Bexley Wellbeing
Partnership

Frailty in Frognal Local Care Network

# Frognal Local Care Network is comprised of six wards in the South of the borough

Bexley Wellbeing Partnership (BWP) brings together 17 local partner organisations with a shared goal of supporting and improving the health, care and wellbeing of local people and communities. The BWP is divided geographically into three Local Care Networks (LCNs): North Bexley, Clocktower, and Frognal.

Frognal Local Care Network is located to the South of the borough, comprising the electoral wards:

- Blackfen & Lamorbey
- Blendon & Penhill
- St Mary's & St James
- Sidcup
- Longlands
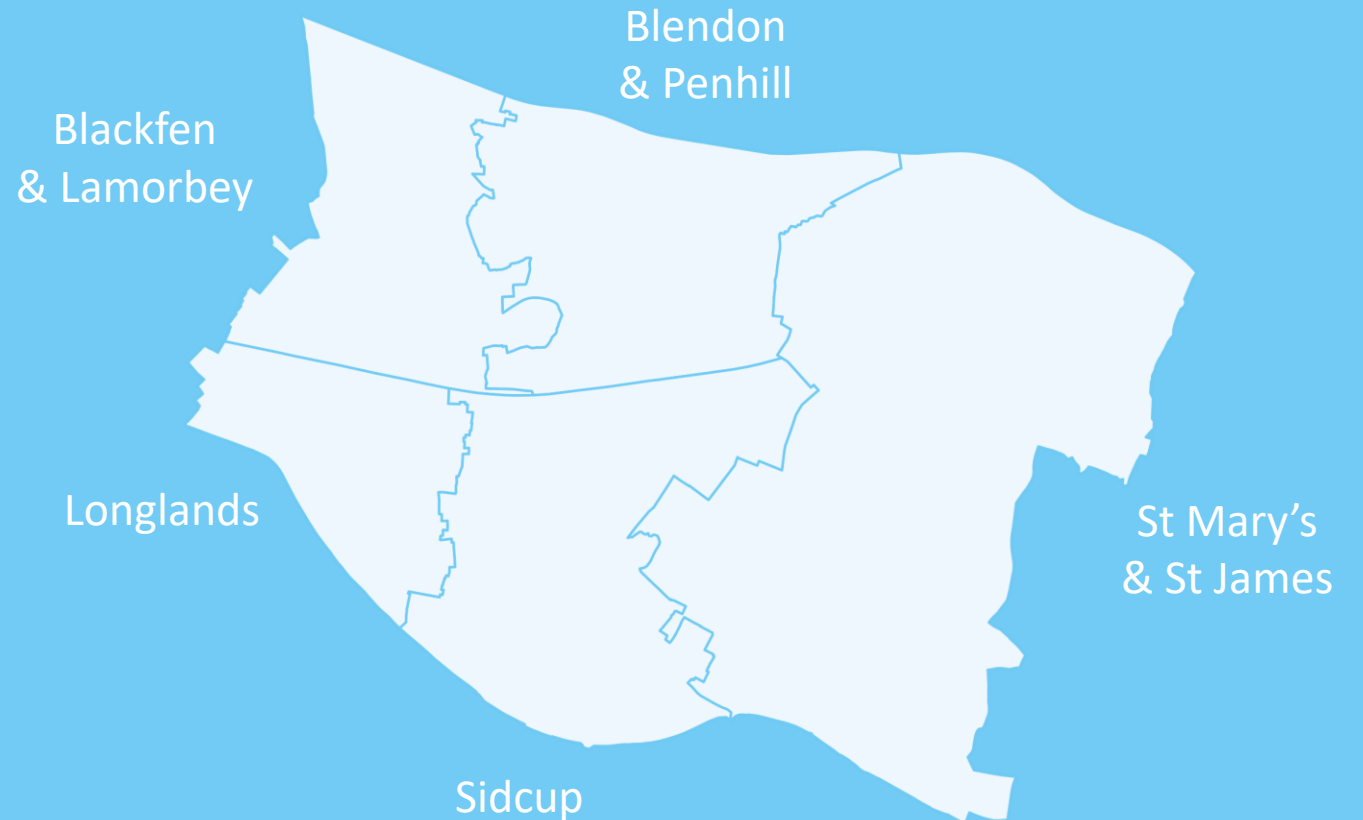
Frognal has the oldest age profile of Bexley's local care networks

Age is the strongest risk factor for frailty, and Frognal has a proportionally older population than the wider borough.

Frognal has less young adults aged 16-24 than the England average, and unlike some other areas in Bexley it also has less children than the England average.

Frognal has a significantly higher proportion of residents aged 65+ and 85+ than the England average.

