

Dementia Steering Group Summary of Progress 2017

1. Introduction

- 1.1. The Swindon Dementia Steering Group (DSG) was established to oversee the implementation of the Swindon Dementia JSNA and Dementia Strategy 2014-2019 (<http://www.swindonjsna.co.uk/dna/dementia-needs-assessment>). It is a multi-agency group which meets quarterly with current membership including Swindon Borough Council (Public Health, Housing and Social Care), NHS Swindon Clinical Commissioning Group, Swindon Carers Association, Great Western Hospital, Alzheimer's Society, Avon & Wiltshire Mental Health Partnership, Swindon Dementia Action Alliance, and Wiltshire Police Service.
- 1.2. Governance for the DSG is via the Joint Commissioning Group to the Health and Wellbeing Board as approval for the Dementia Strategy, adopted by Swindon Borough Council and NHS Swindon Clinical Commissioning Group, was given at this level. The terms of reference state that the DSG aims to ensure that all Dementia services, which are commissioned and delivered in Swindon, meet the needs of the local population, anticipate future demand where possible, and are accessible to all, and that Group members are active participants, sharing good practice, working in partnership and championing dementia in their organisations.
- 1.3. The aim of this report is to:
- a. Provide a summary of achievements of the DSG to date.
 - b. Inform future work planning

2. Background

- 2.1 The 2014-2019 Dementia Strategy sets out 6 principles and 12 priorities for dementia work in Swindon as listed below.
- a. Principles – relate to the essence of safeguarding
 - Dementia is a very individual disease – experience depends on the type, severity and support available
 - A diagnosis is the start of a different life experience not the end
 - Understanding and respect are central to any contact
 - People do not want to be defined by dementia but acknowledged as a valuable and respected members of the community
 - People with dementia want to do normal things in an age friendly environment and have fun
 - Carers have a crucial role and need support too

b. Priorities

1. Improve public and professional awareness of dementia and reduce stigma
 2. Improve timely diagnosis and treatment of dementia
 3. Increase access to a range of flexible day, home based and residential respite options
 4. Develop services that support people to maximise their independence
 5. To increase community clinical support for patients experiencing dementia
 6. Improve the skills and competencies of the workforce
 7. Improve access to support and advice following diagnosis for people with dementia and their carers
 8. To reduce avoidable hospital and care home admissions and decrease hospital length of stay
 9. To ensure that the needs of younger people with dementia are addressed
 10. To improve the quality of dementia care in care homes and hospitals
 11. To improve end of life care for people with dementia
 12. Safeguarding people living with dementia
- 2.2 These are delivered primarily with a lead organisation delivering on each priority with partners where relevant, and the DSG facilitating an exchange of progress updates, ideas, information and gap analysis.
- 2.3 The development of the strategy was based on a Joint Strategic Needs Assessment (JSNA) on dementia. This was completed in 2013 and is being updated in 2017 to reflect enhanced understanding of dementia incidence and prevalence both nationally and locally and the current situation of dementia care in Swindon. The revised JSNA is going to the Health & Wellbeing Board in December 2017.

3. Future direction

- 3.1 The principles behind the strategy are still relevant and a key focus of all dementia work in Swindon is to put people living with dementia and their carers at the heart of the services and approach developed. We are ambitious to make Swindon dementia friendly and promoting awareness and understanding of the disease whilst also recognising that dementia in all its forms is progressive and people will need support post diagnosis, good and accessible care, and quality end of life provision. Partners also have a role in promoting what is known about reducing the risk of dementia: being physically active, a healthy diet, not smoking and the importance of strong social networks.
- 3.2 Over the last two years,
- the work of the Swindon Dementia Action Alliance has developed,
 - we now have in place a Dementia Friendly Swindon Co-ordinator,
 - a Dementia Taskgroup was established by the Council's Overview and Scrutiny Committee which produced recommendations for the future and set up an on-going Cabinet Member Advisors Group on dementia,

- Great Western Hospital NHS Trust now run both acute and community services in Swindon,
- more is known about how to reduce the risk of dementia and that 35% of risk factors for dementia are modifiable,
- there has been increasing recognition of the importance of design and environment in both supporting and stimulating people living with dementia, and
- we have gained 'working towards dementia friendly' accreditation for Swindon from the Alzheimer's Society.

Our priorities for the next two years will be shaped by the JSNA but are likely to include:

- awareness raising of behaviour change to reduce the risk of dementia
- continued promotion of the dementia friends initiative for all frontline staff
- a review of the pathway of dementia care from prevention, diagnosis to end of life care.
- ensuring that carers have access to appropriate support and care
- promoting advice on good dementia design and influencing future housing developments
- ensuring the steering group provide impact which is greater than the sum of its parts by supporting individual organisational dementia work and continually looking for synergies and partnership opportunities.
- working with Care Homes and Domiciliary care providers to promote good dementia care.

4. Partnership Achievements

4.1 This section reflects the work of all partners on the steering group, working within their individual agencies and in partnership to improve the lives of people with dementia and their carers. Safeguarding runs through all our dementia activity.

Improve public and professional awareness of dementia and reduce stigma

- Over 350 people had awareness sessions to become dementia friends at Swindon Borough Council. This includes customer service staff, Highways, staff delivering meals on wheels and community engagement staff.
- There have been awareness sessions on dementia friends run for the housing team. An awareness session was held for staff who provide support to sheltered housing and the decorating/improvements team. The session included a bolt on around design and décor with the use of University of Stirling and Kings Fund information.
- Dementia Friends Sessions have also been organised for walking for health leaders and walkers; Swindon Town Football Club including Rocking Robin the mascot; PHSE school co-ordinators; staff, trustees and volunteers at TWIGS; and the ex-Railway Workers Group.
- Over 3500 people had awareness sessions to become dementia friends Swindon wide.

