

elsa

50+ Health & Life

**Information for the nominated
contact person**

Dear

What is ELSA 50+ about?

Almost 40 per cent of the population of England is aged 50 or over. We are carrying out this research to find out more about the lives of people in this age group, who are becoming more influential.

We are the only major study in England talking to people from 50, right up to 100 years old and beyond, at the same time. We come back to the same people every few years to help us understand in detail how things are changing for people in this age group.

Why have I been contacted?

Someone you know well (this could be your relative or close friend) took part in ELSA 50+ Health & Life. They gave us your name and contact details so that we may contact you in the event that we are unable to make contact with them in the future.

How can I help?

By being a nominated contact person for your relative or close friend you can help in several ways.

By giving us their new address details so that an interviewer can contact them and invite them to take part in the study.

If your relative or close friend is unable to do the interview, with their permission, we may contact you to ask that you complete it on their behalf.

Or by passing a letter from us to your relative or close friend so they can get back in touch with us.

Who will contact me?

An interviewer will get in touch with you by phone in the first instance. The interviewer might need to make a visit to your address to ask whether you can help us if he/she is unable to reach you by phone.

How ELSA is making a difference

The study is used by a wide range of organisations including the NHS, Age UK, Friends of the Elderly, Independent Age, the Royal Economic Society and the Economic Society. We are also regularly quoted in the national media.

Here are just a few examples of how ELSA has made an impact on people's lives:

Impact of COVID-19

The ELSA COVID-19 studies during the pandemic provided really useful information about the effect this event had on people aged 50 and over. The pandemic caused a significant financial shock for many. One-in-seven of people aged 50 and over had a drop in income during that time. Almost half (45%) of those working before the pandemic said they expected their total income in retirement would now be lower due to the pandemic. One in eight said they would need to retire later than they planned before COVID-19.

Health benefits of joining a sports club

Research using ELSA data has found that older people who are members of sports or exercise groups were less likely to have a decline in the amount of exercise they do over a 14-year period, compared to those who are not part of these groups. This also has the added benefit of socialising with other people, which may help improve wellbeing.

Crawford, R. (2021). The Effect of the Pandemic on Expected Retirement Resources, The Institute for Fiscal Studies. Stevens, M., & Cruwys, T. (2020). Membership in Sport and Exercise Groups Predicts Sustained Physical Activity and Longevity in Older Adults Compared in Physically Active Matched Controls, Annals of Behavioral Medicine. 54:8, 557-566.

Around the world

Studies similar to ELSA are carried out internationally, including in Europe, the United States, Brazil, China and India. This means that comparisons can be made about people's experiences of life over the age of 50 around the world.

Who is carrying out the research?

The National Centre for Social Research is carrying out the study alongside some of the UK's leading research organisations - University College London, the Institute for Fiscal Studies, the University of Manchester and the University of East Anglia.

Together we make up the ELSA Research Team. It is funded by a number of government departments in Britain, the Economic and Social Research Council (ESRC) and the National Institute on Aging in the United States.

The National Centre for Social Research have been carrying out high quality social research since 1969. We are a non-profit organisation, independent of all government departments and political parties.

Our responsibilities to you:

We respect the participant's wishes

By giving us up-to-date contact details, you are helping us keep in touch with an important member of this study. You are not committing them to be interviewed. Taking part is entirely voluntary and they do not have to answer any questions they don't want to.

We answer your questions

The interviewer will be happy to answer any queries you have about the study and your involvement in it.

We ensure the participant's safety

All our interviewers carry photographic ID cards and have been checked by the Disclosure and Barring Service (previously Criminal Records Bureau).

We guard the participant's and your privacy

We will treat your information in the strictest confidence under current UK GDPR data protection legislation. Your contact details are only used to make contact with the ELSA participant to enable their participation in the study. For more information, please see the ELSA privacy notice <https://www.elsa-project.ac.uk/privacy-notice>. We will always do our best to meet any requests for data to be accessed, deleted or amended. For more information contact the NatCen Data Protection Officer by email: dpo@natcen.ac.uk.

For more information

If you'd like to know more, or have any concerns or complaints, call us free on **0800 652 4574**, email us on elsa@natcen.ac.uk or visit www.natcen.ac.uk/elsa50plus.