

A large purple speech bubble with a white outline, containing the text 'Let's talk about dementia' in white. The bubble has a tail pointing towards the bottom right.

Let's talk
about
dementia

Dr Sian Roberts
Buckinghamshire CCG Clinical Director
Mental Health, Learning Disabilities and Dementia

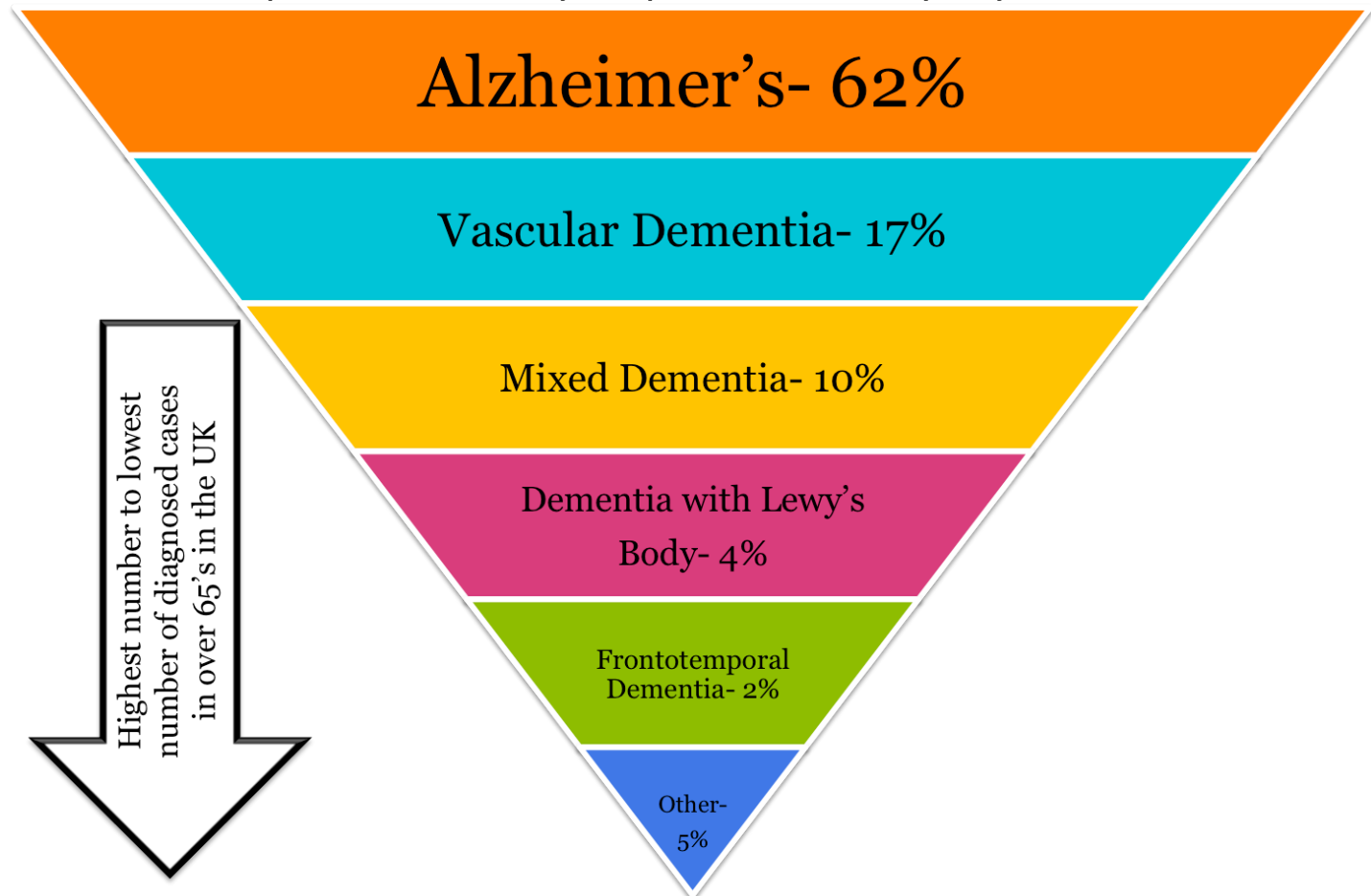
What is Dementia ?



