

**The Challenges and Inspirational
Solutions For Rural Urban Dementia
Prime Ministers Rural Dementia Task
and Finish Group and Air Transport
Group
Cheltenham September 2015**

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Dementia School of Medicine and Dentistry
University of Plymouth**

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Parishes around the Yealm Devon**



A.J Dangelo

**Without the sense of Caring there
can be “No” Sense of Community**



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A Dementia-Friendly Britain



Dementia Friendly Communities





Plymouth Dementia Action Alliances Sectors

- ▶ To develop the Plymouth Dementia Action Alliance from the following groups within the city:- Charity/Voluntary Agencies, Criminal Justice System, Emergency Services, University of Plymouth, Schools
- ▶ Digital/Communications/Networks, Health Care Sector, Leisure/Tourism,
- ▶ Local Authorities, Political Parties, Retail Sector, Transport, Utility Companies, **Paid worker** B.B.C. Blue Light, Rescue
- ▶ Financial Sector, Church/Faith Communities, HM Forces, the Press. Check List and a song

PM's Dementia Rural Task and Finish Group Members

**Dementia Friendly Parishes around the Yealm.
Stoke Damerel Community College, Irish
Societies, Business sector, Pharmacies, Farming
groups, Rural MP'S, Members of the House of
Lords, Universities, Rural Nurses, WI, Parish
Council leads, District Councils, Rural
Psychology, Person with dementia and their
carer, Dementia Scotland, The Churches, GP,
Health and Social Care, Community groups
Dartmoor rescue. Hearing Loss. B.B.C.**

Dementia costs the UK £26.3 billion a year

That's enough to pay the annual energy bill of every household in the country.



Unpaid carers: overworked, under supported



1,340,000,000 hours

were spent caring for people with dementia in 2013.
That's more than 150,000 years.

