

# Living Well With Dementia in Herefordshire



## **A Guide to Dementia Community Support and Services in Herefordshire**

# Our Ambition...

## Herefordshire to be the best County in England where:

- **People with dementia, their carers and families live and experience meaningful dementia care and support**
- **Professionals and communities feel informed and supported to deliver high quality care and support to people affected by dementia**

### Prime Ministers Challenge on Dementia 2020

The Department of Health has set out key priorities and the challenges we face

There are over **840,000 people in the UK living with dementia** at a cost of £26 billion a year, including 40,000 younger people. **This is expected to rise to over one million people by 2025\*** (an increase of 40%).

1 in every 14 of the population over 65 years has dementia

Delaying the onset of dementia by five years would reduce deaths directly attributable to dementia by 30,000 a year

It costs more to look after people with dementia than stroke, cancer and heart disease added together

There are **670,000 carers of people with dementia in the UK**. Family carers of people with dementia save the UK £11 billion a year \*

#### Priorities identified within this:

- Improve Awareness and Understanding
- Improve Health and care
- Research

### KEY STATISTICS

Over half (57%) of the people with dementia in Herefordshire have been given a diagnosis. Locally we are working to meet a national expectation so that two thirds are diagnosed.

Two thirds of people with dementia live in the community while one third live in a care home.\*\*

70% of people living in care homes\* and over 60% of people receiving homecare† have a form of dementia or severe memory problems

**Dementia affects one person in 20 over the age of 65 and one person in five over 80**

It is estimated that there are currently 3,000 **people living with dementia in Herefordshire** and this is **expected to rise to 5,000 by 2025**

\* *Alzheimer's Society (2014a). Dementia UK: 2014 edition. London: Alzheimer's Society.*

\*\* *Alzheimer's Society (2007). Dementia UK. London: Alzheimer's Society.*

† *UK Homecare Association (2013). UKHCA Dementia Strategy and Plan, February 2013.*



## Benefits for the Person and Carers

- Evidence shows that an early diagnosis can enable someone with dementia to **live independently** in their own home for longer. This helps to avoid early or unnecessary hospital or care home admissions, which ultimately enhances that person's quality of life and that of their carer
- Patients receive the **correct treatment** for their symptoms. If a patient is diagnosed with dementia then early treatment can be more effective
- Patients and carers can get hold of the necessary relevant help and advice, be confident in **planning for the future** and empowered to get **appropriate financial benefits** and entitlements such as disability living allowance and council tax reduction
- Patients and carers can **receive the support** they need to live well e.g. meeting centres, social care; respite care, community dementia nurses, occupational therapists, carer support groups and the Alzheimer's Society who provide information and support locally

## Benefits for Health & Social Care Professionals

- Improved recognition of how important and common the causes of dementia are is vital for **planning health and social care services** to provide enhanced help and support to patients
- Diagnosing vascular dementia allows clinicians to appropriately **treat cardiovascular risk factors**
- Knowing a patient has dementia **assists clinicians in treating other medical problems** e.g. improved medication management, spending time to explain things to patients; offering extra support and helps to alleviate repeat presentations to GP surgeries
- The right diagnosis is **important for research purposes**; understanding more about the causes of dementia will help to find better treatments in the future

# COMMUNITY INITIATIVES AND SUPPORT

**Dementia Programme Board.** Local system leaders widening the field of influence and collaborating in the delivery of Herefordshire's Living Well with Dementia Work Programme; raising awareness of dementia as a health and wellbeing priority in Herefordshire

**Herefordshire Dementia Partnership.** The main delivery group providing a local steer for the design and delivery of a robust support system for people affected by Dementia. The group participates in the strategic planning and shaping of local dementia support services by sharing information and providing advice and guidance in the delivery of safe, compassionate care for people living with dementia and their carers delivered through a system wide integrated care pathway

## **Working to become a Dementia Friendly Herefordshire**

### ***Dementia Friends Champions***

There are now nearly 5,000 Dementia Friends Champions registered in Herefordshire who continue to deliver awareness sessions all over the county. A range of downloadable Dementia Friendly Guides are available from Alzheimer's Society to help make your organisation or community dementia-friendly.

