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| Meeting of South Ayrshire Health and Social Care Partnership | Performance & Audit Committee | |
| Held on | 30th May 2023 | |
| Agenda Item: | 6 | |
| Title: | South Ayrshire Dementia Strategy and Implementation Plan 2018-2023. | |
| Summary: | | |
| <p>The purpose of this report is to provide the Performance and Audit Committee with an update on the progress of the implementation plan of South Ayrshire's Dementia Strategy 2018-23.</p> | | |
| Author: | Phil White, Partnership Facilitator | |
| Recommendations: | | |
| <p>It is recommended that the Integration Joint Board</p> <p>i. Note the contents of this report and the progress of implementing the strategy.</p> | | |
| Route to meeting: | | |
| <p>Routine route to the Performance and Audit Committee of Strategies; following approval by the Integration Joint Board in 2017.</p> | | |
| Implications: | | |
| Financial | <input type="checkbox"/> | |
| HR | <input type="checkbox"/> | |
| Legal | <input type="checkbox"/> | |
| Equalities | <input type="checkbox"/> | |
| Sustainability | <input type="checkbox"/> | |
| Policy | <input type="checkbox"/> | |
| ICT | <input type="checkbox"/> | |

PROGRESS REPORT ON THE DEMENTIA STRATEGY 2018-2027

1. PURPOSE OF REPORT

The purpose of this report is to provide the Performance and Audit Committee with an update on the progress of the implementation plan of South Ayrshire's Dementia Strategy.

2. RECOMMENDATION

It is recommended that the Performance and Audit Committee note the contents of this report and the progress of implementing the strategy.

3. BACKGROUND INFORMATION

- 3.1 Where possible or appropriate the Pentana report linked to the delivery/implementation of the South Ayrshire Dementia Strategy has been updated
- 3.2 The current Strategy is extant from 2018-23 so is reaching then end of the existing implementation. Scottish Government is due to launch a new National Dementia Strategy towards the autumn of 2023 which will inform our dementia planning both in South Ayrshire and at an Ayrshire level.
- 3.3 It is proposed that we continue with the existing Strategy with a slightly updated implementation plan and then develop any new strategy after the launch of the new national strategy.
- 3.4 It is understood that there may be new thinking about the Post-Diagnostic Support process within this new strategy and this will significantly affect our own development planning as we begin to move towards more locally based services arrangements with stronger links to Primary Care.

4.0 REPORT

Pentana Actions

| Status | Number |
|-------------------------|--------|
| ✔ Completed | 22 |
| 👉 On target | 0 |
| ⚠ Showing some concerns | 0 |
| ❌ Not Complete | 12 |
| ⚙ Not due to start | 0 |

4.1 Implementation Plan

4.1.1 The existing implementation plan for our local Dementia Strategy has been slightly updated to ensure it reflects the current work, particularly allowing for any post-covid changes. It has not materially changed, and the overall outcomes have not changed.

4.2 Local Outcomes Improvement Plan (LOIP)

4.2.1 The Community Planning Partnership is undergoing some changes and, ultimately, this might affect the approach to the Local Outcomes Improvement Plan. However, at present, there is no intention to change the Local Outcomes Improvement Plan priorities in the short term and supporting people living with dementia will remain a priority for the time being.

4.3 Dementia Friendly Environments

4.3.1 Troon

Dementia Friendly Troon is active in a variety of ways including:

- *Relaxed golf at Royal Troon golf course*
- *Dementia Friendly Allotment work at Fullarton Woods*
- *Life Changes Trust funding diverted to work on Italian Gardens and heritage boards of 'old Troon'*
- *Training for businesses has been ongoing for the last 4 years*
- *As part of the Global Aging Conference, Glasgow this September – some members of this conference will come along and play golf at Royal Troon & Portland courses*

4.3.2 Prestwick

During the lockdown period, DFP secured funds, earmarked staff for recruitment and completed training courses to enable a Meeting Centre to open in Prestwick - a social club for people with early to moderate dementia and their families/carers. The club opened in June 2022, with funding from Life Changes Trust, the Communities Renewal Fund, and Voluntary Action South Ayrshire.

Meeting Centres provide evidence-based support and a safe place where people with dementia (members), their families and carers, can adapt to living with dementia. A diagnosis of dementia is likely to be a difficult time for someone, and for their loved ones. The Meeting Centre provides a safety net to catch and support people following a diagnosis, including peer support and respite periods for carers. With a prominent location in the town - the RAFA Club, by the seafront – the Centre can support people before a diagnosis and signpost to appropriate agencies. People can drop in and talk to staff and volunteers, and be provided with other relevant information re supports.

People are supported to do familiar fun things as well as get effective advice and peer support in

4.3.3 **Maybole**

Although some of the activity planned pre-Covid was delayed a new Dementia Friendly Choir is about to start using the Carrick Centre.

