



# 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 develop Dementia as well.



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 **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



- social care services



- our local communities. People who use Dementia services

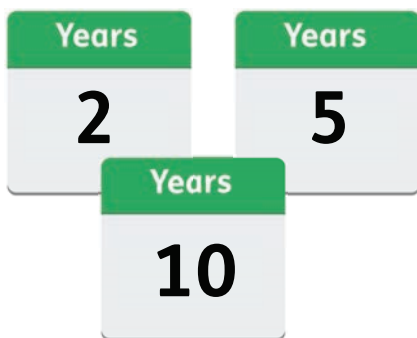


- charities in the local area



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

Our **strategy** says how we will manage Dementia services over the next 10 years.



We have some things in our strategy that we want to do over the next 2, 5 and 10 years.



It is really important that we have asked people who have used Dementia services to help us write this plan.



Our plan includes what people have told us is important.



We listened to the ideas of people with Dementia, their unpaid carers and the organisations we work with before we wrote this plan.



The plan is about how we will work together to make the support better for people with Dementia and their unpaid carers.



## Tell us what you think

We want to know what you think about our strategy. We have some questions that go with this booklet.



You will need to read this plan before you answer our questions.





## About our strategy

We have had a strategy for Dementia before. It helped us to do some really great work.



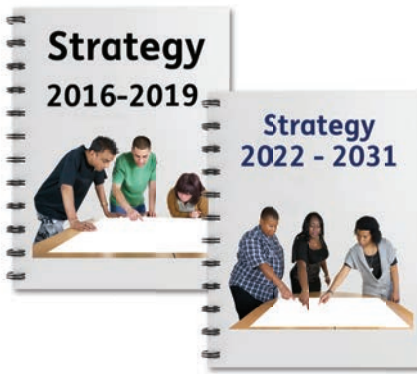
But when the COVID-19 pandemic happened, it was hard for lots of people with Dementia and their families and unpaid carers.



For example, lots of people with Dementia became stressed when local services shut. Carers could not come to people's houses.



Unpaid carers also got stressed because they had to look after the person with Dementia with very little help.



This showed us we needed to make to make a new strategy.

## What our new strategy says

Our big goal for the next 10 years is for people with Dementia, their families and unpaid carers to:

- live well through their lives
- have the right support and care



This new strategy says what we have to do and how we will work to make our goal happen.



We have split the plan into 5 parts.

These parts tell all services in our area how they should work.

# 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 want to let more people know about things you can do that may help protect you from getting Dementia.



We do not fully understand the causes yet.



But we know that smoking, drinking too much alcohol and being overweight may make you more likely to get some types of Dementia.



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

Some of the ways we will do this are:



- help doctors spot signs of Dementia earlier. This is in local doctors surgeries and in care homes



- make sure patients aged 40 to 70 have health checks with their doctor or nurse



- help older people understand how to keep their brains healthy.

Things like a good diet, exercise and not smoking or drinking too much alcohol



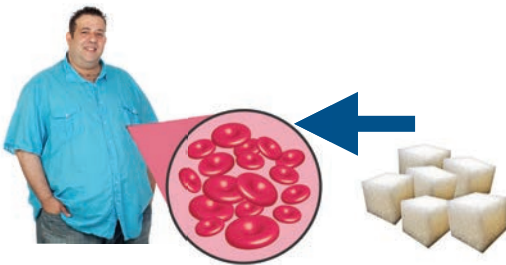


- train all staff from local doctors surgeries about Dementia and what to look for



The training includes:

- spotting the signs of Dementia



- know about things that can lead to Dementia like diabetes and being over weight



Lots of people have already had this training.





We need to check this training still works and is right for people.

## 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.



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 help to spot Dementia before the person knows they have it.



## **What we want to happen**

Doctors to diagnose people with Dementia in Richmond earlier.



More people in care homes are diagnosed with Dementia.



## **Dementia in people with a learning disability**

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



This happens more to people with Down Syndrome. They can often start showing signs of Dementia before they are 50 years old.



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

## **Support for families and unpaid carers**

When someone has Dementia it can also be really hard for their family and friends.



This is because they will see a change in the person with Dementia, their behaviour and how they feel.



People caring for someone with Dementia need good support too.



Families and unpaid carers need to make sure they look after themselves as well as the person with Dementia.



