

# Dementia Friendly Lancashire

**Dementia Strategy** 2018 - 2023

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## Executive Summary

This strategy has been produced in some of the most challenging circumstances in the history of local government. Nevertheless, Lancashire County Council is committed to improving the care, support and experience of people with dementia and their family and carers. In order to make this happen, it is essential to work with people, their family and carers, partner organisations and to capitalise on the work we and our partners have already done. Thus, the new strategy for Lancashire will aim to facilitate the development of a Dementia Friendly Lancashire to support prevention, awareness, early detection and support for people with dementia in partnership with other organisations.

### Our strategic objectives

1. Take action to reduce dementia rates in Lancashire;
2. Raise awareness of all types of dementia in Lancashire amongst all population groups;
3. Promote early diagnosis and increase diagnosis rates across Lancashire;
4. Facilitate action to early treatment and appropriate support to allow people with dementia to live well and independently in Lancashire and;
5. Become a 'Dementia Friendly' organisation and to continue to develop and support dementia

## Introduction

Lancashire has an estimated population of 1.18 million which is projected to increase by 5.8% by 2037. As the population continues to grow it also continues to age. It is clear that not only is the population ageing but that the proportion in the older age groups (70+) is forecast to increase at a faster rate than those in younger age groups in both the short, medium and long-term. By 2024 it is predicted that the Lancashire-12 population aged 65+ will rise to 22% and by 2039 to 27%.

It is estimated that there are 15,500 people currently living with dementia across Lancashire, and as a result of population growth in the older age groups, this will continue to increase. Consequently, early detection and support for people with dementia are a vital component of maximising healthy life expectancy in Lancashire.

## About Dementia

Dementia is not a disease, but a collection of symptoms characterised by an ongoing decline of the brain and its abilities(1). Common problems may include memory loss and personality changes(1). There are many different types of dementia and some are far more common than others. Alzheimer's disease accounts for the majority of cases, followed by vascular dementia(1). Anybody can be affected by dementia, however there are some factors that increase the risk, including increasing age, learning difficulties, female gender and lifestyle factors such as smoking, drug and alcohol misuse(2).

## Context

### National

Dementia is one of the greatest challenges facing an ageing society both now and in the future. Over 850,000 people in the UK have dementia, costing the UK economy £26 billion a year(3). This figure is projected to increase to 2 million by 2051(3). Currently only 42–49% of people with dementia receive a diagnosis and this is often too late to enable them to plan their support and care needs. Dementia is now the leading cause of death in the UK and 1 in 3 people over 65 years of age will die with a form of dementia(4).

However, dementia is not purely a condition of old age and more than 40,000 younger people in the UK have early-onset dementia(5). This is dementia that affects people under 65 years of age(5). As highlighted in a recent Lancashire County Council needs assessment, younger people with dementia have a unique set of difficulties and opportunities compared to older people, such as requiring support to continue to be economically active(6).

### Dementia in Lancashire

Estimated dementia prevalence figures suggest that there are 15,459 persons living with dementia in Lancashire, of which 63% are female, and this is projected to increase to 21,472 by 2025(7). This means that around 0.87% of the population of Lancashire is living with dementia, a figure that is significantly above the England average of 0.76%(8). Lancashire also has rates that are significantly higher than the England average for inpatient hospital use, emergency admissions and mortality amongst people with dementia aged over 65(8). The highest prevalence of dementia is in Wyre (2.59%), Fylde (2.58%), Lancaster (2.17%) and the Ribble Valley (2.17%)(7).

## Why is Action Needed

A diagnosis of dementia is often devastating to the person concerned. The symptoms are progressive and may develop unpredictably. It could be months or years before the symptoms become advanced and quality of life can be dramatically reduced. For example, in a survey by the Alzheimer's society(9):

- 35% of people with dementia said that they only go out once a week or less and 10% said once a month or less;
- 9% of people with dementia said they had to stop doing all of the things they used to do and;
- 63% of people with dementia did not want to try new things.

Such statistics are unacceptable as, whilst there is currently no cure, people living with dementia can still live full and active lives. Simple actions such as enabling people to take part in 'everyday activities' - including meeting up with friends and shopping - allow them to live healthier and more fulfilling lives(9). This also reduces and delays their dependence on health and social care services(9). Receiving a diagnosis early is essential because it allows people and their carers to put plans in place early, to ensure that they receive the appropriate care and support and, in some cases, to receive medications that slow disease progression(10,12). Early diagnosis is also cost-effective for public sector organisations as it facilitates independent living and prevents crisis(10-13).