Too many people with dementia aren't living as well as they could

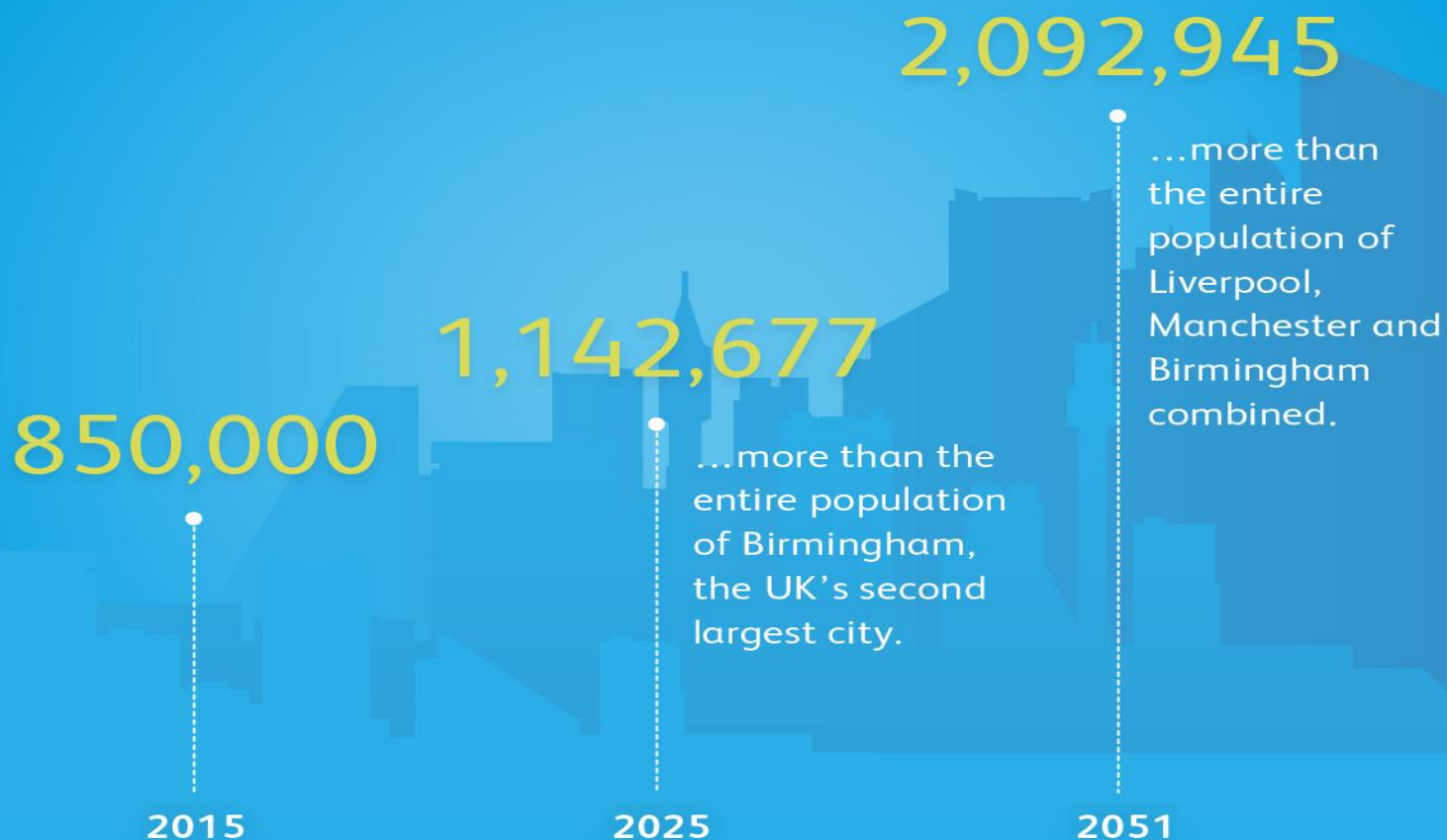
40%

felt lonely recently.



850,000 people live with dementia in the UK

...if we don't take action this number is predicted to rise to over two million by 2051.



No two people with dementia are the same – services need to reflect the needs of individuals