**Herefordshire Dementia Action Alliance (DAA)** works closely with the Dementia Partnership helping to promote awareness and improve the lives of people affected by dementia.

There are 3 registered Dementia Action Alliances in Herefordshire (Ross, Leominster and Herefordshire) and in addition communities are coming together from Kington to Ledbury, Bodenham to Madley, Weobley to Longtown, thinking about how to turn understanding into action. The National Dementia Friendly Communities Team are also working hard in the background to update and simplify the process for engaging businesses and organisations in Dementia Friendly Communities, making it easier for us all to live in Dementia Friendly communities

**Ross & District DAA** was formed in 2017 in order to raise awareness of the condition amongst residents and businesses. We meet monthly at Alton Street Surgery, to discuss local need and to encourage likeminded people to come on board. We link with the Alzheimer's Society, Age Concern, HDU and Walford Community Centre, in order that activities/events being run by these groups can be supported. As individuals we also link with Ross Meeting Centre. **Contact details: 07817 473813, email: [sylvia.nicholls@btinternet.com](mailto:sylvia.nicholls@btinternet.com)**

## **Leominster Meeting Centre (LMC) for people living with Dementia and their Carers**

Old Priory in Leominster (behind the Priory Church, HR6 8NH).

The LMC helps people and their families adjust to living with dementia by offering exercise, educational sessions, one-to-one meetings with support workers and advisers, as well as therapeutic activities and having fun. The Centre is open **Tues, Weds and Thurs from 10 am to 3 pm**. Membership is £40 per month and this covers the member and the family carer or friend to attend up to 3 days per weeks

Established in February 2016 as part of the European MeetingDem project ([www.meetingdem.eu](http://www.meetingdem.eu)) led by the Association for Dementia Studies at the University of Worcester, with initial funding support from Herefordshire Council, LMC Charity took over the running of the Centre in September 2017.

**For further information and/or to arrange a visit please contact their Community Engagement Project Officer Cheryl Poole on 07890354643**

## **Ross Meeting Centre**

- Providing support for people with dementia and their carers
- A person-centred approach enabling people living with dementia to socialise and participate with their carers in a variety of activities including: mental and physical exercise; reminiscence; crafts; songs and music; outings and preparing lunch will be shared in a group
- In addition carers have the benefit of socialising with other carers and the opportunity to meet health care professionals and others who may be able to support them in the caring role
- The Ross Meeting Centre is supported by Dr Simon Lennane of Alton Street Surgery and the Community Dementia Nurses (2gether), as well as the Ross Mental Health Steering Group

**When: Wednesdays from 11.00 – 3.00pm; Where: Christ Church, Edde Cross St, Ross on Wye**

**Contacts:** Dr Simon Lennane, Alton St Surgery **or** Community Dementia Nurses; **Email:** [rossmeetingcentre@gmail.com](mailto:rossmeetingcentre@gmail.com)

We are also looking for volunteers to help run sessions (exercise, drama, music, art etc). If you would like to know more please contact the meeting Centre through the above email address.

## Creative Ageing at the Courtyard Hereford Penhaligon Way, Hereford HR4 9YJ

Creative Ageing provides an annual programme of activities and events to support people affected by dementia. In 2018 the Courtyard is striving to be a haven for people living with dementia and their carers.

Each week there are three creative classes for people living with dementia, and a programme of monthly events from live stage shows, to a spectacular tea dance!

### Weekly classes (term time only):

**Find Your Feet** – a dance and movement class **Monday's 10-11.30 am**

**Playing Together** – an intergenerational play session **Tuesday's 10.30 am – 12 pm**

**Music Making** – a music session **Wednesday's 2-3.30 pm**

**Banging the Drum for Dementia – Beat Bang Bong** Where words fail, music speaks - led by an experienced artist this class allows you to share the joy of making music together in a relaxed group setting - and it's not too loud! The session ends with a cup of tea and a chat.

