

Adult Social Care and Services Scrutiny Panel

18 December 2019

Update on Local Dementia Services and Programmes to support older people

1. Background

- 1.1 A wide range of accessible community activities that are specific and appropriate to the needs of people with dementia have been developed locally. Existing leisure services and entertainment activities are also more inclusive of people with dementia, such as dementia friendly cinema screenings and a dementia friendly sport and physical activity programme which includes table tennis, chair based dance sessions and new age bowls. All activities include practical support to ensure people with dementia can engage in community life, as well as offering emotional support. Community activities are often more appropriate for the individual than medical and clinical support and can help to delay the need for health and social care interventions.
- 1.2 Good links have been established with Middlesbrough Council, Public Health, Woodside Memory Clinic and the MBC Commissioned Dementia Advisor Service for a collaborative approach to improve post diagnosis support and person centred care for people with dementia.
- 1.3 A community map of services and support for people with dementia and carers has been developed to ensure that people can navigate what services are available at the most appropriate time before a crisis occurs and to improve pathways to support.
- 1.4 Good links have also been established with GP practices in Middlesbrough and dementia awareness sessions have been delivered to practice staff. Borough Road Medical Practice has set up a dementia café for their patients who have received a dementia diagnosis, to offer a place to learn more about dementia and to reduce the risk of social isolation. This work will continue with other GP practices in Middlesbrough. Raising awareness within GP practices will help to improve early identification and increased diagnosis of dementia.
- 1.5 A Volunteer befriending programme for carers and ex-carers of people living with dementia is helping to break down barriers for people with dementia accessing community activities, it also helps to improve social connectedness and reduce social isolation and loneliness, particularly for volunteers who are bereaved or who's loved ones have gone into full time residential care.

2. Dementia Friendly Middlesbrough

- 2.1 There has been substantial investment in Middlesbrough for achieving National recognition for working toward becoming a Dementia Friendly Community, which was one of the Middlesbrough Mayors manifesto promises in 2015 and Middlesbrough achieved Dementia Friendly Town status in March 2016 which was achieved.
- 2.2 Dementia Friendly Communities is a standardised national recognition process developed by Alzheimer's society and enables individuals, organisations and communities to be publically recognised for their work. The programme encourages everyone to share responsibility for

ensuring that people with dementia feel understood, valued and able to contribute to their community

- 2.3 Cleveland Alzheimer's Residential Centre (CLEVEARC) has led on this piece of work on behalf of Public Health, since April 2017 and are currently working with over 160 local businesses and organisations in Middlesbrough to become dementia friendly, as well as training staff and community groups to become dementia aware and to ensure that people living with dementia and their carers are able to remain active and included members of their communities, maintain their independence for as long as possible, be treated with understanding and respect and receive support when necessary.
- 2.4 SLM are supporting this approach with all leisure centers registered as a Dementia Friendly and committing staff to attend dementia awareness sessions. Regular meetings are taking place with SLM and Public Health to discuss options to improve their offer for people living with dementia and carers.

3. Dementia Hub

- 3.1 A dementia hub is being established in Middlesbrough with funding from the Ballinger Charitable Trust for 3 years. The hub will provide a first level of information for people living with dementia and carers and can triage people's information and support needs. Where a person requires information and support beyond that offered by hub staff, the hub could help people to get in-touch with more specialist services.
- 3.2 A hub will develop a pathway that encourages all partners to work collaboratively to provide person-centered care for people living with dementia and their carers and supports the whole system approach to integrating care around the person. It will ensure that everyone diagnosed with dementia is offered an opportunity to benefit from the information and support available at the Hub. It will provide a catalyst for joint working and facilitate more integrated services.
- 3.3 By working in partnership with a range of local organisations, the Hub will maintain an up-to-date record of all dementia related groups, activities and care services available in Middlesbrough. This means that information about all local services, whether delivered by the council, the NHS or organisations from the voluntary and community sector, can be reliably accessed from one place.
- 3.4 A hub would help improve early diagnosis rates and effective management of dementia, increasing awareness of early diagnosis services and providing simpler and more consistent referral pathways, building strong relationships with GP practices and social prescribing leads and building community resilience.

