ENHANCING THE QUALITY OF LIFE FOR PEOPLE LIVING WITH LONG TERM CONDITIONS

People aged over 85 years are more likely to be living with a long term condition including frailty.

<table>
<thead>
<tr>
<th>Year</th>
<th>Percentage of Population Aged Over 85 Years in England Living with a Long Term Condition</th>
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<tbody>
<tr>
<td>1971</td>
<td>2.4%</td>
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<tr>
<td>1976</td>
<td>2.5%</td>
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<tr>
<td>1981</td>
<td>2.8%</td>
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<tr>
<td>1986</td>
<td>3.3%</td>
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<tr>
<td>1991</td>
<td>3.8%</td>
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<tr>
<td>1996</td>
<td>4.2%</td>
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<tr>
<td>2001</td>
<td>4.4%</td>
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<tr>
<td>2006</td>
<td>4.6%</td>
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</tbody>
</table>

People might be living with more than one long term condition. Of the people who report that they live with long term conditions:

- 24% have two long term conditions...
- ...and 20% live with three or more long term conditions.

However many conditions people are living with it is important that they feel supported to manage their overall health and wellbeing. They should have a care planning discussion recorded in a written care plan.

People who smoke are more likely to have flare ups in their condition and more likely to be admitted to hospital.

Carers are a hugely important asset to the NHS as well as the people for whom they care.

- 80% of carers said that caring has had a negative impact on their health.
- Carers may need support both in their caring role and in maintaining their own physical and mental health.
- Over time the needs of people living with long term conditions may change. Planning ahead is key for people who are approaching the end of life and for those important to them.

People living with a long term condition are less likely to be working than the general population.

- 72% of the general population are in work
- 59% of people with long term conditions are in work
- 35% of people with a mental health condition are in work

People living with a long term condition are more likely to use health and care services.

- 50% of all GP appointments
- 64% of all hospital outpatient appointments
- 70% of all hospital bed days
- 70% of total health and social care spend

51% of people die in their preferred place of care.

People should have opportunities to discuss their wishes and preferences for now, and for the future, and to have these recorded in a personalised care plan.

People who live with a long term condition smoke 18% of people living with a long term condition smoke.

More information about enhancing the quality of life for people living with long term conditions can be found at: www.england.nhs.uk/house-of-care/