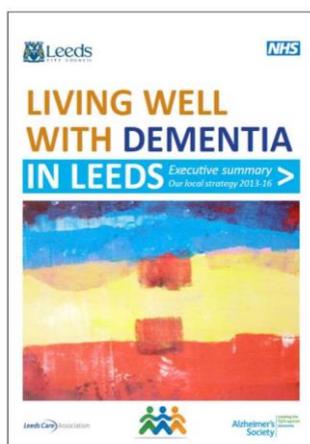


## Appendix 1

# Living with Dementia in Leeds – Our achievements 2013-18, developing our strategy 2019-22

### Introduction

“Living Well With Dementia in Leeds – our strategy 2013-16” was supported by Leeds Health and Wellbeing Board in May 2013. There has been excellent progress in



diagnosing dementia, and support after diagnosis has improved to help more people and carers live with the condition. Our ‘dementia-friendly’ social movement has grown, to make people more aware and to reduce stigma. Thousands of local NHS staff have been trained, and specialist support for community services and care homes has been enhanced.

However, significant challenges remain. The capacity and quality of services, particularly for people with more complex needs, is inconsistent. The population living with dementia will increase, and become more diverse.

The number of people with dementia in the UK population is probably staying roughly the same, and not increasing as the population ages, according to [a comparison of population samples](#) by the Cognitive Function in Ageing Study. This is a positive public health story, often overlooked in reporting about dementia. However, the study found that there were emerging signs of health inequalities in the 2011 data, with increased risk of dementia linked to higher prevalence of heart disease, type 2 diabetes and high blood pressure. This puts the focus on how we can all reduce our risk of developing dementia - “what’s good for the heart, is good for the brain”. Furthermore, other studies anticipate that the level of dementia-related disability will increase, perhaps because people with dementia are living longer, with other long-term health conditions and frailty alongside dementia.

Therefore this document sets the course in Leeds for the next three years, to achieve the goals of the [“Prime Minister’s Challenge On Dementia 2020”](#), to “transform care, support and research”, and “build social action by individuals, businesses and communities”. The NHS has set its long-term plan, which includes living with dementia as part of initiatives on healthy ageing and long-term conditions. In Leeds our real strength is the sense of partnership and commitment, involving people with dementia, families and carers, community groups, care providers, and many organisations beyond social care.

## Public Health initiatives empower people to reduce the risk of developing dementia

### Achievements 2013-18

- ✓ Identifying health inequalities as an important influence on dementia risk, and starting to engage with local communities.

### Challenges and actions 2019-22

- A dementia-inclusive approach to public health campaigns in Leeds, which seeks to improve awareness and change behaviours, without introducing blame and stigma.

## People and places in Leeds are dementia-friendly; we promote inclusion & understanding, and reduce stigma.

### Achievements 2013-18

- ✓ 'Up and Go' involvement group established in 2016, for people living with dementia.
- ✓ [Leeds Dementia Action Alliance](#) now has 150 organisations signed up, including the emergency services, sport, culture, leisure and transport.
- ✓ Leeds was accredited as an active dementia-friendly community in September 2015, by the Alzheimers Society and British Standards Institute.
- ✓ West Yorkshire Playhouse awarded "Best Dementia-Friendly Project" at the 2015 Alzheimers Society Awards.
- ✓ Dementia-Friendly Rothwell leading the way as a local community, with local shops, pubs, and other organisations and the first dementia-friendly garden in a public park.
- ✓ Over 20,000 [Dementia Friends](#) in Leeds. Over 200 Leeds residents are Dementia Friends Champions and have run over 1,000 awareness sessions.
- ✓ Sporting reminiscence activities hosted monthly at Leeds United FC, Leeds Rugby, and Yorkshire County Cricket Club.

