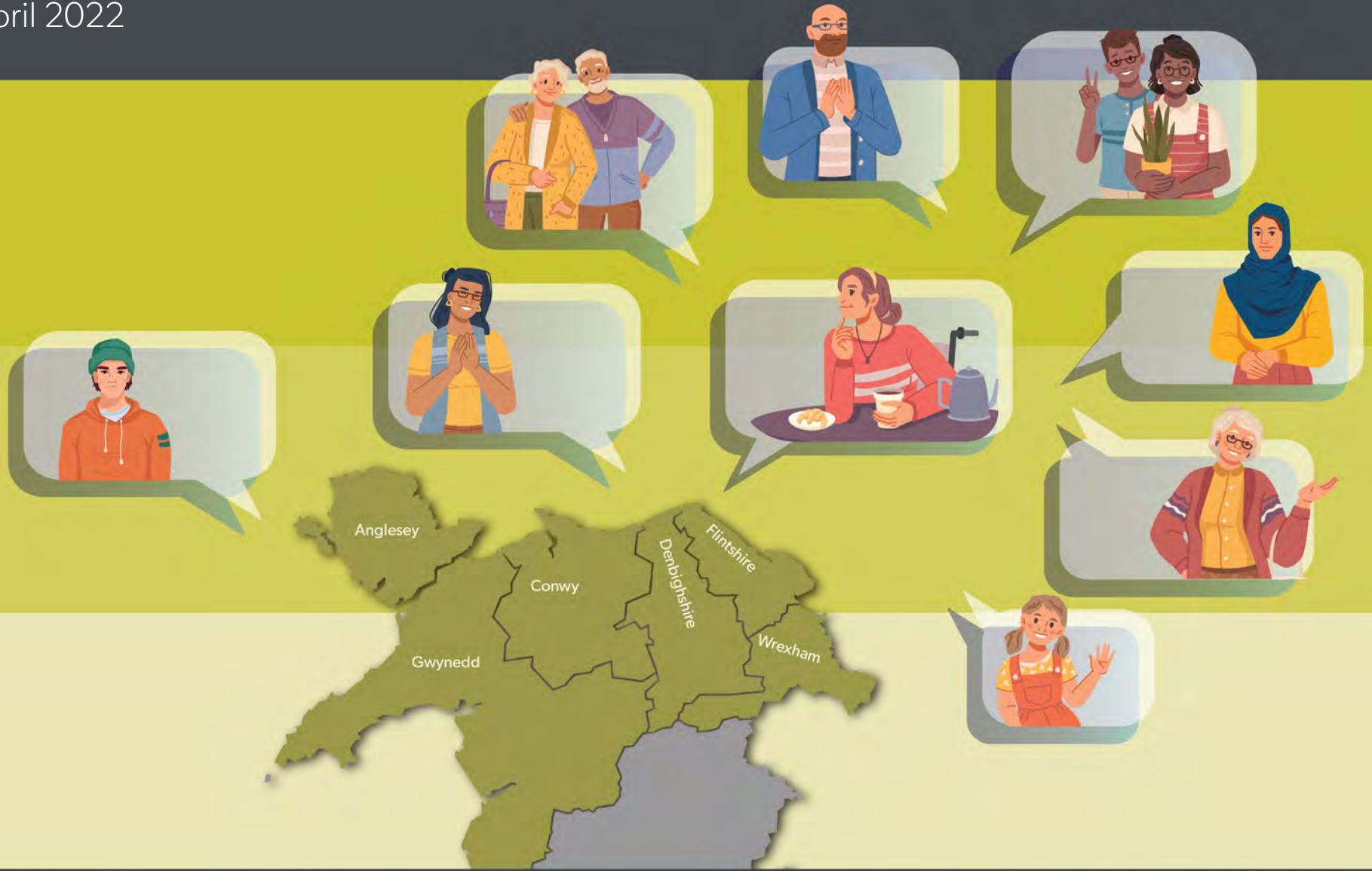


# North Wales Population Assessment

A summary — April 2022



CYDWEITHREDFA GWELLA GWASANAETHAU  
GOFAL A LLESIANT **GOGLEDD CYMRU**  
**NORTH WALES SOCIAL CARE AND WELL-BEING  
SERVICES IMPROVEMENT COLLABORATIVE**



Bwrdd Iechyd Prifysgol  
Betsi Cadwaladr  
University Health Board



CYNGOR SIR  
YNYSS MÔN  
ISLE OF ANGLESEY  
COUNTY COUNCIL



CYNGOR  
SIR DDINBYCH  
denbighshire  
County Council



# Introduction

This population assessment was done by Betsi Cadwaladr University Health Board (BCUHB) and the six North Wales councils.

