

# Health & Wellbeing Board

## Buckinghamshire

Action plan to increase support for mental health and tackle inequalities across communities.

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**Responsible board member:** Dr Sian Roberts, Clinical Lead for Mental Health, Buckinghamshire Integrated Care Board

**Consideration:**  Information  Discussion  
 Decision  Endorsement

Please indicate to which priority in the Joint Local Health and Wellbeing Strategy, [Happier, Healthier Lives Strategy \(2022-2025\)](#) your report links to.

Start Well	Live Well	Age Well
<input type="checkbox"/> Improving outcomes during maternity and early years	<input type="checkbox"/> Reducing the rates of cardiovascular disease	<input type="checkbox"/> Improving places and helping communities to support healthy ageing
<input type="checkbox"/> Improving mental health support for children and young people	<input type="checkbox"/> Improving mental health support for adults particularly for those at greater risk of poor mental health	<input checked="" type="checkbox"/> Improving mental health support for older people and reducing feelings of social isolation
<input type="checkbox"/> Reducing the prevalence of obesity in children and young people	<input type="checkbox"/> Reducing the prevalence of obesity in adults	<input type="checkbox"/> Increasing the physical activity of older people

### 1. Purpose of report

The refreshed Joint Local Health and Wellbeing Strategy (JLHWS) and action plan has a strong commitment to improving population mental health and addressing health inequalities. This report focuses on one of the key performance measures of the age well priority area::

- **Priority area:** Age well

Start Well

Live Well

Age Well

- **Action:** Improve the detection and formal diagnosis of dementia
- **Key performance Indicator:** Increase the proportion of people aged over 65 with dementia that have been diagnosed
- **Target:** 66.7% of the total projected number of people aged over 65 in receipt of a diagnosis

To achieve the ambitions set out by the JLHWS, this action included, we need to work in an joined-up way across our health and care economy. This is particularly important in the case of dementia as people diagnosed with the condition and their families often need to access both health and social care services – for example, their GP, hospital and social services. Many people with dementia also live with multiple other health conditions, each requiring support from a different service at the same time.

This report provides:

- An overview of dementia and its impact on society and the economy
- The national picture and the importance of a diagnosis
- The importance of broader support for dementia
- The actions proposed and how, who and where the actions have been developed

## 2. Recommendation to the Health and Wellbeing Board

- The Health and Wellbeing Board is asked to note the actions set out within the report and in the supporting document, *Age well – dementia action plan*.
- The Health and Wellbeing Board members asked to commit their respective organisations to deliver their actions.

## 3. Content of report

Preface: *The plan developed in response to this action (Improve the detection and formal diagnosis of dementia) should be viewed alongside the broader mental health measures across Start Well and Live Well which were agreed by the Health and Wellbeing Board in June 2023.*

### National Position

“There are currently around 900,000 people with dementia in the UK. This is projected to rise to 1.6 million people by 2040. There are over 42,000 people under 65 with dementia in the UK, known as young-onset dementia.”<sup>1</sup>

It is also projected that between 70% and 80% of people living within a care and nursing home setting are living with an un-diagnosed dementia.

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<sup>1</sup> [How many people have dementia in the UK? | Alzheimer's Society \(alzheimers.org.uk\)](https://www.alzheimers.org.uk)

Dementia is a key priority in the NHS Long-Term Plan, and is one of the top causes of early deaths for people in England. There is a clear focus in the NHS Long-Term Plan on improving the care and support for people living with dementia, whether in hospital or at home, and a commitment to continue working closely with voluntary organisations.

One of the national ambitions in the NHS Long Term plan is to ensure that two thirds of the estimated number of people with dementia in England have a diagnosis with appropriate post-diagnostic support.

### **Buckinghamshire Position**

As of October 2023, there are approximately 4316 people in Buckinghamshire over the age of 65 diagnosed with dementia (NHS Digital source<sup>2</sup>). This is 57.9% of the total projected number of people living with the condition, 7448.

The Health and Wellbeing board target is 66.7%, in line with the national ambition. The activity (assessment and screening) that counts towards the performance takes place in a number of settings; GP surgeries, mental health services (memory assessment service) and hospital or outpatient services. It is therefore important to acknowledge the need for all partner organisations to contribute to the action plan to achieve the change needed.

Receiving a timely diagnosis of dementia is important as it is an essential step in ensuring people get the quality post-diagnostic support they need. Post-diagnostic support helps people with dementia to live independently for longer (by approximately 2 years) and can also provide their families with support. It can reduce costs to the system by preventing emergency admissions to hospitals and by avoiding premature admissions to care homes.

The NHSE Primary Care Quality and Outcome Framework (QOF) includes two dementia targets:

1. GP practices to establish and manage a register for those diagnosed with dementia.
2. The percentage of patients on the dementia register who have had an annual review in the preceding 12 months (target 70%).

This second target is tracked nationally as a proxy for care after diagnosis. In 2022/23, out of 3950 patients on Primary Care Dementia Registers in Buckinghamshire, 2987 patients had an annual review (76%), exceeding the national target.

### **The plan**

The action plan that has been developed has been developed with partners across our system including Buckinghamshire Council, NHS services, Buckinghamshire Integrated Care Board and Voluntary Sector partners. It has been discussed, reviewed and finalised through Buckinghamshire's

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<sup>2</sup> [Primary Care Dementia Data, October 2023 - NHS Digital](#)

Mental Health Learning Disability and Autism Board, and the Dementia Strategy Group. Performance and delivery will continue to be overseen by these two multiagency groups to ensure continued buy-in and traction against milestones.

We have put in place actions to increase the opportunities to raise awareness of the condition, and increase screening and assessment across a variety of community, hospital and care home settings. The plan broadly includes:

- A screening programme taking place in care home settings across the county, that hopefully will not only increase the number of people diagnosed but also raise the profile of dementia and the signs of symptoms. This is in response to the fact that a large proportion of people thought to have un-diagnosed dementia live in care homes.
- Undertaking assessments in healthcare settings other than the memory assessment service. This will include community assessment and treatment services (CATS), multi-disciplinary day assessment unit (MUDAS) and psychiatric liaison services (PLS).
- Delivering training to community health and social care professionals who are regularly in contact with our over 65 population. This will hopefully increase the awareness of the condition and increase the level of screening that takes place.
- Increase the number of people accessing pre- and post-diagnostic support and through our recently launched dementia toolkit which provides information advice and guidance around memory concerns and dementia.
- Take advantage of opportunities to raise awareness and get early identification through existing campaigns such as NHS health checks and public health campaigns.

#### 4. Next steps and review

- Partners will continue to work together to deliver the action plan for this priority, and updates will be provided to the Health and Wellbeing Board as appropriate.
- Improving mental health is also a priority for the Opportunity Bucks programme at Buckinghamshire Council, which aims to promote opportunities to reduce inequalities in health in Buckinghamshire. This provides a way to work with communities to identify what would help them to improve their health and quality of life. These relationships are important for delivering the action plan in a sustainable way.

#### 5. Background papers

**The NHS Long Term Plan** - [NHS Long Term Plan](#)

**Health & Adult Social Care Select Committee** – The Dementia Journey: a rapid review of support for people living with dementia and their carers in Buckinghamshire [Appendix 1 for Dementia Support Services - Rapid Review report.pdf \(modern.gov.co.uk\)](#)