



Richmond Health and Care Dementia Strategy 2022 to 2031



Our 10 year plan to make dementia services better in Richmond



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What is dementia

We say **dementia** like this:
dee-men-sha.



Dementia is the name for different illnesses that cause parts of the brain to stop working properly.



**Alzheimer's
disease**

There are several different types of dementia.

The best known is called **Alzheimer's disease**. Some people use Alzheimer's disease to mean all the different types of dementia.



When someone has dementia they might:

- forget things or find it hard to remember



- feel confused, upset and not their normal selves



- not be able to stop parts of their body from shaking. Usually their hands, legs or head



There is no cure for dementia. Most people living with dementia are older people but some young people get dementia as well. This is called **young onset dementia**.



Most people with dementia will need support with their health and **social care** needs.



Social care is care and support people might need at home, in their local community or in a care home.



This is why it is so important our services give people the help and support they need to live their lives.

Who we are



We are the Richmond Dementia Pathway Leadership Group. We are called **Richmond DPLG** for short.



We are in charge of making sure:

- services are doing a good job

- people with dementia and their **unpaid carers** can get the care and support they need

Unpaid carers mean family and friend carers who are not paid to care for people as part of their job.





In our group we have people from:

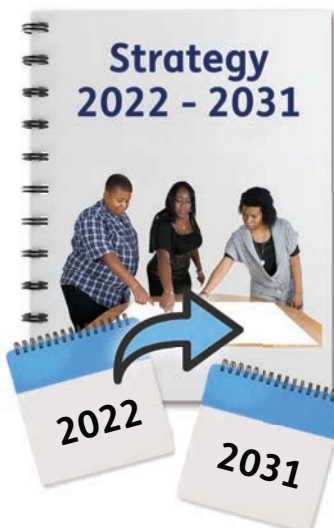
- health services



- the local council and social care services



- charities in the local area



We have written a big plan called a **strategy**.

Our strategy says how we will plan and run dementia care and support over the next 10 years.

About our plan



We asked people who have used dementia services to help us write our plan.



We listened to the ideas of people with dementia, their unpaid carers and the organisations we work with.



Our plan includes what people have told us is important.



We have made sure our plan meets any future big plan from the Government that includes dementia.



We have split our plan into 4 parts. It tells you what we have done and what we want to work on over the next 10 years.

Part 1: Preventing dementia



Preventing means doing things so there is less chance of something else happening.

Some types of dementia can be prevented but not all of them.



We know that more people in Richmond will get dementia in the future.



We want to let more people know about things you can do that may help stop you from getting dementia.



We do not fully understand what causes dementia.



But we do know that some things make people more likely to get some types of dementia.

Things like too much alcohol, smoking and being overweight.



We want to do as much as possible to stop more people from getting these types of dementia.



What we have done so far:

- run 10 workshops to give people training about dementia



- done a survey to find out how much local council staff know about dementia

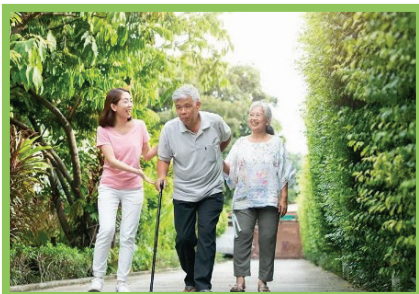


- held big events to tell people about dementia and how to become a **Dementia friend**.

Dementia friends is a project to teach people about things they can do to help people with dementia



- told lots of people about **health checks**. These are checks you can have at your local doctors to spot early signs of health conditions



- set up activities for people with dementia. Things like walking groups in local parks and green spaces

Dementia Friendly Richmond

This is called **DFR** for short.



DFR is a project. It makes sure local businesses and organisations think about people with dementia and what they need.



This will help people to do things like:

- travel to where they want to go



- feel supported and able to take part in their local community



- enjoy doing things in their local area like going swimming or visiting museums



To help prevent dementia over next 2 years we will:



- make sure all our training is up to date and meets people's needs



- tell more people about dementia and what causes it



- make sure people with dementia, their families and unpaid carers know where to go for support and advice



- support people to live healthy lives



To help prevent dementia over the next 5 years we will:



- make sure leisure centres in our area are dementia friendly. This will help people with dementia to stay healthy



- make sure we are meeting any big plans from the Government about preventing dementia



To help prevent dementia over the next 10 years we will:



- make sure we keep talking to our communities about dementia



- tell people about any new ideas or information about dementia

Part 2: Diagnosing dementia



Diagnosing means looking at health problems and finding out what causes them.



It is really important that we find out if someone has dementia early.

This is so we can get them the right treatment and support quickly.



Spotting dementia early means people are still able to have a say in their care. And what they want to happen in the future.



We want to make sure that when people are told they have dementia it is done in the best way.



How dementia is diagnosed

When someone has dementia they normally see their local doctor first.



The doctor can ask the person some questions to see if they might have dementia.



If the doctor thinks they do, they are asked to go to their local memory clinic for tests.

