

Dementia UK

Admiral Nurses piloted in Primary Care

Dementia UK is a national charity supporting families living with Dementia through specialist Admiral Nurse Services. The Admiral Nurse helps families manage complex needs and support health and social care professionals with best practice.

Locally, a number of pilots within Nottingham & Nottinghamshire are underway to test the Admiral Nurse model within Primary Care.



The pilot will test the extent to which Admiral Nurses can bring value to patients, carers and primary care through personalized care and support to help people live at home for longer, practical support for carers and reduced GP appointments and hospital admissions.



Integrated
Care System
Nottingham & Nottinghamshire

Dementia Wellbeing Pathway 2022 - 2025

Dementia Wellbeing Pathway sets out priorities for the next 3 years

In Summer 2021 the Integrated Care System undertook a programme of engagement with Dementia patients, carers, professionals and the wider public, aiming to understand their perspective and priorities for the Dementia pathway.

The programme engaged over 450 people in a survey, focus groups and telephone interviews across Nottingham & Nottinghamshire.

Throughout the engagement we heard from those living with Dementia and the challenges faced. One carer told us 'In the last month of my Mum's life, she had 27 appointments with health and social care'.

A Memory Café volunteer explained that 'Our members join with differing experiences of diagnosis and limited knowledge of the support available'

The engagement has been central to the development of the Dementia Wellbeing Pathway which outlines the ambitions to ensure all those living with dementia, can live well in Nottingham & Nottinghamshire.

Several priorities were identified including the need to integrate care, improve access to diagnosis and post diagnostic support, co-produce care plans and personalise support for carers. Key deliverables have been co-developed over the next 3 years.

Dementia Connect

A new personalised Dementia support service

Alzheimer's Society

Read more about Dementia Connect, a new service providing post-diagnostic support for those living with Dementia and their carers across the system.

Page 2

News from Notts Healthcare

Have you heard of MHSOP?

Notts Healthcare

Mental Health Services for Older People (MHSOP) provide several services to support people live well with Dementia.

Find out more here.

Page 3

Advance Care Planning

It starts with a conversation

Jess Tomlinson

How do you want to ensure you and your families choices and preferences are reflected in your future care?

Page 4

Alzheimer's Society

Dementia Connect

A new personalised Dementia support service

Endorsed in the NHS Long Term Plan and forming a key part of Nottingham and Nottinghamshire's Dementia Well Pathway, the Alzheimer's Society are delighted to be able to launch their new Dementia Connect service across Nottingham & Nottinghamshire providing support, guidance and hope to individuals with dementia, as well as their carers, friends and families.

Dementia Connect's dedicated team of dementia advisers are on hand to assist residents with a wide range of different support types, from simply wanting further information on dementia as a condition, to creating a dementia-friendly home, to support with legal and financial documents and signposting on to dementia groups and partner organisations,

Dementia Connect allows for that early intervention so badly needed in our society. A new service user will work with their allocated dementia adviser to agree individualised outcomes to work towards, and once these are completed, they have the option of setting new outcomes or simply wishing to be checked in with every few months to see how they are.

Residents also have the opportunity to access Carers Information Sessions to receive guidance and support in a supportive group environment around caring for those with dementia, and for those with mild to moderate dementia there is the opportunity to access Cognitive Stimulation Therapy. Both initiatives are unique to the Nottingham and Nottinghamshire offer.

Dementia Connect is a completely free service, it's easy to access (there's no need to be referred by a professional) and can genuinely make a positive difference to the lives of those who access the service.

To find out more or refer please contact:

T: 0333 150 3456

E: dementia.connect@alzheimers.org.uk

W: alzheimers.org/dementiacconnect



Rob Bryant

Dementia Action Notts

Building partnerships to improve the lives of people with Dementia.

The Dementia Action Nottingham & Nottinghamshire partnership (DANN) has been formed to replace the work of the previous Nottingham and Nottinghamshire Dementia Action Alliance.