## What we will do

Make sure families and carers get the right support and information.



**Community Dementia Nurses** will work with carers and families to give them training and support.



A **Community Dementia Nurse** is a nurse who is trained to work with people with Dementia.





The nurses will help carers look after their own mental health and **wellbeing**.

**Wellbeing** means keeping your body and mind healthy.

### 3. Supporting people after they have been told they have Dementia



It is really important that we give people a lot of support after they have been told they have Dementia.



They and their families will meet lots of different staff from health and social care.



People need help to look at and use all 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.



We will make sure we put what family and carers need in the plan too.



Over the next 10 years we will support people living with Dementia by:



Community Dementia Nurses, the council, charities and community groups working together.

They will do work to help find out if people have Dementia earlier.



They will also train staff and give support to carers.



Making sure people with Dementia get the right support early on so they can manage their Dementia better.



Giving extra support to people with a learning disability by changing some of the ways we work.



We will put information into easy read so more people can understand it.

## Dementia Hub



People have told us that they think it would be a really good idea to have a local **Dementia Hub**.

A **Hub** means having all the information about Dementia in one place.



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



To start with we are thinking of having a Hub as a phone service.



In the future we would like to run the Hub from a building that people could come to.



There is a Dementia Hub already in Merton. They run things like:

- advice and information sessions



- cafes and meet ups





- support groups for people with Dementia and carers

## 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.



We are working hard to make sure people with Dementia can stay in their own homes as long as possible.



We will do our best to make sure people with Dementia and their unpaid carers have good health and wellbeing.

Some of the things we will do:

- make sure people with Dementia have a proper **review**.



A **review** is a way to check you are getting the help and support you need



- people are included in writing a plan of what they want to happen during their care and treatment



- work well with lots of other services to make sure people get a good package of care



- make sure all unpaid carers have regular checks to make sure they are well in their mind and body



- make sure everyone in our communities know about Dementia and how to support people



- run projects in our local communities to look at how our services meet the needs of families and carers



## Dementia Friendly Richmond

We are called **DFR** for short.



We want all people with Dementia in our area to live a good life, have their say and get great support.



DFR works with local organisations to help all their staff and people working with them, understand Dementia.



It makes sure local businesses and organisations think about people with Dementia and what they need.



DFR supports people with Dementia and carers to:

- travel safely



- have a good life where they feel safe, loved and included in their community



- be part of London life and enjoy doing things locally like swimming or visiting museums



We want these services to be Dementia friendly too.

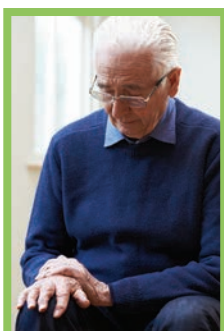


It is important our hospitals and services are Dementia friendly places.

## **Making sure people are not lonely and can use digital technology**



Some people are more likely to spend more time alone and feel lonely.

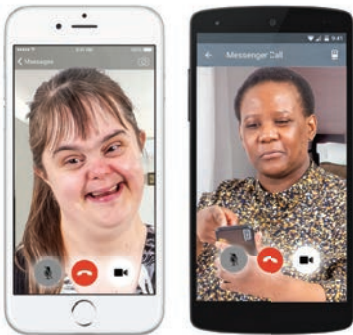


This can be even harder for people living with Dementia.





It is really important that people with Dementia have plenty of contact with other people to stay well.



One of the ways we can keep people connected more is by using **digital technology**.

**Digital technology** is doing things on the internet, like video chats.



Not being able to use digital technology can stop people from getting information and services they need.



Some people are often not confident in doing this and need extra support.



We will look at what stops people using digital technology and help.



We will get more people to get to know local people with Dementia. We call this being a **Befriender**.

## 5. Planning well for when people with Dementia reach the end of their life



It is really important to talk to people with Dementia about what they want to happen towards the end of their life.



As a person's Dementia gets worse, they can stop understanding things and not be able to make decisions.



We will help people and their families write an Advanced Care Plan.

This plan says what a person want to happen with their care and treatment. Things like:



- if they like a bath or a shower



- to sleep with the light on



- religious beliefs. Things like time to pray, or a certain kind of food



Services should look at this plan when person can no longer make decisions for themselves.