



Joint Dementia Strategy 2015–17

Improving the lives of people with
dementia in Wolverhampton



Endorsed by Wolverhampton DAA



Introduction

Dementia is one of the biggest challenges facing the nation today.

Some **670,000 people** in England are believed to be living with dementia, including **3,600 people in Wolverhampton**, with somebody diagnosed with the condition every **four seconds worldwide**.

Dementia is an umbrella term used to describe many different types of dementia, particularly Alzheimer's Disease, Vascular Dementia and Dementia with Lewy bodies.

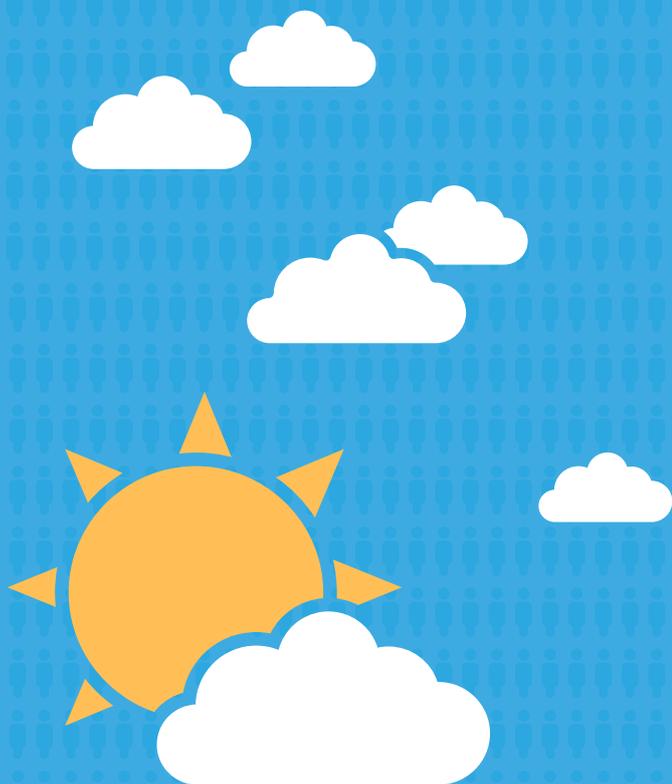
It can affect anyone, and causes a decline in a person's cognitive (intellectual) abilities, affecting their memory, language, understanding, reasoning, problem solving and concentration, but each person's dementia is unique and so affects their lives in very different ways.

Cases of dementia increase with age, and as life expectancy increases, more and more people will be affected. Currently, one in 50 people between the ages of 65 and 70 have a form of dementia, compared to one in five over the age of 80. Around 15,000 people under 65 are living with dementia and this number is increasing.

Diagnosis is often made at a later stage of the illness and this can affect the person's ability to make choices and decisions.

Of course, dementia does not just have a devastating effect on the individual, but also their families and friends. An estimated 21 million people know a close friend or family member with dementia – that's nearly half of the population, and it's important that they get the help and support they need to carry out their caring role.

Life should not stop because of dementia. People with Dementia and their family and carers may need support to enable them to carry out activities and engage in relationships in a positive way, so that they can continue to lead a full and active life.



