

Flintshire Dementia Strategy

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Contents

- 1. Introduction..... 3
- 2. What is dementia?..... 4
- 3. North Wales Dementia Strategy 4
- 4. Aims of the Flintshire Dementia Strategy 5
- 5. Key Priorities and Actions 5
- 6. Governance and Monitoring..... 14
- Appendix A: Glossary of Terms 18**
- Appendix B: North Wales Regional Dementia Strategy 19**

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1. Introduction

This document provides a strategy for the provision of care and support for people living with dementia in Flintshire. This strategy provides an integrated health and social care approach led by Flintshire County Council Social Services and Betsi Cadwaladr University Health Board (BCUHB) teams, in collaboration with independent sector providers, third sector providers or community groups.

The BCUHB Dementia Strategy 2018-2020 reflected the Dementia Strategic Action Plan for Wales by:

- Supporting a local emphasis for the commitment to creating 'dementia supportive communities'.
- Respecting the voice of people affected by dementia.
- Consulting and listening to the people who access services.
- Ensuring services available are accessible and responsive to the needs of the community.
- Ensuring that people with dementia are included in activities and their carers supported.

BCUHB will continue this strategic approach in alignment with the priorities defined in the North Wales Dementia Strategy, with the aim of improving the experience of all people living with dementia who access health services.

In accordance with this strategic approach, the Flintshire County Council 'Council Plan' includes an objective for Social Services to continue to improve the lives of people living with dementia in Flintshire. This includes a specific objective to:

- Develop a Flintshire dementia strategy that sets a shared vision, and action, for the next phase of developing good dementia support for individuals, families, carers and communities.

This objective is fully supported by the Flintshire County Council Cabinet Member for Social Services and Older People's Champion, Cllr. Christine Jones, who has developed a strong supportive link with service teams, third sector providers and community groups.

This document identifies the key projects and activities to be delivered by health and social care teams. The strategy and action plan will be reviewed on an ongoing basis to account for any legacy impacts from Covid-19 on this community, and in line with updates to the North Wales Dementia Strategy and the next Population Needs Assessment to be published in 2022.

2. What is dementia?

The term dementia describes symptoms that may include memory loss and difficulties with thinking, problem solving or language. There are many different types of dementia. The most common is Alzheimer's disease but there are other causes such as vascular dementia or dementia with Lewy bodies.

Young onset dementia is where someone is under the age of 65 at the point of diagnosis and affects about 5% of people who have dementia. The numbers of younger people living with dementia are relatively small however the impact for them and their families can be very significant and quite different in a number of ways. Although younger people experience similar symptoms to older people with dementia, the impact on their lives is significantly different. Younger people are more likely to still be working when they are diagnosed, and many will have financial commitments and some may still have dependent children.

Mild cognitive impairment is a decline in mental abilities greater than normal aging but not severe enough to interfere significantly with daily life, so it is not defined as dementia. It affects an estimated 5% to 20% of people aged over 65. Having a mild cognitive impairment increases a person's risk of developing dementia but not everyone with a mild cognitive impairment will develop dementia.

3. North Wales Dementia Strategy

Support for people living with dementia is a priority in the North Wales Regional Plan based on what people said was important to them in a North Wales Population Needs Assessment. There is also a legal duty in the Social Services and Well-being Act 2014 for Regional Partnership Boards to prioritise the integration of services in relation to older people with complex needs and long term conditions, including dementia.

In response to these duties and priorities, the North Wales Social Care and Wellbeing Services Improvement Collaborative group published a North Wales Dementia Strategy in March 2020. The strategy was developed jointly by the six North Wales Local Authorities and Betsi Cadwaladr University Health Board (BCUHB), and supported by Public Health Wales and other partners. The strategy sets out how Public and Third Sector organisations will work collaboratively to develop and maintain integrated dementia services in North Wales.

The strategy was based initially on findings from consultation events, surveys and citizens panels carried out as part of the population assessment and regional plan. A service mapping exercise was undertaken as part of the development of the strategy. This provided a snapshot of current services in North Wales and this further informed the strategy.

