

Report to: **East Sussex Health Overview and Scrutiny Committee (HOSC)**

Date: **24th September 2009**

By: **Director of Law and Personnel**

Title of report: **Strategy for Older People's Mental Health Services**

Purpose of report: **To update HOSC on the local strategy for Older People's Mental Health Service, including the implications of the new National Dementia Strategy.**

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## **RECOMMENDATIONS**

**HOSC is recommended to:**

### **1. Consider and comment on the strategy for Older People's Mental Health Services.**

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#### **1. Background**

1.1 In June 2008 HOSC received a presentation on the local strategy for older people's mental health services. The presentation was given by representatives of Sussex Partnership NHS Foundation Trust and East Sussex County Council's Adult Social Care department, with input from NHS East Sussex Downs and Weald/NHS Hastings and Rother, reflecting the partnership working required across these organisations to successfully plan and deliver these services.

1.2 HOSC noted that two thirds of all NHS beds are occupied by people aged 65 or over, with up to 66% of these people either having or will develop a mental health problem during their stay. (The figure is 78% in East Sussex.). These statistics highlighted the importance of older people's mental health services for the county.

1.3 HOSC also noted that a national dementia strategy was due to be published in the Autumn of 2008 and this would be a significant development with implications for the local strategy and services. The committee therefore requested an update on older people's mental health strategy, including the implications of the national dementia strategy in September 2009.

#### **2. National Dementia Strategy**

2.1 The first ever national dementia strategy for improving health and social care services in England for everyone with dementia and their carers was published by the Department of Health in February 2009.

2.2 The strategy has 3 key steps to improve the quality of life for people with dementia and their carers:

- Ensure better knowledge about dementia and remove stigma
- Ensure early diagnosis, support and treatment for people with dementia and their family and carers
- Develop services to meet changing needs better.

2.3 The 17 objectives of the strategy include:

- Raise awareness of dementia and encourage people to seek help
- Easy access to care support and advice after diagnosis
- Improve community personal support services for people living at home
- Improve the quality of care for people with dementia in general hospitals
- Improve intermediate care for people with dementia

- Consider how housing support, housing-related services, technology and telecare can help support people with dementia and their carers
- Improve the quality of care for people with dementia in care homes
- Improve community personal support services for people living at home
- Improve end of life care for people with dementia

2.3 It is expected that local NHS organisations will integrate the priorities and commitments outlined in the national document into local strategies and services.

### **3. Local Strategy**

3.1 An update presentation on local strategy for older people's mental health services with a particular focus on the impact of the National Dementia Strategy is attached at appendix 1. Nigel Hussey, PCT Commissioning Manager and Lead on older people's mental health, NHS East Sussex Downs and Weald/NHS Hastings and Rother, Martin Packwood, Joint Commissioning Manager for Mental Health, NHS East Sussex Downs and Weald/NHS Hastings and Rother /ESCC Adult Social Care and Neil Waterhouse, Director of Service Director Older People's Mental Health Services, Sussex Partnership NHS Foundation Trust will present to HOSC and take questions.

1.5 HOSC may wish to consider issues such as:

- Whether the plans for communication about the comprehensive care pathway are sufficiently robust.
- Degree of confidence within the services for meeting future demand for dementia services from an increasingly elderly population.
- How can the range of available services be better co-ordinated and achieve greater effect.
- When the 'State of Readiness' Review talks of 'significant investment being required at all stages in response to currently unmet need', how are funding issues being approached.
- Whether measures to ensure early diagnosis are effective e.g. is there any data on this?
- Response from GPs to the National Dementia Strategy and their concerns.
- Issues surrounding equality of service across the county.