4. Coordinated low level interventions

- 4.1 A more joined up approach is taking place to address social isolation and loneliness particularly for our most marginalised older people who don't access community activity. The Public Health Building Community Capacity Team is working with Ageing Better Middlesbrough, to help break down some of the barriers to accessing community activities, by working with a more diverse range of older people, including the Chinese community, asylum seekers and refugees and other BAME groups. Supporting people to be empowered. Increasing skills and assets within community settings is key to achieving this, as well as ensuring that messages are culturally sensitive and by providing the most suitable activities based on local context and needs of groups that can be marginalised.

5. The Live Well Centre Age Well Steering Group

5.1 An age well steering group has been set up and includes representatives from Public Health, Ageing Better Middlesbrough, Adult Social Care and Voluntary Sector Organisations, to help improve our offer at the Live Well Centre for older people and to ensure that our services are highly accessible and our activities or advice is of value to them. The steering group works collaboratively to mobilise and develop provision across 5 priority areas, for 'older adults' aged 50 years and over; these are:

- Reducing loneliness and isolation
- Mental Wellbeing and Independence
- Keeping Safe and well
- Healthy lifestyles
- Supporting complex and additional health and wellbeing needs

5.2 The Ageing Better Middlesbrough Programme has three years of learning about what works and what doesn't to engage people in new community activity and support and we will use some of this learning to improve access to our prevention and early intervention services.

6. Ageing Better Middlesbrough Programme

6.1 Ageing Better Middlesbrough (ABM) is a big lottery funded programme to support and empower older people at risk of social isolation and loneliness. Middlesbrough and Stockton Mind are leading the local programme, in partnership with other local organisations. The project focusses on those aged 50 years and over and encompasses a wide range of activity, including:

- Network membership; facilitating inclusive engagement in what's going on;
- Community development; activity intended to prevent loneliness arising;
- Targeted involvement; designed to facilitate and sustain peer support;
- One-to-one engagement; to support people via therapeutic intervention

6.2 Data gathered showed that the ABM programme has worked with some of the most lonely and isolated people in the country who also had lower levels of wellbeing, the programme has supported those people to become more connected to their communities and make positive life changes.

7. Age Friendly Middlesbrough

7.1 The ambition to make Middlesbrough an Age Friendly Town has started, using the momentum and reputation of the Ageing Better Middlesbrough programme, working in partnership with Public Health, Middlesbrough Council and other Key Organisations, Ageing Better are leading on the initiative and have allocated funding from their big lottery funding to achieve the vision, to make Middlesbrough a place where older people can lead healthier and happy lives.

7.2 Age Friendly Middlesbrough is working with leaders in Middlesbrough Council to make sure older people's voices are heard and valued.

7.3 The World Health Organisation (WHO) identified eight domains, or theme areas, to consider when planning for an age-friendly community. These eight theme areas have been found

through research and consultation with older adults to directly impact quality of life as people age

- **Transport** including accessible and affordable public transport, which is a key issue for people in later life.
- **Housing** and support that allows people in later life to age comfortably and safely within the community to which they belong are universally valued.
- **Social participation** - Social participation which is strongly connected to good health and wellbeing throughout life.
- **Respect and social inclusion** – Ensuring older people from all backgrounds are valued and respected.
- **Civic participation and employment** - An age-friendly community provides options for people in later life to continue to contribute to their communities.
- **Communication and information** - Staying connected with events and people and getting timely, practical information to manage life and meet personal needs is vital for active ageing.
- **Community support and health services** - Community support is strongly connected to good health and wellbeing throughout life, alongside accessible and affordable health care services.
- **Outdoor spaces and buildings** - The outside environment and public buildings have a major impact on the mobility, independence and quality of life of people in later life

7.4 We also brought people together to focus on our priorities and progress work in areas such as; transport, sensory loss and intergenerational projects. This has included, organising an intergenerational learning event called Generation Infusion and creating a transport guide for older people.

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