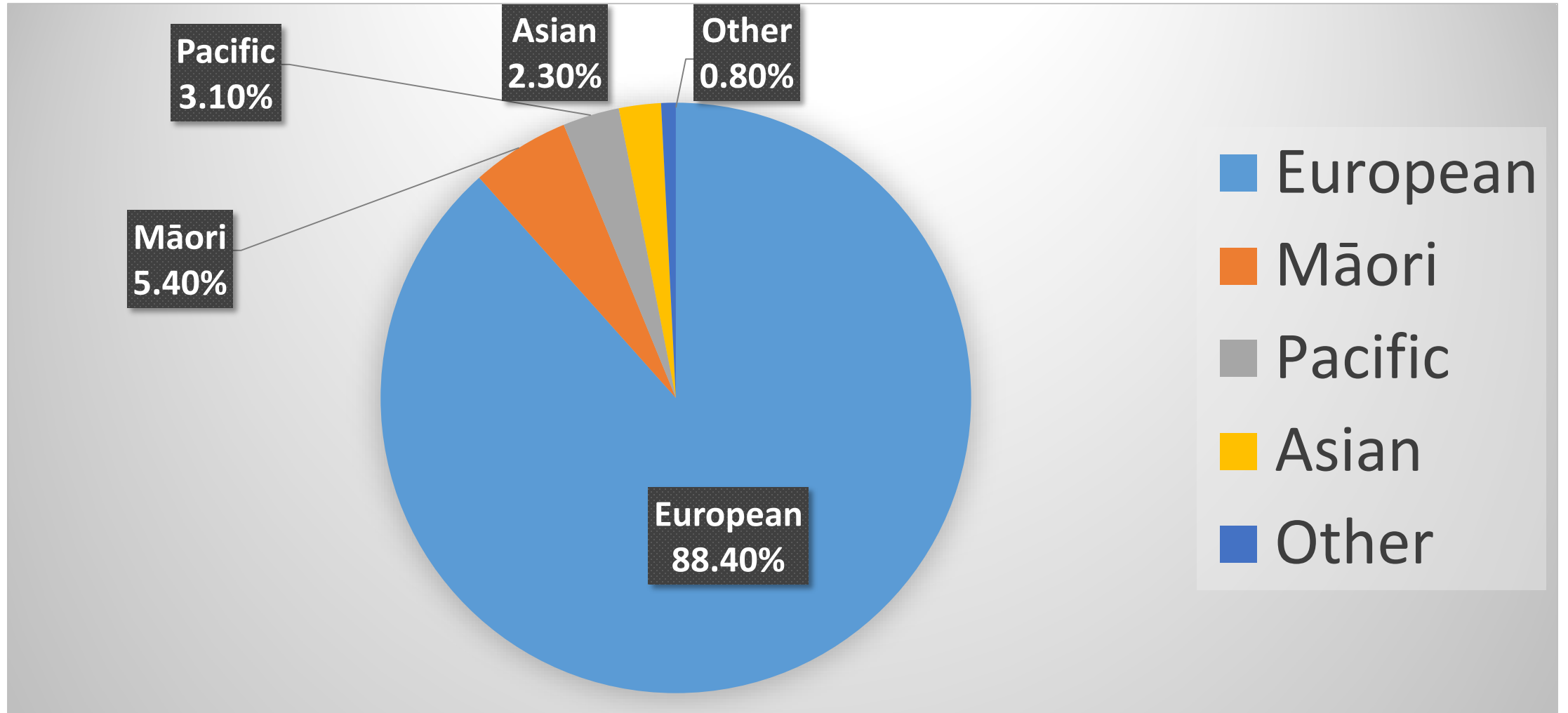
Care & Support

- **Major life stresses in last 90 days**
- **Visit with long standing relation /family member**
- **Other interaction with long standing relation/family member**
- **Conflict or anger with family or friend**
- **Fearful of a family member/close acquaintance**
- **Neglected, abused, mistreated**
- **Informal helper unable to continue caring activities**
- **Primary informal helper expresses feelings of distress, anger or**
- **Family/friend feeling overwhelmed by situation**
- **Hours of informal care & active monitoring**
- **Strong supportive relationships with family**
- **person /relative feels person would be better off elsewhere**