Andrew Ogden  
Director of Law and Personnel

Contact Officer: Lisa Schrevel, Scrutiny Lead Officer  
Tel No: 01273 481327

## **Introducing the National Dementia Strategy in East Sussex**

### **‘State of Readiness Review’**

**In anticipation of the National Dementia Strategy, East Sussex Commissioners jointly retained the Consultancy ‘Humana UK’ in January 2009 to conduct a ‘State of Readiness Review’, based on the Consultation Draft of the Strategy**

**Its main conclusions were:**

- Many of the building blocks for creating a comprehensive care pathway for older people with dementia were in place in East Sussex
- These different parts were not always clearly understood and communicated either between organisations, or to the public, and the range of available services could therefore be better co-ordinated to greater effect
- Should all aspects of an integrated care pathway be fully developed and operated in an effective and co-ordinated way, it was likely that significant investment would be required at all stages in response to currently unmet need

## **Introducing the National Dementia Strategy in East Sussex**

### **'State of Readiness Review'**

**This presentation builds upon the 'State of Readiness Review', and is organised around the Objectives contained in the National Dementia Strategy published in February 2009.**

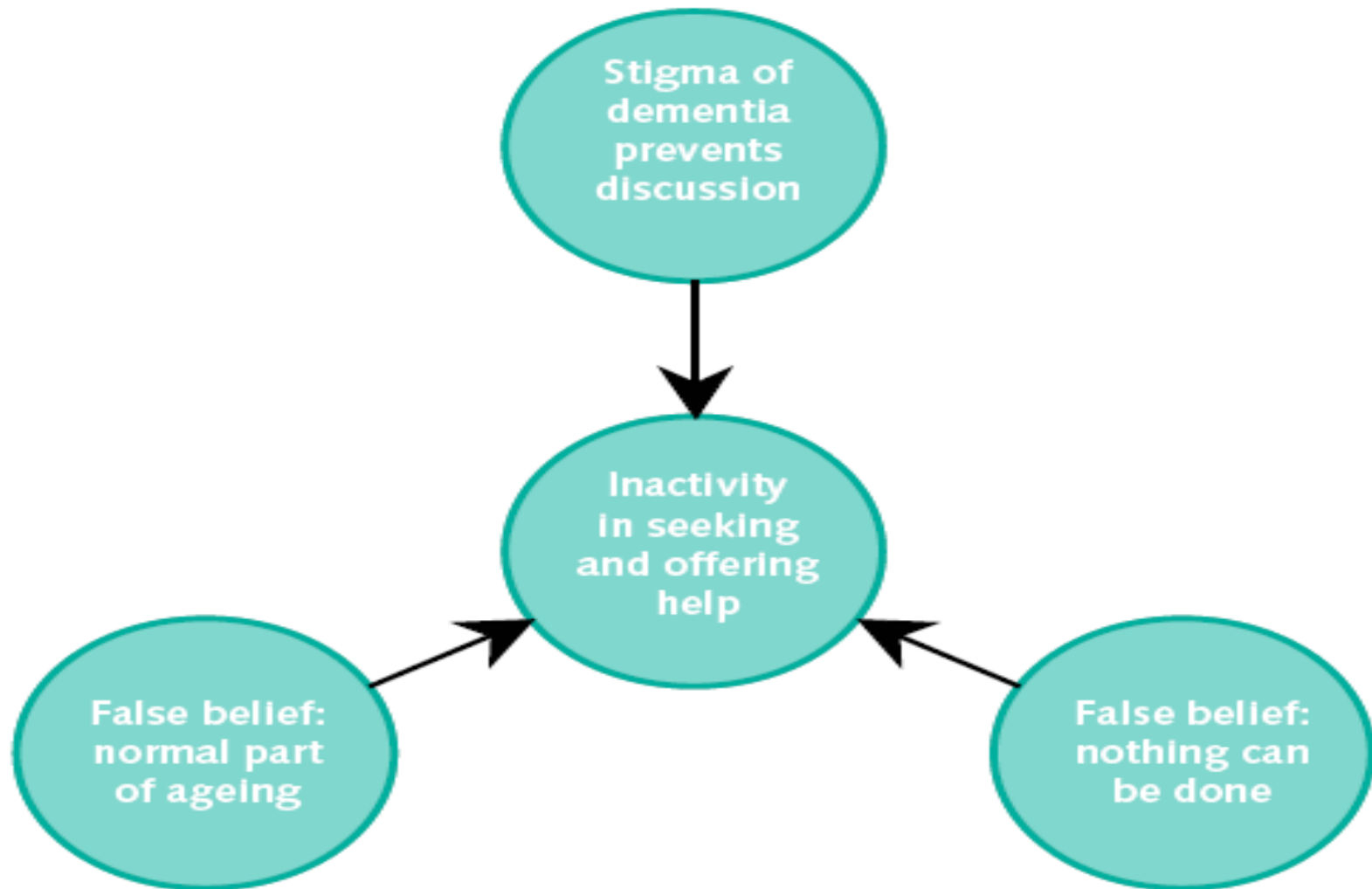
**Each Objective is given its own heading and briefly described, followed by an indication of how we compare in East Sussex.**

