

# **Safe and Healthy People Select Committee**

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# Dementia

- The term 'dementia' describes a set of physical and mental health symptoms.
- Dementia is progressive.
- How fast dementia progresses will depend on the individual person.
- Symptoms of dementia may include the following:
  - Loss of memory
  - Mood changes
  - Communication problems
- In the later stages of dementia, the person affected will have problems carrying out everyday tasks and will become increasingly dependent on other people.

# What causes dementia?

- There are several diseases and conditions that result in dementia.
- These include:
  - Alzheimer's disease
  - Vascular dementia
  - Dementia with Lewy bodies
  - Fronto-temporal dementia (including Pick's disease)
- There are many other rarer diseases that may lead to dementia. Some people with multiple sclerosis, motor neurone disease, Parkinson's disease and Huntington's disease may also develop dementia as a result of disease progression.
- Scientific research suggests that in a few rare cases the diseases that cause dementia can be inherited.

# Who gets dementia?

- Dementia mainly affects people over the age of 65, both men and women, and the risk increases with age. But it can also, more rarely, affect younger people.
- There are about 800,000 people in the UK with dementia including over 17,000 people in the UK under the age of 65 who have dementia.
- The Hampshire Joint Strategic Needs Assessment has identified approximately 18,500 people with dementia in Hampshire (7.5% of the over 65 population). This number is likely to increase by 31% to just over 24,000 people by 2020. Within the 85 and over population group, the increase will be almost 40%, with half the people with dementia being 85 or over.

# Can dementia be cured or prevented?

- Most forms of dementia cannot be cured, although research is continuing into developing drugs, vaccines and other treatments. Drugs have been developed that can temporarily alleviate some of the symptoms of some types of dementia.
- At present, it is not clear what causes most of the diseases that lead to dementia. However, evidence does indicate that a healthy diet and lifestyle may help protect against dementia. In particular, exercising regularly, avoiding fatty foods, not smoking, drinking alcohol in moderation and keeping mentally and socially active into old age may help to reduce the risk of developing vascular dementia and Alzheimer's disease.

# Diagnosing dementia

- Many people fear they have dementia, particularly if they think that their memory is getting worse or if they have known someone who has had the illness. Becoming forgetful does not necessarily mean that someone has dementia: memory loss can be an effect of ageing, and it can also be a sign of stress or depression. In rare cases, dementia-like symptoms can be caused by vitamin deficiencies and/or a brain tumour.
- Proper diagnosis is very important. A diagnosis will help rule out any illnesses that might have similar symptoms to dementia, including depression. Having a diagnosis may also mean it is possible to be prescribed drugs for Alzheimer's disease and will help people and their carers with preparing and planning for the future.

# Adult Services support for people with dementia



- Supporting people with dementia, their families and carers is central to the work of Adult Services.
- There is a link with dementia and the need for increased social care. In 2012/13 1,750 long term packages of care provided by Adult Services were increased to support clients whose needs had increased as a result of dementia; representing 13% of all the increases and 29% of the increases associated with a medical condition.
- When the increases in packages were analysed by age, we found that dementia was identified as the main reason for increasing care in:
  - 10% of clients aged 65-74 years old;
  - 44% of clients aged 75-84 years old; and
  - 46% of clients aged 85 years and over.



# Social Care provision for people with dementia

- We use evidence from research and best practice, and have worked with groups of older people, including those who have dementia, and their carers to develop services that can support people at the different stages, enabling people to live as well as they can with the illness. Services include:
  - Early Intervention Services
  - Carers
  - ‘Dementia friendly communities’
  - Dementia advisors
  - Contracts with and grants to third sector organisations to provide services for people with dementia and their carers including provision dementia café and carer support.
  - Meals on Wheels
  - Day Support

# Support for carers

- The focus of work has been implementation of the Carer's Strategy. Key elements include:
  - the emergency planning service for carers
  - the Take a Break scheme
  - the information and advice service
  - promotion of Carers assessments
- Funding from the Carer's Grant was specifically used for carers of people with dementia and was provided towards the development of Alzheimer's/ Dementia Cafes in Farnborough, Andover, Gosport and Havant and also the Alzheimer's Society Befriending Service.
- There are also Alzheimer's Cafes in Basingstoke, Eastleigh and Winchester.



