

READING HEALTH AND WELLBEING BOARD

DATE OF MEETING:	19 JANUARY 2018	AGENDA ITEM:	5
REPORT TITLE:	MAKING READING A PLACE WHERE PEOPLE CAN LIVE WELL WITH DEMENTIA: UPDATE ON PRIORITY 6 FROM THE HEALTH AND WELLBEING ACTION PLAN		
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ORGANISATION:	READING BOROUGH COUNCIL		

1. PURPOSE OF REPORT AND EXECUTIVE SUMMARY

- 1.1 This report presents an update on delivery against the Health and Wellbeing Action Plan Priority 6 - *Making Reading a place where people can live well with dementia*. It includes an overview of performance and progress towards achieving goals which contribute to making Reading a place where people can live well with dementia, as well as upcoming activities which support the strategic objectives.
- 1.2 The Health and Wellbeing Board has agreed to focus on different priorities from the Health and Wellbeing Strategy at each meeting by way of theming the Board's discussions. This meeting has a dual theme of 'healthy lifestyles' and 'living well with dementia'. The intention is facilitate a review of local progress against the local and national strategic objectives.

2. RECOMMENDED ACTION

2.1 The Health and Wellbeing Board:

Notes the progress to date against Reading's Health and Wellbeing Strategy Action Plan 2017-2020, Priority 6.

3. POLICY CONTEXT

- 3.1 In 2015 the Government published the [Prime Minister's challenge on dementia](#) 2020 (Cabinet Office, Department of Health, and Prime Minister's Office, 2015). This set out a clear commitment to improving health and care for people living with dementia, their carers and family and an ambition to make England the best country in the world to live with dementia. It also set out the goal of making England the leading country on dementia and neurodegenerative disease research.

- 3.2 Feedback from people living with dementia, gathered by the national Dementia Action Alliance¹, was used to inform the national strategic aims. People clearly stated they want:
- Personal choice and control over decisions
 - Assurance that services are designed around them, their needs and their carers needs
 - Support that helps them live their life
 - Knowledge to get what they need
 - To live in an enabling and supportive environment where they feel valued and understood.
 - To have a sense of belonging and of being a valued part of family, community and civic life.
 - To be confident that their end of life wishes will be respected and that they can expect a good death.
 - To know that there is research going on which will deliver a better life for people with dementia, and know ways in which they can contribute to this
- 3.3 Reading's Joint Health and Wellbeing Strategy 2017-20 specifies eight key priorities selected with stakeholders. Individual wellbeing is affected by many things and the Strategy recognises the importance of places where we live, work and play as well as our health and social care services. *Making Reading a place where people can live well with dementia* is one of the eight key priorities for the Reading Board. Whilst the strategy and action plan focus on Reading, they complement and are complemented by other local actions plans from key partner and community/voluntary organisations represented on the Berkshire West Dementia Steering Group. A key objective of that group is to ensure that pathways and information about dementia are aligned and reflected in dementia care services and used to inform local practice. The Well Pathway² is in place and is adapted to capture the journey of the individual diagnosed with dementia.
- 3.4 Dementia can have a huge impact on individuals and families, and when communities aren't dementia-aware and dementia-friendly, the condition can severely curtail people's ability to live independently. Family carers - so often the key to people being able to live within their communities with a long term condition - face particular challenges when caring for someone with dementia. Those carers often feel they are 'on duty' 24 hours a day, and their previous relationship with the person they care for changes more dramatically than for other carers.
- 3.5 As well as the personal cost, dementia costs the UK economy an estimated £26 billion per year. Dementia is a major health and social care challenge because of the anticipated growth in the number of people who are living for longer. Dementia is more common in older people, with a particularly marked increase from age 80 (although not exclusively associated with older age, and those with onset of symptoms before the age of 65 years face particular challenges). Rates of dementia can be brought down through lifestyle improvements (like reducing blood pressure and cholesterol levels).
- 3.6 Local estimates based on figures published by through the Projecting Older People Population Information (POPPI) and Projecting Adult Needs and Service Information (PANSI) websites suggest around 1,500 people in Reading are living with dementia, with the largest proportion of these (around 70%) aged 80 years or older. By 2035, nearly two and a half thousand (2,412) people are predicted by POPPI to be living with dementia in Reading, of whom 1,810 will be aged 80 years or older. If the same proportions as per the current population were eligible for care, we might expect to see 380 people receiving care, with around half of these in nursing or residential care.