- Swindon was chosen by the Alzheimer's Society to be one of 10 areas in the country to be an accelerator town for dementia friendly status
- Funding for a 2 year part time Dementia Friendly Swindon Co-ordinator post was secured from One Swindon and successfully recruited to. The postholder began in April 2017. The role includes engagement with people living with dementia and carers, promotion of dementia friendly with businesses, leisure and other service providers in Swindon, and looking for opportunities to increase activities which are dementia friendly.
- The Alzheimer's Society worked with Robert Buckland MP to host a dementia summit in November 2016. The summit highlighted the Swindon Dementia Friendly town ambition and requested support from businesses.
- The Alzheimer's Society's Dementia Community Roadshow came to Swindon in September 2017 to help raise awareness about dementia in Swindon and answer any questions about dementia.
- Successful 'Ageing Well in a Dementia Friendly Swindon' conference was held in March 2017 jointly with Healthwatch and involved over 50 organisations and community groups
- Libraries in Swindon continue their successful dementia books on prescription scheme, have trained all staff as dementia friends and have supported the development of a book of memories with old photos of Swindon.
- Great Western Hospital and Avon & Wiltshire Mental Health Partnership have both held successful events at the football ground and Steam to raise awareness of dementia and caring for those living with the disease.
- Ferndale School had dementia friends sessions for all form years involving 387 pupils and staff. At the end of the session each child was asked to reflect on how they might support people with dementia, and to write a pledge.
- Swindon achieved 'working towards dementia friendly' status from the Alzheimer's Society.

Improve timely diagnosis and treatment of dementia

- NHS Swindon CCG and Avon & Wiltshire Mental Health Partnership have worked together to reduce the assessment and diagnosis waiting list from 9 months to 6 weeks
- Diagnosis rates in Swindon are currently 64%; a significant improvement from two years ago but slightly under the national target of 66%
- NHS Swindon CCG commissions a Mental Health Liaison service at GWH with dedicated nurses for elderly and/or dementia presentations

Develop services that support people to maximise their independence

- The Alzheimer's Society provides two weekly singing for the brain sessions, a memory café and meet and eat session every month, carer's information and support programme, and a dementia support service.
- The Alzheimer's Society Side by Side service identifies volunteers to provide support to enable people with dementia to go out and about in their community and keep doing the things they enjoy or to try out new activities.
- Swindon Carers Centre offer a peer support group, an Open Minds activity group, Saturday socials and day trips, information and advice for carers of people with dementia and general support. They also co-ordinate the Emergency Card

scheme which means care is in place for the person cared for if a carer is taken ill or has an emergency.

- The dementia pages on the MyCareMySupport website are being updated and restructured to be more user friendly for people with dementia.
- A You Only Live Once group was established which involves people living with dementia meeting to discuss initiatives and review services. Examples includes linking with Great Western Hospital around the 'playlists for life' initiative and putting together a good language guide around dementia.
- As part of the dementia friendly Swindon work, the Wyvern Theatre and Arts Centre are looking at funding opportunities for setting up a dementia friendly film programme, and discussions have taken place with GLL to discuss dementia friendly swim sessions.

To increase community clinical support for patients experiencing dementia

- Shared care planning is in place which delivers high-quality, personalised care and ensures timely access to secondary care/specialised Mental Health services;
- The Wiltshire & Swindon Care Skills Partnership is developing a training offer for care home and domiciliary care staff.
- Two care homes for people living with dementia, Fessey House and Whitbourne House, came back under Swindon Borough Council management following the closure of SEQOL.

Improve access to support and advice following diagnosis for people with dementia and their carers

- Swindon Borough Council Public Health team working with and planning to integrate good dementia design into building design and planning policy e.g. lighting and interior design and access to outdoor space.
- The Alzheimer's Society have dementia advisors and dementia support workers which provide advice, information and support for people living with dementia and carers post diagnosis. The dementia advisor service (funded by One Swindon) has supported 244 people between July 2016 and July 2017 (105 people with dementia and 139 carers) with 1027 support activities recorded. The Dementia Support workers has supported 93 people in the same period. Both services support people throughout their dementia, with follow up calls every 6 months.

To reduce avoidable hospital and care home admissions and decrease hospital length of stay

- Great Western Hospital launched a dementia strategy in 2017 and held a successful event in Steam on 18th May to coincide with National Dementia Awareness Week which Swindon Borough Council were involved with.
- A meaningful activity project is taking place on Teal Ward.
- Work is taking place with Carillion, who provide maintenance services at Great Western Hospital around dementia awareness.
- There are musicians on Jupiter ward twice a week.
- John's Campaign, which focuses on medical staff doing all within their power to make access easy for family carers and utilise their expert knowledge and their

love, has been supported by Great Western Hospital. Chairs are available for carers to stay overnight in dementia wards.

- A Carers passport has been developed for Great Western Hospital which includes concessions for parking and meals at the hospital.
- The 'This is Me' booklet, developed by the Alzheimer's Society is used in Swindon to reflect the wishes and interests of people with dementia and provide a single source of information for health professionals.
- The specialist dementia team is in place providing support to care homes to prevent hospital admissions.
- The OWLs (Outpatient Welcome Liaison Service) project which provides patients and carers with support from a hospital volunteer for outpatient appointments has been expanded to all people and carers attending hospital appointments.
- Digital reminiscence has been purchased for Teal ward at Great Western hospital. It can be used by individuals or in a group setting and includes games, exercises, music, film and photos.
- Great Western Hospital have are exploring funding opportunities for Admiral Nurses, an initiative similar to the role of Macmillian nurses for people living with cancer.