

Risk reduction and delaying onset



What we found out

about adults in North Wales



52%
do the recommended 150
minutes of exercise each week



40%
are a healthy weight



22%
eat five fruit or vegetables
each day



19%
smoke



18%
drink more alcohol than the
recommended guidelines



16%
feel lonely

What people have told us

- Raise awareness about risks and how to reduce them including links between hearing loss and dementia.
- Many different agencies have a role in reducing risk including public health.
- Need more research into the causes and treatment of dementia.

Six steps to reduce risk

Step 1: Be physically active

Step 2: Maintain a healthy weight

Step 3: Be socially and mentally active

Step 4: Avoid drinking too much alcohol

Step 5: Stop smoking

Step 6: Commit to review your health

Support available

- Public health initiatives including support to stop smoking, Drink Wise Wales, National Exercise Referral Scheme and Let's Get Moving North Wales.
- Centre for Ageing and Dementia Research (partly based at Bangor University)
- Allied Health Team (BCUHB). Group education and exercise intervention for people newly diagnosed with dementia.



Pum ffordd at les
Five ways to wellbeing



Bod yn sylwgar
Take notice



Cysylltu
Connect



Bod yn fywiog
Be active



Dal ati i ddysgu
Keep learning



Rhoi
Give

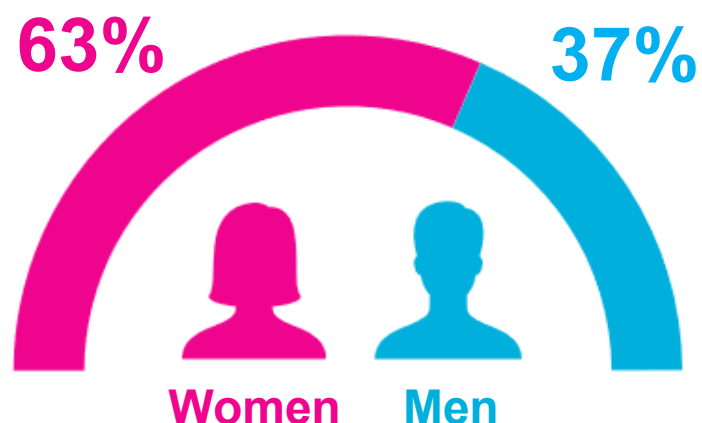
Raising awareness and understanding



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GOFAL A LLESANT **GOGLEDD CYMRU**
NORTH WALES SOCIAL CARE AND WELL-BEING
SERVICES IMPROVEMENT COLLABORATIVE

What we found out

10,000 people live with dementia in North Wales



Raising awareness, understanding and acceptance is vital

Consultation participant

What people have told us

- Awareness is improving, largely thanks to dementia friendly communities.
- Need to share ideas for improving awareness and understanding.
- Avoid labelling people, treat people as individuals and be considerate about the terms used to describe people.
- Raise awareness of the support available and help people find the information they need at the right time.
- Improve staff training and awareness of dementia and the needs of carers in hospital, care homes, home care services as well as wider public services.

Support available

- Online advice and information: Dewis Cymru, Wales Dementia Helpline, Alzheimer's Society Dementia Directory.
- Dementia friendly communities.
- Reading Well Books on Prescription.
- DEEP (Dementia Engagement and Empowerment Project).
- Safeguarding in the community: The Herbert Protocol; Keep Safe Cymru Card; Safe Places; John's Campaign (in hospitals).
- Training and workforce development: Good Work Framework; Dementia Resource for Care Professionals; Social Care Wales Review; BCUHB 'skilled' training is jointly delivered with people with dementia and carers.

Recognition and identification



What we found out

One in 15 people **age 65** and over have dementia



One in 6 people **age 80** and over have dementia



- Age is the biggest known risk factor for dementia.
- People with learning disabilities (particularly Down's Syndrome) are more at risk.
- Between 5% to 20% of people aged over 65 have a mild cognitive impairment.
- Diagnosis rates vary between ethnic groups.