¹ Outcomes derived from the work of the Dementia Action Alliance. For more information please see <http://www.dementiaaction.org.uk/>

² NHS England Transformation Framework – The Well Pathway for Dementia. Available at: <https://www.england.nhs.uk/mentalhealth/wp-content/uploads/sites/29/2016/03/dementia-well-pathway.pdf> (Accessed 7th December 2017)

- 3.6 Reading has had a Dementia Action Alliance (DAA) in place since 2013, bringing partners together with the aim of improving the lives of people with dementia and their carers. The local aims of the group are to:
- Improve awareness and understanding of dementia so people have the information they need to reduce the risk of developing dementia as well as to live well with dementia;
 - Ensure people with dementia have equal access to the health and wellbeing support which is available to everyone.

**4. PROGRESS TO DATE AGAINST THE ACTION PLAN:
*MAKING READING A PLACE WHERE PEOPLE CAN LIVE WELL WITH DEMENTIA***

Raising awareness

- 4.1 Since January 2017 there have been a number of activities to raise local awareness of dementia and the lifestyle factors which increase people's risk. Reading DAA partners held a dementia event in Broad Street in May 2017. It is estimated that over 200 contacts with members of the public were made throughout the day. There was good local media coverage and it was supported by the Mayor of Reading, Cllr Rose Williams.
- 4.2 Also in May, Reading's Alliance for Cohesion and Racial Equality (ACRE) group hosted a dementia conference to raise awareness among members of minority ethnic groups in Reading. Like the Broad Street event, this included information sharing, advice and support about living well with dementia, raising awareness of the risk factors linked to dementia, as well as encouraging self-help and preventative measures.
- 4.3 The DAA staffed a stall at the Southcote May Fayre to raise awareness of dementia and to engage local residents in plans to develop Southcote into Reading's first Dementia Friendly Community. This was the start of local community group engagement on what it means to be dementia friendly. To date, a small group of DAA members have been working with the Grange Community Café and Church, Southcote Library and the Community Centre to welcome individuals with dementia and their carers into their services. Development work continues in the Southcote area with a focus on retail and businesses.
- 4.4 A member of the Reading DAA chaired Reading's Older People's Day event in October 2017. Philip Keohane took this opportunity to raise awareness of dementia friendly Reading initiatives. The DAA also hosted a workshop at the event to discuss the issues that individuals living with dementia and their carers face, and how we all have a part to play in supporting people with dementia to live well in their community.
- 4.5 DAA members have delivered over 20 presentations to local business and services in 2017, raising awareness of dementia and how local businesses/services can proactively support making Reading a better place to live with dementia. These include the John Lewis partnership, The Oracle, Reading libraries, Reading Borough Council staff, local churches, community groups and Patient Participation Groups of local GP practices. The local Lions Club, John Lewis partnership and Tesco supported the DAA event held in May through contributions and in store/staff promotion.
- 4.6 In 2013, Public Health England (PHE) introduced a mandatory dementia awareness raising component of the NHS Health Check programme, targeted at people aged 65 years and over. The aim was to raise people's awareness of protective factors that can lower their risk of developing dementia - reminding people that what is healthy for the heart is also healthy for the brain. PHE have piloted and are consulting on extending the dementia risk component of the NHS Health Check to all eligible individuals i.e. those aged 40-64

years, something which should be supported. Between 2013 and 2018, GPs across Reading delivered 12,740 NHS Health Checks to eligible patients aged 40 - 74 years.