**It's important that we know what's going on, where things are heading, and what needs to change.**



## About the assessment

A population assessment collects information and statistics about an area. It shows us how we can support people better, and what we may need to do for the future. It can show us things like how many care homes we may need or if we need more services to help young people.

### It helps us:

- see our strengths and weaknesses
- see what resources we have
- see how communities may change
- plan care and support services for the future.

### It helps you:

- get involved and have a say in how we plan services
- see how services can meet your needs now and in the future.

The pandemic didn't stop us from involving people. People still got to tell us about what mattered to them.

## Over 350 people took part.



We collected information from different places.

We looked at statistics and data.

We looked at information collected by health services, charities and organisations.

We looked at local, regional and national policies, strategies and plans.



We looked at the responses of surveys and questionnaires.



We spoke to organisations about people's care and support.



We worked with partners to bring together all the information they have collected from people who used their services.





## Results

The assessment shows us what we need to focus on and how to shape our plans for the future.

These are our priority areas:

1. Children and young people
2. Older people
3. Health and physical disability
4. Learning disability
5. Autism
6. Mental health
7. Unpaid carers
8. Other groups

The assessment also showed us we need to make sure:

- people are safe
- people get support in Welsh
- people on low incomes or who face poverty have support
- everyone is treated equally, with respect and has their rights
- there's enough funding to recruit and keep staff across care services.



North Wales has a population of around **703,000** people. This is **8,500** higher than the last assessment.



## Covid-19

People told us how the pandemic had affected their health, including their wellbeing, their relationships and income. Long term, people wanted:

- support to re-engage with services
- face-to-face services
- more mental health support especially for young people
- to keep online services
- more support for staff.





## ✓ The assessment shows:

### Population



In 2020, there were around **123,700** children aged 0-15 in North Wales.



Over the next 15 years, we expect this number to fall by **7%**.

### Babies and young children



Around **6%** of babies are born with low birth weight — under 2500g.



**90%** of four-year-olds are up to date with their routine immunisations.



**70%** of five-year-olds are of a healthy weight.

### Smoking and drinking



In 2017/18:

- around **4%** of 11-16-year-olds smoke
- around **43%** of 16-24-year-olds drank above the guidelines at least one day in a week.

### Long-term illness



About **11,500** children and young people have a long-term illness in North Wales.

### Additional learning needs



**10%** of pupils have additional learning needs.

### Care and support



Almost **2,900** children receive care and support.

### Looked after children and young people



In 2021, there were **1,500** local children and young people looked-after by our local authorities.

### Foster care



In 2020, **950** children were in foster care.

### Mental health



Lots of young people said their mental health was good.

In 2020, around **9,300** children and young people had a mental illness.

### Welsh language



**24,000** children are educated in Welsh and this is increasing.





## People told us positive things

- ✓ Services are working together better.
- ✓ Services are being promoted so more people know how to get help.
- ✓ Communication between services has improved.
- ✓ Counselling in high schools works well.
- ✓ Mental health and wellbeing apps help people.
- ✓ Children and young people are involved in planning and developing services.
- ✓ Advocacy services are available.



## Going forward — what we need to work on

### Reducing the gaps in children's mental health services:

- Better access to Child and Adolescent Mental Health Services (CAMHS).
- Better mental health services in schools, especially for primary school.
- More counsellors, especially male counsellors.
- More counsellors who speak Welsh and other languages.

### Getting support to people quickly:

- Waiting lists are too long, and families are struggling.
- More services to step in early to spot and support families at risk.

### Support for Looked-after Children:

- More nurses.
- More foster carers.
- Support for children moving to adult services.

### Staffing issues:

- Funding to help increase staffing.
- More training.
- Better recruitment.



## ✓ The assessment shows:

### Aged 65 and over



In 2020 there were around **160,000** people aged 65 and over living here.

This figure could rise to **208,000** by 2040.