The 2016 Report of the Director of Public Health and Wellbeing highlighted that in Lancashire, although life expectancy is increasing, healthy life expectancy is falling and it is essential to try and align these measures more closely and to extend healthy life expectancy in Lancashire(14). We now also have increasing evidence about how to prevent dementia, with the risk of dementia significantly increased by factors such as type 2

diabetes, high blood pressure, high cholesterol, obesity, brain damage as a result of drug and alcohol use and air pollution(2,15). This applies to both vascular dementia and Alzheimer's disease and there is good evidence that the risk of these conditions can be reduced by regular physical activity, smoking cessation, a healthy diet and weight, alcohol consumption within recommended limits, avoiding illicit drug use, remaining mentally active and clean air(2). It is essential that local authorities and partner organisations act to prevent chronic disease such as dementia and safeguard the future health of their populations.

## Building on success

Dementia has long been a priority in Lancashire. In 2009, the Department of Health published 'Living well with Dementia: A National Strategy', which set out the need for progress in meeting the health and wellbeing needs of people with dementia and their carers(10). Following this, the three Primary Care Trusts of Lancashire co-produced strategies and action plans with their partners which have been in place since 2010. These set out a number of objectives and initiatives that have considerably improved dementia awareness and support across Lancashire.

We are keen to build on the success of the work that has already been done within Lancashire. This work has been developed and delivered by a range of stakeholders including Lancashire County Council but also NHS England, clinical commissioning groups, Alzheimer's Society, Age UK, Age Concern, Dementia Action Alliances, volunteers and people living with dementia, their families and carers.

### Dementia prevention

#### *Weight management and physical activity*

In recognition of obesity rates that are increasing and that are above the national average, putting people at risk of dementia as well as other conditions such as heart disease and type 2 diabetes, Lancashire County Council commissions an integrated "Active Lives and Healthy Weight" service. The service brings together previously fragmented services and incorporates weight management, obesity prevention and opportunities for physical activity. The service takes a life course approach, with services available for people of all ages. As well as helping to prevent dementia, activities are also available for people with dementia, including health walks and community food growing.

### ***Social isolation and loneliness***

Lancashire County Council has produced a report called 'Hidden from view: tackling social isolation and loneliness in Lancashire report and toolkit' which aims to provide practical information and advice on understanding and addressing social isolation and loneliness, for local partner organisations and their employees in Lancashire-12. It is aimed at a range of people, including professionals and those working and volunteering in public and third sector organisations, who work with Lancashire's population. It highlights that we know from the evidence that being socially isolated or lonely has significant impacts on people's physical and mental health and that research suggests that Loneliness leads to greater risk of developing depression, dementia, or physical conditions such as high blood pressure. People who are lonely are more likely to visit their GPs or accident and emergency departments and are more likely to have emergency admissions. In addition, estimates suggest that people who are socially isolated and lonely are three times more likely to enter local authority funded residential care. Older people who are often lonely can be over three times more likely to suffer depression and twice as likely to develop dementia.

We estimate that, across Lancashire, at least 22,000 households or 35,000 people contain one or more household members who are chronically socially isolated. Most, though not all, affected households are older adults aged over 70. We can add to this figure those who are lonely without being isolated - other sources estimate about 35,000 chronically lonely older adults aged 65 and over in Lancashire.

### **Early diagnosis and dementia awareness**

#### ***Dementia campaign 2016***

In February/March 2016, Lancashire County Council in partnership with the Alzheimer's Society led an Early Diagnosis Dementia Campaign. This campaign aimed to raise awareness about the early signs of dementia, the importance of diagnosis, support and treatment that is available and how to seek this.

### ***Dementia insight stories and awareness sessions for Lancashire County Council staff***

People living with dementia and their carers and family have told their story about living with dementia, with the aim of raising awareness and challenging misconceptions. In June 2016, Lancashire County Council launched half day Dementia Awareness Workshops for staff and councillors. These incorporated Dementia Insight Stories, a reminiscence session using memory boxes, quizzes and activities around dementia and the opportunity to become a Dementia Friend. These sessions received extremely positive feedback and our aim is to continue to provide these opportunities and to share them with our partners.

## **Effective treatment and support**

### ***Guardian Angels***

Getting lost and feeling disorientated is a common problem for people with dementia and their loved ones and can place additional strain on services such as the police and A&E. The Guardian Angels scheme has been championed by Lancashire County Council and provides devices, such as a badge or wristband, to identify people who are lost. By simply holding a smartphone over the device, the person's first name and emergency contact number will be displayed. All emergency services in Lancashire are able to use the devices, which are provided and programmed at various locations including memory assessment services, day services and by Lancashire Fire and Rescue Service when they perform home safety checks.

### ***Alternative care provision***

Pressures to reduce demand on hospitals can mean that people with dementia are moved into long-term residential care prematurely, despite people wishing to remain at home and this being more cost effective for public services. Consequently, Lancashire County Council's Quality Improvement and Review Team are supporting residents to move to alternative care provision; for example, community living with active social work involvement.