The tests say if a person has dementia or not.



We have some doctors with special training who can tell if someone has dementia. These doctors are called **psychiatrists**. We say this as: **sy-ky-a-trist**.

They help to spot dementia before the person knows they have it.

People who are more likely to get dementia



Some groups of people are more likely to get dementia. We need to make sure everyone knows about this.



People with a learning disability are more likely to get dementia.



It is much harder to see the signs of dementia in people with a learning disability.



Often, dementia services don't always understand people with a learning disability. This means people don't always get the right support they need.



In Richmond, our learning disability service checks to see if people have dementia.

Our learning disability service is called **Your Healthcare**. They make sure people have all the information and support they need.



We know people from some ethnic groups are more likely to get dementia.



Your **ethnic group** is about things like where you and your family are from and the language you speak.

Ethnic groups are people from backgrounds like Asian, Black, Mixed, Gypsy and Roma.

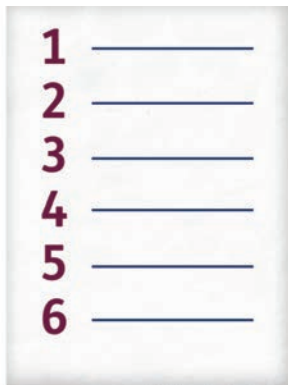


We need to understand about people from ethnic groups so we can give them the right support.

What we have done so far:



- had some events for doctors. This has helped doctors to understand how important it is to diagnose dementia as early as possible



- written a list of different support services.

The list tells people with dementia and their carers where they can get help and support



- given doctors training about young onset dementia. This is when someone younger than 65 gets dementia.



People with young onset dementia often have different care and support needs than older people.



- made sure doctors, hospitals and the memory clinics share information and work together



- kept a check of how many people in our area have been told they have dementia



- offered older people activities to do that can help them remember to do day to day things



To diagnose dementia over the next 2 years we will:



- make sure no-one has to wait more than 6 weeks to get a dementia diagnosis



- make sure there are more ways to spot people who might have dementia

We want to make sure these people can get a dementia diagnosis quickly.



To diagnose dementia over the next 5 years we will:



- make sure we are meeting any big plans from the Government about diagnosing dementia



To diagnose dementia over the next 10 years we will:



- help people to stay healthy. This will help less people to have dementia

Part 3: Supporting people after they have been told they have dementia



When someone is told they have dementia there is a lot for them to think about.

It is really important that we give people a lot of support.



Having dementia means people need more support from their families.

We need to make sure families get all the support they need to care for someone with dementia.



Families also need to have a good life and look after themselves too.



People with dementia and their families will meet lots of different staff from health and social care.



People need help to look at and use a lot of the different services.



When someone is diagnosed with dementia they should get a special plan. The plan says what care and support the person needs.



Unpaid carers should also have a special plan to make sure they get the support they need.



We have a Social Care team. The team tells people what services they can use and what support they can get.



To support people over the next 2 to 5 years we will:



- give people with dementia an **Urgent Care Plan**

This plan says what people want their treatment and care to look like.



They should be given this within a year of their dementia diagnosis.



The information in the plan can be seen online by all staff and services supporting them.



To support people over the next 10 years we will:



- make sure there is more support for people with young onset dementia

Part 4: Making sure people with dementia can still have a good life



When people have dementia it is really important they feel listened to and be included.



People should still be able to be part of their local community and do things they like doing.



We need to make sure people with dementia stay connected with people.



We need to make sure people are supported well and don't spend too much time on their own.



What we have done so far:

- supported unpaid carers to have time away from caring for someone



- helped more than 25 unpaid carers to have **counselling**

Counselling is someone you talk to about your worries and feelings.



- worked with the council to look at using **digital technology** to help people to live at home for longer

Digital technology is things like the internet or apps on your phone.



To make sure people with dementia can still have a good life, over the next 2 years we will:



- make sure people with dementia get care and support quickly and easily



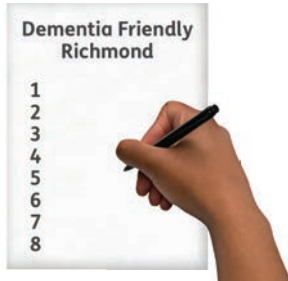
- diagnose more people with dementia living in care homes



- have more trained staff working in the community who can diagnose people with dementia



To make sure people with dementia can still have a good life, over the next 5 years we will:



- make sure all services that the council pays for sign up to Dementia Friendly Richmond



- have more ways online and in person to help people in their everyday life



- make it easier for people to get social care when they come out of hospital



- have a **dementia hub** that works well. The hub could be a place that has lots of information about dementia



It would give information, advice and support and help people get the services they need.



To make sure people with dementia can still have a good life, over the next 5 years we will:



- make sure we are meeting any big plans from the Government about supporting people with dementia



To find out more

If you would like to know more you can contact us.



Email Public Health:

PublicHealth@richmondandwandsworth.gov.uk



Email Adult Social Care:

Adultsocialservices@richmond.gov.uk