Dementia is not forgetting what you went into the room for, but walking into a room and not knowing what the room is for

Dementia

A decline in memory or other thinking skills severe enough to reduce a person's ability to perform everyday activities.



The scale of the challenge

850,000 people living with dementia in the UK

By 2025

over **one million** people could have dementia in the UK

By 2050

this figure will exceed **2 million**



Prime Minister's Challenge on Dementia 2020

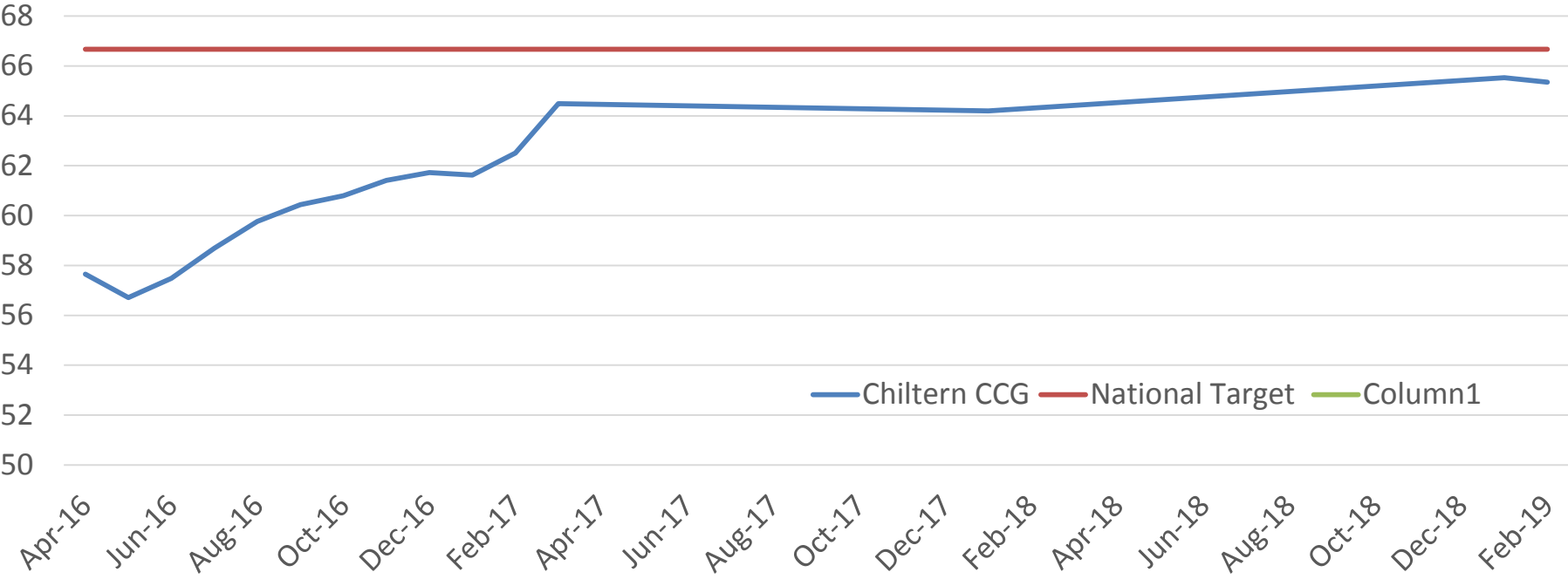
Maintain a diagnosis rate of at least two thirds

Increase the numbers of people receiving a dementia diagnosis within six weeks of a GP referral

Improve quality of post-diagnosis treatment and support for people with dementia and their carers.