We expect the number of people aged 65 and over who struggle with the activities of daily life to rise from **46,000** in 2020 to **61,000** in 2040.

### Aged 85 and over



The number of people aged 85 and over has gone up **16%** since 2010.

### Unpaid carers



**14%** of people aged 65 and over give unpaid care.

### Health and life expectancy



Women in North Wales spend **78%** of their life in good health.

Men in North Wales spend **82%** of their life in good health.



One in four people aged 55 to 64 do less than 30 minutes of physical activity a week.

### Digital inclusion



Fewer people in Wales use the internet to manage their health needs compared to the UK overall.

Only **36%** of over 75's have basic digital skills.

### Dementia



Between **10,000** and **11,000** people are living with dementia in North Wales.







## People told us positive things

- ✓ Local services work well together.
- ✓ Most services help older people quickly.
- ✓ Organisations work well with services.
- ✓ Most staff are well trained.
- ✓ There are lots of ways to engage with services online and offline.
- ✓ There are bilingual services.
- ✓ Care homes help people reach their wellbeing outcomes.
- ✓ Support services help people stay in their own homes.
- ✓ Direct payments are working well and give people a choice.
- ✓ Mental health services provide good support.
- ✓ Single Point of Access is working well.



## Going forward — What we need to work on

### Filling gaps in support for older people:

- More support after you leave hospital.
- More emergency care for older people who fall and are injured.

### Getting support to older people quickly:

- Services need to step in earlier.
- Waiting lists need to reduce.

### Housing options:

- More affordable housing options so people can downsize.
- More homes for disabled people.

### More information and advice services:

- Information available in more places.
- More easy-to-understand information is needed, especially for older people with learning disabilities.

### Direct payments:

- More support to manage care.

### Staffing issues:

- More investment in staff recruitment, training and wages.
- More staff in care homes.



## ✓ The assessment shows:

### Aged 16 and over



People aged 16 and over said their health was:

Very good or good — **75%**

Fair — **18%**

Bad or very bad — **8%**.

### Good health



Around **80%** of people said they're in good health.

### Smoking



One in two long-term smokers will die of smoking-related diseases.

In 2020, **18.7%** of pregnant women in North Wales smoked.

### Healthy weight



Less than half the adult population (**41%**) are a healthy weight.

### Physical activity



**55%** of adults are physically active for at least 150 minutes a week.

### Alcohol



Over **18%** of adults say they drink more than the guidelines in an average week.

### Sight loss, blindness and partial sight loss



By 2030, **1%** of the population of North Wales will be deaf-blind.



People living in areas of poverty have higher levels of hearing and visual impairment, and long-term health problems.

### Violence against women, domestic abuse and sexual violence



Disabled women are:

- twice as likely to experience domestic abuse
- twice as likely to suffer assault and rape (Safe Lives: 2017).







## People told us positive things

- ✓ Equipment, aids and adaptations are easy to get.
- ✓ The befriending service works well.
- ✓ Services and organisations work well together.
- ✓ Health services are working well.
- ✓ Social workers work well with health professionals.
- ✓ Health services for young people are working well.
- ✓ There is good health advice and information.
- ✓ Services are available in Welsh.



## Going forward — What we need to work on

### Making sure support meets people's needs:

- More support for younger adults with disabilities.
- More dental care for older people.

### Better information and advice:

- Having more easy-to-understand information for people who have sensory and physical disabilities.
- Having better information, advice and assistance for deaf people.
- Communication with social workers needs to improve.

### Reducing waiting times:

- Assessments need to happen sooner.

### Transport:

- Having more accessible transport that's available across all areas.

### End of life:

- More support for older people and their families.

### Covid-19:

- Support to recover and manage the symptoms of long-covid.



## ✓ The assessment shows:

### People with learning disabilities

**13,000**

There are around **13,000** people with a learning disability in North Wales.



The number has increased by around **8%** between 2015 and 2020.

### Children and young people with learning disabilities



In 2018-19, there were **770** children (age 0-16) on the learning disability register in North Wales.

### Older people with learning disabilities



In 2018-19, there were **300** people aged 65 and over with a learning disability in North Wales.

### Support



In 2018-19, around **2,630** adults were getting support from learning disability services.

### Communication



Between **50%** and **90%** of people with learning disabilities have communication difficulties.