# Promote independence, prevention and well-being



- The Hampshire Older People' Well-being Strategy included support for people with dementia;
  - The Well-being Trigger Tool covers older people's mental health
  - Older People's Area Link (OPAL) volunteers all receive mental health training
  - Sing for your Life and Singing for the Brain Groups support people with dementia
  - A falls prevention pack has been developed targeted at people with memory problems
- HCC has £45 million to develop new Extra Care Housing schemes over the next seven years. Supporting people with dementia, and other mental health needs and their carers, is an important element of these developments.
- Community Independence Teams work with older people with mental health needs, supporting them to remain as independent as possible.
- Memory Matters Courses are run by Southern Health NHS Foundation Trust and provide information, advice, signposting and support.
- Specialist mental health services also provides support for people to develop their own wellness recovery action plans. (WRAP)



- One off funding from DoH from the Dementia Challenge Fund has been used to develop a more **Dementia Friendly Hampshire**. A 24 month project is underway with a focus on:
  - Engaging with people with dementia and their carers
  - Raising awareness of dementia
  - Tackling stigma
  - Mapping and promoting the development of peer support
  - Piloting Dementia Friendly High Street Schemes, year 1 in Fareham, Fleet and Lyndhurst
  - Developing the Hampshire Dementia Action Alliance
  - Identifying Community Dementia Ambassadors

**Toolkits have been developed to help a variety of organisations become dementia friendly**

# Dementia Advisor Service



- In addition, we have invested in a **Dementia Advisor Service** across the county. This service started on 1<sup>st</sup> October 2012. It supports anyone who has or may have a diagnosis of dementia, offering support through the diagnostic process. The service also
  - offers advice, signposting and support to access
  - offers individually tailored information
  - is a point of continuity throughout a person's journey with dementia
  - focusses on well-being
  - supports people to come to terms with and live well with dementia, helping them to think about contingencies and plan for the future
- This service supported 1,451 people at the end of its first year.

# Social Care Provision for People with Dementia



- Support at Home
  - Re-ablement - to preserve and encourage people in routines to support daily living to maintain skills and capabilities for as long as possible. This short term service is provided for up to 6 weeks.
  - Domiciliary Care - Longer term care at home provided by independent sector domiciliary care (home care) agencies commissioned by adult services or via a Direct Payment.
  - Telecare - unobtrusive wireless sensors placed around the home which detect possible problems such as smoke, gas, flood or a person falling. Sensors automatically raise a local, audible alarm, as well as alerting a carer, key holder or a monitoring centre as appropriate.

# Social Care provision for people with dementia cont'd

- Residential care
  - Residential care is for people who cannot continue living in their own home, even with support from home care services. Stays in residential care may be for a short time (known as respite care), over a longer period or permanently. Residential care provides the person with a furnished room and staff are available 24 hours a day.
  - Residential care normally provides accommodation, meals, and 'personal care'.
  - Residential care does not provide nursing or medical care and is staffed with care workers not nurses.
  - Whilst some of residential is provided by County Council run services, most of this care is purchased from independent sector care homes.

# Social Care provision for people with dementia cont'd

- Nursing Home Care
  - A nursing home is normally the highest level of care for older adults outside of a hospital. Nursing homes provide the same services as residential care.
  - However, nursing homes differ from residential care in that they also provide a high level of medical care. There is a higher level of medical cover provided for the home usually via local GP practices and there will be medical supervision of each person's care and skilled nursing staff are available on site, usually 24 hours a day. This allows for the delivery of complex care that would not be possible in other settings.

# NHS provision for those with dementia in Hampshire



- Most health services are provided by GPs but there are also specialist services provided by Southern Health NHS Foundation Trust and Surrey and Borders NHS Foundation Trust. Both trusts provide assessment, treatment and support via a range of services which include:
  - Memory services
  - Community support from, Consultants Psychiatrists, Nurses, Occupational Therapists, Psychologists, Speech and Language Therapists and other support staff. Community services have been provided by Older People's Community Mental Health Teams (CMHTs) for many years but these specialist services are now becoming linked with the new and emerging locality based integrated care teams.
  - Liaison support into general hospitals and care homes.
  - Hospital in-patient beds.

# Social Care training – skilled workforce

- Staff training is a priority and we provide:
  - A dementia training pathway for our own staff which leads to nationally recognised qualifications.
  - Manger conferences and courses for Private and Voluntary organisations.
  - A specific programme, which we offer to care homes in the private sector called ‘Carers in Partnership’.
  - Courses for experienced staff in our own services and from private and voluntary organisations to deliver dementia training to the community, with the family carer input being invaluable in shaping the training that is delivered.
  - We have our own carers training group called ‘Voices for Change’ who co-deliver on our training programmes.

# The Care Quality Commission and Care Home Regulation

- Dementia, nursing and registration
  - Since 2010 care regulations cover NHS provision as well as social care and categories have become more generic.
  - There is no specific registration for dementia care although providers can make this a specialism as part of their “Statement of purpose” when they register.
  - All of Hampshire County Council’s own Older Person’s homes have a registered specialism of dementia.
  - Nationally around 70% of residents in any care home have a dementia.
  - Homes no longer need to run separate residential and nursing services as long as decisions made by the provider evidence that residents needs and outcomes are met. Hence new descriptions given such as residential care with nursing are given.