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Legend:
- Frognal (Female)
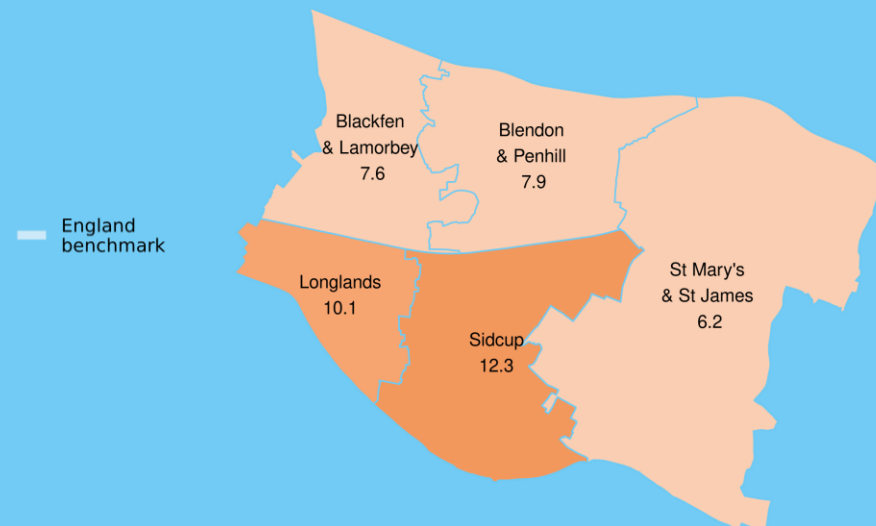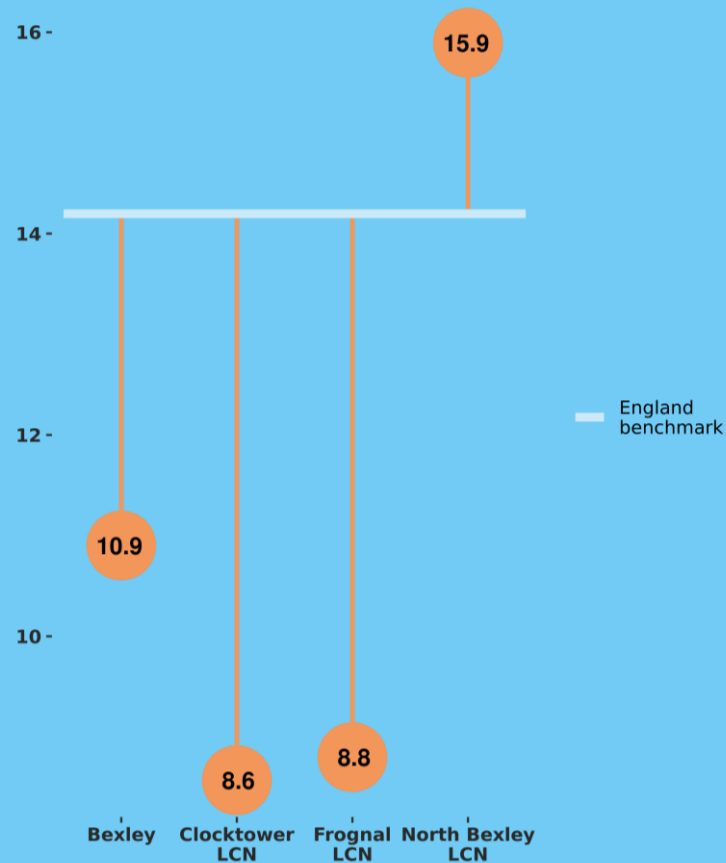- Frognal (Male)
- Bexley (F)
- Bexley (M)
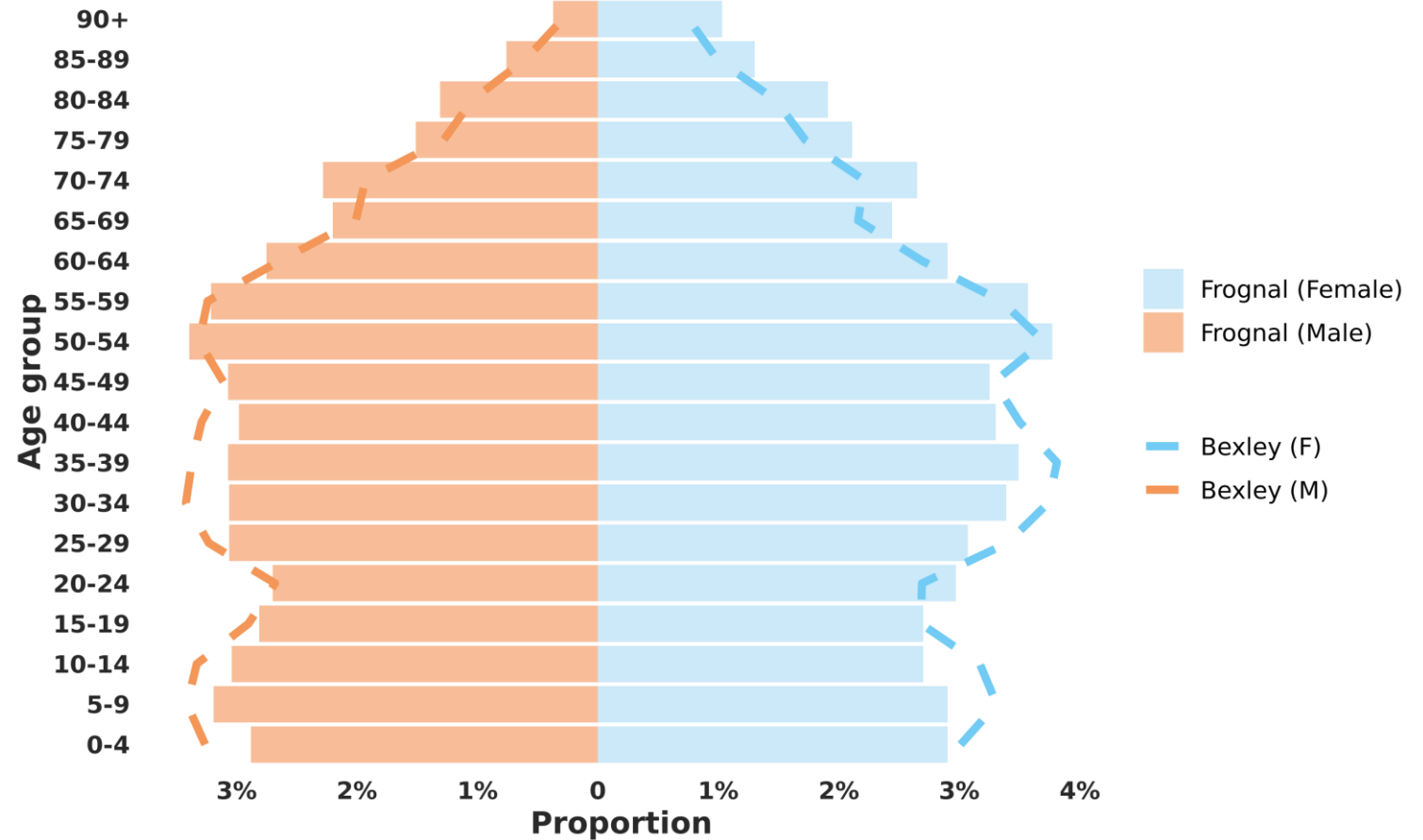
There are inequalities in income deprivation in Frognal