Lancashire County Council is also supporting the two NHS England 'vanguard' sites in Lancashire of 'Better Care Together' in the Morecambe Bay Health Community and the Fylde Coast Local Health Economy. These areas are already utilising new models of care in accordance with the NHS Five Year Forward View, including in relation to dementia. For example, Integrated Care Teams in Morecambe Bay and an 'extensive care service' on the Fylde Coast that combine mental, physical and social care experts in local communities to keep people out of hospital and living in the community.

### ***Playlist for Life***

Playlist for Life recognises the power of music in dementia to unlock memories, increase responsiveness, stimulate conversation and connect with family and friends through shared memories. Playlist for Life encourages family, friends or care staff to compile a playlist of music that is meaningful to the person with dementia and that they can listen to on a portable device. This can be listened to with family and friends and can also be integrated into an individual's care plan. Playlist for Life is being piloted in care homes in East Lancashire, with the potential to disseminate it further and to integrate it with other initiatives such as 'Singing with the Brain' in the future.

### ***ATTILA project (Assistive Technology and Telecare to maintain Independent Living At home for people with dementia)***

This project is a registered clinical trial which commenced in 2013 and is due to conclude in late 2018. It aims to support people with dementia to remain more independent for longer in their own home with the help of assistive technology and telecare (ATT). The study has used a multicentre randomised controlled trial design, and Lancashire County Council has been one of six local authorities involved in the recruitment of research participants. The research is sponsored by King's College London. The trial has involved 50% of the cohort receiving an ATT intervention and 50% being a control cohort and therefore not receiving an intervention. The research's primary outcome measure was to determine whether the application of ATT will significantly extend the time that people with dementia can be helped to continue to live independently and safely in the community. The study is also considering which ATT works well and which is less effective. The trial is ongoing and the results are due to be published in August 2018.

## Housing, environments and dementia

### *Sector-led housing group*

Lancashire County Council has been involved in a sector-led housing group that aims to ensure that housing is adaptable to the changing needs of its occupiers with a particular focus on dementia. Work to date includes developing a tool with Public Health England to assess current housing stock against dementia standards (11) and a workshop bringing together housing associations with other partners such as Blackpool Council, Cumbria - working collaboratively with IFAs to better shape the market to meet need. County Council, the Alzheimer's Society and Public Health England. Housing associations were then able to collaborate and develop action plans as to how to make their housing dementia friendly.

### *Planning and new homes*

An important aspect of a Dementia Friendly Community is planning and shaping communities around the views of people with dementia and their carers, providing appropriate transport and easily navigable physical environments. An approach to this is the 'Healthy New Towns' initiative where NHS England is working with ten housing developments to rethink how the health of communities can be improved through the built environment. One such project is the Whyndyke Garden Village Healthy New Town in Lancashire, which members of Lancashire County Council's Public Health team have been involved in the development of.

## Partnership working

### *Dementia Action Alliances and Dementia Friendly Communities*

Partnership working has been key to the success of many initiatives that Lancashire County Council has been involved in. A good example are Dementia Action Alliances and Dementia Friendly Communities, which bring together local people, public and private sector organisations to support people living with dementia and their carers. There are currently several local groups in Lancashire, plus a county-wide alliance. Their work operates throughout the dementia journey, from work done on early diagnosis to work with nursing homes about

advanced dementia at the end of life. They are also able to bring together local services and signpost people living with dementia and their carers, as well as health and social care professionals, to the range of services available in an area. Examples of recent work undertaken by groups across Lancashire include education sessions with schools and Girl Guides, work with GPs to make them aware of community services to support people with dementia and to train practice staff as Dementia Friends, Dementia Cafes, dementia friendly market places and dementia friendly business awards.

### ***Dementia Hubs***

Dementia hubs allow people with dementia and their carers to drop in if they have queries about their condition or if they wish to connect and socialise with other people and their carers. The hubs are supported by the Dementia Action Alliances and attended by various different organisations and professionals such as nurses, social workers, solicitors, care homes and the Alzheimer's Society, with people able to get advice on many areas, including health, benefits and legal issues. Dementia Hubs are well established in Lancaster and Hyndburn, with other areas looking to replicate similar models in the future.

## Our Vision

'Our vision is to facilitate the development of a Dementia Friendly Lancashire to enable awareness raising, prevention, early diagnosis and support for people with dementia.'

We want to make a positive difference to the lives of people with dementia in Lancashire so that they can live well with dementia. In order to achieve this vision we will be guided by both national policy and past success in Lancashire and will take action across the spectrum of dementia.

### National policy

In order to plan how we are going to improve dementia provision in Lancashire, it is vital to take account of current guidance and best practice. The key national policy documents specific to dementia in England are:

1. **'Living Well with Dementia: a National Dementia Strategy'**(10) – detailed above;
2. **'Prime Minister's challenge on dementia 2020'**(16) – this document sets out the areas where the government believes it will be necessary for society to take action to transform dementia care, support and research by 2020 and
3. **'Dementia: supporting people with dementia and their carers in health and social care'**(17) – this guideline from the National Institute of Health and Care Excellence (NICE) was initially developed in 2006 and more recently updated in 2016.