The regional dementia strategy estimates that there are between 10,000 and 11,000 people living with dementia in North Wales. This number is likely to increase as the number of older people in the population increases. Women are more likely to have dementia than men,

possibly because they live longer. In North Wales there were an estimated 6,300 women have dementia and 3,700 men. It is estimated that 2,700 of the 11,000 people living with dementia in North Wales were Welsh speakers.

A link to the regional dementia strategy is included in the Appendices. The strategy is based around the themes of the Welsh Government Dementia Action Plan with the addition of a specific priority for carers. These themes were supported by the regional consultation findings, and are summarised here:

- Risk reduction and delaying onset
- Raising awareness and understanding
- Recognition and identification
- Assessment and diagnosis
- Living as well as possible for as long as possible with dementia
- The need for increased support
- Supporting carers
- Putting the strategy into action

4. Aims of the Flintshire Dementia Strategy

The Flintshire Dementia Strategy provides a framework to:

- support people living with dementia and their carers in Flintshire
- support the implementation of the Regional Dementia Strategy actions
- respond to the continuing public health crisis relating to Covid-19

This strategy will be developed with key stakeholders, including people with live experiences to ensure that all activities are working towards shared objectives and goals to deliver the best outcomes for people living with dementia. The strategy is aligned to the North Wales Dementia Strategy, and will be delivered in collaboration with the new Regional Dementia Project team.

The strategy incorporates the provision of formal services by health and social care teams. It also promotes the importance of community activities and initiatives led by community groups supported by third sector organisations. The success of this strategy is dependent on community involvement and collaboration between all groups to provide engaging activities and support networks across the whole County.

5. Key Priorities and Actions

The key priorities for the Flintshire Dementia Strategy in 2021/22 are as follows:

- Adapt dementia care services in response to Covid-19 restrictions by redirecting or increasing support to meet demands in residential care settings to keep people safe and connected with families and friends;

- ❑ Develop community and home based services to provide person-centred ‘wrap-around’ care and support, including flexible night-time respite services, delivered by a multi-disciplinary team including care workers, social workers and community psychiatric nurses;
- ❑ Continue to develop Dementia Friendly Communities, supported by a Dementia Friendly Council, extending the roll-out of inter-generational projects, training and awareness across Council teams, third sector and community groups, providing additional support for the recovery and restart of community activities;
- ❑ Support Health led projects, research and initiatives to reduce risks, delay onset, and early detection and ensure that the support and care arrangements are age and life stage appropriate;
- ❑ Improve awareness and access to health services, including GP surgeries, clinics and emergency departments.
- ❑ Develop solutions to resolve challenges to rural access to services and activities.
- ❑ Explore new and innovative care and support processes for dementia, including supportive technology and arts based therapies, informed by best practices across the region;
- ❑ Maintain and expand dementia services in Extra Care schemes, with seven dementia supportive apartments in the new Plas Yr Ywen Holywell scheme, adding to dementia and memory supported accommodation in the three existing schemes;
- ❑ Establish the feasibility of a capital project to redevelop and extend Croes Atti care home, Flint to provide additional Elderly Mentally Infirm (EMI) nursing capacity under a pooled budget arrangement with Health partners, utilising Integrated Care Funding (ICF).

The table below describes the actions required to deliver the strategic priorities summarized above. The table is structured to reflect the themes defined in the Regional Strategy, aligning the key actions to be developed and implemented in Flintshire. The projects and activities include those supported by Integrated Care Funding (ICF) and will be subject to regular review and prioritisation, including the addition of new projects, in response to changing population needs.

