

Plymouth Dementia Strategy

2009 - 2013

DRAFT

Executive Summary

NHS Plymouth and Plymouth City Council Adult Social Care Services have been working together on the development of a Dementia Strategy for Plymouth, in parallel with the launch of the National Dementia Strategy published in February 2009.

Services currently provided by specialist and non-specialist staff for people diagnosed with dementia are of good quality. However, it is acknowledged that there is a significant number of older people living in our communities with dementia who have not had the benefit of a specialist assessment and early intervention and therefore have not had their care needs identified, or met. In addition, as people live longer, we can expect the number of people with dementia to rise significantly, which will place an additional burden on local services. There is no option or desire to stand still on this pressing demographic need.

In 2008 NHS Plymouth and Plymouth City Council Adult Social Care provided support to only one third of the estimated 2904 people with dementia. *Our joint strategy is to significantly increase this provision such that by 2012 we will be providing support to the MAJORITY of the estimated 3,107 people with dementia in our area.* This will be challenging due to resource constraints, but we believe it is vitally important due to ever-increasing demographic need.

2008	Plymouth City Council	NHS Plymouth	Total
Estimated total of people with dementia			2904
People with dementia known to services	938	148	1086 (37.3%)
Cost of care supplied	£1.24m	£2.5m	£3.74m
Hours of care supplied per annum (est.)	83,000	*751	83,751

* patients who had an open episode of care in 2008. This information was provided by the Business Intelligence Unit, NHS Plymouth

2012	Plymouth City Council	NHS Plymouth	Total
Estimated total of people with dementia			3107
People with dementia known to services	1369	216	1585 (51%)
Cost of care supplied (est. at 2008 rates)	£1.81m	£3.65m	£5.46m
Hours of care supplied (est.)	121,136	1096	122,232

We can assume from this that the remaining populations of older people are in the health and social care system without a diagnosis, or may be in the early stages of dementia and supported by relatives and carers. By 2012 we will have to find £1.72m of new funding if we do not reorganize the way services are delivered. However, through this strategy we intend to develop early interventions and support through primary care in order to delay admissions to care home settings.

We will ensure that all people with a dementia will be supported on the dementia pathway through:

- Primary and pre-primary care pathways and early intervention
- Care and support commissioned jointly through adult social care and health.

Adult Social Care and NHS Plymouth have already undertaken a baseline review of current services which identified gaps in provision and areas for improvement. Health, Adult Social Care and the Community and Voluntary Sector have, over the past six months, invested a huge amount of time and energy in shaping and redesigning their services aiming to ensure they are fit for purpose and that people with dementia in Plymouth will be able to access the highest quality care available.

Currently we provide the following services:

- Specialist dementia and enabling domiciliary care provision managed by Adult Social Care.
- A Community Older Peoples Mental Health Team (OPMH) which includes occupational therapists, physiotherapists, community psychiatric nurses and social workers.
- The Community and Voluntary Sector provides preventative befriending services and lunch clubs
- Prospective dementia screening for all adults with Down's Syndrome in Plymouth, and assessment and intervention for all adults with learning disabilities with dementia, provided by the Learning Disability Partnership.
- Plymouth has the only specialist Extra Care Housing for people with dementia in the region.
- Short Break (Respite) services with the Independent, Community and Voluntary sector.
- Over 10,000 hours per week of independent sector domiciliary care per week with 80% of this provision supporting older people.
- Specialist Independent Care Home provision across the city.
- Additional support is available through community social work teams and district nursing provision.

- Partnership working with the Community and Voluntary Sector for befriending services and support through the Alzheimer's Society.

This is the strategy for Plymouth which will be subject to consultation. It outlines a vision for services that will enable agencies and communities to make significant progress in addressing the delivery of effective, person-centred services for older people with dementia and their carers, within available resources. It will also guide decision making by commissioners about needs and resource allocation over the longer term.

THIS STRATEGY WILL PROVIDE:

- A robust analysis of the needs of people with dementia in Plymouth to inform commissioning
- A "whole system" focus across health and social care for service improvement
- A commissioning framework for Plymouth City Council and NHS Plymouth
- Coherence with other related health and social care commissioning strategies, including the "All our Futures" Strategy for people over 50, the Extra Care Housing Strategy, the Carers' Strategy, the End of Life Care Strategy, Plymouth's Health and Social Care and Wellbeing Strategy 2008-2020 and Plymouth's Mental Health Commissioning Strategy (currently in draft) and the Putting People First "concordat" .