The Focus of this Progress Report

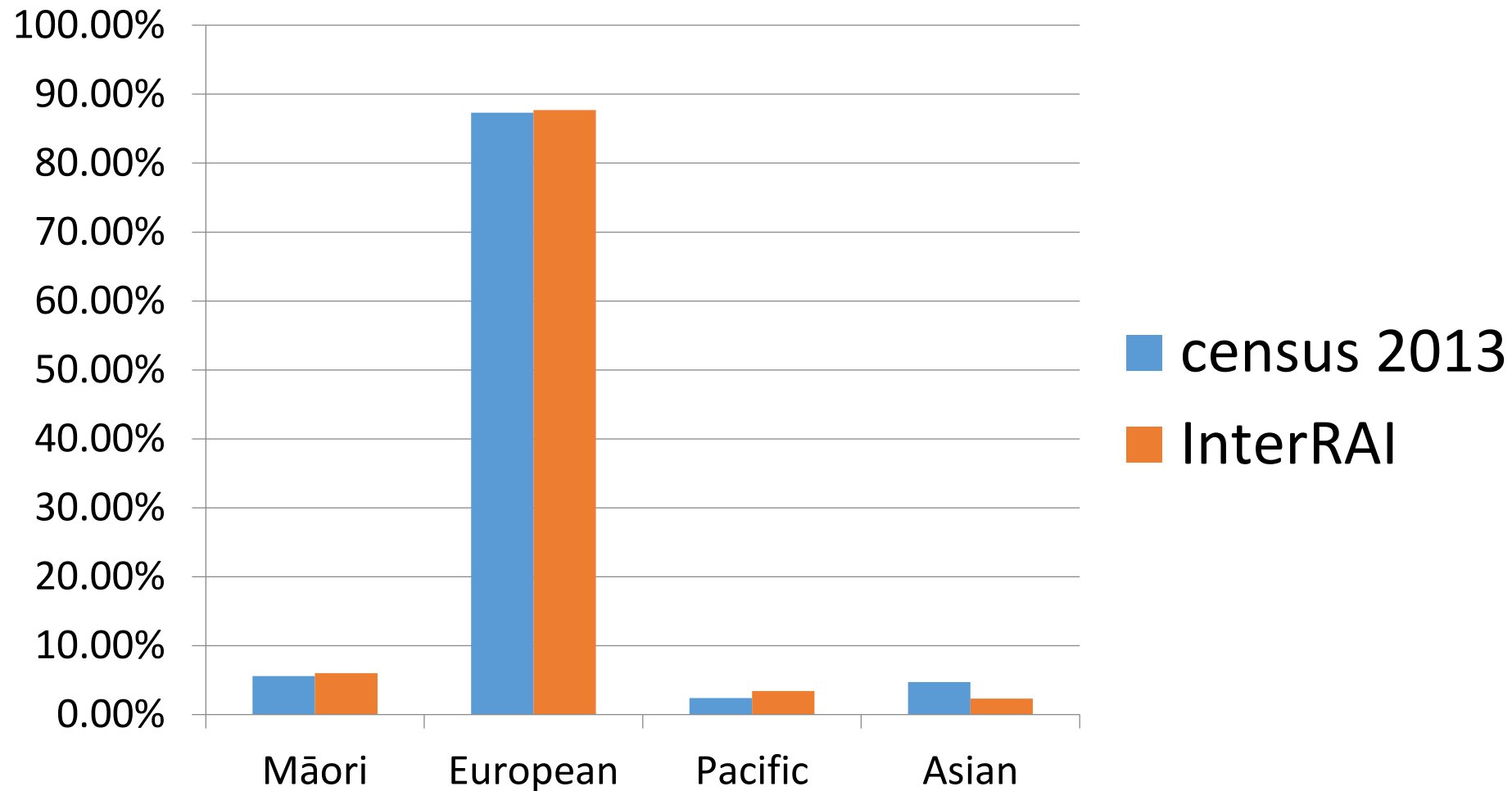
- **Ethnicity:** European; Māori; Pacific; Asian; “other”
- **Living arrangements:** living alone, living with: spouse only; spouse and others; child; other relatives; siblings; non relatives.
- **Loneliness:** Older persons’ responses to the question, ‘do you feel lonely?’