In addition to these documents specific to dementia, dementia is also encompassed within policy relating to health and social care transformation plans nationally and locally:

1. **'The Five Year Forward View'**(12) – this document published in October 2014 sets out why change is needed within health services and the national vision to achieve this by 2020/21. Although targeted towards the NHS, many aspects, particularly in relation to dementia, reference integrated care and apply to local government and
2. **'The Lancashire and South Cumbria Sustainability and Transformation Plan'**(13) – This local plan for health and social care services sets out how local services will be transformed in order to meet the vision of the Five Year Forward View.

The core themes, recommendations and standards from these documents are as follows:

- Health information and awareness raising

Dementia health information campaigns should be developed that are locally relevant, especially for people with undiagnosed dementia. The importance of health information also extends to people that have a diagnosis of dementia and their carers, who should be given comprehensive information on local services available, including those in the voluntary and independent sectors(10,17).

- Dementia prevention

Primary prevention is cost-effective and has the greatest impact on later dementia occurrence and disability(16). Any health information campaign should have a strong prevention message, incorporating actions that individuals, along with public services, can take to reduce the risk of dementia(10,16). Primary prevention is central to the Five Year Forward View, with the importance of dementia prevention specifically referenced(12).

- Early diagnosis

Closely linked to health information and core to all guidance is the importance of early diagnosis, with the national target of two thirds of people with dementia receiving a formal diagnosis(12,13,16). In order to facilitate early diagnosis, information campaigns should explain the benefits of prompt diagnosis and dispel misconceptions(10,16). Clear local pathways for diagnosis, referral and care must be developed for health and social care professionals(16,17).

- Early treatment and effective support

In order to realise the benefits of early diagnosis, it is essential that prompt treatment, advice and support are subsequently available. There should be a consistent standard of support for newly diagnosed people, supported by named persons(12). Dementia advisors are the recommended model for this, acting as a single point of contact and signposting people and their carers to local services and support(10). Peer support and learning networks should also be used to provide local support, which should encompass advocacy services and practical support, such as advice about benefits(10,17).

- Services and support for everyone

Appropriate dementia services and support must be available for all social groups, including people with early onset dementia, learning difficulties and ethnic minorities(10,16,17). Where it is not possible to provide these within more general dementia services, specialist services should be provided and targeted information campaigns developed(10,16,17).

- Social actions and integrated care

The challenge of dementia requires a broad response, drawing together statutory services, communities and businesses, ideally as 'Dementia Friendly Communities'(16). By 2020 over half of people should live in recognised Dementia Friendly Communities(12,16). In conjunction, all tiers of local government should be part of a Dementia Action Alliance by 2020 and an additional 3 million people in England should be trained as Dementia Friends(16).

- Maximising independence

All services should aim to maximise the independence and quality of life of people with dementia. Suitable housing is central to this. Local authorities and housing associations should prioritise reducing the number of care home residents and developing housing to prolong independent living(10). Environmental modifications should be made, both to individual homes and care environments, to aid independent functioning and people provided with greater support to access housing options that meet their needs(16,17). Intermediate care services should be increased to allow rehabilitation and prevent unnecessary long-term residential placements(10). In addition, assistive technology and telecare should be utilised to delay reliance on more intensive services(10,17).

- High-quality social care

The NHS Five Year Forward View highlighted that many people with dementia living in care homes do not have their health needs regularly assessed and met, resulting in avoidable hospital admissions(12). New shared models of in reach support should be developed to address this(12). Leadership is also important and care homes should have a named senior staff member to take the lead for dementia(10). Residential settings should cater for the needs of different groups and their carers, such as arranging social activities for younger people with dementia and taking account of dietary preferences for people from certain ethnic minorities(17). To maximise independence, activities and social interaction opportunities should be provided for people with dementia in care homes that enable individuals to remain active(16). Similarly, social care in the home should incorporate activities that people can do after care staff leave, such as developing memory boxes(16). Care plans should be developed for every social care patient that include consistent staffing and retaining a familiar environment by minimising relocations(17).

Education and training of the social care workforce is vital. All social care support workers that work with older people should receive appropriate dementia training(16,17). This allows staff to care for service users with dementia, as well as to recognise early signs of dementia in others(16). Finally, care homes should enable people with dementia to die well, such as by allowing family to stay through the night and perform care functions(10,16).

- Support for carers

Providing carer support is one of the most important aspects of dementia care(12). Local authorities have a responsibility to ensure that all carers have an assessment of their needs and that a support plan is in place(10,16,17). Support plans should be individualised and involve a range of interventions such as respite care, short breaks, education, peer support and emotional support(16,17). This is what people with dementia and their carers want and it is also cost-effective(16).