Deprivation is another predictor of frailty, and within Frognal there are wide inequalities.

The Income Deprivation Affecting Older People Index (IDAOPI) measures the proportion of all those aged 60 or over who experience income deprivation.

Whilst Frognal on average has a lower proportion than the England and Bexley averages, there is wide variation at ward level, with Sidcup experiencing almost twice the level of St Mary's & St James.

Source: English Indices of Deprivation 2019

England benchmark

Bexley	Clocktower LCN	Frognal LCN	North Bexley LCN
10.9	8.6	8.8	15.9

Blackfen & Lamorbey 7.6
Blendon & Penhill 7.9
Longlands 10.1
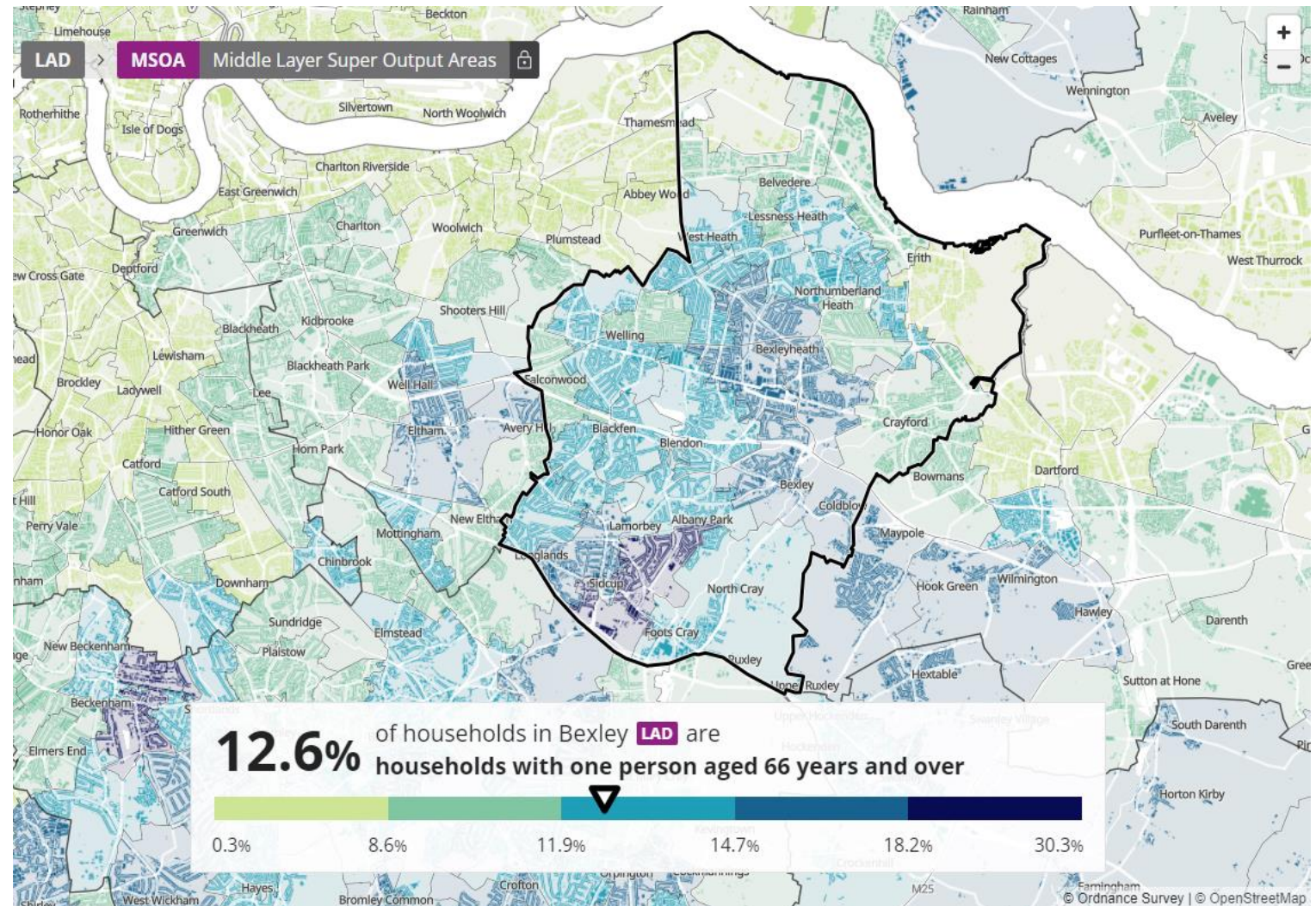Sidcup 12.3
St Mary's & St James 6.2

There is a cluster of older people living alone in Frognal

Loneliness is strongly associated with an increased frailty trajectory.

In Frognal there is a cluster of older people age 66+ living alone, centred on Sidcup.

The cluster is visible as the dark blue neighbourhoods on the map:

Source: ONS Census Maps

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	England Benchmark	Bexley	Clocktower	Frognal	North Bexley
	2021 Census	2021 Census	2021 Census	2021 Census	2021 Census
Percentage of the total resident population who are 50 to 64 years of age	▲ 19.4	▲ 19.3	▲ 20.0	▲ 19.7	▲ 18.3
Percentage of the total resident population who are 65 and over	▼ 18.4	▲ 16.6	▲ 18.7	▲ 19.9	▲ 12.6
Percentage of the total resident population aged 85 and over	▼ 2.4	▼ 2.4	▼ 2.8	▼ 3.2	▼ 1.5
Older people living alone, % of people aged 66 and over who are living alone	▼ 29.9	▼ 30.6	▼ 28.5	▼ 30.9	▼ 33.0
	Latest	Latest	Latest	Latest	Latest
Older people in poverty: Income deprivation affecting older people Index (IDAOPI)	14.2	10.9	8.6	8.8	15.9
Modelled estimates: proportion of households in fuel poverty based on LILEE (%)	► 13.1	▼ 9.1	▲ 8.5	▼ 8.9	▼ 9.7

In sum: Frognal is the only local care network with higher rates than England in the 2021 Census for age and loneliness related frailty risk factors (yellow figures in the table).