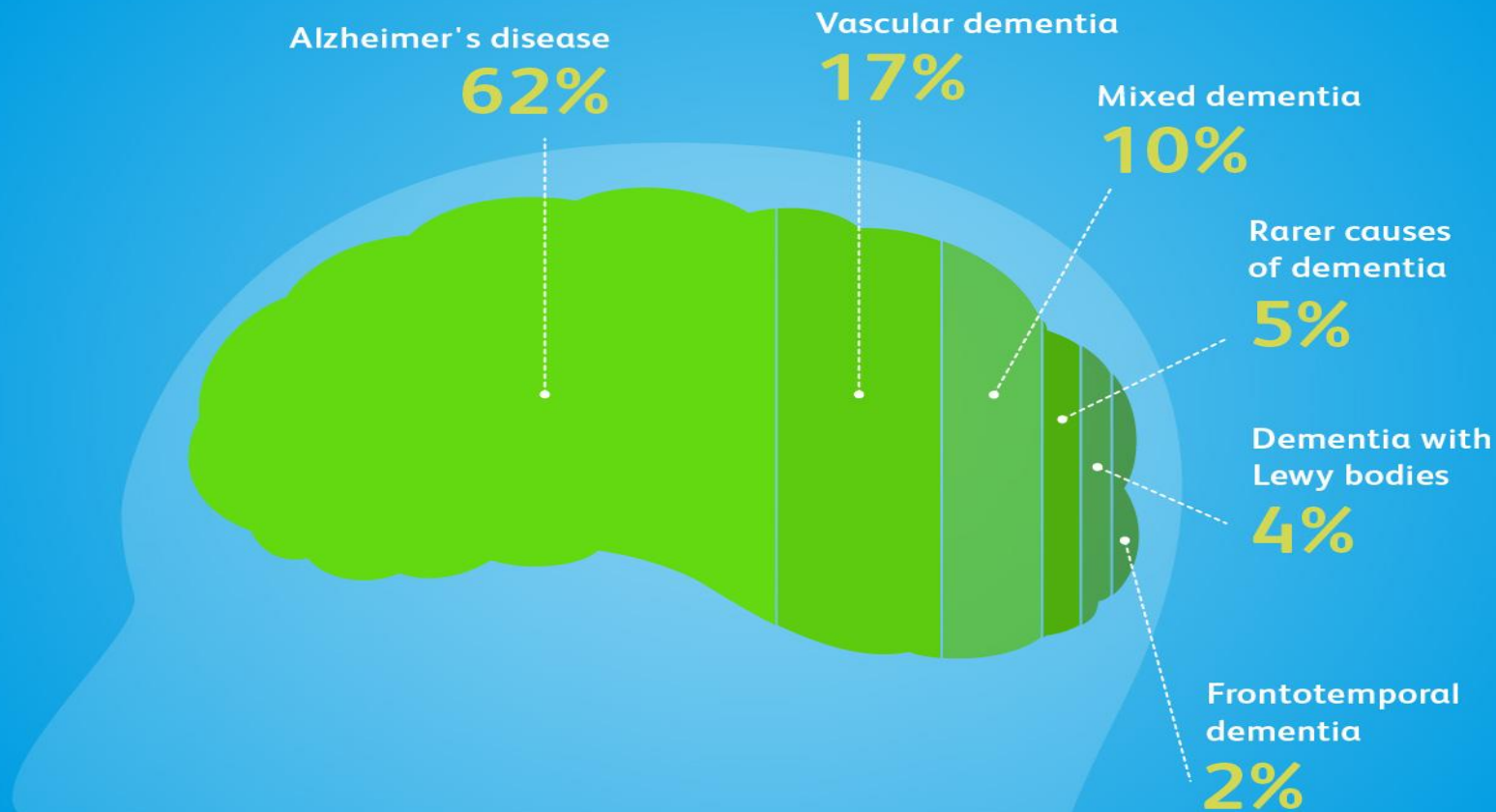


7 out of **10**

people are living with another medical condition or disability as well as dementia.

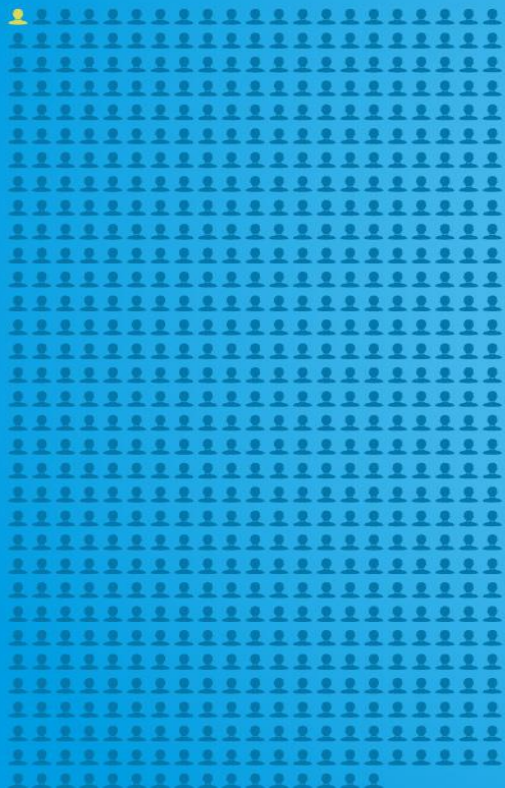
What is dementia?

Dementia is caused by diseases of the brain, the most common of which is Alzheimer's.



The risk of dementia increases with age

1 in 688 people
under 65 have dementia.



1 in 14 people
over 65 have dementia.



1 in 6 people
over 80 have dementia.