Regional Themes	Regional Actions	Flintshire Strategic Actions <i>(Health Board and other groups' key actions to be added)</i>
Risk reduction and delaying onset	1. Work with partners to promote and support initiatives to reduce risks and delay onset, including links between hearing loss and dementia.	<ul style="list-style-type: none"> ▪ Member of North Wales Regional Dementia Strategy Steering Group. ▪ Support Health Board projects.
	2. Work with partners to support research into the causes and treatment of dementia and encourage participation.	<ul style="list-style-type: none"> ▪ Member of North Wales Regional Dementia Strategy Steering Group. ▪ Support Health Board projects.
	3. Facilitate a regional sharing practice workshop for health and social care practitioners to scope a preventative approach to dementia early detection, assessment and support for adults with learning disabilities.	<ul style="list-style-type: none"> ▪ Member of North Wales Regional Dementia Strategy Steering Group.
	4. Extend support services to all with dementia and mild cognitive impairment.	<ul style="list-style-type: none"> ▪ Work with Health colleagues to review scope of services for assessment, diagnosis and care.
Raising awareness and understanding	5. Work towards Dementia friendly status for organisations and communities.	<ul style="list-style-type: none"> ▪ Expand Dementia Friends sessions across the Council workforce, and establish networks of 'champions'. ▪ Support new communities to work towards 'Dementia Friendly' status. ▪ Increase Dementia Friends community network. ▪ Support Regional Dementia Friendly activities.
	6. Integrated training between health and social care.	<ul style="list-style-type: none"> ▪ Deploy community and home based support models including Progress for Providers, Creative Conversations and Arts base therapies.

Regional Themes	Regional Actions	Flintshire Strategic Actions <i>(Health Board and other groups' key actions to be added)</i>
	7. Provide comprehensive training programmes for dementia care staff, and awareness training for all public sector staff.	<ul style="list-style-type: none"> ▪ Ongoing dementia training and awareness of the Council workforce.
	8. Establish regional learning and development networks.	<ul style="list-style-type: none"> ▪ Engage with regional learning and development networks.
	9. Develop DEWIS to improve accessibility, maintain information and increase usage.	<ul style="list-style-type: none"> ▪ Support health partners to increase awareness. ▪ Develop dementia friendly and accessible Council services, including online, with links to DEWIS.
	10. Dementia champions based in the GP practices to support and signpost.	<ul style="list-style-type: none"> ▪ Promote GP dementia champion projects. ▪ Promote national id schemes in hospitals and GPs.
Recognition and identification	11. Raise awareness to encourage people to approach their GP about symptoms.	<ul style="list-style-type: none"> ▪ Promote and refer to Health Board information and advice – including GP services.
	12. Raise awareness and share positive stories to help with early diagnosis and support, including from English and Welsh speakers and a wide range of communities.	<ul style="list-style-type: none"> ▪ Information and story sharing through older people's and other core services, and community networks. ▪ Assess and respond to lower involvement from minority groups.
	13. Include dementia symptoms into standard health checks at certain ages or life stages and include as a general triage question at emergency departments.	<ul style="list-style-type: none"> ▪ Promote Health led activities, and develop integrated referral processes. ▪ Include dementia symptoms in health checks at social care settings where appropriate.

Regional Themes	Regional Actions	Flintshire Strategic Actions <i>(Health Board and other groups' key actions to be added)</i>
Assessment and diagnosis	14. Explore options for new memory clinics, including mobile clinics to improve rural access.	<ul style="list-style-type: none"> ▪ Develop community and home based models for support, respite and longer term care planning for people living with dementia and their carers and families.
	15. Implement research recommendations on challenges and enablers for adults with learning disabilities and their carers.	<ul style="list-style-type: none"> ▪ Implement research recommendations regarding people living with dementia and learning disabilities, ▪ Support prioritised actions as member of Regional Dementia Strategy Steering Group.
	16. Support for people with hearing impairments who are also living with dementia.	<ul style="list-style-type: none"> ▪ Implement research recommendations regarding people living with dementia sensory loss. ▪ Support prioritised actions as member of Regional Dementia Strategy Steering Group.
	17. Incorporate a better Make Every Contact Count approach to all interactions and interventions, including third sector and non-statutory services.	<ul style="list-style-type: none"> ▪ Incorporate a 'Make Every Contact Count' and 'What Matters' approach to all interactions and interventions. ▪ Develop consistent approach in collaboration with third sector partners.
	18. Introduce a co-produced user friendly local service maps and pathways for post-diagnosis support.	<ul style="list-style-type: none"> ▪ Support co-production to develop integrated health and social care processes.
	19. Develop a co-produced set of standards for services.	<ul style="list-style-type: none"> ▪ Support co-production process as member of Regional Dementia Strategy Steering Group.
	20. Provide the active offer of Welsh language during assessments and use Welsh language assessments where required.	<ul style="list-style-type: none"> ▪ Flintshire County Council and BCUHB promote the active offer in all services, projects and activities.