**Information is also then provided where there are already initiatives being taken to address gaps in services.**

**The National Strategy is (quite-rightly) extremely wide-ranging in its scope, and as such sets down a significant challenge to commissioning and provider organisations to work across their traditional internal as well as external boundaries of responsibility.**

**Finally an indication is given of the planning mechanisms in place for taking forward this work, and introducing the National Dementia Strategy in East Sussex.**

## Objective 1: Improving public and professional awareness and understanding of dementia



## **Objective 1: Improving public and professional awareness and understanding of dementia**

***This should inform individuals of the benefits of timely diagnosis and care, promote the prevention of dementia, and reduce social exclusion and stigma.***

### **Public Awareness - Stigma / Normal Part of Aging**

- Local Publicity – Age Well Handbook / Alzheimer’s Society / Multi-agency Sussex-wide approach
- National Publicity - Government Initiatives / Alzheimer’s Society

### **Professional Awareness -Training**

- Wide-range of individual organisational training initiatives in place, but not co-ordinated within an overview of need nor with assurances mechanisms

## **Objective 2: Good Quality early diagnosis and intervention for all**

***All people with dementia to have access to a pathway of care that delivers:***

- Rapid and accurate specialist diagnosis
- Sensitively communicated messages to person and their carer(s)
- Immediate support and care following diagnosis

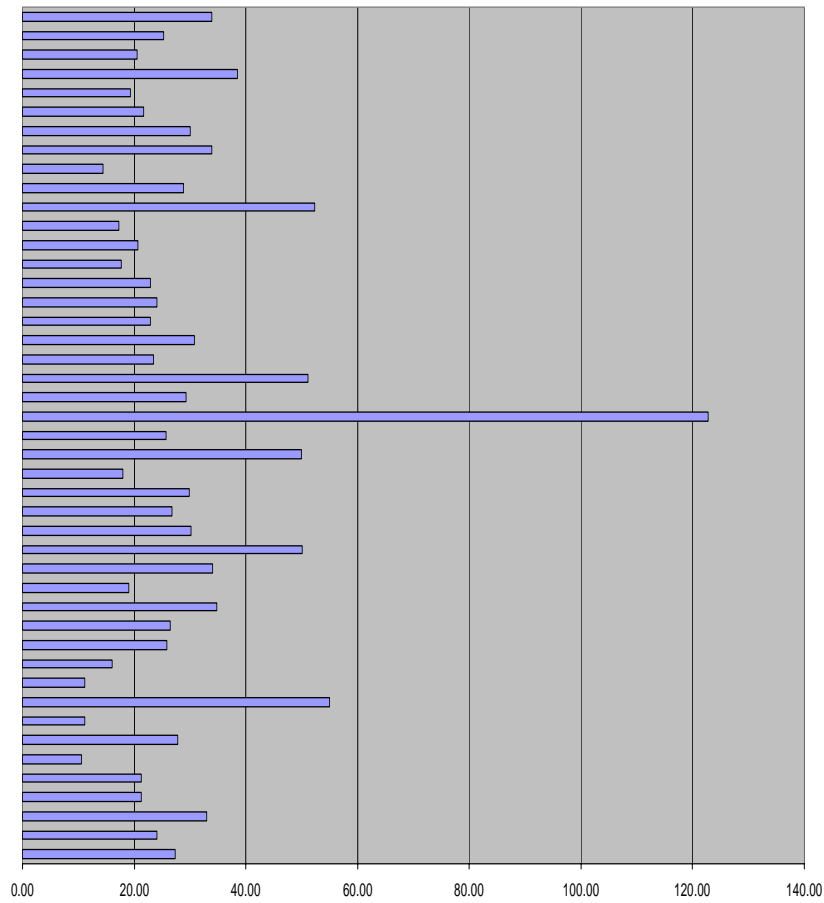
***GPs in primary care are “reluctant” to identify and refer people with dementia for specialist diagnosis, due to:***