- Preventing abuse

People with dementia are known to be an at-risk group in terms of abuse, particularly financial exploitation, fraud and theft(10,17). Thus local services should take action to protect and safeguard people with dementia and all health and social care staff should receive information and training about abuse and neglect(17).

- Data and intelligence

There is some evidence that dementia prevalence in Western countries is stabilising and not increasing at projected rates; therefore, it is essential that public sector organisations collect data and monitor prevalence to ensure that services are planned and matched to need(16,18).

# Strategy Action Plan

<b>Strategic Objective 1</b>			
Take action to reduce dementia rates in Lancashire			
<b>We will</b>	<b>Where we are now</b>	<b>Expected Outcomes</b>	<b>How we will measure progress</b>
<ul style="list-style-type: none"> <li>• Continue to seek opportunities to promote healthy brain ageing and advice on preventive action e.g. "One You", weight management and physical activity.</li> <li>• Embed dementia risk reduction messages within diabetes, cardiovascular disease, blood pressure prevention, and healthy lifestyle programmes.</li> <li>• Continue to train dementia friends/champions to</li> </ul>	<ul style="list-style-type: none"> <li>• Lancashire County Council currently commissions an integrated "Active Lives and Healthy Weight" service, a substance misuse service and a smoking cessation service.</li> <li>• Lancashire County Council is working with District Councils to understand the health impacts of air pollution and deliver actions that will improve air quality across Lancashire.</li> <li>• Lancashire County Council's Trading</li> </ul>	<ul style="list-style-type: none"> <li>• Rates of dementia will start to fall or plateau.</li> <li>• Individuals in key risk groups (diabetes/CVD/smoking/etc.) will have an understanding of how to reduce their risk of developing dementia.</li> <li>• Children will have an increased awareness of dementia and its prevention.</li> <li>• Air quality across Lancashire will improve.</li> <li>• Development of a peer learning package for</li> </ul>	<ul style="list-style-type: none"> <li>• Number of people that have accessed the "One You" initiative.</li> <li>• Number of dementia friends/champions involved in awareness raising.</li> <li>• Measurement and analysis of Lancashire's air quality.</li> <li>• Assess whether dementia health information campaigns have included a prevention element.</li> </ul>

<p>disseminate the dementia risk reduction message.</p> <ul style="list-style-type: none"> <li>• Hold dementia health information campaigns each year in association with partners, with emphasis on prevention and early diagnosis.</li> <li>• Implement actions to improve air quality.</li> <li>• Continue to invest in prevention services, such as physical activity, weight management and substance misuse services.</li> <li>• Contribute to the delivery of dementia sessions in schools that incorporate a dementia prevention aspect.</li> <li>• Recognise positive impact 'making every contact count'</li> </ul>	<p>Standards team have developed a range of educational resources about dementia that are used in Lancashire schools.</p> <ul style="list-style-type: none"> <li>• LCC has developed a social isolation and loneliness toolkit (Hidden from View).</li> </ul>	<p>MECC in association with partners.</p>	<ul style="list-style-type: none"> <li>• Number of children provided with an understanding of dementia and its prevention.</li> <li>• Collect data on obesity, smoking, alcohol use, diabetes and cardiovascular disease as prevalence of these conditions will predict future dementia rates.</li> <li>• Collect data on dementia diagnosis rates (although may take many years for any effect to be seen).</li> <li>• MECC peer learning package in place.</li> </ul>
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<p>(MECC) can have, and emphasise the importance of relationships between service providers and users. The problem of social isolation needs to be tackled by a range of services collectively, not just by organisations that exist to tackle social isolation.</p>			
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## Strategic Objective 2

Raise awareness of all types of dementia in Lancashire amongst all population groups

We will	Where we are now	Expected Outcomes	How we will measure progress
<ul style="list-style-type: none"> <li>• Increase the number of dementia friends across Lancashire.</li> <li>• Train young dementia friends.</li> <li>• Make dementia awareness training available to all Lancashire County Council staff.</li> <li>• In association with partners, identify and train further Dementia Champions across the Council to provide education and Dementia Friends sessions within the council and more widely within the community.</li> </ul>	<ul style="list-style-type: none"> <li>• Dementia campaign in 2016 to raise awareness of dementia in Lancashire.</li> <li>• Lancashire County Council has a dementia website.</li> <li>• Lancashire County Council's Trading Standards team has developed a range of educational resources about dementia that are used in Lancashire schools.</li> </ul>	<ul style="list-style-type: none"> <li>• Improved public and professional awareness and understanding of dementia.</li> <li>• Increased awareness of dementia amongst the younger generation</li> <li>• Increased awareness of early onset dementia.</li> <li>• Increased awareness of the impact of lifestyle factors on early onset dementia.</li> <li>• Increased awareness of the impact of lifestyle factors on dementia within black and minority ethnic (BME) communities</li> </ul>	<ul style="list-style-type: none"> <li>• Service users, carers and staff feedback.</li> <li>• Increases in activity on Lancashire County Council's dementia website, and other specific dementia information websites.</li> <li>• Living Lancashire Surveys</li> <li>• Number of Dementia Friends sessions delivered in Lancashire.</li> <li>• Number of Dementia Friends in Lancashire.</li> <li>• Number of young Dementia Friends (&lt;18 years).</li> <li>• Assess whether further health information</li> </ul>