Regional Themes	Regional Actions	Flintshire Strategic Actions <i>(Health Board and other groups' key actions to be added)</i>
Living as well as possible for as long as possible with dementia	21. Promote Dementia friendly communities and initiatives.	<ul style="list-style-type: none"> ▪ Expand dementia friendly communities and support networks in collaboration with Health partners, third sector and community groups. ▪ Develop dementia friendly and accessible Council services. ▪ Support existing Memory Cafes and community groups.
	22. Look at options to extend the BCUHB funded dementia support service for people diagnosed with dementia before October 2016.	<ul style="list-style-type: none"> ▪ Regional commissioning decision to be supported as part of the Regional Dementia Strategy Steering Group.
	23. Improve consistency of services for younger onset dementia, including support for people with learning disabilities, across North Wales and share good practice.	<ul style="list-style-type: none"> ▪ Implement community and home based support services, facilitated by Integrated Care Funding. ▪ Maintain Specialist Social Worker Role for younger onset dementia ▪ Maintain flexible support services at home or close to home, including Extra Care and Residential Care settings. ▪ Introduce support to new Plas Yr Ywen Extra Care scheme and expanded Marleyfield House Care Home.
	24. Improve rural access to services, promote existing and develop new 'dementia friendly' community transport schemes in collaboration with transport planners and providers.	<ul style="list-style-type: none"> ▪ Support communities to establish new Memory Cafes and support groups, with a focus on isolated rural areas. ▪ Identify improvements to transport solutions to access care, respite and community activities.

Regional Themes	Regional Actions	Flintshire Strategic Actions <i>(Health Board and other groups' key actions to be added)</i>
The need for increased support	25. Work with emergency services to support people affected by dementia.	<ul style="list-style-type: none"> ▪ Support prioritised actions as member of Regional Dementia Strategy Steering Group. ▪ Work with Health partners to increase awareness and support capability in emergency service settings, including admission and discharge processes.
	26. Encourage community and health services to work together so people living with dementia are less likely to require hospital care.	<ul style="list-style-type: none"> ▪ Develop EMI discharge processes to improve experiences for people supported and their families and to optimise capacity. ▪ Implement community and home based support services, facilitated by Integrated Care Funding. ▪ Explore opportunities for new methods of support and respite, including Arts Based Therapies.
	27. Support care homes to improve awareness to meet specific individual needs of people with dementia and improve commissioning of appropriate placements.	<ul style="list-style-type: none"> ▪ Continued implementation of Progress for Providers with residential and domiciliary care providers. ▪ Support providers to achieve Bronze/Silver/Gold standards to promote continuously improved care. ▪ Expand to include Support Sequence methods and processes. ▪ Review market position and implement required changes to sustain the supply of dementia and EMI services.

Regional Themes	Regional Actions	Flintshire Strategic Actions <i>(Health Board and other groups' key actions to be added)</i>
	28. Support for people with dementia attending Emergency Departments, for example, providing a quiet room or 'bus stop' and try to make them feel as comfortable as possible.	<ul style="list-style-type: none"> ▪ Work with Health partners to improve admission experiences for people living with dementia and their families.
Supporting Carers	29. Joint commission services wherever possible.	<ul style="list-style-type: none"> ▪ Utilise Integrated Care Funding (ICF) to deliver priority projects and activities, including integrated Health and Social Care projects where appropriate. ▪ Support regional projects and activities as prioritised by the Regional Dementia Strategy Steering Group. ▪ Implement Carers Respite Review recommendations with regular review and co-production of respite services to meet population needs.
	30. Continue to promote the active offer of Welsh language services, implement the strategic framework across North Wales and recommendations from research.	<ul style="list-style-type: none"> ▪ Flintshire County Council and BCUHB promote the active offer in all services, projects and activities.
	31. Promote successful new initiatives such as 'coping with caring and loss, currently led by Psychology in the West.	<ul style="list-style-type: none"> ▪ Support regional initiatives as an active member of the Regional Dementia Strategy Group.