- the belief that nothing can be done for dementia
- risk avoidance
- concerns about competency
- concerns about the availability of services

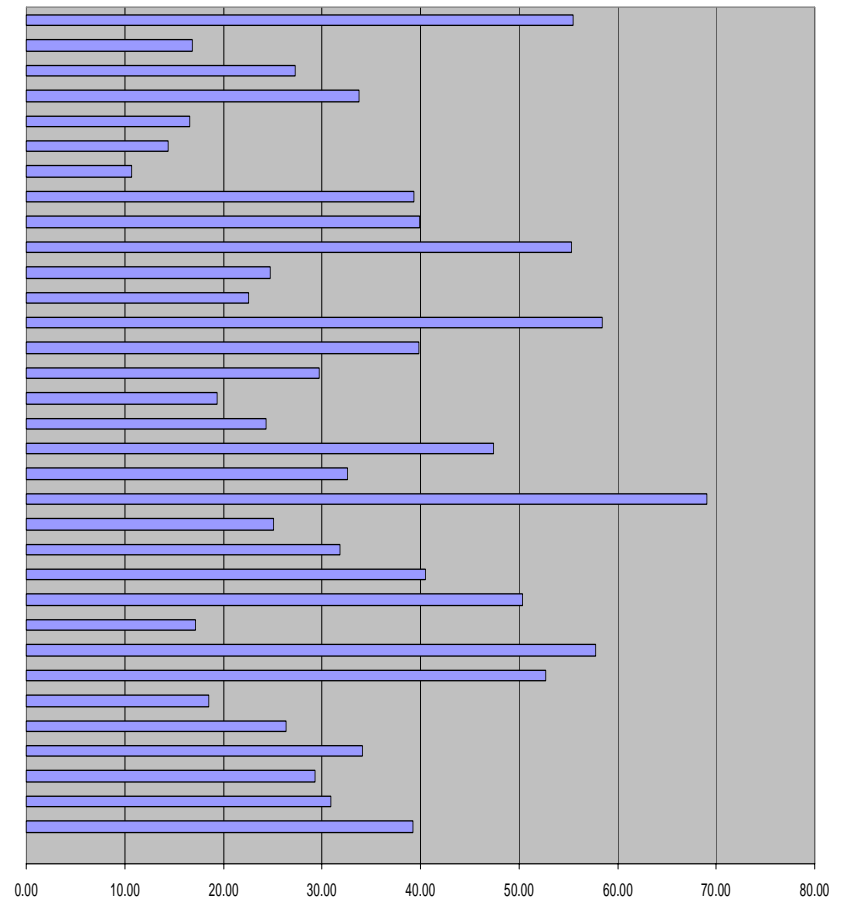
## Objective 2: Good Quality early diagnosis and intervention for all

### GP Practice Dementia Register Numbers as % of Expected Prevalence

ESDW PCT Area : 29%



H&R PCT Area : 35.5%





## **Objective 2: Good Quality early diagnosis and intervention for all**

**Under-identification of dementia in primary care, compounded by the effects of stigma, means only one-third (at most) of people with dementia have any specialist healthcare assessment or diagnosis.**

When they do it is often:

- Late in the progression of the illness
- In crisis
- Too late to enable effective interventions

National GP Contract 'Quality and Outcome Framework' (QOF) – Provides incentives for increased identification of dementia and entry on registers

East Sussex - Initiatives for screening for dementia, increased formal identification of dementia for entry on registers, which then require routine monitoring of cognitive deterioration, enabling timely referral for specialist assessment

## **Objective 2: Good Quality early diagnosis and intervention for all**

**Achieving a fuller identification in primary care of people with dementia, is an example of where desired improvements in the care pathway are likely to increase the demand for services.**

**Amongst the stages in the care pathway that may be required to expand:**

- Specialist assessment and diagnosis services – ‘Memory Clinics’
- Services for people in the early stages of dementia (who may not yet be eligible for more specialist services) – dementia advisors, Memory Assessment and Support Team(s) ‘MAST’
- Community Mental Health Teams, including intensive community support
- Specialist Dementia Home Care
- Specialist Dementia Carers Breaks