<ul style="list-style-type: none"> <li>• Invite people with dementia and their carers to facilitate training.</li> <li>• Run further dementia health information campaigns each year across the life of the strategy in association with partners, with emphasis on prevention and early diagnosis.</li> <li>• Include in contract service specifications that staff will receive dementia training. This includes services such as the Lancashire Wellbeing Service, and the Lancashire Carers Service.</li> </ul>		<p>and people with learning disabilities.</p>	<p>campaigns have taken place.</p> <ul style="list-style-type: none"> <li>• Assess whether any health information campaigns have included early onset dementia and information on all types of dementia, including as a result of drug and alcohol misuse.</li> <li>• Number of staff who have received dementia awareness training (LCC, partners, commissioned services).</li> <li>• Assess the accessibility of health information to BME communities e.g. sessions delivered to BME religious and other groups and the availability of information in other languages.</li> </ul>
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### Strategic Objective 3

Promote early diagnosis and increase diagnosis rates across Lancashire

We will	Where we are now	Expected Outcomes	How we will measure progress
<ul style="list-style-type: none"> <li>• Embed dementia health information (including prevention and early diagnosis) into relevant information/advice disseminated by the County</li> <li>• Deliver training sessions for social care staff to enable them to identify service users who may have early dementia.</li> <li>• Ensure that clear referral and care pathways are in place for social care and health staff to facilitate early diagnosis.</li> </ul>	<ul style="list-style-type: none"> <li>• Dementia campaign in partnership with the Alzheimer's Society in 2016 with supporting resources encouraging family and friends to start a conversation where behaviour changes or memory changes have been noticed.</li> <li>• Lancashire County Council has a dementia website, which includes the importance of early diagnosis.</li> <li>• Work by Dementia Action Alliances to raise awareness of early diagnosis amongst the public</li> </ul>	<ul style="list-style-type: none"> <li>• Improved public and professional awareness and understanding of dementia.</li> <li>• Good-quality early diagnosis for all.</li> <li>• Good-quality information available for those with memory problems and suspected dementia and their carers.</li> <li>• All areas of Lancashire are meeting national targets for dementia diagnosis.</li> <li>• Improved diagnosis of early onset dementia.</li> </ul>	<ul style="list-style-type: none"> <li>• Service users, carers and staff feedback.</li> <li>• Diagnosis rates – measured against national target of 67%.</li> <li>• Data on dementia screening is collected at NHS Health Checks and evaluated in their annual healthy equity audit.</li> <li>• Data collected on training delivered to social care staff about early diagnosis.</li> <li>• Evaluate whether referral and care pathways are in place in the health and social care sector for people with suspected dementia and to what</li> </ul>

	<p>and health and social care partners.</p> <ul style="list-style-type: none"> <li>• Lancashire County Council commissions NHS Health Checks, which include a mental state examination to check for dementia in people aged 65 and over.</li> </ul>	<ul style="list-style-type: none"> <li>• Improved diagnosis of dementia amongst BME communities.</li> </ul>	<p>extent they are effective.</p> <ul style="list-style-type: none"> <li>• Evaluation of any dementia health information campaign to determine whether early diagnosis was included in the campaign.</li> <li>• Evaluation of any dementia health information campaign to determine the impact of the campaign on referrals to the memory service and subsequent diagnosis rates.</li> </ul>
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## Strategic Objective 4

Facilitate action to early treatment and appropriate support is available to allow all people with dementia to live well and independently in Lancashire