Buckinghamshire

- **6,700 people over 65 year olds are probably living with dementia in Buckinghamshire**
- **4326 people have been diagnosed ; i.e. 64% (Jan 19)**



Why Diagnose Dementia ?

“A dementia diagnosis will aid the understanding of care workers, family members and friends, leading to better support of the person with dementia.

It can lead to more appropriate care and support, may give the person with dementia the opportunity to plan for the future and depending on the type and stage of dementia specific treatments or interventions may be available”

Alzheimer's Society

Facts and figures ...

850,000 people in the UK have dementia

Costs the economy an estimated £26 billion per annum

25% of people in hospital have dementia

People with dementia stay 10 days longer in hospital

People with dementia are 9 times more likely to fall

People with dementia are 3 x more likely to have a hip fracture

70% of care home residents have dementia

One third of people who die, have dementia

Timely Diagnosis

- **Memory Clinics** *via GP referral*
Amersham Hospital
Community Clinics- Amersham Health Centre
- **Screening in Care Homes**
70% of care home residents are likely to have dementia
- **Screening in Hospital (Stoke Mandeville Hospital)**
25% of acute hospital beds are occupied by people with dementia

Post Diagnostic Support

- **Memory Support Service (Alzheimer's Society)**
- **Carers Bucks**
- **GPs - annual reviews**
- **Memory Clinic Community Psychiatric Nurses**
- **Dementia Road Map**



MEMORY SUPPORT SERVICE

TELEPHONE: 01296 331749

BUCKS.MEMORYSUPPORT@NHS.NET



Buckinghamshire
Clinical Commissioning Group



**Supporting people
worried about
their memory in
Buckinghamshire**

Dementia Long Term Plan



The NHS Long Term Plan



- Enhanced community teams to include better support for people with dementia ie primary care networks, dementia workers and multidisciplinary teams.
- Improved standards of dementia care in Care Homes
- Extend independence by improved personalised care eg technology, carers support , social prescribing
- Prevention of dementia

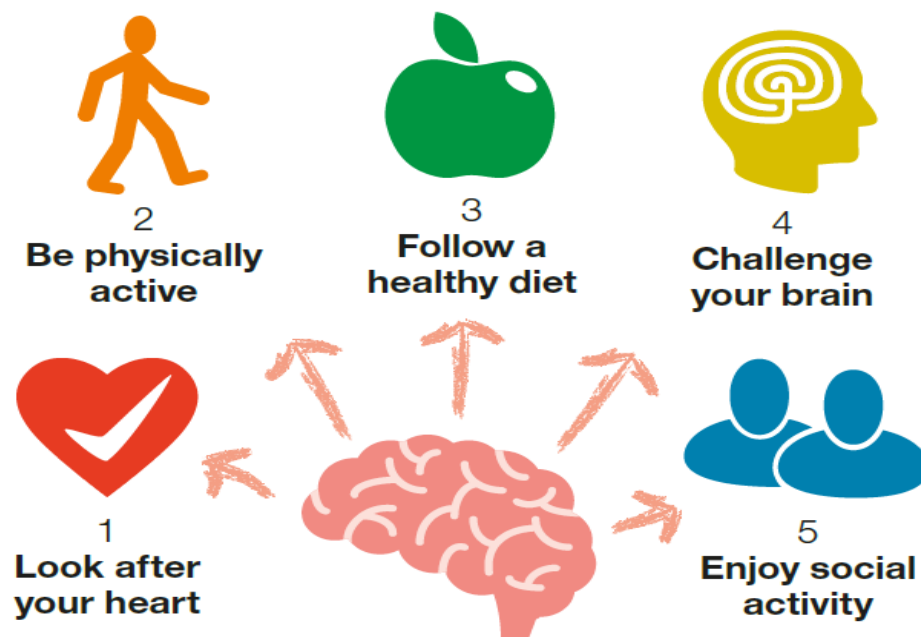
**NHS
HEALTH
CHECK**

Helping you prevent

- diabetes
- heart disease
- kidney disease
- stroke & dementia

Dementia Modifiable Risk Factors

1. Weight
2. Smoking
3. Cholesterol
4. Exercise
5. Blood pressure





Dementia Friendly Communities aim to:

- Support local communities to work together to support individuals living with dementia.
- Increase public awareness and understanding of dementia
- Better support individuals living with dementia and memory impairments to continue accessing services, facilities and activities safely and confidently.
- Enable people living with dementia and memory impairments to remain independent for longer.
- Encourage people with dementia and memory impairments and their carers to seek help and support.

