

HWOSC Update – July 2014 Dementia

Purpose of the Report

The purpose of the report is to provide HWOSC with an update on further developments in dementia services in Brighton and Hove, since the last report provided to the HWOSC in May 2013. (See appendix 1)

1. National Context

Dementia is a syndrome that can be caused by a number of progressive disorders. It affects memory, thinking, behaviour and the ability to perform everyday tasks. Alzheimer's disease is the most common type of dementia. It mainly affects older people. One in 14 people over 65 years and one in six over 80 years in the UK have a form of dementia. It is estimated people live on average 7-12 years after diagnosis.

Dementia is an important issue because it affects a large proportion of people and the numbers are increasing as the population is ageing. It places pressure on all aspects of the health and social care system: An estimated 25% of hospital beds are occupied by people with dementia, who have longer lengths of stay, and more readmissions. Approximately two-thirds of care home residents are estimated to have dementia and one in three people will care for someone with dementia in their lifetime.¹

Nationally, there is increasing focus on dementia as an issue, including prevention, treatment, and demand for services and creating dementia friendly communities. The National Dementia Strategy was published in 2009 and the Prime Minister launched his Dementia Challenge in 2012.

2. Local Context

Brighton & Hove has a higher proportion of people aged 16-64 years and a lower proportion of 65 years and over (13%) compared to 17% in the South East and 16% in England, dementia needs are not on the same level as other parts of the country. The overall population of Brighton & Hove is predicted to increase from 273,000 people in 2011 to 289,900 by 2021 (a 6.2% increase). However, the number of over 65s is estimated to rise by around 12%, which are about 40,000 people by 2021.¹ This will be particularly felt in the parts of the city where the older population is concentrated i.e. Rottingdean Coastal, Woodingdean, Hangleton & Knoll, Hove Park and Patcham wards.

The Health and Wellbeing Board has identified dementia as a priority for the city and dementia is included in the City's first Joint Health and Wellbeing Strategy

¹ Department of Health. Dementia. A state of the nation report on dementia care and support in England. November 2013

¹ <http://www.poppi.org.uk/index.php?pageNo=314&areaID=8330&loc=8330>

3. Developments Over the Last Year and Strategic Vision

Brighton and Hove developed a Joint Dementia Plan since 2012 that set out the Brighton and Hove strategic vision for improving care and support to people with dementia and their carers. The central aim of the plan was to increase awareness of the condition, ensuring early diagnosis and intervention as well as improving the quality of care for people with dementia and their carers. Our strategic approach to dementia is to treat dementia as a 'long-term condition', aligning many dementia services with physical health services so a holistic approach is taken to the care of people with dementia. The Dementia Plan for 2013-14 is included in Appendix 2. Key updates since the last report follow.

3.1 New Memory Assessment Service.

Good quality early diagnosis is vital for all, without a diagnosis many people may not be able to access the right care and support, so increasing the rate of diagnosis is a priority. In 12/13 Brighton & Hove's dementia diagnosis rate was 44.4%, up from 38.9% the previous year. (data on the diagnosis rate for 13/14 should be available in October 14). A New Memory Assessment Service was started June 2013, to increase the number of people in the city diagnosed with dementia. This service is provided by partnership between Brighton & Hove Integrated Care Service (BICS), Sussex Partnership NHS Foundation Trust, the Alzheimer's Society and Carer's Centre.

- The service started on in June 2013 and is now fully operational. This service is delivered from three local GP surgeries in Portslade, Patcham and Saltdean as well as in patients' homes. It aims to increase the number of people diagnosed with dementia, and provide improved support to people suffering from dementia, as well as their carers. Patients can be referred to this service by their GP and the service does accept self-referrals. Patients are offered advice and support, for up to a year after diagnosis by Dementia Advisers.