<b>We will</b>	<b>Where we are now</b>	<b>Expected Outcomes</b>	<b>How we will measure progress</b>
<ul style="list-style-type: none"> <li>• Ensure that an effective pathway is in place to facilitate easy access to care, support and advice following diagnosis.</li> <li>• Provide a single point of access and signpost people and their carers by utilising the model of Dementia Advisors.</li> <li>• Facilitate the wider promotion of Guardian Angels from provider services.</li> <li>• Develop an action plan with partners to take forward learning from the needs</li> </ul>	<ul style="list-style-type: none"> <li>• Lancashire County Council has developed a website to provide information to support people with dementia and their carers.</li> <li>• Lancashire County Council Trading Standards team lead work streams to prevent financial abuse and exploitation of people with dementia.</li> <li>• A range of services and support are available across Lancashire in association with partners including</li> </ul>	<ul style="list-style-type: none"> <li>• Improved access to telecare and assistive technology opportunities to support service users and carers to live independently.</li> <li>• High quality services available to support carers.</li> <li>• Access to good quality social care in the community to prevent admission to hospital and to long-term residential care beds.</li> <li>• A greater proportion of people with dementia are living in the community.</li> </ul>	<ul style="list-style-type: none"> <li>• Action plan on early onset dementia completed and agreed with partners.</li> <li>• Feedback gathered on services from service users.</li> <li>• Feedback gathered on residential care settings from service users, their carers and families, including those with early onset dementia and from BME communities.</li> <li>• CQC inspections of social care providers.</li> <li>• Services are supporting positive outcomes for all people living with dementia.</li> </ul>

<p>assessment on early onset dementia.</p> <ul style="list-style-type: none"> <li>• Develop opportunities for appropriate services designed to support people within BME communities living with dementia.</li> <li>• Develop opportunities for appropriate services designed to support people with learning disabilities living with dementia.</li> <li>• Support to prevent abuse, including fraud and theft, amongst people with dementia.</li> <li>• Ensure that community housing options are available that are appropriate for people with dementia.</li> <li>• Ensure that all care homes in Lancashire</li> </ul>	<p>Dementia Advisors, Guardian Angels and Dementia Hubs for people living with dementia.</p> <ul style="list-style-type: none"> <li>• A sector-led housing group has been established to support dementia friendly housing.</li> <li>• A needs assessment for early onset dementia has been completed.</li> <li>• A needs assessment for dementia in BME Communities has been completed.</li> <li>• A needs assessment for people with learning disabilities and dementia has been completed</li> <li>• A needs assessment for people in prison with dementia has been completed.</li> <li>• A needs assessment for people with</li> </ul>	<ul style="list-style-type: none"> <li>• Provision of services and support for those living with dementia will be equitable across Lancashire.</li> <li>• Produce a desktop review of current best practice associated with assistive design of homes and the use of assistive technology (not telecare) which can be included in homes to support people to live longer in their own homes with dementia and other long term conditions – part of the HFLLL theme.</li> </ul>	<ul style="list-style-type: none"> <li>• Completion of needs assessments for dementia in BME communities, people living with dementia as a result of substance misuse and people living with dementia in prison.</li> <li>• Data is collected on the numbers of people with dementia living in community settings and care homes.</li> <li>• Data is collected on the number of local authority and housing association properties that are dementia friendly.</li> <li>• Data is collected on the number of telecare and assistive technology packages that are put in place for those living with dementia.</li> </ul>
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<p>have a named lead for dementia.</p> <ul style="list-style-type: none"> <li>• Ensure that all Lancashire County Council social care staff have received dementia training appropriate to their role by 2020.</li> <li>• Ensure that residential care, both commissioned and provided by the County Council, are able to meet the needs of all people with dementia, including those with early onset dementia and have taken steps to allow people with dementia to live as independently as possible.</li> <li>• Develop care pathways to ensure effective access to services that support those living with</li> </ul>	<p>dementia as a result of substance misuse has been completed.</p> <ul style="list-style-type: none"> <li>• Lancashire County Council is on the steering group for the 'Playlist for Life' initiative that uses music to unlock memories, stimulate conversation and increase responsiveness amongst people with dementia.</li> <li>• Memory boxes have been created by County Council libraries to enable reminiscence and facilitate communication for people with dementia.</li> <li>• Lancashire County Council runs a volunteers service whereby volunteers support people with</li> </ul>		<ul style="list-style-type: none"> <li>• Evaluation performed of services in place to support carers.</li> <li>• The number of carers who care for someone with dementia who have a carers' assessment completed.</li> <li>• Evaluation performed of services in place to support people with early onset dementia, people within BME communities living with dementia, people with learning disabilities living with dementia and people with dementia as a result of substance misuse.</li> <li>• Data collected on the number of emergency hospital admissions and hospital inpatient use amongst people living with dementia.</li> <li>• The proportion of people with a</li> </ul>
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<p>dementia and their carers, such as "Books on Prescription".</p> <ul style="list-style-type: none"> <li>• Work with elected members, planners and developers, where possible, to influence the design of homes and the built environment to enable 'Homes for Life Long Living' (HFLLL).</li> </ul>	<p>dementia and their carers.</p> <ul style="list-style-type: none"> <li>• Lancashire County Council commissions telecare packages in the community and in care homes.</li> <li>• Alternative care provision is being utilised to reduce the number of people living in residential care homes.</li> <li>• LCC is part of the Whyndyke Garden Village Healthy New Town Board and leads on the Homes for Life Long Living [HFLLL] theme.</li> <li>• LCC Public Health Wider Determinants Team works with local authority planners to influence population health interventions in strategic local</li> </ul>		<p>diagnosis of dementia living in the community.</p> <ul style="list-style-type: none"> <li>• The proportion of County Council social care staff having received dementia training.</li> <li>• HFLLL themed review produced and shared with local partners and planning authorities</li> </ul>
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	development plans across Lancashire.		
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<b>Strategic Objective 5</b>			
Become a 'Dementia Friendly' organisation and to continue to develop partnerships in Lancashire			
<b>We will</b>	<b>Where we are now</b>	<b>Expected Outcomes</b>	<b>How we will measure progress</b>
<ul style="list-style-type: none"> <li>• Support and facilitate the development of Dementia Friendly Communities.</li> <li>• Engage closely with partners and community groups to ensure that all services and support across Lancashire are linked.</li> <li>• Actively involve people with dementia, their carers and families with groups, forums and partnerships which design and develop, and influence and shape</li> </ul>	<ul style="list-style-type: none"> <li>• Lancashire County Council has an internal dementia group that meets regularly, supports work with internal and external partners and is responsible for implementing the strategy.</li> <li>• Many Council staff have undertaken dementia awareness training and are Dementia Friends/Champions.</li> <li>• Dementia awareness training and review is part of the training and development</li> </ul>	<ul style="list-style-type: none"> <li>• People with dementia, their carers and families help to shape future dementia services.</li> <li>• All LCC staff will have completed dementia awareness training sessions appropriate to their role by 2020.</li> <li>• To have reviewed the LCC Working Carers Policy provide supporting information and advice for employees to support them and their managers.</li> </ul>	<ul style="list-style-type: none"> <li>• Number of staff who have received Dementia Awareness training.</li> <li>• Lancashire County Council is a named partner of the Lancashire Dementia Action Alliance.</li> <li>• Increased number of Dementia Friendly Communities across Lancashire.</li> <li>• Feedback from and consultation with partner organisations about input from Lancashire County Council.</li> </ul>