THE OVERARCHING COMMISSIONING AIMS OF THIS STRATEGY, WITHIN AVAILABLE RESOURCES, ARE:

- For Plymouth to be a **regional or national leader** in dementia care service provision.
- To provide services to the majority of people needing them.
- To secure services and support that deliver holistic, person-centred health and care and low level support to address mental as well as physical health needs, with dignity and respect.
- To secure services that are flexible and able to change in line with people's unique circumstances, enabling and supporting independence and choice.
- To secure a comprehensive city wide Community Memory Service as part of a fully integrated pathway of care.
- To promote equity of access to services and support based on individual and population needs.
- To ensure that treatment, care and support is based on the best available evidence of effectiveness.
- To ensure that wide ranging resources and services in the community respond to the needs of people, particularly those in the early stages of dementia.
- The city-wide Community Memory Service is delivered in partnership with Plymouth City Council, and consists of both Health and Social Care Staff working in integrated teams. The strategy proposes that the Community Memory service will be expanded so that referrals will be accepted directly from individuals, carers and other professionals.

THE PRINCIPLES UNDERPINNING THE STRATEGY ARE:

- Service users and carers are involved in the development of services and care pathways.
- Person-centred assessment and care planning.
- Service users and carers feel they are in control of the services and support they receive.
- Services and support are provided as near to home as possible.
- Access to services is simple and timely.
- All people with a diagnosis of dementia in Plymouth will be able to access appropriate care and support.

PROCESS FOR DEVELOPING THE STRATEGY

A project group of the main agencies has been involved in the development of the strategy. This group includes NHS Plymouth and Adult Social Care Commissioners, Older Peoples' Mental Health Services, the Learning Disability Partnership and the Community and Voluntary Sector. The strategy reflects Plymouth's response to the National Dementia Consultation and listening events co-ordinated by CSIP (Care Services Improvement Partnership) plus the priorities of older people, carers and people with dementia themselves.

The work programme to support production of this strategy has included:

- A baseline assessment of current provision using the service directory and commissioning checklist in "Everybody's Business"
- National and local demographic evidence commissioned by the Alzheimer's Society in London
- Evidence from wider consultation with older people and carers including specific research commissioned by Adult Social Care from Plymouth University
- Development of a care pathway for dementia by specialist staff across Health and Adult Social Care
- Four service user and carer consultation sessions
- Stakeholder events involving the Community and Voluntary Sector
- Support from Adult Health and Social Care portfolio holder Councillor Dr David Salter who chairs the Health and Social Care Integration Board and has had longstanding involvement with dementia services.

STRATEGIC PRIORITIES IDENTIFIED FOR WIDER CONSULTATION

Improved Awareness

- Plymouth City Council Adult Health & Social Care will develop a comprehensive joint communication strategy together with NHS Plymouth to raise public awareness of dementia and help dispel myths surrounding it. This will include access to good quality information and advice.

Early Diagnosis and Intervention

- Provide an integrated city wide Community Memory Service which includes Health and Social Care staff to provide accurate and rapid diagnosis and improve the outcomes for people accessing services.
- Ensure that Intermediate Care is available and accessible for people with dementia.
- Commission a pre-primary Dementia Advice service based within each integrated locality team which will reach out into the local community, raise awareness of dementia and provide low level support and signposting to people not otherwise known to the service. These individuals would act as a single point of contact for their community.
- Commission a "one stop shop" in the city centre to enable people to get information, advice and access assessment for services.
- Work in partnership with the community and voluntary sector and housing providers to increase low level befriending services available for older people with dementia and their carers and to develop more innovative models of housing support.
- Commission preventative and supportive services through the Community and Voluntary Sector which will be co-located with the Memory Service and provide support on diagnosis.
- Work with primary care to develop a validated dementia toolkit for use in primary care for people with early signs of dementia.

Support for Carers

- Commission a range of flexible and responsive specialist short break (respite) services for carers within care home settings and within the persons own home.

Improved Quality of Care

- Improving the quality of care in Plymouth's Derriford Hospital by reviewing the hospital psychiatric liaison service to ensure that there are enough resources to facilitate referral to specialist services, ensure appropriate discharge arrangements are in place and raise awareness and competency around dementia care within an acute environment.
- Develop a joint Health and Adult Social Care workforce development plan which will support improvements in care and support services across independent, Community and Voluntary Sector Specialist and Housing services. This will include setting up a Dignity in Care Forum to share good practice and support independent sector providers improve standards.

Improved Dementia Pathway

- There will be a single point of access. Specialist staff will support the proposed integrated community teams across the city and will also provide a rapid response service for those patients in crisis or at risk of admission.

Enhanced Community Memory Service

- To pilot a Dementia Advisor outreach service in a locality in Plymouth with a view to roll out over the next 1-2 years.
- To develop a validated dementia toolkit for use in primary care for people with early signs of dementia.
- Commission a Community and Voluntary Sector service to link into the Memory Service and provide support on diagnosis.
- Ensure that Intermediate Care is available for people with dementia.