

## **Report to Trafford Health Scrutiny**

### **Update on Trafford's Dementia Strategy, including Dementia Friendly Communities**

Trafford's Dementia Strategy (attached) was presented to the Health and Wellbeing Board in July 2018. It is the result of work undertaken by a multi-agency group, and is based around Dementia United's five dimensions of dementia care: Preventing Well, Diagnosing Well, Living Well, Supporting Well and Dying Well. It includes a number of recommendations, and these have been summarised (Appendix A) as part of a public consultation exercise. This consultation has been running throughout November, and has included online questionnaires, with further paper versions available at settings such as libraries, GP surgeries, and pharmacies. We shall shortly be undertaking the analysis of the responses and will be undertaking further focus group work in under-represented areas or with population subgroups where we suspect there may be specific needs. This work will link into the wider consultation that we have been undertaking in developing Trafford's Ageing Well Plan and will ensure that we make the necessary links between the two areas.

We are intending to embed the Dementia Friendly Communities work into the Ageing Well plan, as there is otherwise a risk of duplication or confusion. A robust Age Well plan will need to address many aspects that are relevant to other groups (such as people with disabilities) and specific reference will be made within the plan to the needs of people with dementia. This will also give us an opportunity to ensure that our approach to ageing well is tied into our neighbourhood plans for Trafford and reflects locality needs and assets. At present, we have various examples of good practice in small areas but we do not have a consistent approach or offer across the borough.

The Age Well Plan is part of the Greater Manchester Ageing Well strategy, and is required to be completed by the end of April 2019. This gives us a tight timescale for the development of the plan, although the work to date and the on-going consultation puts us in a good position to complete this by the deadline.

We would welcome the involvement of the Health Scrutiny Committee in the further development of this work, and recommend that the Committee call in the Age Well Plan for a more detailed discussion in Spring 2019.

Eleanor Roaf

Interim Director of Public Health

3<sup>rd</sup> December 2018

## Living Well with Dementia: A Strategy for Trafford 2018 – 2021 Consultation Paper

With an ageing population and improving treatment, we can expect more and more people in the borough to have their lives touched by dementia. This might be as **patients, as carers, as family members or friends, as providers of services, or in local businesses and community groups.**

The sheer number of people affected means that we need to take an inclusive approach to dementia in Trafford. This will focus on people's needs and rights, and support us all in making life with dementia as easy and as positive for patients and carers alike.

To deliver the required improvements to care, we need to review all aspects of life with dementia, from improving our diagnosis rates and the services and support offered following a diagnosis, to improving the skills of the workforce and improving palliative and end of life care.

This survey is designed to offer you, no matter what your experience of dementia is, the opportunity to comment on the recommendations that have come out of the Strategy. It is grouped into 5 sections: Preventing Well; Diagnosing Well; Supporting Well; Living Well and Dying Well. Under each section we have listed the proposed recommendations and we would like you to comment on anything that you would add or change about each section.

You can deposit your completed survey in a secure box at any library or leisure centre in Trafford until the 1<sup>st</sup> November 2018. You can post your survey if you prefer to the address given at the end of the survey. You can also hand in your completed survey to Age UK who will forward it to Trafford Council on your behalf.

Before we begin the consultation questions, we would like to know more about your experience of dementia. Can you tell us which of the following best describes you?

1.  I have dementia  
 I care for someone with dementia  
 A family member or friend has dementia  
 I work with people with dementia  
 I have no experience of dementia  
 Other (Please describe)

Thank you. Now please continue to comment on the 5 sections of the Dementia Strategy.

### **Preventing Well**

The Dementia Strategy makes the following recommendations for preventing the onset of dementia:

- We need to promote a greater public awareness that behaviours such as smoking, alcohol misuse, or physical inactivity increase the risk of dementia, as well as stroke, heart disease and cancer.
- We need to reduce the inequalities in rates of smoking, alcohol use, obesity or physical inactivity between different population sub-groups, in order to reduce inequality in outcomes
- We need to ensure that the environment in Trafford is one that promotes a healthy lifestyle 'making the healthy choice the easy choice'.

2. Do you feel these recommendations will improve the prevention of dementia?

- Yes       No       Don't know

3. Is there anything you would like to add to, or change about, these recommendations for preventing the onset of dementia?

4. Do you have any suggestions on how we can put the Preventing Well recommendations into action? For example, how can we better promote healthy lifestyles?

### **Diagnosing Well**

The Strategy makes the following recommendations for improving diagnosis of dementia:

- We need to reduce the stigma relating to dementia, so that people are encouraged to discuss their concerns and fears, and access services earlier.
- In particular, we need to ensure that people from higher risk groups are identified and that they are appropriately supported to access testing.
- We need to support GPs to make a timely diagnosis, and to make the referral process easier.
- We need good access to support services throughout the diagnostic period, and after diagnosis.