### Challenges and actions 2019-22

- People and carers living with dementia are engaged to set priorities for the dementia-friendly Leeds campaign.
- Ten Dementia Information Roadshows in 2018-19 at community venues in each Community Committee area.
- Growing the Leeds Dementia Action Alliance and reaching a wider range of businesses and partners.
- Gathering evidence of how our actions have made a difference.
- Improving public awareness of how to reduce the risk, what signs and symptoms to look for, and how diagnosis and support work in Leeds.
- More dementia-friendly initiatives in local communities.

**Timely diagnosis leads to support to live with the condition, and community capacity keeps pace with emerging needs.**

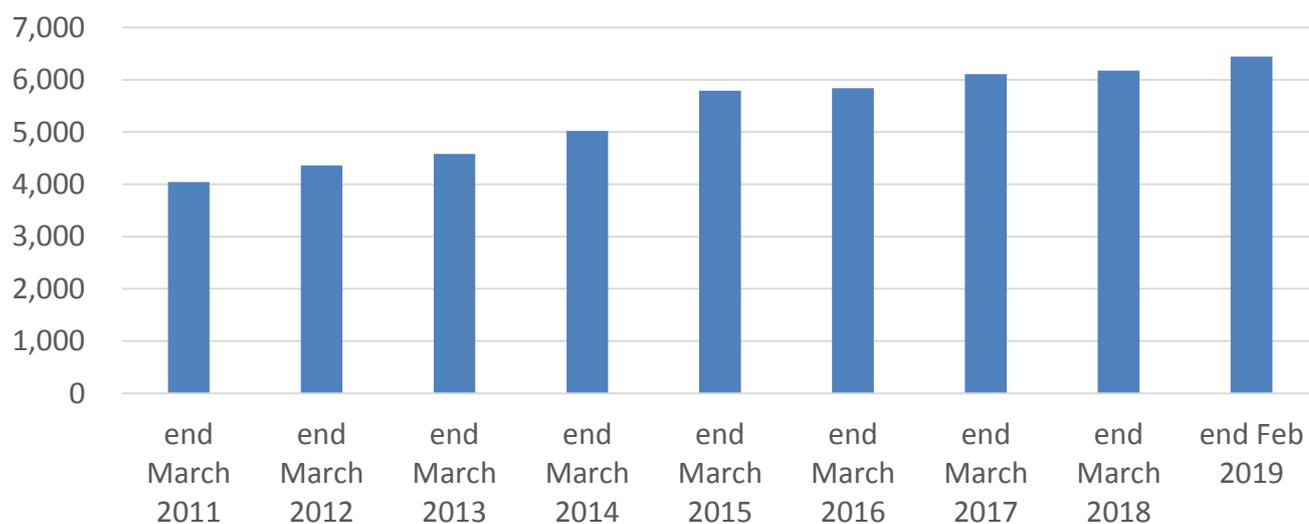
**Achievements 2013-18**

- ✓ Leeds achieved the national ambition for a 66.7% diagnosis rate at March 2015, and has gone on from there to get to 74.7% at Feb 2019. There are now more than 6,400 people on GP dementia registers.
- ✓ Leeds Memory Service sees more than 90% of people within 8 weeks of referral; more than 70% have a diagnosis within 12 weeks of referral.
- ✓ The Memory Support Worker service started in October 2015, which supports 1,500 people per year.
- ✓ Information and leaflets about services available at [www.leeds.gov.uk/dementia](http://www.leeds.gov.uk/dementia).
- ✓ 47 Memory Cafes and 12 singing groups, supporting all communities in Leeds.

**Challenges and actions 2019-22**

- Improving quality and consistency of the annual dementia review, using the Leeds approach to ‘Collaborative Care and Support Planning’.
- Better-designed online information which is easier to navigate.
- More opportunities and support to plan ahead for the later stages of dementia.