Dementia across the UK

England

685,812

Wales

43,477

Scotland

66,773

Northern Ireland

19,765

North East

34,289

North West

89,783

Yorkshire and Humber

67,630

East Midlands

60,254

West Midlands

73,406

East of England

82,516

London

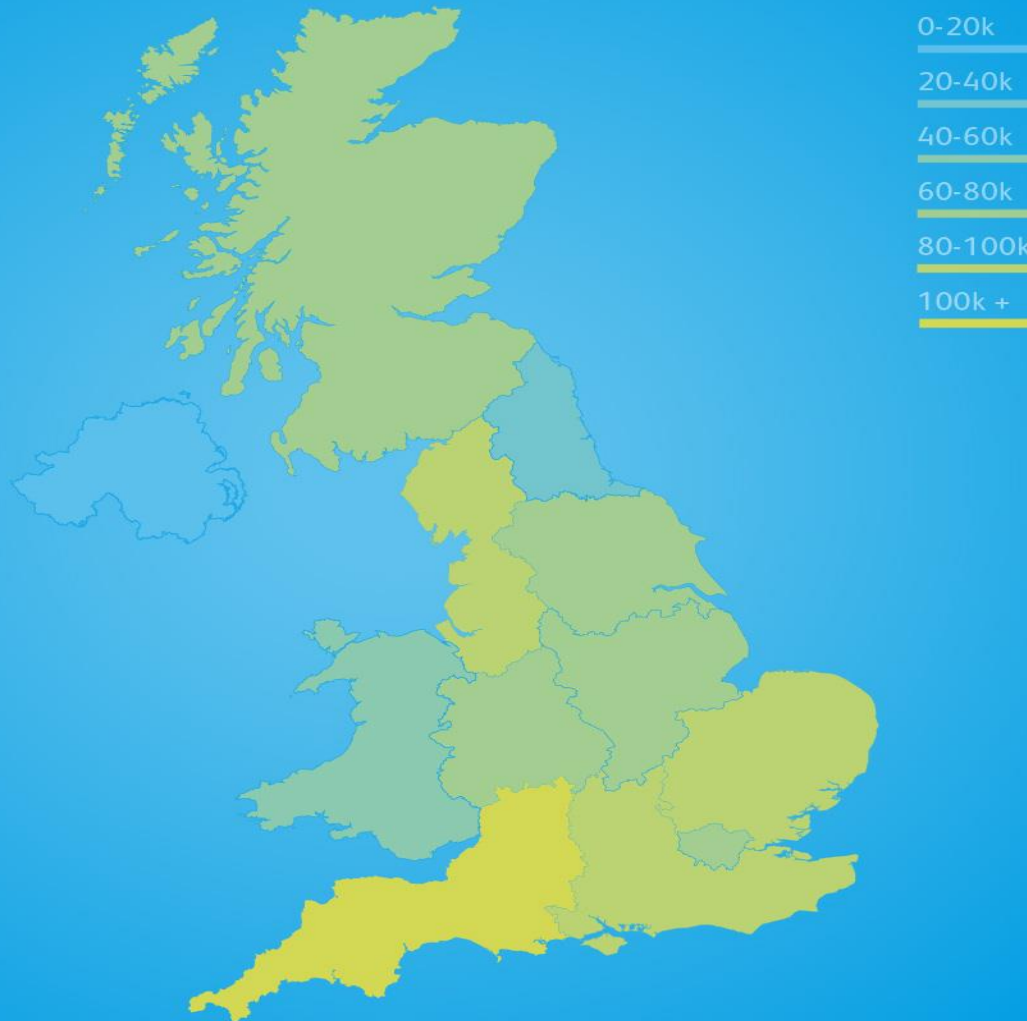
72,009

South East

121,512

South West

84,413



Building a Dementia Friendly Community



G.P.s Survey July 2015

- ▶ Half of GPs (50%) don't think their patients with dementia get enough support from the NHS.
- ▶ Over two-thirds (67%) of GPs don't think their patients with dementia get enough support from social services.
- ▶ More than three-quarters (77%) of GPs think their patients are having to rely on family members as they don't get enough support from health and adult social services.
- ▶ 73% said they have to rely on unpaid carers (eg friend, neighbours).