It brings together over 60 cross-sector organisations and individuals who are interested in improving the lives of people with dementia aiming to:

- Build and support Dementia friendly communities
- Promote the voice of the person with Dementia and their carer
- Provide a forum to jointly plan and support activities and events.

- Raise awareness of what is available locally and promote services.

- Improve signposting, information and support for people living with dementia.

- Help those with dementia live well.

Members come together for an on-line meetings every three months where information and ideas are shared and collaborations made. DANN is free to join for anyone/any organisation that is based in Nottingham or Nottinghamshire.

To find out more about DANN or your local District or Borough Dementia Friendly partnership contact rob.bryant@nottscc.gov.uk

Bev Pearson

Carer Training from Radford Care Group

Share the care

Do you look after someone with Dementia or know someone who does?

We are pleased to announce two upcoming programmes for carers providing specialist support covering a number of topics to help you and the person you're caring for, live well with dementia.

The free seven week programme has experts guiding the group and also offers mutual support from other carers, refreshments and a chance to get your questions answered in a relaxed and informal setting. Help with respite care may be available (subject to suitability / government covid guidelines).

Booking is required. For more information or to reserve a place please contact us on 0115 9786133 or email info@radfordcaregroup.org.uk

or Bev Pearson on 07745 956880 or email bev.pearson@radfordcaregroup.org.uk



Notts Healthcare

Memory Assessment

The latest updates



The Memory Assessment Service (MAS) is working hard across Nottingham & Nottinghamshire to recover a large backlog of referrals, work is progressing well and the average waiting time has significantly reduced.

The service continues to aim for a 6 week waiting time in line with the Memory Services National Accreditation Programme (MSNAP) standards.

A number of actions have been taken to successfully reduce the waiting time including virtual and weekend appointments where appropriate, investment in extra staffing and flexing staff members across Nottingham & Nottinghamshire to ensure waiting times are equitable across the system.

Direct referrals to MAS

Earlier this year, a pilot project started to look at direct referrals to the MAS from NUH for patients that present with symptoms of Dementia without a diagnosis,

The aim was to simplify referral processes through an e-referral for patients and Clinicians thereby reducing the need to refer to Primary Care for referral onto MAS. Initial results are positive and further expansion has been agreed into all of south Nottinghamshire and City localities.

MHSOP Involvement & Engagement Group

The MHSOP Directorate are pleased to have established a service user and carer engagement group, we will be working together over the next few months throughout a period of exciting transformation of our services across the mental health pathway and the dementia pathway.

The team are currently working together to seek and listen to patient and carer views on the design of our in-patient areas and the way that we deliver care.

Nottingham & Nottinghamshire ICS

Dementia Diagnosis

The latest updates



Diagnosing early with Dementia is essential in ensuring our citizens have early access to support and care enabling the individual living with dementia and their carer to plan ahead.

Nottingham & Nottinghamshire is a top performer in the Dementia Diagnosis rate, leading the Midlands region. Of those suspected to have Dementia, over 2/3rds have a diagnosis of Dementia in our system.

This achievement has demonstrated the excellent work across Primary care, Secondary care and the community and voluntary sector to raise the profile of dementia, support those worried about their memory to seek help and receive a diagnosis where appropriate.

We continue to work with partners to raise awareness of Dementia, tackle the stigma and help our citizens receive diagnosis in a timely manner.



