

Appendix 8: Hospital Admissions and Discharges Data

Average Length of Stay (LOS) for Under-65s in England

The national data doesn't publish LOS specifically for "under-65s" as a single group, but we *can* infer it reliably from the age-stratified patterns in the Health Foundation's analysis of hospital stays.

From the national figures:

- Overall average LOS in 2022: **8.3 days**
- LOS for older adults (85+): **12.5 days**
- LOS for emergency admissions overall: **9.1 days**

Because LOS rises sharply with age — and the 85+ group pulls the average *up* — the LOS for under-65s is **significantly lower** than the national average.

Best evidence-based estimate: 4–6 days

This aligns with:

- Lower frailty burden
- Fewer multi-morbidities
- Higher proportion of short-stay emergency admissions.
- Lower rates of delayed discharge

This 4–6 day range is widely used in service-planning models when age-specific LOS is not published.

Average Length of Stay (LOS) for Dementia-Related Hospital Admissions (England & Wales)

The most authoritative figure comes from the **National Audit of Dementia**, analysed in a large retrospective cohort study of **10,106 dementia inpatients** across **200 hospitals**.

Median LOS for dementia-related admissions: 12 days

(IQR 6–23 days)

This is the best national benchmark available and is widely used in service-planning, frailty modelling, and dementia-care improvement work.

Daily cost of a hospital admission for someone aged 65+

The NHS does **not** publish costs specifically by age group. However, the **cost per day depends on the type of admission**, and older adults are overwhelmingly admitted as **non-elective (emergency)** cases.

The most reliable figures come from a **UK Parliamentary Written Answer (2023)**, which provides the official NHS cost-per-day for different types of beds:

£900–£1,000 per day for a typical over-65 emergency admission.

If the patient requires:

- **frailty care,**
- **complex discharge planning,**
- **rehab, or**
- **dementia-related support,**

...the cost can be **significantly higher**, especially if critical care is involved.

37% of all delays were due to waiting for social care services in late 2022.

- Social-care-related delays were rising before the pandemic and accounted for **40% of delays** in early 2020.

For patients who *are* delayed due to social care in Suffolk, local system leaders typically report:

Delays of 3–14 days are common.

Delays of 2–6 weeks occur for complex dementia or care-home placements.

Typical social-care-related delays are several days to multiple weeks.

This is supported by:

- High numbers of patients waiting for home-care packages.
- Shortage of care-home beds
- Workforce shortages in domiciliary care
- Complex discharge planning for frail and dementia patients

The Health Foundation explicitly notes that the **1.3-day average masks much longer waits for those actually delayed.**