

Ageing Well with SCI

UK Survey

Joy Sinclair

Rebuilding lives after spinal cord injury



Ageing With SCI

Professional Background – Dan Burden



- Head of Public Affairs, SIA, 2008 - present
- Access and Partnerships Officer, East Hertfordshire Council 2003 - 2008
- Ageing with a Spinal Cord Injury for 13 years

Rebuilding lives after spinal cord injury

Ageing With SCI



Professional Background – Joy Sinclair

- Advice Line Officer and Ageing Well Advisor at SIA since 2006
- Post Graduate Certificate in Spinal Injuries at Stoke Mandeville
- Primary Health Care
- Marketing – large international pharmaceutical company - animal health division

Rebuilding lives after spinal cord injury

Ageing With SCI



Topics

- Why SIA has Ageing Well Project
- Results of the Ageing Well Survey
- The Future

Rebuilding lives after spinal cord injury

Why SIA has Ageing Well Project



- The issue of ageing well has been part of our manifesto pledge for some years now
- The issue of ageing well has been member driven
- In addition, we aim to educate the young newly injured in how to live a full and active life but at the same time consider how their actions may affect their future health and well-being

Rebuilding lives after spinal cord injury

Ageing With SCI



The New Injured Older Person

- As the average age of the UK population increases, so the average age of those acquiring an SCI grows too



- The average age of SCI patients being admitted to Spinal Cord Injury Centres (SCICs) is between 42 and 47 years

Rebuilding lives after spinal cord injury

Ageing With SCI



How the Spinal Cord Injury Centres are coping with the older SCI person

- More people living longer with SCI means more pressure on SCI Centre outpatient services
- Some SCI Centres do not want to admit newly injured older people
- Some newly injured people do not want to go to an SCI Centre
- Is there a better way to deliver the service – that is via outreach to local hospitals?

Rebuilding lives after spinal cord injury

Ageing With SCI

The Ageing Well Project



- Year 1 - Survey of members health and social issues
- Year 2 - Conference on Ageing with SCI
- Year 3 – Produce a booklet on Ageing with SCI
- Currently producing Steps to Ageing Well
- Writing articles for SIA members' magazine, ***forward***

Rebuilding lives after spinal cord injury

Ageing With SCI

Results of the Ageing Well Survey



The top 3 health priorities identified by respondents:

- Bladder
 - Bowel
 - Skin care
- Closely followed by: Weight management and Physical fitness



Rebuilding lives after spinal cord injury

Ageing With SCI

Results of the Ageing Well Survey



- 54% : of respondents reported increasing difficulties in shoulder and wrist movement over the past 10 years
- 43% : reported increasing problems with their bladder routine over the past 10 years
- 47% : reported increasing problems with their bowel routine over the past 10 years

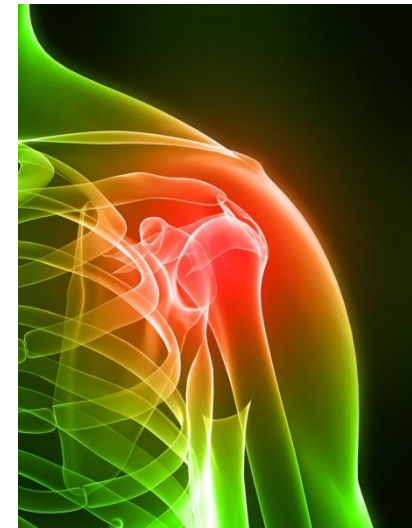
Rebuilding lives after spinal cord injury

Ageing With SCI

Results of Ageing Well Survey

Over the last 10 years, have you experienced increasing difficulties in the following areas?