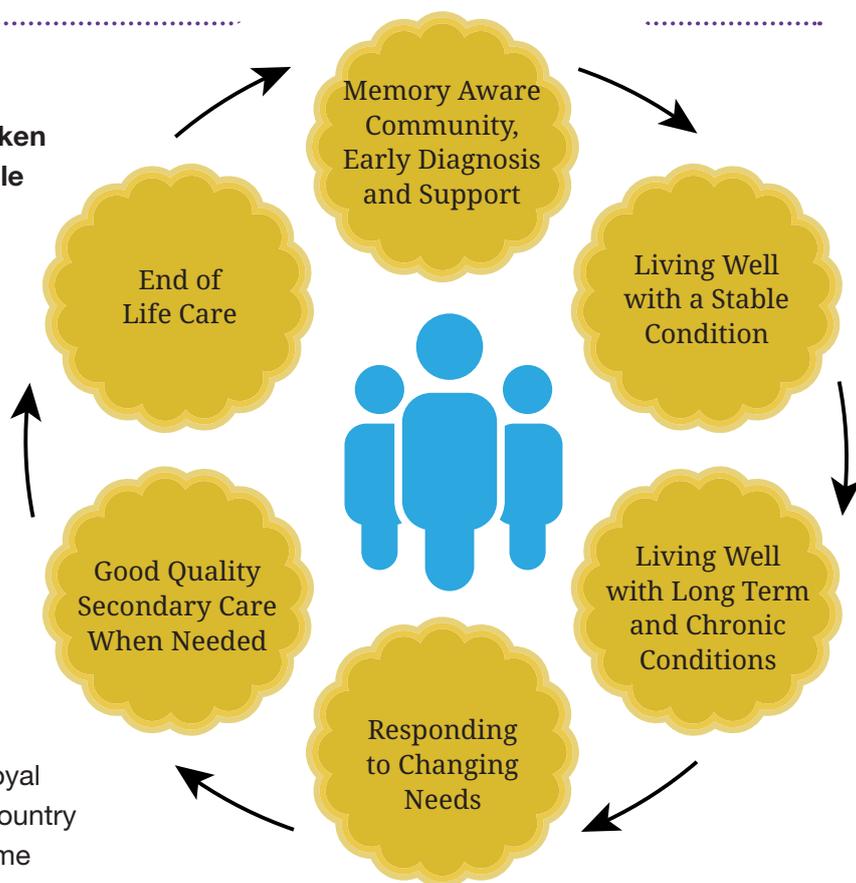
Improving dementia services in Wolverhampton

Already a great deal of good work has taken place locally to improve the lives of people with dementia and their families.

Businesses, organisations, community groups and individuals have come together to support Wolverhampton's drive to become a Dementia Friendly City, creating a community in which people with dementia receive the help and support they need to live their lives to the full.

But there is much more to be done, and to develop this good work further, a number of organisations including Wolverhampton Clinical Commissioning Group, Wolverhampton City Council, the Royal Wolverhampton NHS Trust and the Black Country Partnership NHS Foundation Trust have come together to shape a Joint Dementia Strategy.

The strategy sets out the work which will take place over the next two years to bring about further improvements in care and support for people with dementia, and is based upon what local residents say they need from services in Wolverhampton.



Reflecting both the local and national vision for transforming dementia care and support, the strategy seeks to develop proactive services and ensure good quality care and support that best meets the needs of people living with dementia, their families and carers. It follows a person-centred approach, putting the service user at the heart of the decision making process.

It highlights a number of key areas and actions, and an implementation plan will be developed to ensure a range of improvements are delivered over the next two years. Throughout this time we will be looking for examples of good practice and innovation, and checking with people with dementia and their families that they are getting the outcomes they expect.



Joint Dementia Strategy

The Joint Dementia Strategy 2015-17 includes a number of aims and objectives which will have a big impact on the lives of people with dementia. The headlines include:

- **Making Wolverhampton a Dementia Friendly City**, in which people with dementia and their carers feel confident to be engaged with and participate in everyday life and are able to live well and independently for as long as possible
- **Developing dementia awareness programmes for all members of the community**, including health and social care staff, public and emergency service workers, retailers, businesses, schools, colleges and universities, councillors and community groups, leisure and cultural facilities, care homes and housing associations
- **Reducing waiting times for assessment and diagnosis**, and improving diagnosis, prescribing and post diagnosis support
- Providing **written and verbal information** about their condition to people newly diagnosed with dementia and their carers, along with information about the different types of treatment available to them and the kind of support on offer in the local area
- Offering a **comprehensive health and well-being assessment** to carers, and agreeing care plans which will help support their role as a carer
- **Improving access to key services**, including those provided by voluntary and community groups
- Enabling more people with dementia and their carers **to attend dementia cafés** in Wolverhampton, where they can meet other people with the condition, share their experiences and find out more about the help and support available to them
- Ensuring people with dementia and their carers **play a part in developing personalised care plans** so they can maintain their independence for as long as possible
- Improving services for people living with dementia such as **housing, extra care support and adaptations within the home** to help them maintain their independence for as long as possible
- Offering people with dementia and their carers **health and well-being assessments** to develop care plans which enable them to maintain a healthy lifestyle and independence
- Providing carers with a range of **respite and short-break services** that meet their needs, and the needs of the person they care for
- Increasing the number of **people aged 40-74 who receive NHS health checks**, which includes dementia screening
- Ensuring **people with dementia and their carers are involved in advanced decision making**, choosing support and planning end of life care
- Supporting people to plan and prepare for end of life care, and **make informed decisions about their treatment**
- **Improving clinical guidance** for managing symptoms for people with dementia
- **Improving access to palliative care** services for people living with dementia