### Housing and accommodation



In North Wales, most people with disabilities live with their with parents.



Around:

- **800** people are in supported living accommodation
- **400** are in their own home
- **380** are in residential accommodation settings.





## People told us positive things

- ✓ More people are aware of the health and wellbeing of people with learning disabilities.
- ✓ Services are working well.
- ✓ Services are flexible.
- ✓ People have a choice of the care and support they get.
- ✓ There are lots of different ways to connect, including community groups and online options.
- ✓ There's lots of support for people to learn skills.
- ✓ Staff were helpful during the pandemic.
- ✓ Service providers work well with the health board, organisations and charities.



## Going forward — What we need to work on

### Improving services:

- Council services in some areas are better than others.
- Better services for children and young people with learning disabilities.
- Reduce waiting times for assessments.

### More funding:

- To help services deal with more people that need help.
- To improve staff wages and encourage them to stay in the job.

### Digital skills:

- People need support to use the internet safely.
- Support workers need better digital skills.

### Opportunities:

- Adults with learning disabilities need more opportunities for work and training.
- More activities for families.

### Housing:

- More affordable housing to meet people's needs.

### Respecting rights:

- People need respect and to be treated equally to others.
- People should have more choice and control over the support they get.

### Communication:

- Services need to share information better.
- More care services available in Welsh.





## ✓ The assessment shows:

### Over 18



There are around **6,200** adults over 18 with autism. We expect this to rise to **6,400** by 2040.

### 0-17



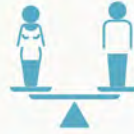
There are around **2,500** children with autism. We expect this to go down to **2,400** by 2040.

### Covid-19



The pandemic meant that autistic people have lost contact with friends, family and routines.

### Equalities and human rights



Autistic women are often not diagnosed properly.

There is a lack of research about the experience of people from Black and minority ethnic groups.

### Money issues



Autistic people face lots of barriers and poverty. Only **22%** of autistic people are in paid work.





## People told us positive things

- ✓ The Integrated Autism Services (IAS) work well.
- ✓ Direct payments work well and give families choice.
- ✓ There are lots of great advocacy services for autistic adults, children and their carers.
- ✓ Children and young people's autism services work well.
- ✓ The educational psychologists do a great job.
- ✓ Organisations give quality support.
- ✓ There are services available in Welsh.
- ✓ There are lots of staff with great skills helping families.



## Going forward — What we need to work on

### Getting support to people quickly:

- Some services are too slow.
- Waiting times for assessments need to reduce.

### Communication:

- Services need to share information and communicate better.
- Staff could be more open and honest about what's happening.
- Better information for families on what's happening and how things are progressing.
- More advice while waiting for support.

### Putting the person first:

- Services need to be more person-centred.

### Specialist training:

- More staff need specialist training.
- Teachers in specialist schools all need to be qualified to work with autistic children.
- After school facilities need better trained staff.

### Giving people a break:

- More groups for parents to connect to and get support.
- More respite care.

### Reducing the gaps in support:

- More support for children at the high end of spectrum.
- Better mental health services for families.



## ✓ The assessment shows:

### Mental illness

9%

In 2019-20 **9%** of people were treated for a mental illness.

### Covid-19



The pandemic has affected some people's mental health more than others:

- people on low incomes
- people whose employment changed
- people who are self-employed
- NHS and care workers, and other front-line staff
- Black, Asian and minority ethnic communities
- children and young people.

### Good mental health



People who live here have slightly better mental health than the rest of Wales.

In 2020, **93,800** adults had a mental health problem. This could go up to **94,200** by 2040.

### Stigma



### Suicide



Lots of people with mental health problems do not seek help.

Around **three-quarters** of registered suicide deaths in 2020 were men (Office for National Statistics).

Farmers are a high-risk group because of isolation, declining incomes and barriers to getting care.







## People told us positive things

- ✓ There are lots of services that give good quality support including:
  - Team Dyffryn Clwyd.
  - The Mental Health Support services team at Flintshire County Council.
  - Mind's Active Monitoring, an early intervention service.
  - Charity services like Samaritans, CRUSE, Relate.
  - Charities (KIM, Advance Brighter Futures, Mind, ASNEW).
- ✓ There are good advocacy services.
- ✓ Services are available in Welsh.