Recent trend

▲ Increasing (change from previous Census)
► No change
▼ Decreasing (change from previous Census)

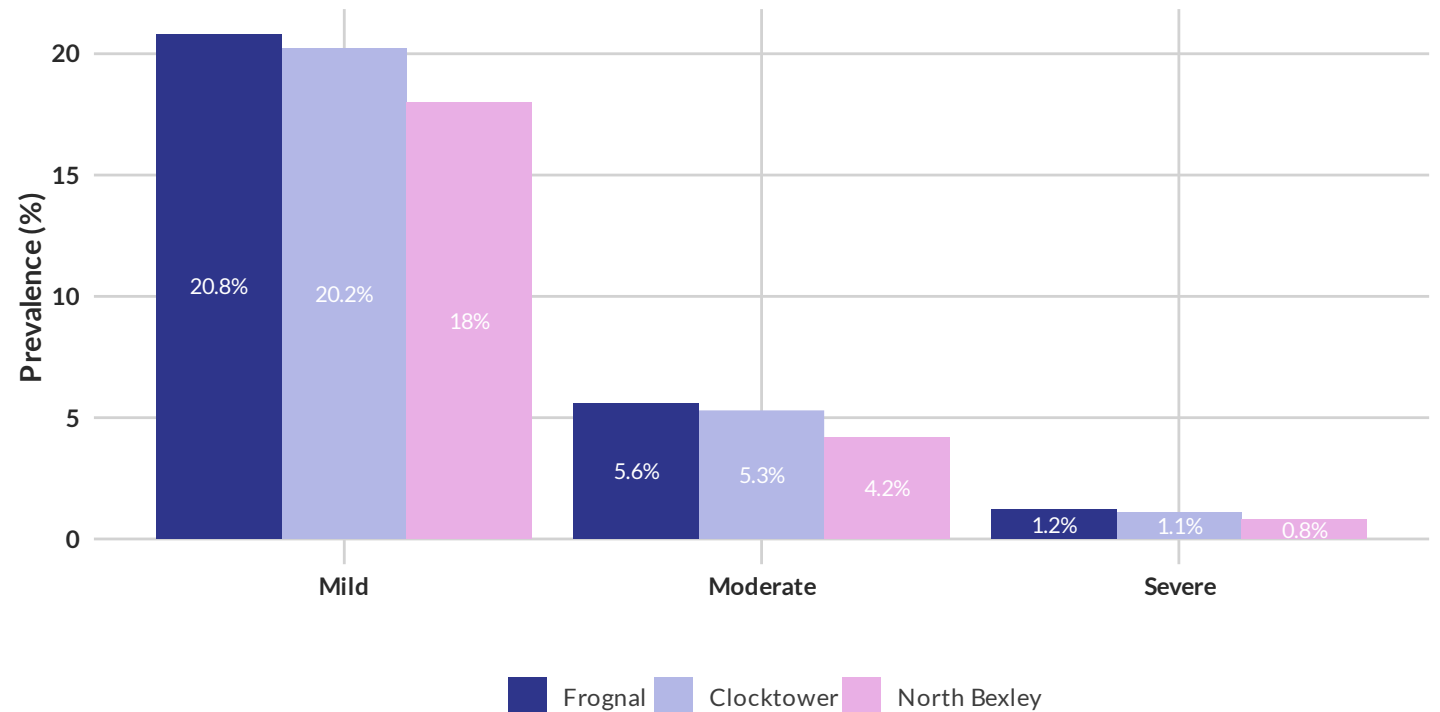# Frognal is estimated to have the highest prevalence of frailty in Bexley

By applying robust research[1] based prevalence estimates to the age and sex structure of the Bexley population, it is possible to estimate the overall prevalence of frailty in each local care network.

Frognal is estimated to have the highest prevalence of frailty in residents aged 50+ in all severity categories:

- Over 1 in 5 residents 50+ with mild frailty

- Over 1 in 20 residents 50+ with moderate frailty

- Over 1 in 100 residents 50+ with severe frailty

[1]Walsh et al. Age and Ageing, Volume 52, Issue 5, May 2023, afad058,

Estimated frailty prevalence by severity, age 50+
Bexley Local Care Networks

Prevalence (%)

	Frognal	Clocktower	North Bexley
Mild	20.8%	20.2%	18%
Moderate	5.6%	5.3%	4.2%
Severe	1.2%	1.1%	0.8%

Source: Oxford RCOG, ONS

The rate of emergency admissions for falls in Frognal corroborates the estimated levels of frailty

In 2023/24 Frognal also had the highest rate of emergency admissions for falls in the borough, with Sidcup having the highest rate of any ward in the borough.

Rate of emergency hospital admissions for falls in ages 65+ (per 100 population) by LCN & Ward, 2023/24

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