

2014 - 2015

DRAFT: Living well with dementia in Devon  
and Plymouth– making progress

Joint Commissioning

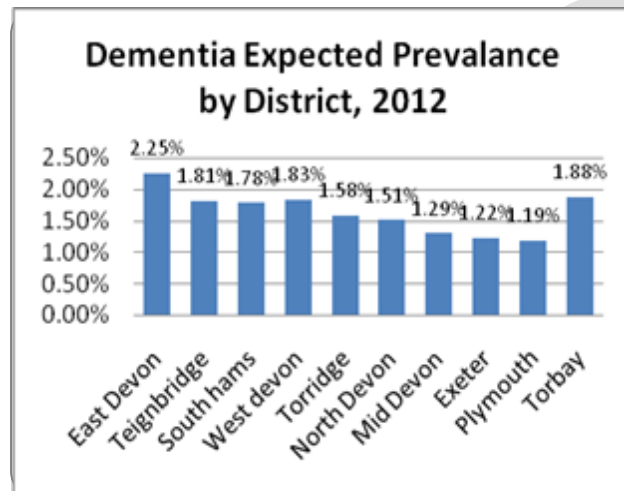
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## Introduction

This paper describes our high level strategy, which will be underpinned by local action plans. It covers all types of dementia – the term which describes a set of symptoms that include loss of memory, mood changes, and problems with communication and reasoning. The most common types are Alzheimer’s disease and vascular dementia.

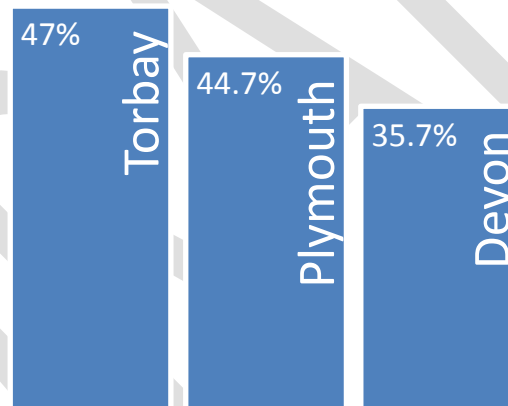
Since the publication of the National Dementia Strategy in 2009, significant progress has been made in improving services and outcomes for people with dementia and their carers, but more still needs to be done.

Based on 2011 total registered practice population adjusted by an estimated community and residential care home population, the average prevalence of dementia Devon wide is 1.63% - higher than the SW average of 1.28% and the England average of 1.21%.



NHS England’s objective is to make measurable progress by March 2015, ensuring timely diagnosis, the best available treatment and care for those that need it and reliable support for carers. These continuous improvements need to be addressed within an increasingly challenging economic and demographic climate.

Diagnosis rates for the Plymouth, Torbay and Devon Council areas show considerable variation and action will need to be taken to make greater progress towards the government target of 66% of people diagnosed against expected prevalence.



Alzheimer’s Society  
Mapping the dementia gap 2012

We will respond to the views of the local population as expressed through the Health & Wellbeing Board in a refreshed joint commissioning strategy, reviewing our progress and reaffirming our approach and commitment to the needs and preferences of people with dementia and their carers.

## Our commitment

In redefining our direction of travel we will set out our commitment to improving outcomes for people with dementia and their carers, recognising the imperative of working together to achieve this.

We are clear that dementia is a condition that needs to be understood not only by health and social care organisations but by the whole of society as well, making dementia ‘everybody’s business’.

We will continue to promote the benefits of healthy lifestyles and health checks through the Health & Wellbeing Strategy.

We recognise that the stigma still felt by some people with dementia discourages them from seeking the help and support they need and exacerbates feelings of loneliness and isolation.

We want people to experience care and support that is personalised and coordinated, delivered in the right place at the right time and we will continue to work in partnership to achieve this.

We will also set out how we aim to measure and report our progress on delivering better outcomes and will oversee our planning and activity through a clear governance structure.

We will respond to the new duties for Local Authorities laid out in The Care Bill, recognising its importance in reforming care and support and prioritising wellbeing.

These include **prevention** – ensuring that people receive services that prevent their care needs from becoming more serious; **information** - that enables people to make good decisions about care and support; and **market shaping** - that ensures a good range of providers to choose from.

Personalised care and support planning and the recognition of carers in law in the same way as those they care for are important aspects of the new Bill for people with dementia and their families.

### Carers

Devon:

In a recent Carers Survey, 32.5% of respondents said they were caring for someone with dementia compared to a national survey figure of 25%. There are 20,218 older carers and this number is expected to rise to 27,356 by 2030. 31% of all carers are older people compared with 25% nationally.

Plymouth:

There are 27,247 carers in Plymouth of whom around 10% will care for someone with dementia. 11,623 of these carers care for someone for more than 20 hours a week.