Diagnosis and care

- 4.7 One of the priorities of Berkshire West CCGs and local health partners is improve early identification of people with dementia, particularly within individuals of Black, Asian or Minority Ethnic (BME) origin, and ensure support and services are appropriately designed to support this. 2016 data indicates a good match between diagnosis rates and local population profiles but this continues to be monitored. Referral data suggests the ethnic profile of people referred to Memory Clinics also broadly reflects Reading's ethnic profile. Interpreters are routinely used in Memory Clinics for people whose 1st language is not English. The Rudas Assessment tool can be used if standard assessment tools are not culturally appropriate.
- 4.8 Balmore Park (Reading), Wargrave (Wokingham). Kintbury and Woolton (Newbury) surgeries have joined a 'Dementia Friendly' surgery pilot to progress this. In Reading this work has also been supported by the partners of the DAA who have delivered dementia awareness sessions which specifically included information and advice on local neighbourhood and community services which reflect the needs of people living with dementia and their carers. BHFT Memory Clinic Staff will also support requests for to speak to/meet with any community groups about the benefits of timely diagnosis.
- 4.9 Training resources are now in place to assist non-medical staff in healthcare settings to recognise dementia signs, including the 'Top Ten Tips' pack, and a webinar has been developed on diagnosing well. Care home assessments use the Diagnosis of Advanced Dementia³ [DiADeM] and General Practitioner Assessment of Cognition⁴ [GPCOG] tools to identify missed cases of memory impairment. Annual reports from the Memory Clinics enable the monitoring of progress.
- 4.10 Locally, initial referrals are made to the Reading Memory Clinic for assessment, diagnosis and initiation of treatment. All Berkshire West Memory Clinics are accredited with MSNAP - i.e. measured against best practice standards including the expected range of post diagnostic support.
- 4.11 Through the Better Care Fund, the CCGs have commissioned the Alzheimer's Society to provide four Dementia Care Advisors (DCAs) who work across Berkshire West. One advisor is dedicated to providing information, advice and support to people with early onset dementia. The other three advisors are locality based. A project funded by Thames Valley Strategic Clinical Network (TVSCN) proposed a DCA pathway, and this has been included in DCA Service Specification.
- 4.12 Work on training of all GPs to become dementia friendly practices is progressing. Dementia Awareness presentations have been delivered to local Patient Participation Groups at Western Elms and Balmore Park surgeries and were well received. BHFT OPMH have quarterly sessions planned for Practice Nurses to increase their confidence and skills in screening for dementia.
- 4.13 Berkshire Healthcare Foundation Trust (BHFT)'s Older People Mental Health (OPMH) services have been rated as 'outstanding' by the Care Quality Commission (CQC), and positive carer feedback regarding the support they receive appeared to have a significant impact on this rating. BHFT has now achieved its target of training 80% of its staff on dementia/ Its In-Reach Care Team supports local care homes across both East and West

³ DiADeM is a protocol developed by the Yorkshire and Humber Dementia Strategic Clinical Network aimed at supporting Gps to diagnose dementia for people living advanced dementia in a care home setting. See <https://dementiapartnerships.com/resource/diadem-diagnosis-of-advanced-dementia-mandate-in-care-homes/> for further information.

⁴ GPCOG is an instrument to screen for dementia specifically in primary care settings. For more information about CPCOG please visit <http://gpcog.com.au/index/more-about-the-gpcog>

Berkshire, including training up Dementia Champions within the homes. Training meets Dementia Friends training learning outcomes. Champions then promote best practice within their home and receive ongoing support and supervision from BHFT.

- 4.14 The Royal Berkshire Hospital also has a Dementia Champions training programme supported by BHFT.
- 4.15 Reading Borough Council commissioned services contractually specify minimum standards of training for providers of care for people with dementia in residential, nursing and domiciliary care settings. Providers are expected to have in place a learning and development framework for staff to ensure a skilled workforce is available to meet the diverse needs of the individuals who access their service. Dementia awareness is currently 'desirable training' for support staff. All providers carrying out registered activities in Reading are inspected by the Care Quality Commission to ensure quality standards are adhered to. Reading Borough Council's Quality and Performance Monitoring Team in Adult Care and Health Services also monitors local services.