5. Do you feel these recommendations will improve the diagnosis of dementia?

Yes       No       Don't know

6. Is there anything else you would add to, or change about, these recommendations for improving diagnosis of dementia?

7. Do you have any suggestions on how we can put the Diagnosing Well recommendations into action? For example, how can we reduce the stigma relating to dementia?

### **Supporting Well**

The Strategy makes the following recommendations to improve support for those with dementia, their families and carers.

- We need to ensure that family carers are offered adequate training, support and respite, and that their own health is safeguarded.
- We need to improve the understanding of dementia in the workforce
- We need to carry out annual medication reviews for people with dementia, to ensure that it meets their needs as well as possible.
- We need to ensure that all care planning for people with dementia includes planning for crises such as illness, falls, or carer breakdown
- We need to ensure that when a person with dementia is admitted to hospital, that the hospital is aware of their additional care needs, and that the length of stay is minimised in order to reduce the risk of further deterioration.

8. Do you feel these recommendations will improve support for those with dementia, their families and carers?

- Yes       No       Don't know

9. Would you change or add anything to the recommendations above on improving support for people with dementia, their carers and families?

10. Do you have any suggestions on how we can put the Supporting Well recommendations into action? For example, how do we ensure that family carers are offered adequate training, support and respite?

### **Living Well**

The strategy makes the following recommendations to help those with dementia, their carers and families live well in Trafford:

- Trafford Age Friendly planning needs to incorporate all aspects of Dementia Friendly practice
- We need to increase public awareness of dementia and how to support people

- We need to ensure that shops, leisure services, and public spaces are open and accessible to people with dementia
- We need to ensure that care homes are of a high quality and can properly support people with dementia, and that we have sufficient capacity of care home places within the borough for people whose dementia leads to challenging behaviour.
- We need to ensure that anyone living with dementia in Trafford is able to participate in research studies, if they are eligible and wish to do so.

11. Do you feel these recommendations will help those with dementia, their families and carers live well with dementia in Trafford?

- Yes       No       Don't know

12. Is there anything you would add to, or change about, these recommendations for helping people live well with dementia?

13. Do you have any suggestions on how we can put the Living Well recommendations into action? For example, how can we ensure that shops, leisure services and public spaces are accessible to people with dementia?

**Dying Well**

The Strategy makes the following recommendations to ensure that people with dementia receive high quality end of life care:

- We need to ensure that people with dementia are able to die in their usual place of residence, if they so wish, with high quality emotional and practical support.

- We need to ensure that frontline staff are adequately trained and feel supported to undertake timely and honest conversations with patients and carers about likely outcomes.
- We need to ensure that we have Advanced Care plans in place for all of our residents with dementia (Advanced Care Planning is making plans while you can, for the care you would like if you became unable to speak for yourself).

14. Do you feel these recommendations will help those with dementia, their families and carers improve end of life care for people with dementia?

- Yes       No       Don't know

15. Is there anything you would like to add or change about these recommendations to improve end of life care for people with dementia?

16. Do you have any suggestions for how we can put the Dying Well recommendations into action? For example, how can we support staff to have timely and honest conversations with patients and carers about likely outcomes?



**About You**

We would like to know more about you and your experience of dementia. Please answer the following questions:

17. Are you

- Male       Female       Prefer not to say

18. Which of the following groups includes you age?

- Under 17  
 17 – 30  
 31 – 50  
 51 – 65  
 66 – 80  
 80 and over

19. Do you consider yourself to have a disability and/ or impairment?

- Yes  
 No

20. If yes to question 3, how does your disability and/ or impairment affect you? (Please tick all that apply)

- Hearing       Sight       Mobility  
 Memory       Mental Health       N/A

Other (Please describe)

21. Which race/ ethnicity best describes you? (Please choose only one)

- White/ White British  
 Black/ Black British  
 Asian/ Asian British

- Mixed race
- Rather not say
- Another race or ethnicity

*(Please describe)*

22. So that we can connect your answers with the area you live in, please include your postcode

If you would like more information about dementia, you may find the following organisations useful:

Alzheimer's Society [www.alzheimers.org.uk](http://www.alzheimers.org.uk) Tel: 0330 333 0804

Age UK [www.ageuktrafford.org.uk](http://www.ageuktrafford.org.uk) Tel: 0161 746 9754

Dementia United [www.dementiaunited.net](http://www.dementiaunited.net)

### **How to submit your survey**

1) You can deposit your completed survey in a secure box at any library or leisure centre in Trafford until the 1<sup>st</sup> November 2018. You can post your survey if you prefer to the address given at the end of the survey.

2) You can drop your completed survey off with Age UK Trafford at

Sharples Building  
1-3 Church Road  
Urmston  
M41 9EH

3) If you prefer to post your survey, you can send it to:

Trafford Public Health  
Trafford Town Hall  
Talbot Road  
Stretford  
M32 0TH

**Thank you for taking the time to take part in our research.**