Population 71,859 - Ethnicity



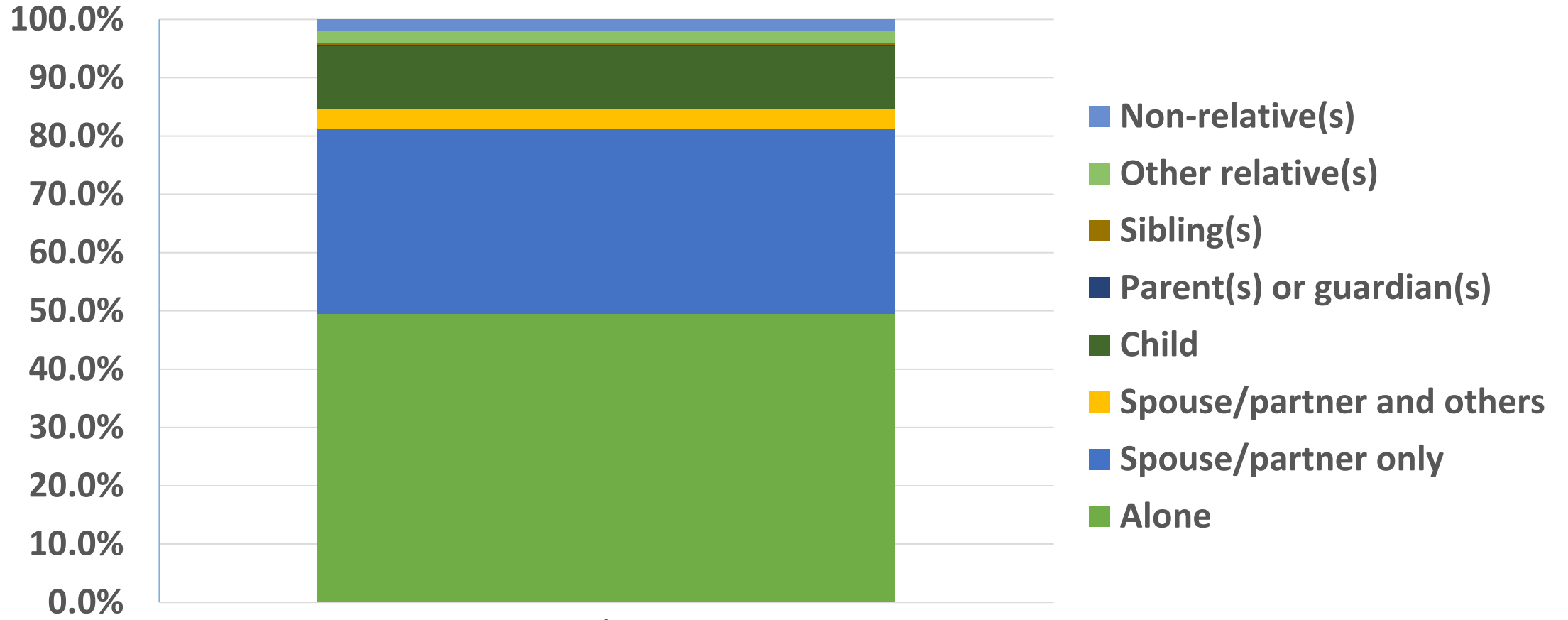
n = 71,859

Ethnic Comparison 2013 Census and InterRAI 2012-2015



Living Arrangements

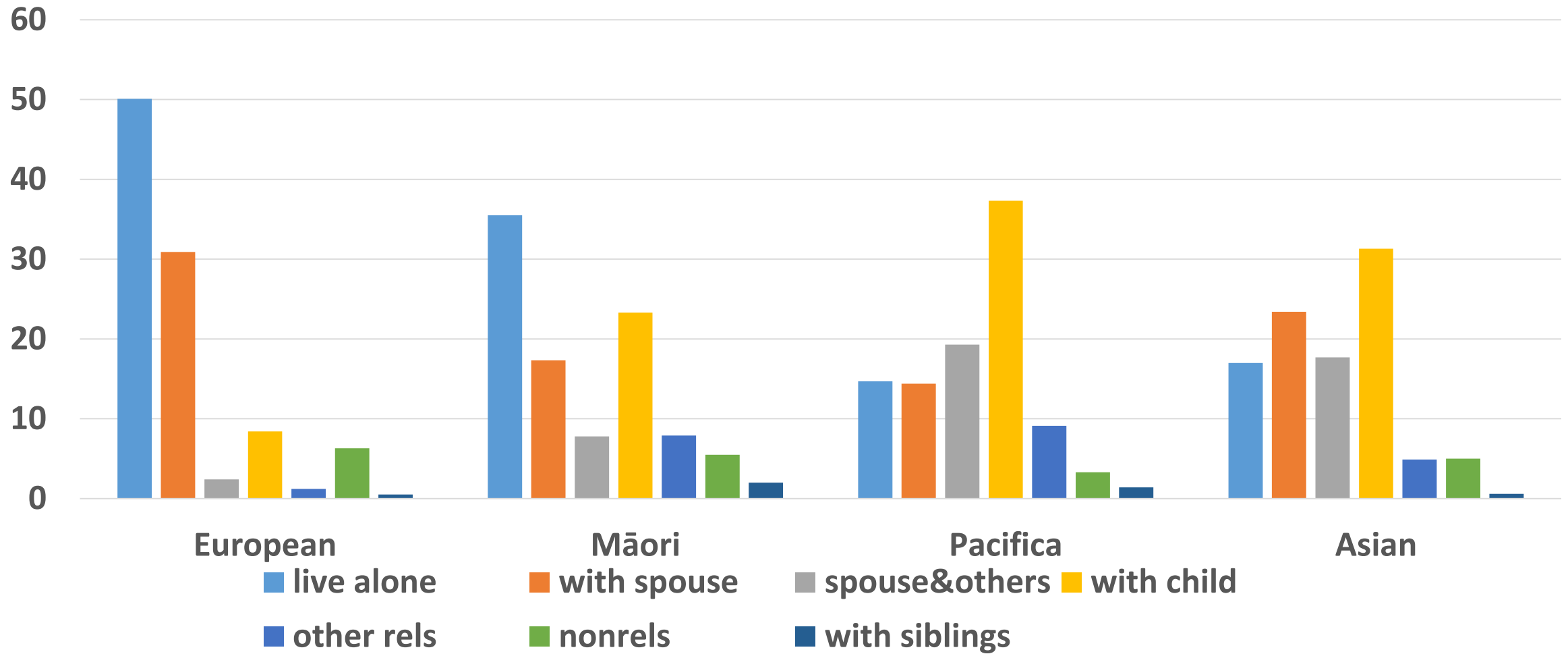
N = 71,859



1

Mean age 82.69 years

Living Arrangements by Ethnicity



n = 71,315 (“other” not included)

What is Loneliness?

Individuals can be lonely without being socially isolated; experience both loneliness and isolation; or be socially isolated without feeling lonely.

Valtorta & Hanratty, 2012

Self-assessed loneliness is an indicative indicator of whether people are happy with the amount and quality of social contact they have.