<p>Dementia diagnostics</p> <ul style="list-style-type: none"> Memory Assessment Services (MAS) – Dementia assessment and diagnosis for patients over 65 Young Onset Dementia (YOD) - Dementia assessment and diagnosis for patients under 65 	<p>Community services</p> <ul style="list-style-type: none"> Therapeutic Intervention Services – post-diagnostic dementia groups Community Mental Health Teams – specialist MDT support including access to nurses, OTs, physio, Consultant psychiatrists and psychology delivered in patients' homes. Intensive Home Treatment Teams – time limited intensive support 7 days a week to prevent unnecessary admission to hospital or residential care. Dementia Outreach - provides mental health care support to people of any age who have a diagnosis of dementia and live in a care home in Nottinghamshire 	<p>Inpatient services</p> <ul style="list-style-type: none"> In-patient wards for patients requiring specialist inpatient care at Millbrook Unit and Highbury Hospital <p>Liaison Psychiatry services</p> <ul style="list-style-type: none"> Expert psychiatry liaison for patients who are in an acute hospital ward or emergency department 	 
--	--	---	--

Notts Healthcare

Mental Health Services for Older People

The latest updates from MHSOP

MHSOP provide expert assessment and care for people with dementia and their loved ones at every stage of the condition. This includes accurately diagnosing dementia in people of any age and supporting people through post-diagnostic services that include our Therapeutic Intervention Service (TIS).

The TIS delivers specialist group and individual psychologically based interventions that support people with dementia to retain their skills, confidence and independence working together with other system partners such as the Alzheimer's society, Radford Care Group and Age UK.

As dementia progresses a person's needs can change and specialist assessment, guidance and intervention is provided by our Community Mental Health Teams and our Intensive Home Treatment Teams who have multi-disciplinary teams to plan and deliver the right care in a timely way.

The County Dementia Outreach service works alongside care home providers to support people with moderate to severe dementia who are living in 24-hour care settings. Where there is an identified need for a person with dementia to be cared for in a specialist in-patient setting we deliver this expert care and support people with dementia to return to their homes or care settings with the correct level of care and support at home.



Advance Care Planning

It starts with a conversation

Jess
Tomlinson

'Advance Care Planning' means people thinking about, discussing and recording their wishes and decisions for future care. It is about people planning for a time when they may not be able to make key decisions themselves, and subsequently why it is very important for people with dementia (Social Care Institute for Excellence).

Advance Care Planning is different for everyone and depends on what each person wants to think about and make decisions for. For example, it could be about everything from establishing Lasting Powers of Attorney, completing a ReSPECT form, or writing an Advance Decision to Refuse Treatment. It could just be one of those elements, a mix, none, or other decisions entirely such as one's likes and dislikes or preferred place of care.

An Advance Care Plan is the recording itself of the decisions made by the person with dementia, and this may be several documents together. Ideally an Advance Care Plan will be shared with those close to the person with dementia, and anyone potentially involved in their care and support. This is so that more people know that it exists and can look at it in future to make health and care decisions.

If you have dementia and are interested in making an Advance Care Plan,

The different elements of an Advance Care Plan can feel overwhelming, but there are different people who can provide help and support. This might be people close to you, for example your family, or may be people involved in your care and support, for example you could speak to your GP about ReSPECT forms.

Dementia Connect, a service delivered by the Alzheimer's Society, can support you and your family with an Advance Care Plan if you're living with Dementia. They can help to answer questions about Advance Care Planning and the different potential documents involved. Locally, Age UK and Dementia UK also provide useful information on Advance Care Planning.

Advance Care Planning

Plan for your health and personal care

Advance Care Planning (ACP) is the process of planning for your future health and personal care.

Should you fall too ill to communicate or make treatment decisions, your Advance Care Plan helps your medical team and chosen spokesperson to make decisions that are in your best interests.



Research has found that for patients with a life-limiting illness, earlier discussions can increase feelings of autonomy, sense of control and a reduction in anxiety about death, and for those around them such as carers it can lead to reduced depression, stress and anxiety. Advance Care Planning helps to ensure that care and support is always in the best interests of an individual when they no longer have capacity to make decisions themselves.

Locally, people with dementia have expressed that the most important part of Advance Care Planning for them is ensuring their wishes are respected and that their family is supported to understand exactly what they would have wanted.

If you are professional wanting to better understand Advance Care Planning, an educational webinar is happening 10-11am July 14th. Please contact jessica.tomlinson@nottsc.gov.uk for more information.