My Life, My Memories project ..



Buckinghamshire
Clinical Commissioning Group

Project focusing on dementia in the different communities within the Buckinghamshire area.

My Life, My Memories

Tackling memory concerns together



Worried about your memory?

- **Memory loss** - can you remember past events more easily than recent ones?
- Do you find it hard to **concentrate**? Do you have difficulties in following conversations or TV programmes?
- Do you find you feel **anxious, depressed or angry** about memory loss? Or confused, even when in familiar environments?

What to do?

If you have memory concerns, contact the **Memory Support Service** on 331749 (details below) or your **GP surgery**. The Memory Support Service can also advise people worried about a relative with memory concerns.

Patient benefits of a timely diagnosis

Signs that could indicate dementia are outlined above.

- Early diagnosis means someone with dementia can often live **in their own home for longer**. This avoids early or unnecessary care home admissions, and can improve quality of life.
- **Symptoms are treated sooner** - and early treatment can help.
- **Getting early help and advice** lets people be more confident for the future and arranging financial benefits and entitlements (e.g. disability living allowance and council tax reduction).
- **People can get support sooner**, from, for example, day care centres, respite care, community mental health teams, carer support groups and the Alzheimer's Society.

Aylesbury Vale Clinical Commissioning
Chiltern Clinical Commissioning

Support Services available in Buckinghamshire



Memory Support Service

This is run by the Alzheimer's Society on behalf of the NHS in Bucks and in partnership with Buckinghamshire County Council.

The fully trained and dedicated team of advisors works within the community alongside GP surgeries and memory clinics. The Service is a single point of contact for information, guidance and support.

Contact the service on 01296 331749 or email memorysupport@alzheimers.org.uk

Community Meals Service

Run by **Apetito**, this team of meals-on-wheels drivers works from a local service centre and delivers meals in specially designed vans with built-in ovens. Meals are cooked en route and dishes arrive piping hot and full of nutrition. Call 0908 274 0322 for further information.

www.mealsonwheels.info

Age UK Buckinghamshire

Age UK Buckinghamshire's services can support people to live independently and lets families have peace of mind and be confident in their caring role. Services include: Befriending, hairdressing, handyperson, gardening, toenail cutting, benefits advice and general help in the home. Call 01296 431911 for details.

www.ageuk.org.uk/buckinghamshire

Carers Bucks

Carers Bucks provides information, guidance and support for carers. Call 0300 777 2722.