Regional Themes	Regional Actions	Flintshire Strategic Actions <i>(Health Board and other groups' key actions to be added)</i>
Putting the strategy into action		<ul style="list-style-type: none"> ▪ Establish a Flintshire Dementia Strategy Implementation Working Group. ▪ Complete Local Authority self-assessment checklists and Dementia Action Plan reports to the Regional Dementia Strategy Steering Group. ▪ Maintain links with Dementia Friendly Community representatives and the wider community for ongoing engagement

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6. Governance and Monitoring

6.1 Development

The development of the strategy and delivery of the implementation plan will be managed by the Wellbeing and Partnership Lead, reporting directly to Head of Service for Adult Social Services. Additional support and direction will be provided by the Flintshire County Council Cabinet Member for Social Services and Older People's Champion.

A number of key projects and activities require the continued delivery of core health and social care services, and additional projects, including third sector and community led activities, that are funded by the ICF programme. Additional governance roles, to approve the strategy and actions, will be fulfilled by the BCUHB Assistant Director East Area, and the Chief Officer, Flintshire Local Voluntary Council through their governance roles for the Integrated Care Fund (ICF) East Area group.

This Flintshire Dementia Strategy document will be developed through a consultation and collaboration process with key stakeholders including Health and Social Care service teams, providers, third sector organisations and community groups. The completed strategy document will be validated with the Regional Dementia Strategy Steering Group in March 2021 to enable publishing and implementation of the key actions from April 2021.

6.2 Implementation and governance

A Flintshire Dementia Strategy Implementation Working Group will be established to oversee and implement the key priorities and actions. The working group will be chaired by Head of Adults services and will include representation from all key stakeholder groups. The group will meet bi-monthly, timed to precede regional strategy steering group meetings to maintain alignment of key priorities.

The North Wales Regional Dementia Strategy Steering Group will provide a governance structure to oversee the implementation of the regional strategy. Regional governance will be provided by the North Wales Regional Dementia Strategy Steering Group, led by the Regional Dementia Project Manager. The group will meet regularly to prioritise regional activities within the scope of regional strategy and action plan. The group will address any issues highlighted and will lead any regional projects developed in response to the strategy, facilitate the sharing of good practice across the region and identify funding to support the steering group and other regional projects.

6.3 Equality and Wellbeing Impact assessment

An Equality and Well-being Impact Assessment was undertaken as part of the Regional Dementia Strategy development, with a specific focus on the equality and well-being of people in protected characteristic groups that are living with dementia. The regional Impact Assessment contains a number of known benefits and risks and will provide the basis of a Flintshire Integrated Impact Assessment to be developed as a key next step.

A summary of the Regional Impact Assessment, and how this will be developed in Flintshire, is provided here:

Ways of Working (Sustainable Development) Principles Impact	
Long-term	Positive Impact The Regional Strategy aims to develop Dementia services for the long term, responding to the current and future population needs. The Flintshire Dementia Strategy will replicate this approach.
Prevention	Positive Impact A key aim of the Regional and Flintshire strategies is to develop preventative services. This includes working with partners to provide information and advice and to promote and support initiatives to reduce risks and delay onset
Integration	Positive Impact The Dementia Strategy documents positively promote the integration of services across health, social care, third sector and community groups.
Collaboration	Positive Impact The Regional Strategy was developed as a collaboration of public sector representatives across North Wales, working closely with people with lived experiences to inform the priorities of the strategy. The Flintshire strategy will continue this collaborative approach of engagement and coproduction.
Involvement	Positive Impact The Regional Dementia Strategy was developed as a partnership strategy with involvement from all key stakeholders including people with lived experience. The Flintshire strategy will continue to provide this involvement.

