

**Meeting:** Adult Social Care Health and Wellbeing Sub-committee

**Date:** 4<sup>th</sup> October 2018

**Title:** Support for people with dementia and their carers

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**Service:** People Based Commissioning

**Wards affected:** All

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## 1. Purpose of Report

To update the Adult Social Care Health and Wellbeing Sub-committee on the current provision of support for people with dementia and their carers.

## 2. Recommendations

The Adult Social Care Health and Wellbeing Sub-committee are requested to:

- a) Note the current provision of support for people with dementia and their carers in North Tyneside; and
- b) Discuss and agree how the Committee would like to be involved in this work in the future.

## 3. Details

### 3.1 Local statistics:

- The estimated diagnosis rate for North Tyneside as at July 2018 is 71.3% (national target 66.7%)
- Currently in North Tyneside 7% of people aged over 65 and 24% of people aged over 85 have a diagnosed dementia
- By applying prevalence estimates for the UK to North Tyneside's population there are around 2,807 people aged 65 years and over that are estimated to have dementia in North Tyneside in 2017
- 70% of people living with dementia in North Tyneside are aged 80 years plus
- The proportion of females estimated to have dementia is almost double than that for males, in keeping with a longer life expectancy for females in the borough. The numbers of females with dementia is highest in the 85-89 age range and for males the highest number is in the 80-84 age range

- By 2035, the number of people predicted to have dementia in North Tyneside is set to increase to 4,589
- In people aged below 65 years dementia is much less common, affecting less than 1% of the population. The estimated prevalence in those aged below 65 years is 57 people in North Tyneside
- North Tyneside – ranks 322 out of 650 constituencies for the percentage of people living with dementia

## **3.2 Pre and Post Dementia Diagnosis Support Services in North Tyneside**

In 2014 following a two year Knowledge Transfer Partnership (KTP) with Newcastle University, Age UK North Tyneside identified post diagnosis support as a growing area of need and developed a best practice model for supporting people with dementia and their families pre and post-diagnosis in North Tyneside.

There is currently no Dementia Pathway or a comprehensive post-diagnosis support service available in North Tyneside. There are however a number of support arrangements that have developed across services, these are outlined below.

## **3.3 NHS**

### **3.3.1 Northumberland Tyne & Wear NHS Foundation Trust**

Northumberland Tyne & Wear NHS Foundation Trust offers a Memory Assessment Management Service (MAMS) which provides memory assessment and diagnosis of people with dementia to people who live in the North West area of North Tyneside and is based at the Campus for Ageing and Vitality. The Service also offers a range of short courses intended to help people with memory problems and their relatives and carers.

### **3.3.2 Northumbria Healthcare NHS Foundation Trust**

The Mental Health Service for Older People (MHSOP) in North Tyneside includes a variety of services that are responsive to emotional, physical and social needs of people in later life. The service offers specialist assessment and intervention for individuals and families to promote recovery in spite of chronic and complex mental health difficulties. Community services include Community Mental Health Teams, Nursing Home Support Team, Memory Clinic and an Early Onset Dementia Service. Acute services include Liaison Psychiatry and inpatient facilities for Mental Health and Dementia.

MHSOP has good working relationships with Primary Care to ensure people are referred in a timely way. There is no crisis service for older people in North Tyneside but the service operates an on call rota from 9am to 5pm, Monday – Friday so clinicians are available if people need urgent support.

To enhance partnership working and to keep GPs up to date about relevant information and resources, all GP surgeries in North Tyneside have a named worker from MHSOP.

MHSOP provides specialist assessment and intervention for complex mental health problems and dementia, according to best practice guidelines. For some people, staying in hospital for treatment is the best option. North Tyneside General Hospital provides purpose built units which have been specially designed for people living with dementia or with mental health illnesses such as anxiety, depression and psychosis. The range of interventions offered by MHSOP aim to reduce troubling symptoms, improve functioning, prevent relapse, increase awareness and predict obstacles to recovery.

To shift investment to focus on evidence based prevention and early intervention MHSOP Memory Clinic and Early Onset Service provide comprehensive assessment and support for people and families concerned about their memory or other problems with thinking. It has been through a comprehensive process of review and received national recognition from The Memory Services National Accreditation Programme (MSNAP) which assures good practice and high quality care. The service offers teaching sessions to GPs on a rotational basis to inform them about what the service provides and to improve awareness and early detection and diagnosis. People and families are offered specialist advice on how to keep healthy and things that are good for our brain such as exercise, healthy eating, encouraging social activities/ interactions. The service is also well placed to signpost to different services for financial support, safeguarding, advanced care planning and Lasting Power of Attorney.