[http:// socialreport.msd.govt.nz](http://socialreport.msd.govt.nz)

Cultural meanings shape the experience of loneliness because: they create **expectations of the nature and the extent of closeness in relationships** and social connectedness, and influence whether these expectations are being met

Lykes & Kimmelmeier, 2014

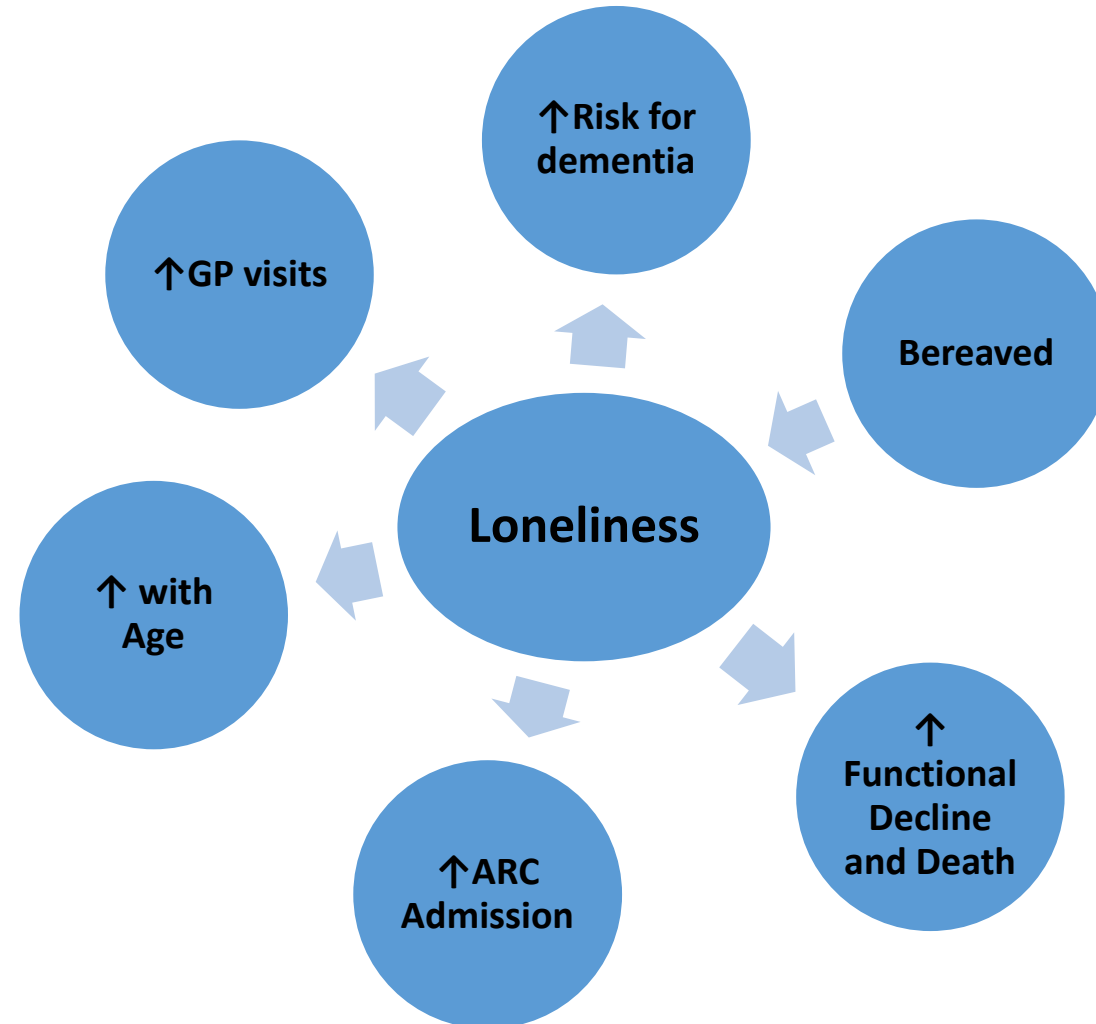