4.3.4 **Girvan and South Carrick**

Girvan Town Team with funding from Coastal Communities Fund carried out the following:

- *Dementia coloured benches x 10 at Ainsley Park. In a cluster formation to encourage conversation and interaction.*
- *Picnic benches x 2 which are wheelchair accessible at the Promenade.*

4.3.5 Girvan Town Team with funding from the Community Led Lottery Fund carried out the following:

- *Beach accessible wheelchairs, beach walker and hoist.*
- *Support provided to the Boost Group to encourage healthy eating and exercise.*
- *Support provided to Z1 and Glendoune to support their Easter projects to encourage youth activities and community cohesion.*

4.3.6 Girvan Town Team in partnership with Locality Planning Partnership and SAC carried out the following:

- *14 defibrillators in the Town.*
- *Community awareness and training programmes being planned under LPP.*
- *Improved disability access from the Promenade to the Beach.*
- *Input to the Mentally Healthy Communities Action Plan.*
- *War Memorial benches and refurbishment of picnic tables to allow public access to events on Stair Park.*
- *Outdoor fitness equipment at the Promenade.*

4.4 **AUFA**

4.4.1 Following the Covid related cessation of the programme, the Football Memories sessions are meeting monthly in the new Ayr United Hub space.

- *These are hugely well-supported and included participants from Care Homes.*
- *Possible outreach sessions.*
- *They involve guests or focusing on a theme such as Scottish Goalkeepers, the Busby Babes, Scottish Refereeing, etc*

4.5 **Alzheimer Scotland**

4.5.1 Alzheimer Scotland has a range of positive activities in place to support people living with dementia including drop-ins, Dementia Walks, Nurture with Nature sessions, Music, and Arts. Please see appendix 2.

4.6 Council Services – Libraries, Leisure, Trading Standards.

4.6.1 Council services continue to support people living with dementia and their carers through mainstream activities within leisure and libraries that are sensitive to their needs.

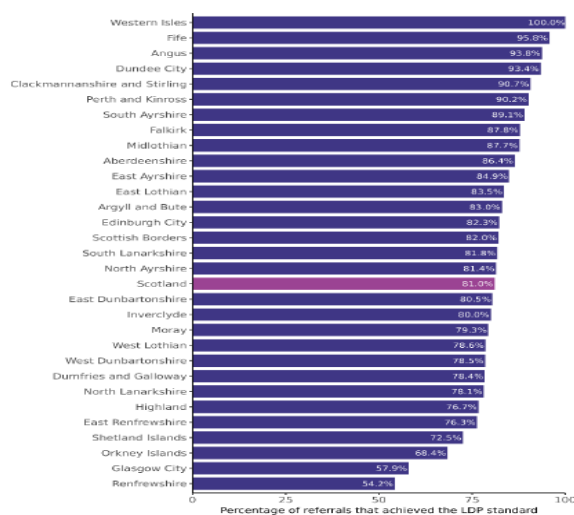
CASE STUDY FROM SAC LEISURE

Elsie has attended the health classes for many years and her husband has been diagnosed with dementia. John is very fit and has always participated in exercise. He is finding it more difficult to attend activities on his own and so he has joined the **health class** with his wife and now is an integral part of the class. As John has a good fitness level he is motivating the class to improve or maintain their fitness. Elsie knows that he is exercising in a safe environment and doing what he does best, keeping active. The friendly, happy and fun environment not only supports the couple but the couple support the rest of the class. Elsie and John also attend the **gym** and as John now knows the layout of equipment and the staff Elsie and John can exercise separately. They also attend a **swim session** as this is John's favourite activity. The poolside staff know the couple well and at the end of the session Edith leaves 5 mins early to get dressed while the staff chat to John and make sure he is safe. Elsie said, "We really enjoy the activities. It gets us out the house and John always enjoys coming to the classes and activities. It lets me out to meet people. You can feel isolated when you are at home."

4.7 Post Diagnostic Support

4.7.1 There is now access to the 2020/21 benchmarking figures for post-Diagnostic support across Scotland from Public Health Scotland.

Figure 3: Percentage of people referred who received a minimum of one year's post-diagnostic support by Integration Authority area; 2020/21^{1,2,3,4,5}



1. Source: Public Health Scotland quarterly dementia post-diagnostic support dataset. Data submissions from NHS Boards as at 31 December 2022.

2. Figures for 2020/21 are provisional subject to all service users completing their support.

4.7.2 South Ayrshire Health and Social Care Partnership's Post Diagnostic support level is significantly higher than the Scottish average. It will remain to be seen whether the pandemic episode materially affects Post Diagnostic Support figures once Public Health Scotland public more up to date years of data.

4.8 Dementia Care in Context and Choice and Options for Support

Mainstream Service response re Dementia:

4.8.1 The Older People's Community Mental Health Team has continued to support people living with Dementia from Diagnosis, Post Diagnostic Support, and longer-term support.