3.2 Improved support to people with dementia admitted to general hospitals

- A dementia champion post is based at the Royal Sussex County Hospital and is driving forward improved services for people with dementia across the hospital. In addition this year, a specialist Dementia nurse role to support the champion has been funded.
- 90% of people who are over the age of 75, and are in hospital for 72 hours or more have received a memory screen., to identify if they have symptoms of memory loss and refer on to the Memory Assessment Service
- The hospital has adopted the Butterfly scheme and this was launched in June on the Sussex County and Princess Royal sites. The Butterfly scheme provides a framework for rolling out education and an approach to caring for patients with dementia across the whole trust. It allows people whose memory is permanently affected by dementia to make this clear to hospital staff and provides staff with a simple, practical strategy for meeting their needs.
- The Emerald Unit on the Royal Sussex County site opened in May 2014, with the aim of providing specialised nursing, therapies and mental health care for people with a dementia. The Dementia Champion and nurse specialist are based within this unit. It is envisaged that through the Emerald Unit, BSUH will establish a 'hub' for dementia care, to ensure that patients and staff can access appropriate advice, care

and expertise. The development of the ward was supported by the trust securing capital funding from the Department of Health, as part of the Dementia Friendly environments partnership bid.

- BSUH has recently produced a 2 year clinical strategy for dementia that is attached in Appendix 2

3.3 Crisis Support Dementia Crisis & Short Term Support

Additional resource has continued to be put into the Community Rapid Response Service (CRRS), to enable more people with dementia to be supported at home and avoid unnecessary admissions to hospital. This service has also employed a mental health liaison nurse.

Living Well with Dementia Team

The services that Sussex Partnership NHS Foundation Trust provided for dementia were reviewed in 12/13 and the Living Well with Dementia Service was put in place in summer 2013. This is the integrated secondary mental health service for people with complex and challenging needs relating to their dementia, other diagnoses, health and social care needs. The team includes both SPFT and Brighton & Hove City Council (BHCC) staff. This is a multi-disciplinary team consisting of psychiatry, neuropsychology, occupational therapy, nursing, social work, dietician, physiotherapy and Speech and Language Therapy. The service is provided 7 days a week for 365 days a year from 9am to 7pm. Most patients have complex dementia, challenging behaviour and treatment and care co-ordination issues. The target client group include:

On-going and active involvement with those individuals who are known (or will be taken on) by the team, but who are currently receiving acute in-patient care.

People who have complex diagnostic needs referred on from the MAS
Individuals assessed by the MAS whose conditions have deteriorated and/or need a more comprehensive intervention and treatment portfolio as agreed by service specification requirements

Existing clients with complex dementia-related needs and other concurrent mental health problems

3.4 Care Homes

- The Care home in-reach service provides support to care homes to improve their ability to care for and support their residents who have dementia. This service was reviewed in 2013; the service is now permanently funded with a change in staff mix to provide additional occupational therapy.
- Two new large care homes have recently opened in the city Maycroft Manor and Dean Wood and a third is currently being developed. These care homes all have capacity to admit patients with memory loss and dementia. However, because of the comparatively high level of fees at these new providers, generally places in these new care homes are available to people who are able to fund their own care

3.5 Dementia Cafes” and “Singing for the Brain”

Objective 5 of the National Dementia Strategy is to develop structured peer support and learning networks. This is based on evidence and supported by statements received from people with dementia and their carers, that they draw significant benefit from being able to talk to other people living with dementia and their carers, to exchange practical advice and emotional support.

The Alzheimer’s society received funding in 2012/13 and 2013/14 to “Provide Singing for the Brain” sessions and “Dementia Cafes” in Brighton & Hove.

Dementia cafes provide space for open discussion of the diagnosis of dementia and its consequences in an informal, social environment in the presence of and supported by peers (people with dementia, their carers and families). They provide practical information provided by a range of sources in a structured social setting that provides opportunities for people with dementia, their families and carers to ask questions and learn. The cafés in Brighton & Hove are generally directed at people in the earlier stages of dementia, although it is acknowledged that cafés have developed according to local need and some cafés include people at different stages of dementia where appropriate

Singing for the Brain sessions follow an accepted structure, designed to provide a facilitated structured group session for people with dementia and their carers designed around the principles of music therapy and singing. The Singing for the Brain sessions are planned to incorporate social interaction, peer support, engagement and active participation. The service is designed to help families with dementia to feel part of society where they have a right to artistic and social stimulation.