Well-being Goals – Overall Impact	
Prosperous Wales	Neutral Impact The Regional and Flintshire Strategies have an opportunity to positively impact economic development, by enhancing the skills and knowledge of the workforce

	<p>across the public, independent and third sectors to meet long service needs. It is not yet fully understood if the best models for meeting care and support needs are currently achievable with a low carbon model so this will need to be explored further.</p>
Resilient Wales	<p>Neutral Impact</p> <p>The Regional Dementia Strategy is likely to have a minimal impact on biodiversity, waste, fuel consumption and flood risk management. All future accommodation related projects for dementia services will make due consideration to the provision of a resilient Wales.</p>
Healthier Wales	<p>Positive Impact</p> <p>One of the key aims for the development of the Regional and Flintshire Dementia Strategies is to improve the health and wellbeing of all people impacted by Dementia. A number of current and future projects and initiatives will adopt a person centred approach to positively impact health and wellbeing.</p>
More equal Wales	<p>Positive Impact</p> <p>A key aim of the Regional and Flintshire Dementia Strategies will be the introduction of new services and improvement of existing services for people living with dementia and their carers.</p>
Cohesive Wales	<p>Positive Impact</p> <p>The Regional and Flintshire Dementia Strategies include specific objectives and actions to develop more cohesive dementia friendly communities. This will include initiatives to encourage more community participation, addressing specific inequalities relating to digital exclusion and rural isolation.</p>
Vibrant Wales	<p>Positive Impact</p> <p>The dementia strategies aim to improve and provide services available in the Welsh language, adopting the 'more than words' model. Projects and initiatives will ensure equal access, promoting the Welsh language, culture and heritage.</p>
Globally responsible Wales	<p>Neutral Impact</p> <p>The Regional Dementia Strategy identified more neutral impacts in relation to the environment and local</p>

	development plan. This will be considered by the Flintshire Dementia Strategy to identify potential positive impacts.
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6.4 Risk management

Risk management will be undertaken as part of the initial development of the Flintshire strategy. The strategy document is currently in preparation, and will include a risk management plan to ensure that the strategy is developed and implemented using a participatory and co-productive approach.

Risks will be managed by the Flintshire Dementia Strategy Implementation Working Group, with escalations to Flintshire Local Authority and Health Board senior managers, and to the Regional Steering Group where necessary.

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Appendix A: Glossary of Terms

Term	Definition
Betsi Cadwaladr University Health Board (BCUHB)	Betsi Cadwaladr University Health Board are a key partner in the delivery of health and social care services in Flintshire.
Dementia	The term dementia describes symptoms that may include memory loss and difficulties with thinking, problem solving or language. There are many different types of dementia. The most common is Alzheimer's disease but there are other causes such as vascular dementia or dementia with Lewy bodies.
Elderly Mentally Infirm (EMI)	EMI nursing refers to dedicated nursing for older people with emotional well-being challenges or frailties that incorporate Alzheimer's and different types of dementia.
Flintshire Local Voluntary Council (FLVC)	Flintshire Local Voluntary Council provide a lead role in supporting citizens of Flintshire, liaising with, and coordinating voluntary sector activities.
Integrated Care Fund (ICF)	<p>The Welsh Government Integrated Care Fund programme provides revenue and capital funding to support integrated health and social care projects and activities in Wales. The ICF Programme targets four key themes: Older People; Early Intervention; Learning Disabilities, Children With Complex Needs and Carers; and Dementia.</p> <p>Regional ICF funding allocation and management is undertaken by the North Wales Regional Partnership Board.</p>
Mild Cognitive Impairment	Mild cognitive impairment is a decline in mental abilities greater than normal aging but not severe enough to interfere significantly with daily life, so it is not defined as dementia. It affects an estimated 5% to 20% of people aged over 65. Having a mild cognitive impairment increases a person's risk of developing dementia but not everyone with a mild cognitive impairment will develop dementia.
North Wales Population Needs Assessment	The North Wales Population Needs Assessment was undertaken in 2017 and The population assessment brings together information about people's care and support needs and the support needs of carers in North Wales. The assessment will be reviewed and updated in 2022.
North Wales Regional Partnership Board (NWRPB)	The Regional Partnership Board (RPB) provides a collaborative board to oversee the implement of integrated health and social care projects and activities in response to the North Wales population assessment published on 1 April 2017.
Young Onset Dementia	Young onset dementia is where someone is under the age of 65 at the point of diagnosis and affects about 5% of people who have dementia.

Appendix B: North Wales Regional Dementia Strategy



NW Dementia
Strategy 1.0.pdf

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