What people have told us

- Raise awareness of the symptoms of dementia and when to seek help.
- Support people with dementia to understand and accept their condition.
- Reduce waiting lists for a diagnosis.
- Rule out hearing impairment prior to referral for a dementia diagnosis.

My friend had a family history of dementia and had been trying to hide symptoms for years without knowing where to go for help
Consultation participant

Support available

- GPs are the first point of contact for many people.
- Many services are only available to people with a diagnosis, and not to people who have a mild cognitive impairment and/or are going through the process of assessment and diagnosis.
- Some areas in North Wales carry out early detection screening for dementia with individuals with learning disabilities and Down's Syndrome.

Dementia Action Plan

Welsh Government want people to:

- be aware of the early signs of dementia;
- understand the importance of timely diagnosis; and,
- know where to get help.

Assessment and diagnosis



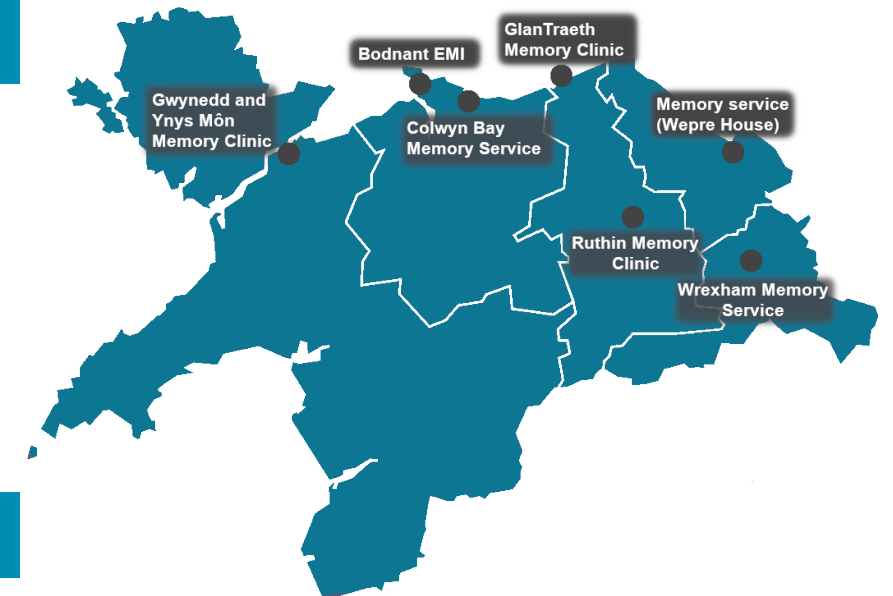
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What we found out

51% dementia diagnosis rate, partly due to data collection problems. The diagnosis rate may be lower for some groups, such as black men.

Support available

- Memory clinics
- Alzheimer's Society Dementia Advocacy Service



What people have told us

- The process of assessment and diagnosis has improved.
- Some people have a very positive experience of memory clinics.
- Need to simplify the process of receiving a diagnosis.
- Involve carers in conversations about assessment and diagnosis as well as the individual.
- Provide more support immediately following diagnosis for the person with dementia and for carers.
- Agencies and teams should work together to improve systems and communication so that people don't have to tell their story over and over again.
- Send text reminders for appointments and include photos in letters of the people who will be at the appointment.
- Check in regularly with people who have received a diagnosis so that the right support is in place before there is a crisis.
- Improve the diagnosis of dementia in people with a learning disability

After diagnosis, sitting down with someone who could explain some of the likely outcomes and what support was available, would have been a great help.

Consultation participant

Living as well and as long as possible



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What we found out

- Most people living with dementia are aged 65 and over.
- Around 5% of people who have dementia are aged under 65 (520 people in North Wales).
- Hearing impairment affects many people living with dementia and using hearing aids can help.
- LGBT people can face additional challenges.