**Progress is already being made in East Sussex in introducing and / or expanding services in a number of these areas, as described below.**

**Objective 3: Good quality information for those diagnosed with dementia**

**Objective 4: Enabling easy access to care, support and advice following diagnosis**

***Providing good quality information on the illness and the services available, both at diagnosis and throughout the course of their care***

- A diagnosis of dementia can be unsettling and raise anxieties, not least about how and when to access available services

***A dementia advisor to facilitate easy access to appropriate care, support and advice for those diagnosed with dementia and their carers***

- East Sussex has been successful in bidding for DH funding to become a National Demonstrator site for the introduction of dementia advisors
- Due for introduction in October 2009, the Alzheimer's Society is being commissioned to employ 3 dementia advisors, who will also recruit and train volunteers to provide information, advice and guidance on dementia and local services

## **Objective 5: Development of structured peer support and learning networks**

Outcomes from the National Demonstrator sites for Peer Support and Learning Networks will be carefully monitored to evaluate their outcomes and effectiveness to inform future local commissioning decisions.

## **Objective 6: Improved community personal support services**

ESCC are in the process of agreeing the service specification for tendering a new specialist home support service for adults with dementia. This will provide higher quality, more consistent and appropriate services for those with dementia, enabling them to remain in the familiar home environment for longer.

## Objective 7: Implementing the Carer's Strategy

- East Sussex has been successful in bidding for DH funding to become a National Demonstrator site for Breaks for Carers of people with Dementia
- Carers of people with dementia will be invited to participate in Consultation Days and Conferences as part of the on-going development of the wider East Sussex Carers Strategy, to ask relevant questions and receive feedback on progress with the Dementia Strategy Implementation

### **This is in recognition of the fact that carers should:**

- Be respected as expert care partners
- Be able to have a life of their own alongside their caring role
- Will be supported so they are not forced into financial hardship
- Will be supported to stay mentally and physically well and treated with dignity

## **Objective 8: Improved quality of care for people with dementia in general hospitals**

The PCT's are investing additional funds in the provision by Sussex Partnership NHS Foundation Trust to expand the Older Peoples Psychiatric Liaison Service (PLS).

This service currently provides:

- Responsive and comprehensive mental health assessments for older people in general hospital settings for the East Sussex Hospitals NHS Trust.
- Advice, education and teaching on mental health issues to acute hospital teams.
- Links into mainstream specialist mental health services.
- Integrated partnership working as part of whole system care pathway delivery.

## Objective 9: Improved Intermediate Care for People with Dementia

As part of the expansion of the Psychiatric Liaison Service a specific new function will be developed to improve access to intermediate care by people with dementia:

- By providing additional resources it will increase the capacity of the psychiatric liaison service to cover additional intermediate care units and community hospitals
- By operating in an integrated way from within the hospital and across in to intermediate care, the Psychiatric Liaison Service will 'follow people out' of hospital on discharge, to ensure they obtain equal access to intermediate care as do others without dementia

## **Objective 10: Considering the potential for housing support, housing-related services and telecare to support people with dementia and their carers**

- The Downlands Extra Care Scheme will provide 41 housing units all of which have incorporated design specifications that will allow for usage should an individual's cognitive function reduce over their tenure. These include 'progressive' security arrangements.
- In addition there will be 8 units specifically designated and designed for people with dementia.
- Telecare facilities have been hard wired into the Extra Care Scheme and options are available to provide extra sensors as required.
- Learning from the East Sussex Tele-health Pilot Project will be used to inform future commissioning decisions in relation to enabling people with dementia to remain as independent as possible
- The Supporting People Commissioning Project is now in its second phase 2 which concerns developing housing and housing support for older people, and throughout the consultation period it will be ensured that due regard is given to the housing support needs of people with dementia.



## Objective 11: Living well with dementia in care homes

- The East Sussex Age Well PFI Project is currently finalising selection of the preferred bidder organisation that will finance, design, build and manage new scheme buildings to be located at Hastings, Westfield, Uckfield and Ringmer. Each scheme will have between 44 and 48 beds and all are due to be completed 2011/12.
- All Homes will be built according to Best Practice taking account the needs of people with dementia. The short listed bidders have actively involved experts in the dementia design field
- SPFT are required to produce a plan for PCT commissioners by the end of September setting out how they would provide in-reach services for people with dementia living in care homes
- Milton Court residential home in Eastbourne is currently being refurbished and once completed will meet best practice standards for older people

## Objective 12: Improved end of life care for people with dementia

We are working collaboratively with PCT colleagues leading on the development of high quality end of life care services, to ensure these are fully integrated into the care pathway for people with dementia, and their carers.