Alongside our events and classes we run a monthly training programme for people wishing to work creatively with older people. We also have a thriving creative community champions scheme which provides free training, material and equipment for people running art sessions with older people across Herefordshire.

For more information see [www.courtyard.org.uk/aop](http://www.courtyard.org.uk/aop) or contact [aop@courtyard.org.uk](mailto:aop@courtyard.org.uk) for some hard copies of our programme leaflet

Healthwatch Herefordshire is the people's champion for health and social care services in the county.

Healthwatch is here to:

- Listen to your experiences of services
- Give people health and social care information and advice
- Make your views of health and social care services known to organisations who plan and deliver the services
- Share good practice and make recommendations for improvements to services
- We work on health and social care topics that the public identify, engaging with community groups across the county and write reports with recommendations
- We have statutory powers to require responses from providers and commissioners to make a difference on your behalf

Telephone: 01432 277044 Email: [www.healthwachherefordshire.co.uk](http://www.healthwachherefordshire.co.uk)  
[www.healthwatchherefordshire.co.uk](http://www.healthwatchherefordshire.co.uk)



Herefordshire Carers Support is a small local charity that support Unpaid Family Carers; those who are caring for a spouse, partner, relative or friend who is ill, elderly or has a disability and is unable to manage without their help.

We provide advice, information and a range of other support ourselves but can also signpost Carers to support and services across Herefordshire and beyond. It's easy to refer Carers to us, you can call **01432 356068**, complete an online referral at [www.herefordshirecarerssupport.org](http://www.herefordshirecarerssupport.org) or email [help@herefordshirecarerssupport.org](mailto:help@herefordshirecarerssupport.org)

We also hold quarterly Carer Awareness sessions which provide the opportunity to share concerns, ideas and Best Practice with fellow professionals. You can book a place using the above options.

NATIONAL ONLINE DEMENTIA DIRECTORY is a comprehensive and easy to use online service for anyone affected by dementia in UK. People can enter their postcode or place name to find voluntary, statutory and community services nearest and most relevant to them

Each listing includes a map and clear essential information about the service.

[www.alzheimers.org.uk/info/20011/find\\_support\\_near\\_you/760/promote\\_dementia\\_support\\_services\\_through\\_dementia\\_connect](http://www.alzheimers.org.uk/info/20011/find_support_near_you/760/promote_dementia_support_services_through_dementia_connect)

## COMMUNITY INITIATIVES AND SUPPORT

In Herefordshire we wish to build a comprehensive local directory of dementia support and services and are encouraging organisations and communities to sign up. If you provide support or a service for people affected by dementia you can register them for free on the online Directory, helping to raise awareness and promote your service to local people.

**Making the most of resources to optimise ease of access by connecting local and national platforms.**

This information will also inform /be linked to Herefordshire's own local on-line directory WISH <http://www.wisherefordshire.org/>

We want to make it easy as possible for anyone, anywhere looking for dementia related support in Herefordshire. For example a relative based out of county looking for support for their relative affected by dementia may not know about WISH.

**WISH (Wellbeing Information and Signposting for Herefordshire)** is a website provided by Herefordshire Council. It provides information including local services and events to support the health and wellbeing of all adults, children, young people and families across Herefordshire.

Professionals can also use the site to find out what support is available in Herefordshire for the people they work with.

If you can't find the information you are looking for and need further guidance, or you need some help to find services and activities in the directory, then please contact the Herefordshire Council's Adult Social Care Advice and Referral team on 01432 260101.

### **ART (Social Services Advice and Referral Team)**

Professionals are encouraged to sign post people affected by dementia to WISH where additional information can be found. Where a professional identifies an individual and/or carer would benefit from a social care assessment please contact the **Advice and Referral team (ART) Call: 01432 260101**

Email: ASCAdviceandReferralTeam@herefordshire.gcsx.gov.uk

## DEMENTIA SERVICES IN HEREFORDSHIRE

### **Older Adult Community Services**

2gether NHS Foundation Trust, Benet Building  
Ruckhall Lane Hereford HR2 9RP  
01432 842200