G.P.s Survey July 2015

- ▶ Less than 1 in 10 (9%) of GPs think their patients get enough support with isolation and loneliness from the NHS and social services.
- ▶ •Less than 1 in 6 (16%) of GPs think their patients get enough day-to-day support to remain independent from the NHS and social services.
- ▶ GPs also report that the system is confusing for people with dementia and carers to navigate, and that a lack of accessible local services is a barrier to support.
- ▶ This reflects the impact of a lack of integration of services and of underfunding of community services for dementia,
- ▶ 73% of GPs agree that it is confusing for people with dementia and carers to navigate the health and social care system.

G.P.s Survey July 2015

- ▶ 23% of GPs say they haven't had sufficient training in dementia to give them a good understanding of how to manage a person with the condition.
- ▶ Over a quarter of GPs (27 %) said they would be less likely to refer people with suspected dementia for a diagnosis if there isn't enough local support in place.
- ▶ 23% of GPs would be less likely to diagnose/refer for a diagnosis where it is not clear what treatment or support they will get after the diagnosis.

G.P.s Survey July 2015

- ▶ 33% of GPs would be less likely to diagnose/refer for a diagnosis someone who lives in a care home.
- ▶ 25% of GPs would be less likely to diagnose/refer for a diagnosis where the person's dementia is already very advanced.
- ▶ 16% would be less likely to diagnose/refer for a diagnosis where the person has complex health conditions.

Some of the Challenges in Rural communities

- ▶ **Social Isolation and Loneliness**
- ▶ **Lack of Transport**
- ▶ **Fuel poverty**
- ▶ **Broadband**
- ▶ **Health and Social care**
- ▶ **Poverty 980,000 households below the poverty line**
- ▶ **No sense of community (like it use to be) incomers.**

The Projects/Solutions

- ▶ **Five Dementia Friendly Parishes around the Yealm.**
- ▶ **N.A.L.C/ regional Parish Councils**
- ▶ **The B.B.C. Alexis Kirks work.**
- ▶ **Dartmoor Rescue.**
- ▶ **Rural Schools.**
- ▶ **Churches**
- ▶ **The WI**
- ▶ **Young Farmers**

The Projects/Solutions

- ▶ **R.A.B.I.**
- ▶ **Rural GP's Sentinel work.**
- ▶ **G.P.S. The Right to Roam**
- ▶ **Rural Buses.**
- ▶ **Community Farming.**
- ▶ **Dementia Scotland.**
- ▶ **Irish Society**

The Projects/Solutions

- ▶ **Hearing Loss and Dementia.**
- ▶ **Professor Hennessy's work in rural communities 2014.**
- ▶ **Early discharge from hospital to a dementia friendly rural community**
- ▶ **Simple on line safeguarding App.**