The Memory Clinic provides Cognitive Stimulation Therapy (CST) and this is free for people under the care of MHSOP who have a diagnosis of mild to moderate dementia. CST uses a range of techniques to promote learning and build new connections through activities, and it can help to maintain skills and improve wellbeing in the longer term.

To build resilience in local services and communities through a whole system approach across statutory and non-statutory interventions MHSOP is able to provide people and families support before, during and after a diagnosis of dementia. As this can be such a transformational event, families and carers often make contact with the clinic long after discharge to seek emotional support and/or signposting. The service has good links with Age UK North Tyneside (Age UKNT), Mental Health Reablement and Adult Social Care for people with less complex needs.

Community teams provide post-diagnostic or specialist care for people living with dementia who have concurrent mental health needs or more complex difficulties.

The CCG are continuing to work with localities to promote the early identification and diagnosis of dementia.

### **3.4 Local Authority**

Older people are now living longer and, where possible, are being supported to live at home independently. However as people are living longer they are becoming frailer and have more complex needs. The support older people and their carers require, for a wide range of physical and mental health conditions including dementia, relates to both social care and health.

The Authority provides and commissions a range of services to support people with dementia to live independently, this includes:

- Mental Health Reablement Team – to provide time limited, intensive support to help people adapt to life beyond their diagnosis or disability. The service aims to support people to learn or relearn the skills necessary for daily living by providing short term, flexible, one to one support to enable people to develop and identify supportive strategies and coping skills;
- Building based day services including specialist provision for people with dementia to provide stimulating activity for the person attending and a much needed break for the carer;
- Home care services which may include support with personal care, activities of daily living and essential household tasks. Home care is primarily funded by local

authorities or the person themselves, but can also be funded by healthcare commissioners;

- A range of housing options including sheltered accommodation and extra care; and
- Care homes which offer accommodation and personal care for people who may not be able to live independently. Some people may need nursing care which is provided by qualified nurses, some homes may specialise in caring for particular conditions.

### **Community Navigator for Dementia and Memory Loss**

A Community Navigator for Dementia and Memory Loss has been appointed as part of the Authority's Care and Connect Team. The Navigator provides dedicated support to people with dementia, memory loss and their carers.

The role includes the following key aspects:

- Work into the community to support developments and build community capacity for people with dementia or memory loss and their carers;
- Offer unbiased advice and information;
- Provide assisted signposting;
- Reduce loneliness and isolation by empowering local communities to develop their own solutions;
- Care and support planning for adults if needed; and
- Actively encourage the person living with dementia or memory loss and their families/carers to develop 'circles of support' in their community and so enhance their quality of life.

The Navigator contributes to Dementia Friendly Communities work and is trained to deliver Dementia Friends sessions.

As part of her work the navigator has established a 'Singing Back the Memories' group at Crossgates Extra Care Scheme. In addition to tenants of Crossgates the group is also attended by people who live locally and it is becoming a very successful well attended group.

### **3.5 Age UK North Tyneside**

With three year funding from the Ballinger Trust (2017-2020) and a partnership with Dementia UK, Age UKNT established an Admiral Nurse Service.

Admiral Nurses provide the specialist dementia support that families need. When things get challenging or difficult, Admiral Nurses work alongside the entire family to provide one-to-one support, expert guidance and practical solutions. The unique dementia expertise and experience an Admiral Nurse brings is a lifeline and helps families to live more positively with dementia in the present, and to face the challenges of the future with more confidence and less fear.

From 2017/18 North Tyneside CCG has provided grant funding for the Senior Admiral Nurse post which is now commissioned on an annual rolling contract. The existing Ballinger Trust funding was redirected to support the further development of the Dementia Support Team which now consists of; one Senior Admiral Nurse; three locality based Admiral Nurses; and four Dementia Support Coordinators.

Admiral Nursing remains in high demand. During 2017-18 AUKNT Dementia Support Team supported 566 people with dementia and family carers in total. Since April 2018 average monthly numbers accessing the service have increased to:

- 29 new referrals
- 101 people with a diagnosed dementia
- 154 family carers
- 87 people receiving Admiral Nurse support
- 167 people receiving one to one support from the Dementia Coordinators
- 20 people per month on a waiting list for an Admiral Nurse

Across AUKNT care and support services, all staff are being trained by the Admiral Nurses in Dementia, Delirium and Depression (3Ds training).

During Dementia Action Week (21 -25 May 2018), the Dementia Team provided a wide range of awareness raising activities and support services for people with dementia and their carers.