**People with a dementia diagnosis in Leeds 2011-18**



**Carers are treated as partners in care, and benefit from information, support, and breaks**

**Achievements 2013-18**

- ✓ A 'Dementia Carer Hub' at Carers Leeds, with 1,200 carers supported per year. Services include...
  - ☆ 1:1 support offer for carers
  - ☆ hospital-based support at St James.
  - ☆ information and education sessions for carers
  - ☆ carers' support groups.
- ✓ 'Working carers' initiative with large local employers .
- ✓ Leeds hospitals signed up to "John's Campaign", so carers can support people with dementia beyond usual visiting hours.

**Challenges and actions 2019-22**

- Improving capacity and choice for carer breaks.
- More residential short-stays bookable in advance, so carers can plan holidays.
- Cultural competence and language skills as more carers from BME origins seek to use carer break services.

**People living with dementia are recognised as diverse, services are competent to respond to diverse needs, and there is support to overcome specific barriers to diagnosis and support.**

**Achievements 2013-18**

- ✓ Memory cafes and groups supporting local Caribbean, Irish, Jewish, south Asian people with dementia and carers.
- ✓ BME dementia worker in post.
- ✓ Dementia awareness promoted via Dementia Friends Champions in community organisations.
- ✓ Improved diagnosis and support outside the Leeds city area.
- ✓ Younger people with dementia day services and carer support are supporting more people.

**Challenges and actions 2019-22**

- Continuing to improve services in towns and villages in the Leeds City Council area.
- Research into the experience of people with dementia and carers of BME origins in Leeds, reporting to an engagement event and leading to action.
- Dementia awareness and addressing barriers to seeking support with older LGBT people.
- Understanding the needs of people with a learning disability who develop dementia.

**Leeds has the right quality & capacity of care services to support people with more complex needs in dementia, and only be in hospital when medically necessary.**

**Achievements 2013-18**

- Pilot scheme to fund additional care needs to support transition from hospital / prevent readmission.
- LYPFT Intensive Care Homes Treatment Team piloted from July 2018 and established long-term from April 2019.
- Hospital bed-days lost to delayed transfers of care reduced by c. 50% in winter 2018-19 compared to previous winter.
- Dialogue with care homes to identify local providers with the quality and commitment to meet more complex needs.

**Challenges and actions 2019-22**

- Build further on success to achieve timely transfers of care for everyone with dementia in hospital;
- Focus on timely support to avoid hospital admission, including work with Frailty Unit;
- Identify the best funding and procurement option for local care homes, to ensure the right supply and quality.
- Appraise options for dementia specialist short-term 'recovery' beds, and when necessary longer-term complex care.

**All NHS, care and support services are dementia-inclusive, skilled, & work together.**  
*As dementia progresses, people's pathways through services can be complex, and the highest standards of co-working and information-sharing are required.*

### **Achievements 2013-18**

- LYPFT service redesign has introduced specialist older people's teams (March 2019), to work more closely with Neighbourhood Teams to support the older population living with dementia and frailty.
- Over 6,000 staff trained in dementia care by Leeds Teaching Hospitals, including ward clerks, housekeepers and porters as well as nursing staff; improvements to ward environments, introduction of 'This Is Me' document, dementia-friendly food choices and menus.
- xxx Leeds Community Healthcare clinical staff trained.

### **Challenges and actions 2019-22**

- An improved training offer for care homes, domiciliary care providers and social work staff, including leadership in dementia care;
- Launch of Leeds Community Healthcare "Dementia, Delirium & Depression" pathway.

**There is honesty about dementia as a progressive neurological condition, and opportunities to plan ahead for the later stages of the condition and make the most of life.**

### **Achievements 2013-18**

- Dementia included alongside other long-term conditions in electronic Palliative Care Co-ordination System (ePaCCs)
- Leeds guidance produced on recognition and management of symptoms in dementia.
- Dementia training for xxx staff at Leeds hospices.

### **Challenges and actions 2019-22**

- Ambition to invest in specialist nursing capacity in hospice & palliative care teams;
- More & better conversations about advance care planning, to avoid unnecessary A&E attendances, admissions and medical treatments towards the end of life.