### **Memory Assessment Service**

- Referrals via GP
- Aims to provide specialist assessment, diagnosis and treatment for people worried about their memory and offer support to their carers
- Capacity to see 50 new referrals each month
- Initial assessment by a Nurse or Psychiatrist but access to other team members for specialist assessment- Occupational Therapists, Psychologists and Speech and Language Therapists
- Offers diagnosis where appropriate, titration of medication and a care plan for future support

**Team Manager – Sophie Blakeman**  
**Consultant Psychiatrist – Richard Eggar**

### **Community Dementia Service**

#### Role of the Community Dementia Nurse:

- Support Primary Care with all elements of the dementia care pathway
- Support GP's in the diagnosis of dementia where Memory Clinic Assessment is not appropriate
- Undertake brief interventions for up to 4 weeks for patients with a diagnosed dementia
- Review individuals who are prescribed medication for dementia on a yearly basis
- Liaise and facilitate referral to the Older Persons Community Mental Health Teams, where appropriate
- Meet regularly with Dementia Adviser to review cases and take referrals for assessment/signposting/brief interventions.

**Team Manager – Sophie Blakeman**

### Care Home In-reach Team

The Care Home In Reach Team provides specialist advice, assessment, diagnosis, treatment and review of older adults living in care homes with dementia in Herefordshire.

Typical interventions carried out by the team may include:

- Supporting the GP with diagnosis of dementia
- Renew of ACI's or antipsychotic medication
- Specialist advice to care home staff on how to support individuals who may be presenting with behaviour that challenges

The team also provide educational sessions for staff working in care homes.

**Team Manager – Sophie Blakeman**  
**Consultant Psychiatrist- Dr Richard Eggar**

### Community Mental Health Team

Older Person's Community Mental Health Team aims to:

- Provide specialist assessment and care management to adults with moderate to severe behavioural and psychological symptoms of dementia.
- People over 65 with new presentation of mental illness or those who have been stable without secondary care input for a year or more.

**Team Manager – Amanda Lealan-Jones**  
**Consultant Psychiatrists –**  
**Dr Adrian Vos, Dr Ramandeep Dargan.**

**Cognitive Stimulation Therapy** is an evidence based brief intervention for people with mild to moderate dementia\*. It is offered to patients by 2gether NHS Foundation Trust Community Dementia Service at the point of their diagnosis with a Memory Assessment Nurse or at one of their reviews with a Community Dementia Nurse or Dementia Advisor. CST is a structured programme of group activity delivered with a person centred focus. Various topics are covered in each session, facilitated in a way to include all group members, giving choice, showing respect and encouraging involvement. These key principles are paramount in the success of the eight week intervention, and to the quality of outcome for each participant. Family and carers are involved in the final CST session as a way of information giving about what has been covered in the CST sessions, and why, and how these strategies can be maintained at home. Feedback from participants reflects the positive impact of this programme on their health and wellbeing.

\*Spector A, Thorgrimsen L, Woods, B, Royan L, Davies S, Butterworth M, Orrel M (2003) Efficacy of an evidence-based cognitive stimulation therapy programme for people with dementia: randomised controlled trial. *British Journal of Psychiatry*, 183 248-254

### **HEREFORDSHIRE ADMIRAL NURSING TEAM**

As a new resource for 2018, a team of four specialist nurses will work locally within the Primary Care Home Model helping to improve dementia care through the provision of specialist dementia nursing supporting the people affected by dementia. The Admiral Nurse team provide additional resource to focus on discharge facilitation for people with dementia to reduce length of stay and delayed transfers of care as well as increasing admission avoidance from the community and from care homes. Admiral Nurses work closely with GP Practice staff, and in particular with Community Dementia Nurses and Dementia Advisors, the Alzheimer's Society, and Memory Assessment Service and community partners

### **ALZHEIMER'S SOCIETY**

**Nationally is here** for everyone affected by dementia. A National Dementia helpline 0300 222 1122 is available for anyone with questions or concerns about dementia.