3.6 Dementia Friendly Environment Bid

A £1 million capital funding application to support improving the environment of care for people with dementia was awarded in June 2013. This was a partnership bid which aimed to adapt the environment in a number of settings that people with dementia access. The bid supported local aspirations for every care experience of people with dementia to be within a built environment which supports orientation, calming, stimulation, safety, continence, independence and dignity. This work included:-

Improvements in BSUH to create a dedicated space in Accident and Emergency, and 2 inpatient wards through: quiet zones: improving signage: orientation clocks: visual boards and supporting the development of a specialist dementia inpatient unit

Funding to improve 6 GP surgeries in the city by, improving signage, orientation clocks, visual boards etc.

Dementia friendly improvements to Brunswick Specialist Dementia ward in the Neville Hospital, Sussex Partnership NHS Foundation trust (SPFT). Changing internal fittings, introduction a new lighting system and creating new access to and improvements to a dementia friendly garden area.

Work in residential short tern services unit, to ensure environments support people with dementia to maximise physical recovery. By increasing awareness, uptake and

usage of Telecare and other assistive technologies e.g. day/night clocks and lighting to assist sleep patterns.

Work in Ireland Lodge and Wayland Avenue day care centres to increase awareness, uptake and usage of telecare and other assistive technologies, and develop space/garden that were engaging and safe.

Funding grants being given to 38 mainstream residential care homes to help resident's orientation by: improving signage; acoustics :handrails: flooring: lighting, pictorial/colour coded signage: colours to support way finding, and contrasts in bathroom areas and creating more dementia friendly gardens.

3.7 Dementia Friends

In May 2014 The Alzheimer's Society launched a new campaign called Dementia Friends. The Alzheimer's Society say: "People with dementia sometimes need a helping hand to go about their daily lives and feel included in their local community. Dementia Friends is giving people an understanding of dementia and the small things they can do that can make a difference to people living with dementia – from helping someone find the right bus to spreading the word about dementia. The Alzheimer's society wants to create a network of a million Dementia Friends across England by 2015. The Alzheimer's Society in Brighton & Hove is now setting up a rolling programme of sessions for different groups such as Pharmacists, front line staff in GP surgeries, Adult Social Care staff and many other groups. At the Health & Wellbeing Board June 2014 the Chief Executive informed members that she had signed up to be a Dementia friend and suggested that the Health and Wellbeing Board should sign up to be Dementia Friends as well. This was agreed by the Board.

3.8 Dementia Challenge Fund

Brighton and Hove received a small funding grant for 1 year from the National Dementia Challenge Fund and this was used to fund the Trust for Developing Communities to work on supporting the voluntary and community sector. In partnership they have developed a toolkit to support voluntary and community groups in making the city a more dementia friendly, which will be launched in September 2014.

3.9 Brighton & Hove Joint Strategic Needs Assessment (JSNA)

In May 2014 a Brighton & Hove Joint Strategic Needs Assessment (JSNA) <http://www.bhconnected.org.uk/sites/bhconnected/files/JSNA%20dementia%202014.pdf> was completed to look at current and future unmet needs, assets and gaps in relation to dementia care. In response to the recommendations of the JSNA, a Joint Strategic Delivery Plan is being drafted and consulted upon. The draft plan will be discussed at the Health and Well Being Board in September 2014 and can be shared with the HWOSC.

The Joint Strategic Delivery Plan will respond to the JSNA recommendations; it will aim to treat dementia as a 'long-term condition'. Aligning many dementia services

with physical health services, so a holistic approach is taken to the care of people with dementia. . With increasing numbers of people with dementia a key part of our approach is to improving dementia care, is to skill up the generalist workforce (i.e. staff in care home, general hospital, primary care about, providing more care and support in the community, preventing hospital admissions and making better use of our overall resources. We also aim to ensure that dementia is firmly embedded into the frailty model being developed for the City as part of Better Care.

Appendix 1



Dementia Plan 2013

Appendix 2



HWOSC Update May
13th

Appendix 2



BSUH Dementia
Strategy 2014