There are also a number of pledges aimed at improving the way health, social care and other organisations work together to continue developing dementia services in Wolverhampton. These include developing a “Dementia Hub”, integrating health and social care teams, improving dementia awareness among practitioners and sharing best practice.



Dementia Friendly Communities

The various actions contained within the Joint Dementia Strategy support Wolverhampton's ambitions of becoming a Dementia Friendly Community.

A dementia friendly community is one that is aware of and understands the needs of people with dementia, encourages them to seek support from their local community and, most importantly, gives them the help they need to live their lives.

It empowers people with dementia to have aspirations and feel confident to take part in everyday activities, enabling them to remain living independently and take greater control over their lives.

To become a dementia friendly community, Wolverhampton needs the help and support of organisations which people with dementia need to access on a regular basis, and so a local Dementia Action Alliance has been established.

It has brought together more than 30 local organisations, including health and social care providers, retailers, banks, the emergency services, religious groups, education providers and more, who are working together to ensure people live well with dementia. Each organisation has produced its own action plan to ensure that it responds to the needs of people with dementia and their family and carers.

Wolverhampton Dementia Action Alliance

Members of Wolverhampton Dementia Action Alliance include:

Age UK
Alzheimer's Society
Asda
Beacon Centre for the Blind
Bilston Health Centre
Black Country Partnership for Care
Black Country Partnership NHS Foundation Trust
BME United
Citizens Advice Bureau
Compton Hospice

Costa Coffee
Diocese of Lichfield
Grand Theatre
Heantun Housing
Iceland
Life Direct
Lloyds Bank
Opticiansoncall
Over 50s Forum
Ring and Ride
Royal Voluntary Service

The Royal Wolverhampton NHS Trust
Trading Standards
University of Wolverhampton
West Midlands Fire Service
West Midlands Police
Wolverhampton Clinical Commissioning Group
Wolverhampton City Council
Wolverhampton Homes
Wolves Community Trust

We hope this list will grow in the coming months and years

Wolverhampton's Dementia Action Alliance is part of a national movement which aims to encourage and support local communities and organisations to bring about a society-wide response, including practical actions which enable people to live well with Dementia.

The following outcomes are identified in the National Dementia Declaration, which Alliance members must sign up to:

I have personal choice and control or influence over decisions about me

I know that services are designed around me

I have support that helps me live my life

I have the knowledge and know-how to get what I need

I live in an enabling and supportive environment where I feel valued and understood

I have a sense of belonging and of being a valued part of a family, community and civic life

I know there is research going on which delivers a better life for me now and hope for the future

Becoming dementia aware

As well as providing dementia awareness training to people from all walks of life, the Joint Dementia Strategy also seeks to encourage more people to become Dementia Friends.

Nationally, more than one million people have signed up to become Dementia Friends through the Alzheimer's Society, and in doing so have developed a greater understanding of dementia, and what can be done to help people who are living with the condition.

Anyone can do this – please visit
www.dementiafriends.org.uk for more details.



Next steps

The Joint Dementia Strategy provides the case for change to improve services for people with dementia and their family or carers in Wolverhampton.

An implementation plan will be developed to bring about the improvements identified.

Copies of the Joint Dementia Strategy are available via:

www.wolverhampton.gov.uk/dementia, <http://wolverhamptonccg.nhs.uk> or the Wolverhampton Dementia Action Alliance pages at www.dementiaaction.org.uk

Alternatively, please call Santosh Kumari on **01902 555369** or Claire Morrissey on **01902 441774**.