Some Characteristics of Loneliness



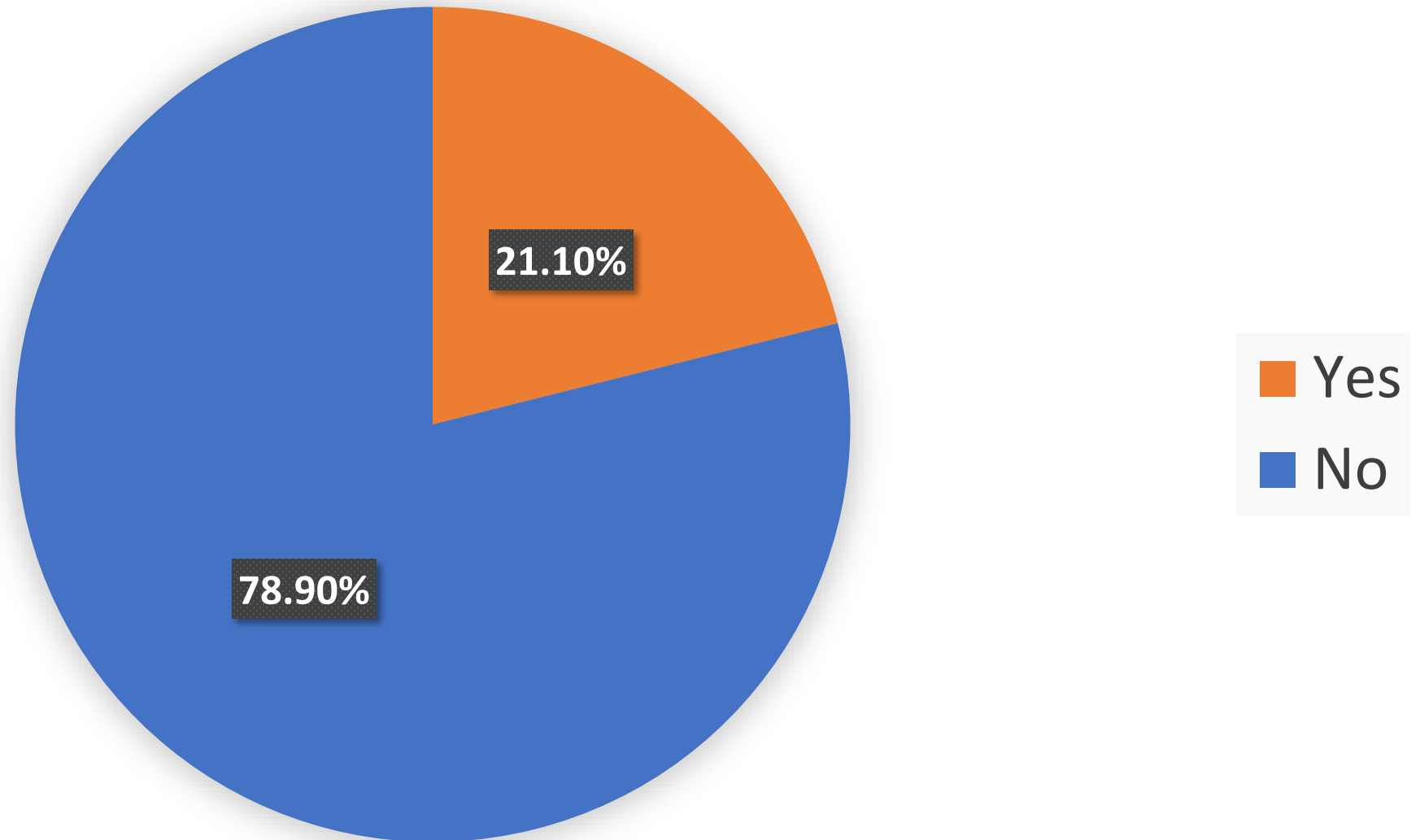
Significance of loneliness

- **Loneliness affects around 20% of older people in Aotearoa New Zealand with very high associated health costs.**
- **Reducing loneliness among older people can result in fewer visits to the doctors, lower use of medication, fewer days in hospital and fewer admissions to aged residential care.**