<p>services in Lancashire.</p> <ul style="list-style-type: none"> <li>• Engagement and consultation with community groups such as Dementia Action Alliances when designing and reconfiguring dementia services.</li> <li>• Continue to provide dementia awareness training to our staff.</li> <li>• Share information, skills and assets within the Council and with our partners to improve services and support for people with dementia in Lancashire.</li> <li>• Become a named partner organisation and supports the Lancashire Dementia Action Alliance.</li> <li>• Support the work of other partners in relation to dementia</li> </ul>	<p>programme for all care staff within the Council's residential and day time support services.</p> <ul style="list-style-type: none"> <li>• Seeking permission from the Councillors for Lancashire County Council to demonstrate commitment to the Lancashire Dementia Action Alliance.</li> <li>• Creation of a dementia campaign in 2016 in partnership with the Alzheimer's Society to raise awareness of dementia and encourage early diagnosis.</li> <li>• Lancashire County Council continues to work with partners including NHS England and the Lancashire CCGs in the 'vanguard' areas</li> </ul>		<ul style="list-style-type: none"> <li>• Service users, carers and staff feedback about links and integration between services and organisations.</li> <li>• Minutes of forums demonstrating Lancashire County Council contribution.</li> <li>• Minutes of forums and groups demonstrating the involvement of people with dementia, their carers and families.</li> <li>• Number of partnerships and initiatives where Lancashire County Council is named partner.</li> <li>• Project summaries and outcomes focussing on dementia from partnership work.</li> <li>• Project summaries and outcomes demonstrating</li> </ul>
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<p>within the public, private and voluntary sector.</p> <ul style="list-style-type: none"> <li>• Produce and implement a training framework to ensure all social care staff meet national requirements for training in dementia.</li> <li>• Produce a policy to support people living with dementia who work at the County Council and gain political sign off.</li> <li>• Ensure that we are able to support, recruit and retain the service of valued employees who have caring responsibilities outside of the workplace.</li> <li>• Ensure that LCC buildings including older people's residential care homes are or are</li> </ul>	<p>of Morecambe Bay and the Fylde Coast to develop new models of health and social care.</p> <ul style="list-style-type: none"> <li>• Lancashire County Council has worked with partners to develop and support several projects across the county including The Bay dementia hub in Lancaster and the Guardian Angels scheme.</li> <li>• LCC has a Working Carers Policy.</li> <li>• The County Council have approved a £6.6 million programme of refurbishment works to 17 older people's residential homes which will include the replacement of fittings in line with best practice for accommodating</li> </ul>		<p>consultation with groups such as the dementia action alliances, as well as service users, their carers and families have been involved.</p>
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working towards becoming dementia friendly.	residents with dementia.		
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## Strategy Review

To ensure that progress is made against the strategy, we will produce an annual report outlining what has been achieved, the opportunities and challenges. In addition, the strategy will be formally reviewed and updated in 2023.

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