Improving understanding

- 4.13 The Council's Wellbeing Team has been leading on reviewing the dementia chapter of the Joint Strategic Needs Assessment for Reading. The lead officer has consulted with partners on both the Berkshire West Steering Group and the local Dementia Action Alliance to update the local position.
- 4.14 Provision of opportunities for people with dementia and their carers to get involved in research through signposting is delivered jointly by Alzheimer's Society, local Trust staff and Reading University. Several Memory Clinics are installing joint dementia research (JDR) kiosks which enable people with dementia and/or their carers to register. The BHFT Research Team also provides information about JDR and how to join. In addition to JDR, patients and carers attending Memory Clinics are routinely asked about participation in research.
- 4.15 An important activity in supporting people to live well with dementia is to enable them and their carers/support networks to have access to high quality, relevant and appropriate information. This is facilitated through a number of different ways by partners - for example, DAA partners include local information and advice hubs and solicitors who specifically provide independent advice and advocacy. These partners support the larger community events to raise awareness of this information. This has also been fed into the local Dementia Friends sessions.
- 4.16 The Alzheimer's Society is the designer of the Dementia Friends and Dementia Friendly Communities programmes. These are designed to provide a wide range of people with quick and easy access to basic information about dementia and how to support people living with the condition. There is ongoing monitoring of the impact of effectiveness of both of these initiatives at a national level. At a local level, the Reading DAA partners have a key action to improve the number of Dementia Friends across the borough and to train more Dementia Champions to roll out the Dementia Friends initiative. By 9th January 2018, 973 people in the Reading area⁵ had completed the online Dementia Friends training (increase of 254 since January 2017); 238 Dementia Friends sessions had been delivered (an increase of 67 since January 2017); and 4,919 people in the Reading area had become a Dementia Friend following a session (increase of 1,213 since January 2017).

5. CONTRIBUTION TO STRATEGIC AIMS

⁵ This is across Reading postcode areas of RG1, RG2, RG4, RG5, RG6, RG30 and RG31.

- 5.1 The Health and Wellbeing Strategy, Action Plan and complementary action plans of both the Berkshire West Dementia Steering Group and Reading Dementia Action Alliance, broadly contribute to the Council's Corporate Plan priority to '*safeguard and protect those that are most vulnerable*'. Needs of the Reading population, including people living with dementia and carers, are used to inform work around the new home care provisions for 'extra care' housing flats and commissioning of quality community based home care provision. This work will continue to help the Council and partners respond to the expected growth in the number of local people living to 85 years and older, whilst recognising the need to operate within budget reductions.
- 5.2 The Health and Wellbeing priority *Making Reading a place where people can live well with dementia* is focused on promoting health and wellbeing of people living with dementia or caring for someone with dementia. This includes raising awareness of dementia and how Reading residents, communities, businesses and services can contribute to making Reading a more inclusive, safer place. There is also complementary work ongoing locally to contribute to prevention by raising awareness of lifestyle factors which either contribute to increasing risk or that offer a protection against conditions such as dementia.
- 5.3 The activity reported against the action plan shows good progress against Reading's 2017-20 Health and Wellbeing Strategy, and some key tasks are completed. It would therefore be appropriate to update and refine the action plan in 2018 so that it evolves to reflect and build on achievements to date.

6. COMMUNITY & STAKEHOLDER ENGAGEMENT

- 6.1 During a public consultation on Reading's draft Health and Wellbeing strategy for 2017 - 20, consultees identified and supported the need for dementia to be a priority in Reading over the coming years. More importantly, the agreed priority was purposely set as a broad overarching aim in recognition that there are a significant number of factors which can contribute to living well with dementia and caring for someone with dementia. Many of these involve multiple organisations working together in order to achieve the desired outcomes.
- 6.2 Reading's Dementia Action Alliance and member partners play a significant role in engaging with community and other stakeholders on prioritising dementia, all on a voluntary basis. The increase in membership has created a number of opportunities which have been taken up, including recent recruitment to voluntary positions (supported by Reading Voluntary Action) which will result in a stronger social media presence and more opportunities for people to contribute to the work.

7. EQUALITY IMPACT ASSESSMENT

- 7.1 The contents of this report do not trigger the need to complete an equality impact assessment.

8. LEGAL IMPLICATIONS

- 8.1 There are no new legal implications arising from this report.

9. FINANCIAL IMPLICATIONS

- 9.1 There are no financial implications arising from this report.