Health Implications of Loneliness

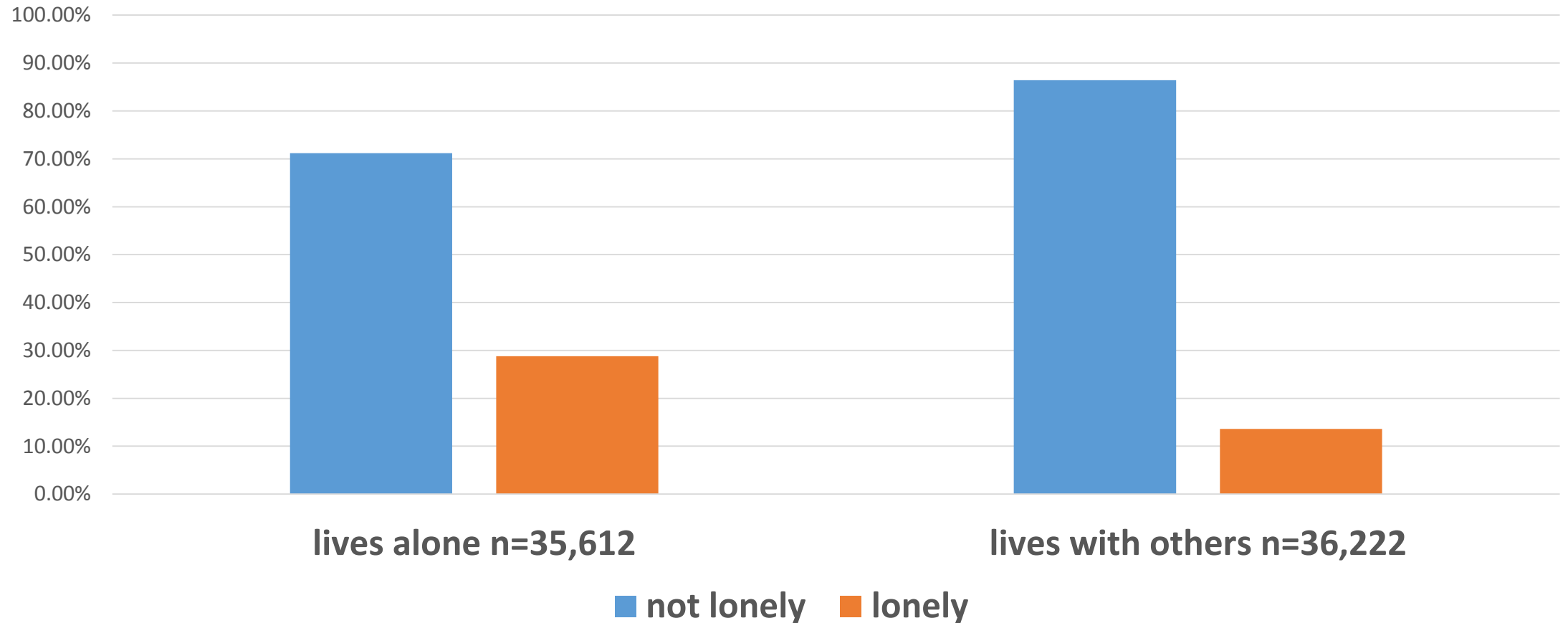


Feeling Lonely

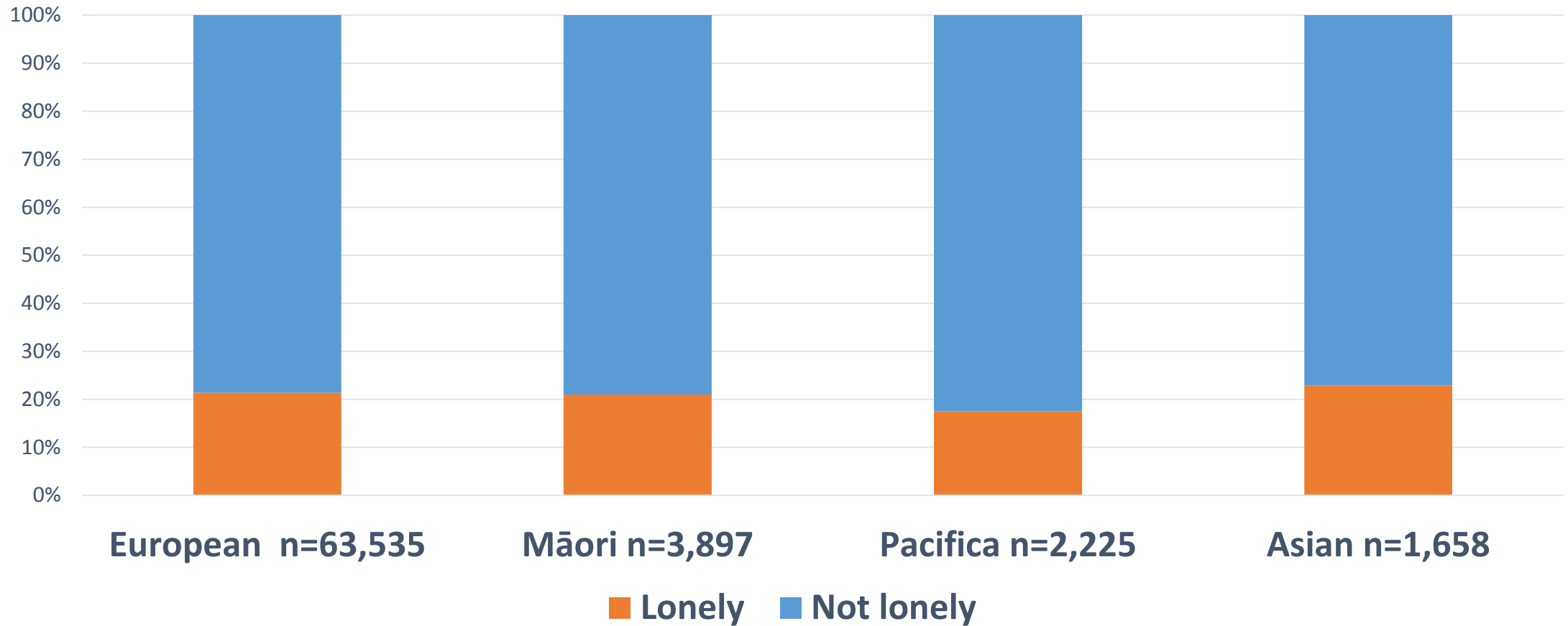


n=71,859

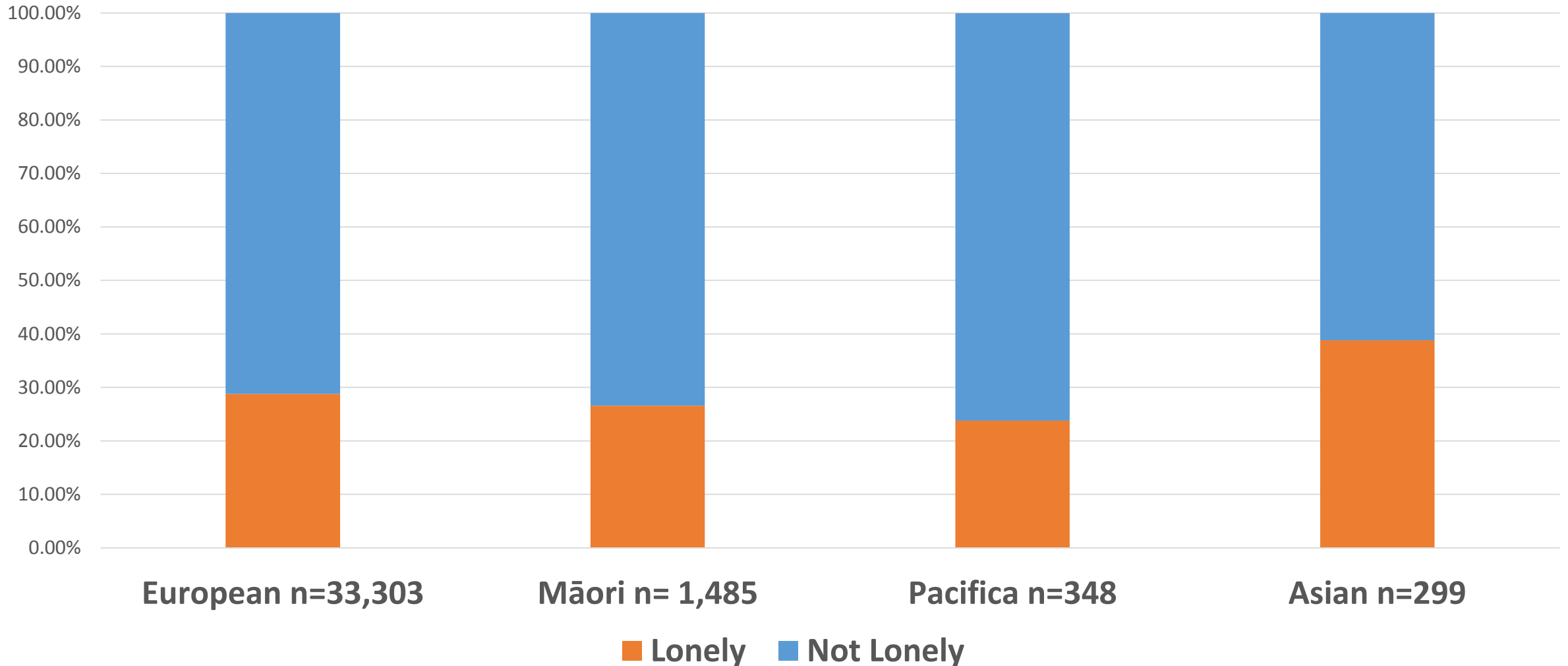
Loneliness by Living Arrangements



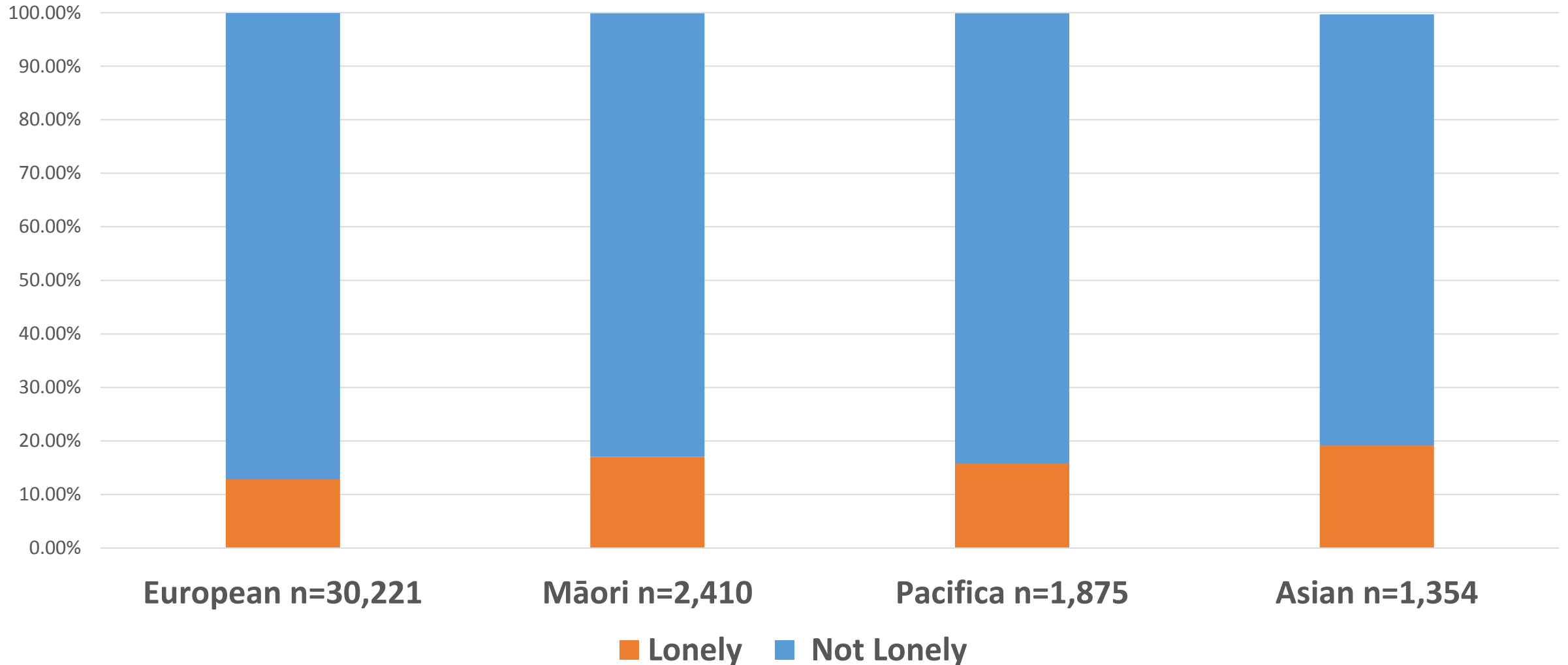
Loneliness by Ethnicity



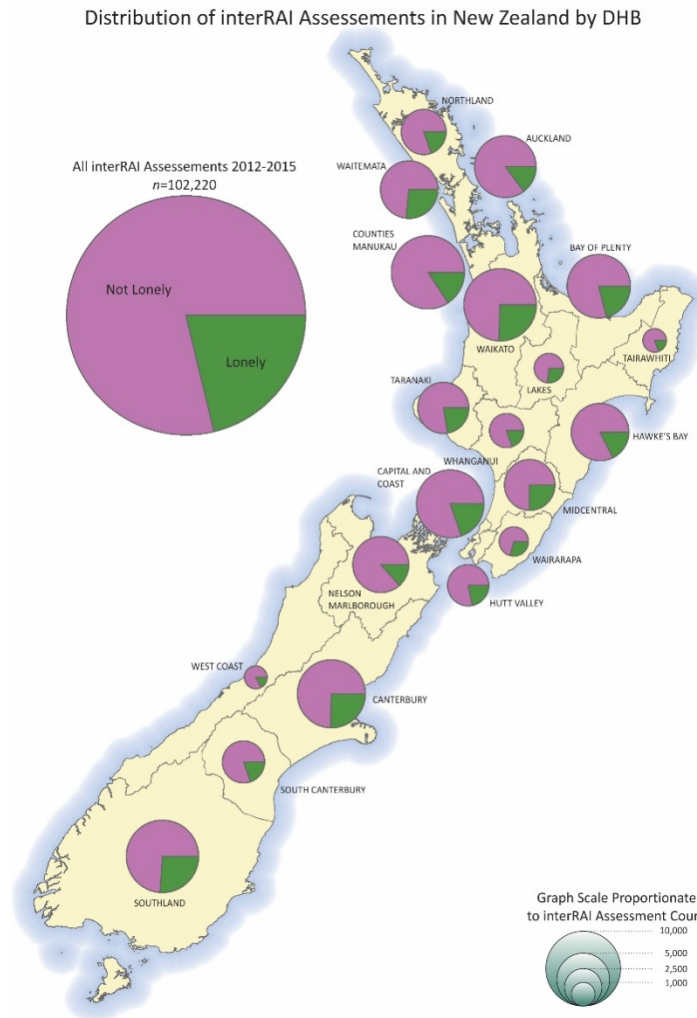
Living Alone and Loneliness by Ethnicity



Living with Others and Loneliness by Ethnicity



Distribution of interRAI-HC Assessments in NZ by DHB 2012 -2015



Paul Beere, GeoHealth Laboratory 2016
Mean age n = 102,220

Distribution of interRAI-HC Assessments in NZ by DHB n = 102,220

10,000 Population

- Counties Manukau
- Waikato
- Capital & coast
- Canterbury
- Southland

5,000 Population

- Auckland
- Waitemata
- Bay of Plenty
- Hawkesbay
- Nelson/Marlborough

2,500 Population

- Northland
- Taranaki
- Mid Central
- Hutt Valley
- South Canterbury

1,000 Population

- Tairāwhiti
- Lakes
- Whanganui
- Wairarapa
- West Coast

DHB2015_label	% Lonely	DHB2015	% Lonely2