Support available

- Advocacy services
- Community services (art, music, sport and exercise, reading, befriending, peer support and many more)
- Dementia support services (Carers Trust North Wales Cross Roads)
- Support for younger people with dementia
- Day care, day opportunities and carer breaks

What people have told us

- Need activities to suit individuals including people with early stage, late stage and young onset and different types of dementia.
- Support people to keep up their normal activities.
- Make sure communities are inclusive and dementia friendly.
- Need funding and resources, good pay and conditions for care staff, longer-term project funding.
- Concerns about the way dementia care is paid for by individuals.
- Listen to people with dementia and involve them in decisions about their care, including advocacy.
- Improve access to services in rural areas and for people who don't have access to transport.
- Improve coordination between different teams and agencies so services are seamless.
- Improve service consistency and staff continuity.
- Support people with a mild cognitive impairments.
- Improve support for people's physical health needs.
- Adapt the built environment to make homes and public places accessible.
- Promote the role of assistive technology and telecare.
- Look at support available for people who were diagnosed before October 2016.

The 'living as well as possible' is key as socialising and enjoying a range of activities is key to helping keep the disease at bay for longer and helping battle the likelihood of associated depression.

Consultation participant

The need for increased support



What we found out

- People with dementia may have other conditions which need equivalent access to diagnosis, treatment and care as people who do not have dementia. This can include pain, falls, diabetes and incontinence.
- People with dementia who are admitted to hospital have an increased risk of delirium and will need an assessment that balances their current medical needs with the additional harms they may face in hospital.

Support available

- Dementia support workers
- Care homes and home care
- Step up step down beds
- Extra care housing
- Emergency services
- Hospitals

What people have told us

- The importance of home care to help people remain at home. Care should be flexible, person-centred with consistency and continuity of highly-trained staff. Need support to recognise when home care is no longer appropriate and consider other options.
- Care homes should have sufficient staffing and person-centred care, including care for people in distress and in an emergency.
- Improve support in an emergency and in hospital emergency departments.
- Improve support for hospital in-patients and dementia friendly wards.
- Improve support for people when leaving hospital, including finding appropriate residential or nursing accommodation.
- Make sure Welsh language support is available.
- Improve safeguarding of people with dementia including around postal scams and using recommended tradespeople.
- Care for people in the later stages of dementia and improve planning for individuals and carers around this. This includes access to good quality residential care, emergency hospital care, palliative care, end of life care and bereavement support.

Support for carers



What we found out

- Unpaid carers (family and friends) are the largest providers of care for people living with dementia.
- About 73,000 people in North Wales (11%) provide unpaid care and the number is increasing.
- People aged 50 to 64 are the most likely to provide unpaid care.
- Around 50% are in employment and 30% of carers are retired.
- Between 60 and 70% of all unpaid dementia carers are women.

Support available

- Tide involvement network
- Carers Trust North Wales Cross Roads dementia support service (funded by BCUHB)
- Carers Outreach
- Carers Information and Support Programme (Alzheimer's Society)
- Carers support workers and development workers
- GP and Community Hospital Facilitators to support carers
- Carer groups

What people have told us

- Need more carer breaks, especially in the later stages of dementia.
- Need different types of breaks and flexibility to meet the needs of the carer and the person they care for.
- Provide emergency or crisis care and support with planning for this.
- Carer training and advice, including someone to talk to and ask questions of particularly out of hours. Peer support from other carers can be very helpful.
- Need improved awareness around Lasting Power of Attorney. Concerns about the cost and the lack of a system to check everything is in place.
- Need employer support for staff with caring responsibilities.
- Support carers following bereavement.

North Wales Carers' Strategy



A vision and offer for carers in North Wales so that individual carers' needs are met in the best way and that carers come to mind as soon as the person cared for. This includes early identification of carers and involving carers in decision making and planning processes.

www.northwalescollaborative.wales/carers