4.8.2 During the Pandemic the team has continued to provide as full a service as possible. This has been challenging due to social distancing and lockdown measures as well as Isolation issues re staff absence and illness.

4.8.3 Initially the service was targeted for High-Risk patients who still received face to face support and visits. This had an effect of initial referrals and therefore a knock-on effect for Diagnosing of Dementia as Clinics were not in operation.

4.8.4 Since September the clinics have been fully recommenced and have returned to pre covid numbers.

4.8.5 Initially non-High-Risk patients were reviewed and contacted via the phone, but we have now returned to a full service with face-to-face visits, and this has been the case since May of 2022.

4.8.6 An integral part of Post Diagnostic is Cognitive Stimulation Groups which are facilitated by Community Mental Health Teams throughout South Ayrshire. These groups are research based and are seen as one of the few psychological based therapies which are of benefit to people with a dementia diagnosis. All those within South Community Mental Health Team that are diagnosed with dementia are offered a place on the groups.

4.8.7 The groups are facilitated by Community Mental Health Team staff trained in Cognitive Stimulation Therapy. The groups are in two parts, the Cognitive Stimulation Therapy Main Group runs for fourteen weeks, followed by the Cognitive Stimulation Therapy Maintenance Groups for twenty-eight weeks. There are in all six groups a week.

4.8.8 These are the only Cognitive Stimulation Therapy Groups in Ayrshire. Therefore, all those who take up this option receive forty-two weeks Cognitive Stimulation Therapy input. The feedback from both patients and Carers is that it is of a huge benefit to them.

4.8.9 All those with a new diagnosis are offered Post Diagnostic Support for a year. This includes Cognitive Stimulation Therapy, sign posting to other agencies for example, Alzheimer's Scotland whom we work closely with.

4.8.10 In March we recommenced our Memory Café in Troon in conjunction with Alzheimer Scotland. This is monthly, and it is hoped we will be able to facilitate other Cafes in other areas later this year.

4.8.11 Within Community Mental Health Teams we have Nursing Home Liaison Nurses who provide support and review of those in Care Homes who have mental health issues, including dementia.

4.8.12 Within the South Community Mental Health team we also have Additional Support Nursing Home Liaison Nurses who can provide intense support to those with mental health issues as well as additional support to staff. This includes stress and distress training using a bio psychosocial model.

4.8.13 We have also utilised the dementia app developed by Alzheimer Scotland, previously as part of our mPower programme and the use of electronic pets.

4.9 Maintaining Caring Relationships

4.9.1 Supporting Carers is substantially addressed in the Adult Carers Strategy and Implementation Plan which is reported elsewhere on the Performance and Audit Agenda in May.

5.0 STRATEGIC CONTEXT

5.1 South Ayrshire's Dementia Strategy Supports the Strategic Plan in the following areas.

- We focus on prevention and tackling inequality
- We nurture and are part of communities that care for each other
- We work together to give the right care in the right place
- We help to build communities where people are safe
- We are an ambitious and effective Partnership
- We are transparent and listen to you
- We make a positive impact beyond the services we deliver

6 IMPLICATIONS

6.1 Financial Implications

6.1.1 There are no financial implications arising from the consideration of this report.

6.2 Human Resource Implications

6.2.1 There are no human resource implications arising from the consideration of this report.

6.3 Legal Implications

6.3.1 There are no legal implications arising from the consideration of this report.

6.2 Equalities implications

6.2.1 There are no equalities implications arising from this report.

6.3 Sustainability implications

6.3.1 There are no sustainability implications arising from this report.

6.4 Clinical/professional assessment

6.4.1 No clinical assessment further to the commentary from the clinical older people's Community Mental Health Team in the report.

7. CONSULTATION AND PARTNERSHIP WORKING

7.1 This report has been prepared in consultation with relevant officers from across the Health and Social Care Partnership.

8. RISK ASSESSMENT

8.1 There are no anticipated risks arising from the content and recommendations of the report.

8.2 In terms of the IJB Risk Management Strategy, the level of risk is low.

9. EQUALITIES IMPLICATIONS

9.1 The purpose of this report is to allow scrutiny of performance. The report does not involve proposals for policies, strategies, procedures, processes, financial decisions, and activities (including service delivery), both new and at review, that affect the Partnership's communities, therefore an equality impact assessment is not required.

9.2 A full Equalities Impact Assessment has been carried out on the full Dementia Strategy 2018-2023.

10. SUSTAINABILITY IMPLICATIONS

10.1 There are no environmental sustainability issues arising from any decisions made on this report.

REPORT AUTHOR AND PERSON TO CONTACT

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BACKGROUND PAPERS

Appendix 1; Pentana Report.

Appendix 2; What's On Ayrshire May 2023.

Appendix 3; Nurture through Nature.