

# Dementia strategy for Lincolnshire

## What matters to you?

We want to make things better for those affected by dementia, their carers and families, from the point of diagnosis to the end of life. This includes supporting people most at risk of developing dementia in our community.

Over the past few years, we've spoken to a number of people about what matters to them. We have taken this feedback and put it alongside what we know about the changing needs of our local communities, the impact of the pandemic and health inequalities in Lincolnshire.

**The next step is – have we got this right?**

### What you've told us we should focus on

- 1 More information about preventing avoidable dementia and encouraging people to age well.
- 2 Earlier support for people diagnosed with mild cognitive impairment (MCI) and dementia.
- 3 Improving experiences for people diagnosed and living with dementia – joining up services to help timely identification and referrals. Including a new delirium and falls process.
- 4 Prevent people reaching crisis - supporting people with dementia, their carers and families with personalised care planning, so that they can live well and get the right support when they need it.
- 5 Improving access to personalised pre and post diagnostic support and carer support. Including, start of memory problems, diagnosis, and end of life care.
- 6 Work together to ensure local community support is available.



# How will we do this?

## Preventing Well

*Risk of people developing dementia is reduced*

Increase knowledge of preventing dementia.

Raise the awareness of dementia symptoms and the importance of early diagnosis in all our communities.

Support those with mild cognitive impairment (MCI) with lifestyle education and social prescribing.

Encourage regular NHS health checks and ensure early signs of dementia are recognised.

Raise wider public and professional awareness of dementia amongst support services in the community. Create Dementia Friendly Communities, support Dementia Action Alliances (DAAs) and consider the role of Dementia Ambassadors and Dementia Friends.

Focus on people rather than systems or structures.

Ensure equality/equal access to services for people with dementia and frail people.



## Diagnosing Well

*Timely diagnosis, care plan and review in the first year*

Support and information ahead of memory assessments.

Increase dementia diagnosis rates.

Reduce waiting times for memory assessment and diagnosis.

Access to digital technology to support diagnosis and treatment.

Offer all carers and loved ones of those diagnosed with dementia equal access to support services.

Increase care professionals' knowledge of dementia services and referral pathways.

Develop specialist young onset dementia (YOD) pathway to ensure timely and appropriate diagnosis, and help people remain active and living well in the community.



# Treating Well

*Ensuring access to the best treatment available*



Increase awareness, availability and access to medication and non-medication treatment options for people diagnosed with dementia.

Increase knowledge of available dementia services, supporting information and safe places people can go to talk and get support.

Personalised care and support plan for anyone diagnosed with dementia, that all stakeholders are able to access. Ensuring the person diagnosed has a copy and is able to amend and contribute to this, including where the plan is digital.

People plan for their future care as early as possible - Advanced care planning and Recommended summary plan for emergency care (ReSPECT).

# Supporting Well

*Access to safe high-quality health and social care for people with dementia and their carers*



Ensure access to appropriate information, advice and support for those diagnosed with dementia, including those aged 65 and under and for people with learning disabilities.

Improve access to education and dementia training programmes for carers, families and care professionals.

Develop and improve person-centred care for everyone and ensure they have more choice and control over their health and wellbeing.

Ensure access to social care advice, support and assessment is timely, including financial assessments.

Use data to identify needs and put resource where it is needed.

Engage wider partners in housing, transport, and our communities to ensure people with dementia can live independently at home for longer and feel safe in dementia friendly communities.

## Living Well

*People living with dementia can live normally in safe and accepting communities*

Improve access to digital technology, to support people to live well and stay safe at home.

Work collaboratively with people who have dementia, their carers, and our partners to be able to support the person with dementia, their carers and prevent carer breakdown.

Develop local community support networks which those diagnosed with dementia and their carers can access, to improve the health outcomes and care those diagnosed with dementia experience.

Ensure support is personalised and solution-focused to enable people with mild-to-moderate dementia to manage everyday activities and maintain independence.



## Dying Well

*People living with dementia die with dignity in the place of their choosing*



Increase the number of people with dementia dying at their usual place of residence.

Promote care planning whilst people can communicate their needs and wishes, to increase awareness that dementia can reduce life expectancy.

Increase people's competence and confidence in personalised palliative and end of life care across all care settings – including care professionals, unpaid carers and volunteers.

Ensure complex palliative care support is available for all who need it.

Access to bereavement support.

## What do you think?

We'd love to hear your thoughts, comments, and feedback on our draft dementia strategy goals.

You can read the full draft document on our website at [www.lpft.nhs.uk/Dementia-Strategy](http://www.lpft.nhs.uk/Dementia-Strategy) or by scanning the QR code.

Alternatively, send comments to the Lincolnshire Dementia Programme Board at [licb.ldpb@nhs.net](mailto:licb.ldpb@nhs.net)

or Colin Hopkirk at Every-one [colin.hopkirk@every-one.org.uk](mailto:colin.hopkirk@every-one.org.uk)

Every-One is a Lincolnshire based charity that aims to work inclusively with people to ensure that every one is at the centre of their own wellbeing.