Age UKNT also provide a range of activities across the Borough, these include:

- 1:1 Advice and Support sessions;
- Shiremoor Craft Group;
- Memory Cafes in Whitley Bay and Killingworth;
- Time Travellers Groups at Wallsend and Whitley Bay;
- 'Meet at the Museum' borough wide group;
- Peer Support Group at North Shields; and
- Monthly open access Admiral Nurse Clinics held at the Carers Centre.

11 AUKNT volunteers have been trained to support Dementia Services activities to date.

A Maintaining Cognitive Stimulation Therapy (MCST) course has been piloted by Age UKNT as a continuation of Cognitive Stimulation Therapy (provided by the Memory Clinics) as natural progression in the developing dementia pathway and recommended by new NICE guideline.

The Authority provides funding for the provision of two singing groups for people with dementia and their carers. The groups are operated by Age UKNT supported by North Tyneside Carers' Centre, from St. Columbas Church in North Shields and Springfield Community Centre in Forest Hall.

The groups meet weekly and provide valuable opportunities for people to socialise and participate in singing based activity, either alone or with their carers. The groups also provide opportunities to provide information and signposting to other forms of support and local activities, which people may find useful.

### **3.6 North Tyneside Carers' Centre**

North Tyneside Carers' Centre currently has 474 carers of people with dementia registered with the Centre. Support and advice for carers of people with dementia remains the highest requested service in the centre.

Support is tailored to individual needs but includes:

- One to one support - to ensure that carers are coping well with their caring role; emotional support; information about their rights as a carer and signposting to services that they can access; activities for themselves and the cared for; creating an emergency plan; and encouragement and support to look after their own health and wellbeing
- A dementia specific peer support group and other generic peer support groups across the borough which enables carers to meet and share experiences with each other
- Social activities where carers can go along with or without the cared for person, to access relaxation, mindfulness or singing activity etc.
- Group and one to one training to help carers to understand the condition; communicate more effectively; manage behaviour; understand the range of technology solutions available; and manage their own stress and emotions
- Counselling
- Support in employment if they are still working
- Advocacy to help them to have their voice heard and liaise with services etc.
- A monthly surgery in the Centre with an Admiral Nurse

### **3.7 Mental Wellbeing in Later Life**

Good physical and mental health are both areas that are essential to the wellbeing of the population of North Tyneside, no matter what age. There is an assumption that mental health problems are a 'normal' aspect of ageing, but most older people don't develop mental health problems and if they do they can be helped. Dementia and/or depression are often associated with getting older but they aren't an inevitable part of ageing.

The Mental Wellbeing in Later Life Strategy 2018-2023 has been developed to improve mental health and dementia services and support for older people and carers. We want to ensure that there is targeted prevention for people at risk of mental ill health and early intervention for older people with symptoms of mental illness.

In the development of this Strategy we felt that it was important to take various lifestyle factors into account, in addition to issues that are particularly relevant for older people.

The response to the key issues identified fall into the following main areas:

1. Improving Health and Wellbeing
2. Prevention and Early Intervention
3. Community and Primary Service
4. Secondary Provision
5. Supporting Recovery & Long Term Care

The Strategy will be delivered through an implementation plan which will contain detail about what will be done, by whom and by when. It will be refreshed annually.

### **3.8 Dementia Friendly Communities**

A meeting recently took place with the Alzheimer's Society; Councillor Gary Bell; Sue Wood – Assistant Director Disability and Mental Health; and Susan Meins, Commissioning Manager. The purpose of the meeting was to identify how we could work together to take forward the Dementia Friendly Communities agenda in North Tyneside. A number of practical actions were identified which would support this work. These proposals will be presented to the Elected Mayor and Paul Hanson for agreement on how to progress this work.

### **3.9 Governance and Reporting**

In June 2018 the Health and Wellbeing Board agreed to the establishment of new reporting and governance arrangements around mental health and wellbeing.

It was agreed that there will be three boards responsible for a) children and young people, b) adult mental health and c) older people. All three boards will be accountable to the Health and Wellbeing Board.

The Mental Wellbeing in Later Life Board is currently in the process of being established. This Board will be responsible for Health and Wellbeing Objective number 4 'To improve the mental health and emotional resilience of the North Tyneside population' and also Objective No. 7 'Comprehensive support for people with dementia'.

The Board will be responsible for establishing a baseline for this work; developing an action plan to address any gaps identified and also regular reporting back to the Health and Wellbeing Board to provide assurance of progress being made in this area.

## **4. Appendices**

Appendix 1: Age UKNT Dementia Services

## **5. Background Information**

The following documents have been used in the compilation of this report and may be inspected at the offices of the author.

Mental Wellbeing in Later Life Strategy 2018-2023.