Torbay:

There is a specific service for Carers of people with dementia. Working with GP surgeries to develop enhanced home based Health Checks for people with memory problems and their carers. The aims are early identification of dementia and identification and support of carers of dementia. The partnership between Practice Nurse and Carer Support Worker provides an integrated approach to the health needs of carers.

### Reviewing our progress

We will review our progress in the key areas set out in the National Dementia Strategy and Prime Minister's Challenge

We will describe what we have achieved so far and what still needs to be done.

We will use our understanding of the needs of the population now and in the future, our understanding of the current market and the way services are designed and delivered, and our understanding of people's experience to shape and inform our plans, testing this against the outcomes described in the National Dementia Declaration which are:

- ✓ I have personal choice and control or influence over the decisions about me
- ✓ I know that services are designed around me and my needs
- ✓ I have support that helps me live my life
- ✓ I have the knowledge and know-how to get what I need
- ✓ I live in an enabling and supportive environment where I feel valued and understood
- ✓ I have a sense of belonging and of being a valued part of family, community and civic life
- ✓ I know there is research going on which delivers a better life for me now and hope for the future

## Living well with dementia: Our commitment

- we will ensure that our plans are informed by the views of people with dementia and their carers
- we will report publicly on our progress against our plans
- we will work in partnership with other organisations to improve knowledge and best practice in dementia
- we will work to ensure that understanding dementia is 'everybody's business'

## The Pathway

### Raising awareness and understanding

- > Public information campaigns including ageing well and healthy lifestyles
- > Dementia friendly communities
- > Targetted activities eg schools

### Early diagnosis and support

- > GP Education
- > Memory assessment services
- > Timely diagnosis, sensitively delivered
- > Managing your memory groups
- > Carer education and information
- > Peer Support (Memory Cafes)
- > Dementia support services

### Living well with dementia

- > Personalised community support
- > Carer Support
- > Dementia Care Standards in hospitals
- > Care as close to home as possible
- > Extra care housing and telecare options
- > Capacity and quality in care homes
- > Early end of life care planning

## Our achievements so far

As we look to refresh our plans it is important to recognise some of the progress that has been made so far:

### Devon wide:

- An integrated dementia care pathway using Map of Medicine, shortlisted for a Care Integration Award
- A programme of primary care GP education about dementia
- A steady rise in diagnosis rates
- Redesigned specialist NHS services to deliver a consistent Memory Service Model across Devon & Torbay
- Peer review and dementia care standards established in general and community hospitals
- Liaison services in acute hospitals
- Dementia friendly communities in Plymouth, Torbay, Tavistock and the Yealm parishes, with more in the pipeline, including Sidmouth, Crediton, Winkleigh and others
- Reduced antipsychotic prescribing
- Alzheimer's Society Dementia Support and Adviser service in all areas

### Devon

- Devon Dementia Care and Support Partnership with independent, statutory, voluntary and community sector partners
- 47 peer support Memory Cafes
- Devon Carers Centre reaching more carers
- Extra care housing developments inclusive of people with dementia
- Independent sector care home Kite Mark peer review pilot
- Care Homes Futures programme to develop up to 10 Dementia Centres of Excellence
- Intergenerational projects with 6 schools as part of a national pilot
- Library Memory Groups for people with memory loss and their carers
- A Devon Card to help families have Direct Payments

### Plymouth

- 4 Memory Cafes and 2 Singing 4 The Brain Groups
- Carers Hub Plymouth
- 29 Care Homes awarded the Dementia Quality Mark
- Library 'Health Information Hubs' with 4 annual dementia awareness events and Memory Corners in each library
- Intergenerational pilot with 1 Community College as part of national pilot
- Befriending Service targeting people with dementia and carers
- A 'Leadership Group' of carers of people with dementia to inform the commissioning process

### Torbay

- Range of peer support and post diagnosis interventions – including memory cafés, singing for the brain groups, leadership group, post diagnosis orientation programme
- Dementia advisor service - to support people from diagnosis to end of life
- Carers centres – Torquay, Brixham
- Prime Ministers Dementia Challenge funded projects – Torbay and South Devon Care Home Learning Network and "Keeping Track of Dementia" (using GPS tracking devices to keep people safe)
- Extra care housing developments inclusive of people living with dementia

## What still needs to be done

We recognise that there is more to be done and highlight some key areas here:

- Diagnosis rates, although increasing, remain too low.
- Carers appreciate the services provided through the Carers Centre but do not have reliable access to bookable respite to support their caring role. (DCC area)
- A key message from people using services is the need to simplify and coordinate. Too often care and support can be fragmented and opportunities to build more integrated, person centred interventions need to be established that recognise people's physical, mental and emotional health needs.
- Too many people with dementia are admitted to hospital when they could have been treated at home. Those who do need hospital care often end up staying longer than necessary.
- Sustained attention needs to be directed at maintaining standards of care for people with dementia in general and community hospitals based on the SW Standards for dementia care.
- Continued work with the social care provider market and voluntary sector is needed to develop dementia specific capacity, quality and variety in the services available especially as

more people exercise choice through personal budgets and direct payments.