This is part of a wider programme to ensure end of life care properly accommodates different levels of need and personalised wishes, and reflects practice, including:

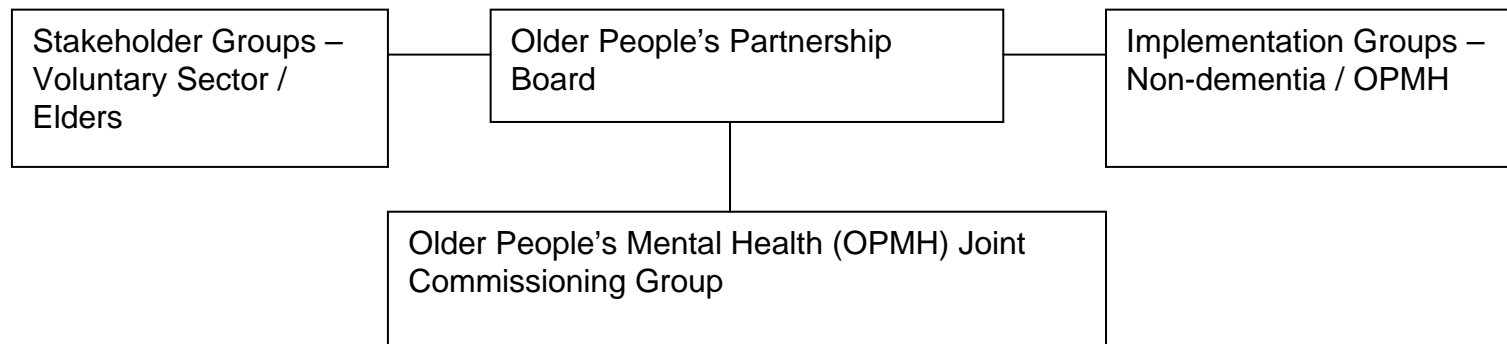
- Advanced Care Planning and the Liverpool Care Pathway – a check list for increasing individual choice / preferences through use of tools, (such as) in the Mental Capacity Act
- Maximised use of palliative care networks to ensure best practice
- Better pain relief

Discussions have also recently been initiated to explore the possibility that ESCC training for Adult Social Care staff incorporates End of Life Care - Core Competencies and Principles. Staff are also to receive training in Advanced Care Planning, which helps identify a persons preferred place of care at the end of their life.

## Objective 13: An informed and effective workforce for people with dementia

This objective will be met through implementation of Objective 1.

## Objective 14: A joint commissioning strategy for dementia



An East Sussex Dementia Action Plan has been completed and is due to obtain agreement from key partners at the OPMH JCG in October, and at the Older People's Partnership Board in November. This can be the lead document for implementing the National Dementia Strategy in East Sussex.

In January there will be a 'whole-systems' care pathway mapping exercise undertaken for dementia care and services, consisting of a dedicated half-day workshop to map the 'current' and 'ideal' pathways

## **Objective 15: Improved assessment and regulation of health and care services and of how systems are working for people with dementia and their carers**

We will work with the Care Quality Commission to ensure that local care homes are compliant with all health and care regulation and are fit for purpose in delivering high quality personalised services to people with dementia

We will utilise information gained from the Dementia Advisors to ensure the views of people with dementia and their carers are used to inform service development and delivery

## **Objective 16: A clear picture or research evidence and needs**

Explore with key partners and universities opportunities to identify a research assistant/student to produce a summary document of research and practice guidance which can inform key personnel engaged in the implementation of the dementia strategy

## **Objective 17: Effective national and regional support for implementation of the strategy**

- The fact that we have two dementia related Demonstrator Site Pilots operating in the county give us access to key learning and support at a national level by engagement with the National Project Learning Network Meetings
- We will also work collaboratively across the Sussex health and social care economy through the new DH South Coast Dementia Network