## Going forward — What we need to work on

### Getting support to people quickly:

- Assessment times need to reduce.

### More flexible services:

- Offering support in different ways — one-to-one sessions as well as group sessions.
- More services in the community.
- More out-of-hours services.

### More funding:

- To grow services.
- To employ and keep skilled staff.

### More counselling services:

- Available in the community.
- To support people with substance misuse.
- To offer help other than medication.



## ✓ The assessment shows:

### Numbers in North Wales

In 2021, there were around **79,000** unpaid adult carers.



The number of carers is going up.



More women provide unpaid care than men:

- **57%** of carers in North Wales are women,
- **42%** are men.

### Age



People aged **50** to **64** are the most likely to provide unpaid care.

### Mental health



**74%** of carers in Wales said they had suffered mental ill health.



**61%** said their physical health had got worse because of Covid-19.

### Young carers



There are around **1,750** young carers in North Wales.



In March 2021, North Wales Young Carers launched an ID Card scheme to help young carers get support.





## People told us positive things

- ✓ There are good counselling services for carers.
- ✓ Assessments and referrals happen quickly.
- ✓ Groups like Hafal carers' and WCD Young Carers service work well.
- ✓ NEWCIS – Carer Breaks make a difference to people's lives.
- ✓ Information and advice is available and easy to find.
- ✓ Marleyfield Dementia Saturday Respite is a great service.
- ✓ Advocacy services for young carers work well.
- ✓ Unpaid carer and young carer services are available in Welsh.



## Going forward — What we need to work on

### Getting support to carers quickly:

- To step in early and support carers before it becomes a crisis.

### Raising awareness:

- Staff need to know more about the unpaid carers and their situations.
- More awareness of young carers.

### Giving people a break:

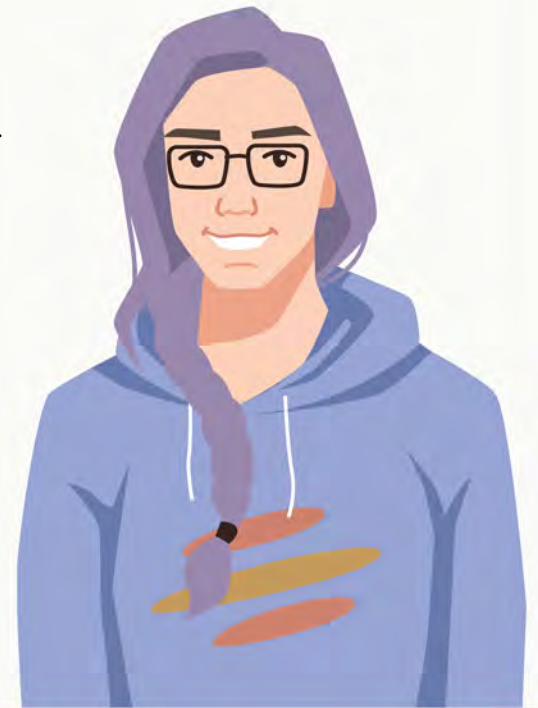
- More respite services.
- Social workers need to include breaks away in care plans.

### More funding:

- Services need support to deal with the affects of Covid-19.
- For mental health services.

### Improving digital skills:

- More training on how to get services and support online.





## Veterans

There are around **39,000** veterans in North Wales.

We have a separate needs assessment for Veterans set out in the Health and Wellbeing Needs of Armed Forces Veterans published in 2020.

## Refugees and Asylum Seekers

From 2017 to 2021, **240** asylum seekers have been resettled across the North Wales.

We have also committed to supporting refugees and asylum seekers. We take part in schemes like the Home Office Afghan Relocation and Assistance Policy (ARAP) Scheme and Syrian Vulnerable Persons Resettlement Scheme.

## Thanks for reading this

Doing this population assessment has shown us a lot about our area. It is helping us plan for the future.

We know communities change. So we're going to check and update this assessment to see how things change.

This will also give more people a chance to have a say and get involved in how we plan services.

## Find out more

For more information about getting involved email:

 [northwalescollaborative@denbighshire.gov.uk](mailto:northwalescollaborative@denbighshire.gov.uk)

You can read the full population assessment here:

 [northwalescollaborative.wales](http://northwalescollaborative.wales)

