Plenary three: How is the housing sector improving care for people with dementia?

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Let's "talk"

...about dementia

Abigail Bartlett
Introduction

• Dementia is a difficult and emotive subject.
• Personal experience
• Where do we go for advice and guidance?
• Who do we talk to?
• What support is out there?
Overview

• Why dementia matters to us all
• About dementia: facts and figures
• What Housing 21 are doing – innovative services
• Dementia Voice Nurse Service
Why Dementia matters

• One of the biggest challenges facing our society
• By 2025 there will be over a million people living with dementia in the UK.
• 1 in 3 of us will have dementia in the last year of our lives
• ¼ people in hospital and over 70% of people in care homes have dementia
• Two thirds of people with dementia live in the wider community
• 25% of people in our extra care courts have dementia
• Dementia costs £23 billion per year (£8 billion is informal care and support)
About dementia

- It’s not just about memory problems
- Alzheimer’s disease is the most common form
- Only 44% of people with dementia are diagnosed
- Dementia is progressive and incurable
- People often have other chronic health conditions
- Average length of time from diagnosis to death is about 6 years
Our credentials

- 2006 – Published "Opening Doors to Independence"
- 2008 – recruited first Dementia Voice Nurse
- 2011 – joined Dementia Action Alliance
- 2011 – ‘Self Help’ partnership with Mental Health Foundation
- 2012 – My Life project: technology innovation
- 2012 – Opened Beeches Manor
- 2012 – expanded Dementia Voice Nurse service
- 2013 – completed Portable Care project
The Dementia Challenge

- Caring for someone with dementia is not easy
- A third of people say they have ‘lost friends’ following diagnosis
- 62% of people with dementia feel lonely.
With early diagnosis and the right care and support, people with dementia can maintain social networks, live independently and enjoy a good quality of life for longer, preparing for the future and avoiding crises.

- Early intervention
- Improve choice and control
- Reduce loneliness
Who are the Dementia Voice Nurses?

• Clinically trained specialist nurse practitioners employed by Housing 21
• Provide an expert service for individuals with dementia at the end of their lives, ensuring that they and their family carers are supported effectively and with dignity.
• There are now 4 Dementia Voice Nurses in post –
• Specialist end of life care
• Dementia care
• Advocacy and advice
• Carer support
• Liaison and facilitation
• Training and support
• Assessment
• Peace of mind
• “Golden Thread”

“The Dementia Voice Nurse has filled an important gap in the sourcing and coordination of existing services leading to improvements in the care and wellbeing of people with dementia and improved knowledge and confidence of social care staff.”

(key finding from evaluation)
Support for carers

- Dementia is longer than other life ending illnesses
- Hard for carers, families and friends
- DVN works alongside carers
- Bereavement support
- Partnership working
Any questions?
The Enriched Opportunities Programme® (EOP) was developed by ExtraCare to support residents who experience dementia to live a more independent, healthy, and active lifestyle.

The service began as a research project with the University of Bradford which involved:

• A 2 year cluster randomised controlled trial of a new approach to living with dementia and other mental health issues in ExtraCare

• Development of a specialist staff role “the EOP Locksmith”

• Using 5 key facets – specialist expertise, staff training, individualised casework, activity & occupation, and leadership.
Residents supported by a Locksmith were…

- 50% less likely to move out of ExtraCare into a care home
- Spent less time in hospital as an in-patient
- More likely to have their mental health condition diagnosed

Residents also experienced…

- Improved primary and secondary health connections
- Decreased symptoms of depression
- Greater feelings of social support and inclusion

(As detailed in the 2009 Bradford dementia group report, available on the ExtraCare website)
The Enriched Opportunities Programme in practice…

Locksmiths use the **Enriched Model of Dementia Care** to establish a person’s unique experience of dementia.

- **Neurological impairment** – Annette’s Nail Painting
- **Biography** – Changing Rooms for Sophie
- **Personality**
- **Social Psychology** – Irene’s carving
- **Health** – May Williams, EOP as part of holistic care
May joined ExtraCare following a hospital discharge and her experience of The Enriched Opportunities Programme started with basic stimulation and activity.

This picture was taken during May’s early days with the scheme.
The Enriched Opportunities Programme in practice...
The Enriched Opportunities Programme in practice…

Several weeks into her life with ExtraCare.

May’s Social Worker asked “Is this the same woman?”
This approach is the difference between seeing

A Person with Dementia

and

A Person with Dementia
The Enriched Opportunities Programme today…

- Over **800** residents in ExtraCare live with a mental health condition.
- **62%** have a dementia related condition.
- **48** residents have been supported by their Locksmith to receive a dementia diagnosis in the last 5 months.
- The average hospital stay for a resident receiving Locksmith support is **11 days**.

**£11,296** saving per person could be made by keeping someone with dementia in their own home.

Applying this figure to the number of residents with diagnosed dementia living in ExtraCare creates a potential saving of **£4,200,000 per year**.

(As detailed in the Alzheimer's Society's Building Dementia Friendly Communities report, August 2013)
The Enriched Opportunities Programme tomorrow…

Learning, Evolving, and Caring

• ‘Healthy Minds Drop-In’

• **Person Centred Counselling Skills** Training with the University of Warwick

• ‘Enriching Lives in Older Age Programme’ a community based service incorporating The Enriched Opportunities Programme and ExtraCare Wellbeing Advisors