Wairarapa	29%	Northland	20.00%
Waitemata	27%	Whanganui	20%
Lakes	27%	Capital and Coast	20%
Waikato	26%	South Canterbury	20%
Southern	26%	Tairāwhiti	19%
MidCentral	25%	Hawke's Bay	18%
Canterbury	25%	West Coast	17%
Taranaki	22%	Counties Manukau	16%
Hutt Valley	22%	Auckland	15%
Bay of Plenty	21%	Nelson Marlborough	13%

Living Arrangements – does ethnicity matter?

Ethnicity appears to influence the living arrangements of these older people:

- Most Pākehā/Europeans live alone or with spouse only; Pacifica are the least number to live alone
- Māori living arrangements are more similar to European than other non-dominant ethnic groups ie twice the proportion of Māori live alone than Pacifica or Asian older people.
- Most Pacifica and Asian live with others, specifically with a child (intergenerational family arrangements)

Ethnicity and Loneliness

- Living alone has twice the risk factor of loneliness for all ethnic groups
- Asians are the most likely group to be lonely living alone or with others
- Pacifica are least likely to be lonely living alone & European are least likely to be lonely living with others
- As a high proportion of Pacifica & Asians live with others, so this is worth noting
- The patterns in reported loneliness of the different ethnic groups are statistically significant

Research & Service Provision Implications

- Further investigation of those living with others who are lonely; as a higher proportion are lonely living with an adult child than those with living their spouse
- Why is a proportion of Pacifica and Asian older people lonely living with family?
- Living in intergenerational family arrangements, expectations can be that these older people are supported and not lonely; however this early picture shows that this may not be the case

Clinical Applications

- Loneliness is an indicator of poorer health outcomes
- We need to consider differing ethnic community needs

Don't make assumptions about:

- **living arrangements**
- **ethnicity**
- **the family care context**