- We need to ensure that there are effective community based options to avoid unnecessary admission to care homes.
- We still need to improve the knowledge, skills and 'ownership' of dementia across the health and social care workforce.
- There is more work required to support younger people, people with a learning disability and those from BME communities who have dementia.
- We need to report transparently on progress in delivering better care, treatment and support linked to the Dementia Declaration outcomes and we need to give people with dementia a voice in determining how services are arranged and delivered.

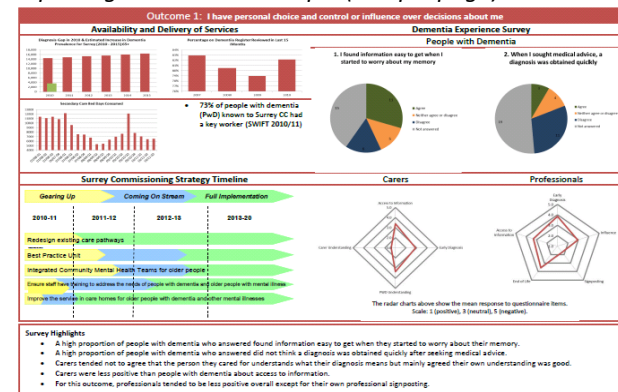
## Making progress

If we are to evidence that we are improving outcomes for people with dementia and their carers, we will need a clear reporting framework. NICE have published Commissioning Guidance for dementia at:

<http://publications.nice.org.uk/support-for-commissioning-dementia-care-cmg48/executive-summary>

This includes an example of a reporting dashboard linked to outcomes which we will develop locally.

## Reporting Dashboard Example (sample page)



<http://www.surreycc.gov.uk/social-care-and-health/adult-social-care/adult-social-care-strategies-policies-and-performance/local-reporting-tool-for-dementia>

In addition the following tools and information will help us to plan and put into action the aims of the Joint Strategy:

### Devon wide:

- Updated information about our population in relation to dementia through a refreshed Health Needs Assessment.
- Health communities can now better understand their local estimated prevalence of dementia using the Dementia Prevalence Calculator
- Dementia Action Alliances are developing in local communities
- The Dementia Network SW supports commissioners and providers in sharing best practice
- NICE Quality Standards for dementia

- Regularly updated Market Position Statement and Demand Analysis information help understand how to shape the market to meet future demand

#### Devon County Council area:

- The Devon Dementia Care and Support Partnership promotes good practice and innovation in dementia
- The Provider Engagement Network enables closer working between care providers, the NHS and social care

#### Plymouth City Council area:

- Health and Social Care Joint Strategic Partnership monitors progress towards the Action Plan
- Care Home and Domiciliary Care Forums sharing and developing best practice

#### Torbay Council area:

- Strategic direction is set and monitored through the Mental Health and Learning Disability Redesign Board
- Implementation of this dementia strategy is a key outcome for South Devon and Torbay Clinical Commissioning group and a key priority for Torbay Health and Well-being Board

## Getting involved

As noted earlier, dementia is an issue for society not just for health and social care organisations.

The majority of care and support for people with dementia is provided by families, but there are also a number of people with dementia who live alone.

The National Dementia Declaration, in publishing the seven outcomes people with dementia would like to see, challenges organisations and communities to take concerted action to improve the experience of people living with dementia. Action plan templates and guidance about the development of local Action Alliances are available on the Dementia Action Alliance website (<http://www.dementiaaction.org.uk>) to support commitments to make organisations 'dementia-friendly' and to help communities work towards being a 'dementia-friendly' place to live.

More information at national, regional and local level is available through the following sites:

### Useful links

<https://www.gov.uk/government/publications/living-well-with-dementia-a-national-dementia-strategy>

<http://dementiachallenge.dh.gov.uk/>

<http://www.dementiapartnerships.org.uk>

<http://publications.nice.org.uk/quality-standard-for-supporting-people-to-live-well-with-dementia-gs30/introduction-and-overview>

<http://www.dementiaaction.org.uk>

<http://www.dct.org.uk/dementia-partnership/overview.ashx>

<http://www.alzheimers.org.uk>

Appendices to support the development of the strategy will include:

- Refreshed Health Needs Assessment for dementia (DCC)
- Market Position Statement
- Demand Analysis
- Key research and guidance documents
- Map of Medicine
- Case Study Collection