

“Give me something to believe in”

- the Dementia Strategy for Birmingham and Solihull 2013-16

Summary

Consultation dates: 6th January 2014 – 7th April 2014

**VERSION 3**

## **What are we trying to achieve with the dementia strategy?**

This strategy was developed for the Birmingham and Solihull Frail Elderly Programme Board, on behalf of the clinical commissioning groups that cover Birmingham and Solihull, Birmingham City Council and Solihull Metropolitan Borough Council. It was based on a programme called '**Connected Compassionate Communities**' that took place in the summer of 2012 in Birmingham and Solihull. This asked people with dementia, their families and carers, to share their experiences of services and tell us what they felt would meet their needs. This allowed us to build our strategy from the 'bottom up'. To see some of the resulting feedback please go to [www.vimeo.com/61190089](http://www.vimeo.com/61190089).

Our vision is that people in Birmingham and Solihull with dementia will enjoy a better quality of life and that, ultimately, all people living with dementia in Birmingham and Solihull should be able to say:

- I was diagnosed early
- I have GP Support
- I feel understood by the professionals who treat me
- I received continuity of care
- I was treated with respect and dignity
- I enjoy life
- I have choice, control and knowledge of services
- I was treated with respect and dignity whilst managing my condition
- I feel supported as a carer
- I was given information about the end of life to make informed choices
- I am supported to do things/activities at home

- I get good support and breaks as a carer
- I got the right information, at the right time in the right way
- I am able to continue to do the things I enjoy and have opportunities to try new things
- I understand, so can make decisions
- I feel part of a community and I'm inspired to give something back

*Ref. A Call to Action: The National Dementia Declaration'*

**We have focussed the strategy on delivering these outcomes for people with dementia. We also drew upon a number of national strategic drivers to shape the strategy including 'Living Well with Dementia, the National Dementia Strategy 2009', and 'The Prime Minister's Challenge on Dementia – Delivering Major Improvements in Dementia Care and Research by 2015'.**

The strategy describes:

- what services we think should be in place for people with dementia in Birmingham and Solihull and their carers;
- what is currently in place; and
- a framework for Clinical Commissioning Groups, Birmingham City Council and Solihull Metropolitan Borough Council to use when planning services.

The strategy is organised around the five stages in the dementia pathway:

- Health Promotion and Prevention
- Recognition and identification;
- Assessment, diagnosis and planning for the future;
- Living well with dementia; and
- Increasing care including End of Life care.

We are now asking people to comment on our vision and our framework for the dementia pathway, through this consultation.

Below we briefly summarise the key aims of the different parts of the strategy.

## **Health Promotion and Prevention**

We know that in dementia friendly communities' people are aware of and understand more about dementia and how they can look after themselves and support people in their community with dementia.

So we want to:

- increase people's awareness of healthy lifestyles through better publicity and education;
- enable them to better manage their own wellbeing; and
- create dementia-friendly communities.

## **Recognition and identification**

We know that early recognition, leading to a diagnosis, helps people to get the treatment and support they need.

So we want to:

- make sure that staff who work with those who are at risk of dementia have the training and skills needed to recognise the signs and symptoms of dementia as early as possible
- Increase professional awareness of those groups who have a higher risk of dementia, such as people with Learning Disabilities, and the specialist pathways that need to be in place.

## **Assessment and Diagnosis**

We know that the assessment / diagnostic process can link people in with the services they will need to be able to understand their diagnosis and to plan for the future.

So we want to:

- improve support for people with dementia and carers during and after, a diagnosis.
- ensure the support is flexible enough to respond to changing needs and able to help people navigate through care services
- ensure support meets the needs of diverse populations.

## **Living well with dementia**

We know that where people received good help and support after their diagnosis, they were better able to plan their journey with dementia and have the confidence to live as normal a life as possible, accessing wider community- based services when the need arose.

So we want to ensure that

- people with dementia have access to support such as respite care, enablement, telecare and assistive technology, when it is needed to help them to stay at home and remain independent;
- all those who are suitable are able to access drug and non-drug treatments;
- carers are aware of what they can expect in terms of carers' assessments and support for their caring role and are helped to develop informal peer networks;
- community organisations feel able to support people they work who have dementia.
- assessments made by professionals are 'joined up' so that people do not have to continually tell their story to different people.

## **Increasing care (including End of Life Care)**

We know that the majority of people with dementia want to remain in their own homes for as long as possible and can and will, however over time their needs will change. This means that services need to be responsive to these changes.

So we want to ensure:

- staff who work with those who have dementia have the training and skills to provide the support that people need;
- hospitals are 'dementia friendly' and have effective services in place to help to identify and manage people with dementia in hospital;
- that people with dementia have access to intermediate care, enablement and other 'step down' services to help them return home after a stay in hospital;

- that families and carers are able to get advice and training on managing any behavioural and psychological symptoms of dementia including challenging behaviour ; and
- that care homes have the appropriate knowledge, tools and skills to be able to manage people with dementia, challenging behaviour and/or physical health problems, including those who are near to the end of life.

## **What next?**

We would like your comments and views on our dementia strategy. To tell us what you think, please:

Visit our website: [www.birminghambeheard.org.uk](http://www.birminghambeheard.org.uk)

Email us at: [lara.hughes@nhs.net](mailto:lara.hughes@nhs.net)

Write to: Dementia Strategy Consultation,  
Freepost RSYS-HKBC-XBLA  
PO BOX 16467  
Birmingham B2 2DR

As well as getting people's views about the strategy we are planning a **Dementia Partnership Forum** that will:

- include representatives from people with dementia, their family/carers, commissioners, professionals and the organisations that provide services;
- be a forum to share information on good practice and to comment on services in Solihull and Birmingham; and
- lead the annual review of the dementia strategy and report on progress to commissioners and providers

We want people with dementia and their families/carers to have a say in how services and investment are planned as part of this Forum.

If you are interested in being part of the Dementia Partnership Forum or want to find out more about what is being planned for dementia care services, please email [mary.latter@nhs.net](mailto:mary.latter@nhs.net) or talk to your service provider.