Call: 0300 222 1122

Email helpline: [alzheimers.org.uk](mailto:alzheimers.org.uk)

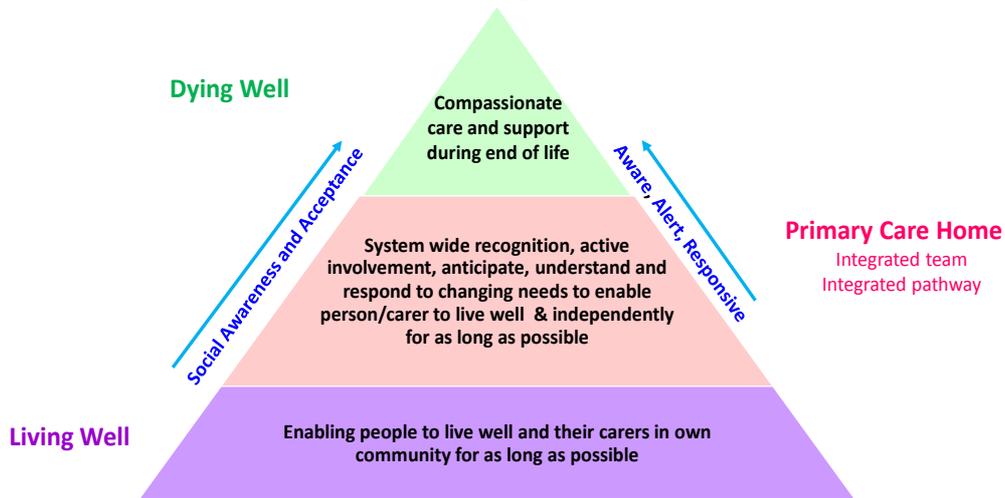
Sign up to Talking Point, the online community for anyone affected by dementia and share experiences/ get support 24 hours a day

Sign up: [alzheimers.org.uk/talkingpoint](http://alzheimers.org.uk/talkingpoint)

Find support: [www.alzheimers.org.uk/dementia connect](http://www.alzheimers.org.uk/dementiaconnect)

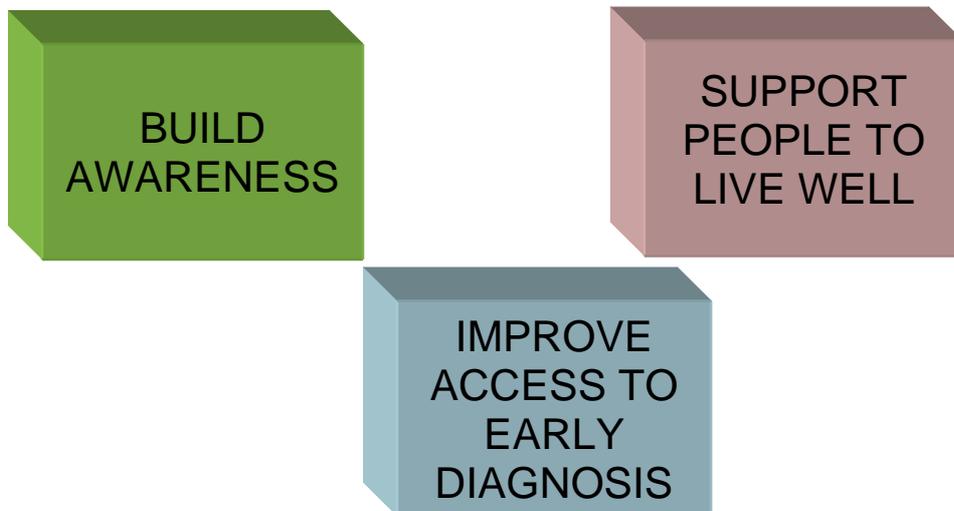


## A Dementia Friendly Herefordshire



**We are committed to timely identification of dementia because it is the first step towards provision of meaningful support, for the changing needs of the person, their families and carers**

**Herefordshire is undertaking a programme of work to:**



Herefordshire CCG  
St Owens' Chambers  
22 St Owen Street  
Hereford HR1 2PL  
Contact details: [enquiries@herefordshireccg.nhs.uk](mailto:enquiries@herefordshireccg.nhs.uk)  
Telephone: 01432 260618