www.carersbucks.org

NRS Healthcare

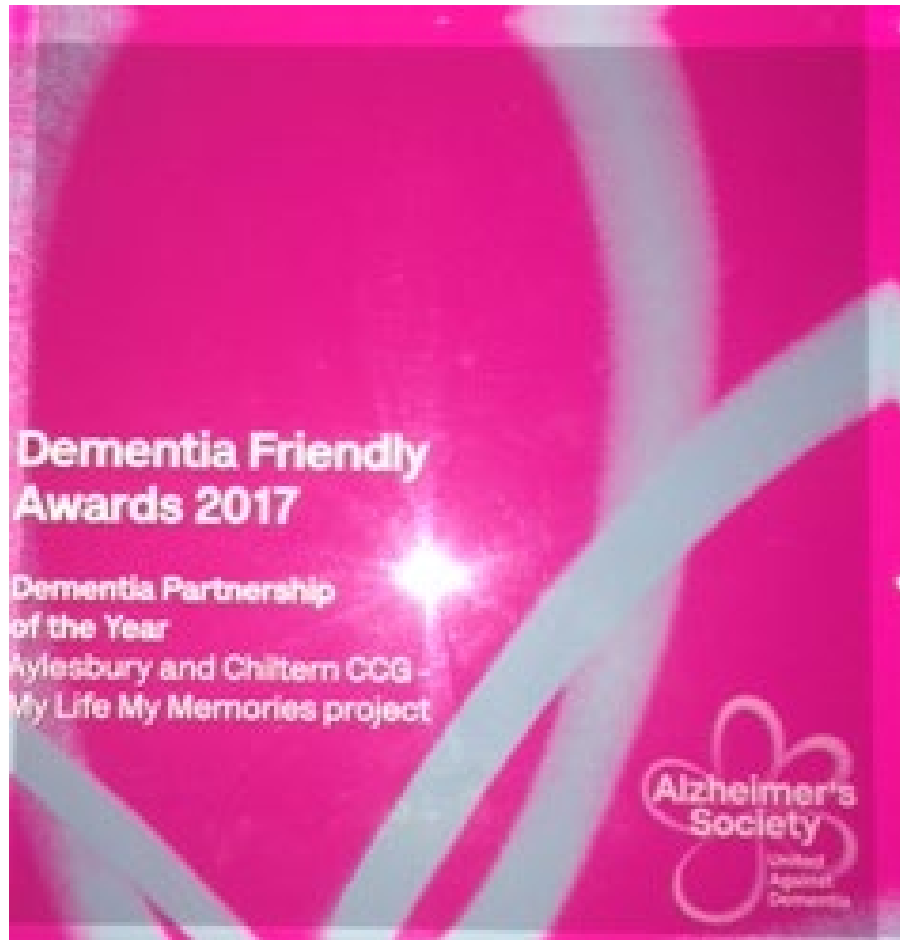
NRS Healthcare offers a range of products to improve people's quality of life and independence, including daily living aids, mobility equipment, disability equipment and therapeutic resources.

For more details see the website - www.nrshealthcare.co.uk or call 0345 121 8111

Produced a series of three films;

- Living Well with Memories
- <https://www.youtube.com/watch?v=BufkJUVbNf4>
- My Life my Memories
- <https://www.youtube.com/watch?v=f4xi77PdQ8s>
- I'm Still Me
- <https://www.youtube.com/watch?v=gxoz6OUcIn0>

Dementia Friendly Partnership of the Year



Virtual Dementia Tour



Living with Joy workshops



Vamos Theatre, in association with The Hereford Courtyard, presents

FINDING JOY

★★★★★

"An immensely
affirmative joie de vivre
...Catch it while you can"
The Stage

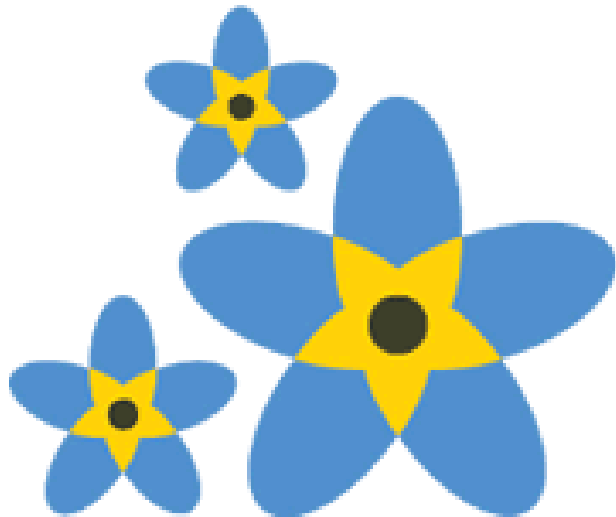




 **Join**
dementia
research

Memory[®]
Walk
Fighting dementia together

Buckinghamshire County is ...



Working to become
**Dementia
Friendly**