Dementia Friendly Parishes around the Yealm July 2015

Liz Hitchins

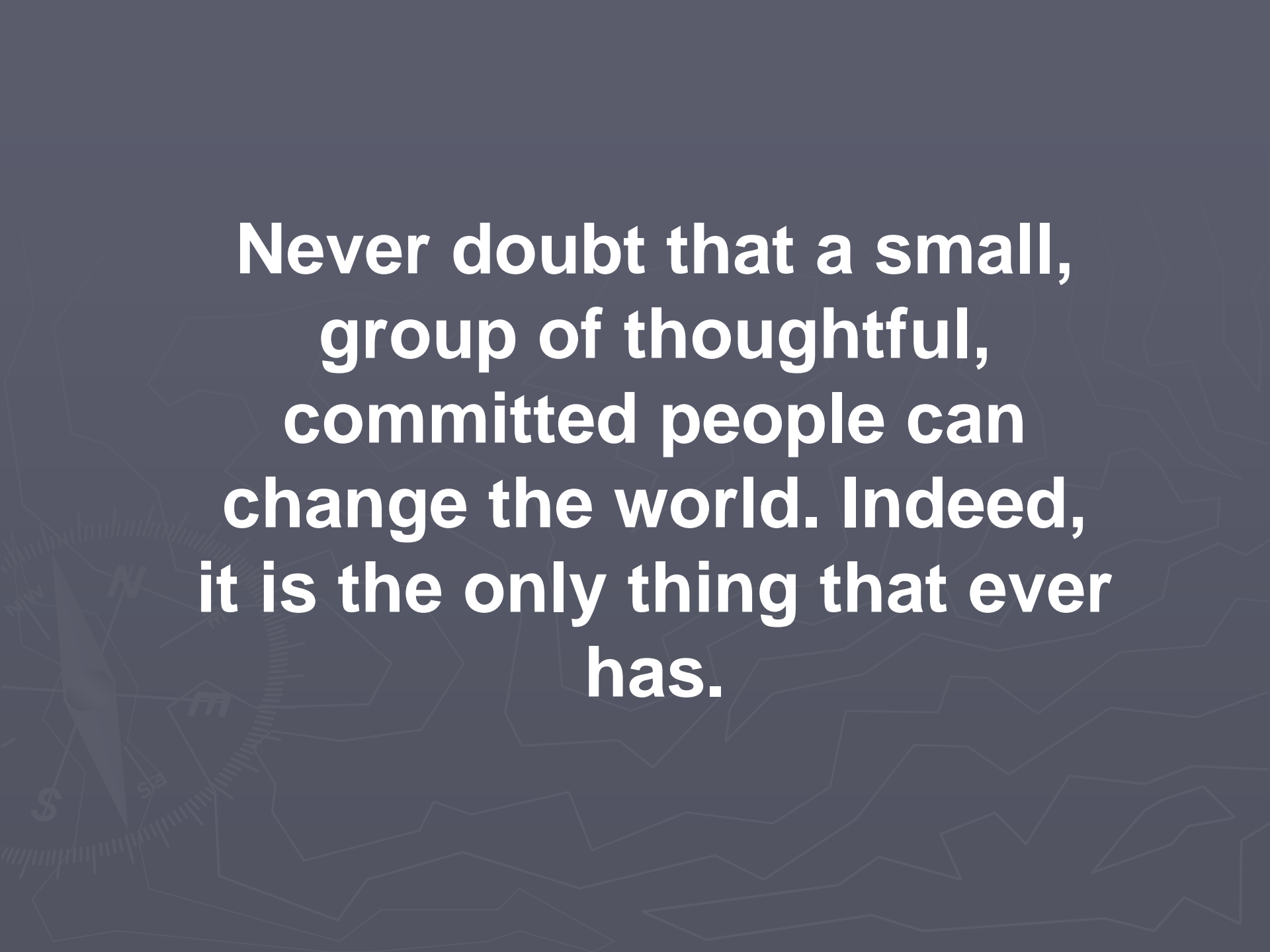
Project Secretary

**Member of the PM's Rural Task
and Finish group 2015**

Dementia Friendly Parishes

Monthly Steering Committee meetings; **supporting 38 families**; Raising awareness with Parish Councils Groups : U3A WI, N.F.U. Church and Community groups, businesses in the villages , Primary Schools, Marketing - Fund raising –promotion at community events, activities gentle exercise, information and advice, befriending, transport, art and craft ,shared reading group (The Reader Org) Website, **Paid Worker, working directly with families. Referrals from the community, supported by team of volunteers**

Regular liaison with Medial Practices, CMHT, voluntary groups, residential sector.



**Never doubt that a small,
group of thoughtful,
committed people can
change the world. Indeed,
it is the only thing that ever
has.**



- ▶ **Any Questions**
- ▶ **Contact Details**
- ▶ **isherriff@plymouth.ac.uk**