➤ Shoulder or wrist movement	54.2%
➤ Posture	50.8%
➤ Bowels	46.9%
➤ Sleep patterns	46.0%
➤ Circulation (cold extremities)	44.6%
➤ Bladder	42.5%
➤ Libido (sexual desire)	22.9%
➤ Mood changes	19.2%



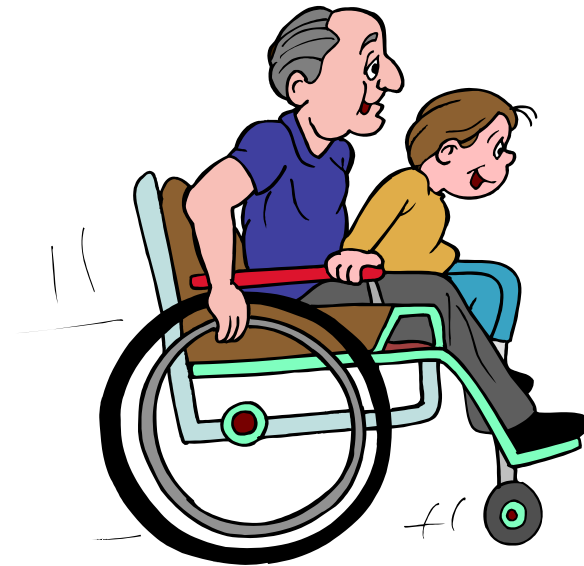
Rebuilding lives after spinal cord injury

Ageing With SCI

Results of Ageing Well Survey

Over the last 10 years, have you experienced an increase in?

- Weight 61.6%
- Pain 52.3%
- Urinary Tract Infections 34.9%
- Skin Care problems 32.9%
- Spasms 31.5%



Rebuilding lives after spinal cord injury

Ageing With SCI

Results of Ageing Well Survey



- 29% of respondents are not eating three meals a day
- 18.9% only of SCI people eat five portions of fruit and vegetables per day with 10.5% never achieving this
- 77% of respondents either never or only sometimes achieve the recommended 3 servings of dairy food a day

Rebuilding lives after spinal cord injury

Ageing With SCI

Results of Ageing Well Survey



How often are you involved in **active exercise** each week?
(e.g. sports, gardening, self propulsion, gym)

- | | |
|---------------------------|-------|
| ➤ Never | 22% |
| ➤ Less than once per week | 9.9% |
| ➤ 1-2 per week | 18.1% |
| ➤ 3-4 per week | 19.7% |
| ➤ 5-7 per week | 29.8% |



Rebuilding lives after spinal cord injury

Ageing With SCI

Results of Ageing Well Survey - Comments



“We have both adapted very well, and still go out as normal e.g. meals, holidays. The only drawback has really been the lack of sexual drive on my part, but we have managed to overcome this.”

Female: age 60-69 – T10-L1 : injured 10-19yrs

“ I was told in 1969 when I had a spinal tumour that there was nothing they could do – go home rather than die in hospital. GP has subsequently said ‘not much point, just take the pills’!”

Male: age 60-69 – T1-T4 : injured 30-39yrs

Rebuilding lives after spinal cord injury

Ageing With SCI

The Future



- Concentrate efforts on the main issues of concern raised in the Ageing Well Survey
- Produce an information pack giving guidelines for SCI people considering going into residential care
- Increasing support in the community for older people
- Investigate equipment needs especially for ageing paraplegics
- Continue to work with outside agencies – e.g. Spinal Cord Injury Centres, Age UK, Charities supporting other disabilities such as Spina Bifida

Rebuilding lives after spinal cord injury

Ageing With SCI

The Future



- Planning Ahead – encourage SCI people to plan ahead in phases of 2, 3 and 5 years for example : Tetraplegics to plan in 2 -3 year periods
Paraplegics to plan in 3-5 year periods
This planning should include issues such as finance, equipment, care options, health checks, health or death of partner, lifestyle (diet and exercise)
- Ageing Well Project Worker (JS) to continue to produce Steps to Ageing Well and write articles for the members' bi-monthly magazine **forward**
- Joint projects on ageing with SCI with members of ESCIFs
- Raising awareness of ageing issues with younger age group

Rebuilding lives after spinal cord injury

Ageing With SCI



Publications

Steps to Ageing Well

<http://www.spinal.co.uk/page/downloads> - Fact Sheets

SIA Survey on Ageing with a Spinal Cord Injury

<http://www.spinal.co.uk/page/downloads> - Guidelines and Reports

Management of the older person with a new Spinal Cord Injury

<http://www.spinal.co.uk/page/downloads> - Guidelines and Reports

Rebuilding lives after spinal cord injury

“Attribute nothing to age”



Anon

Rebuilding lives after spinal cord injury

Any Questions?



Rebuilding lives after spinal cord injury