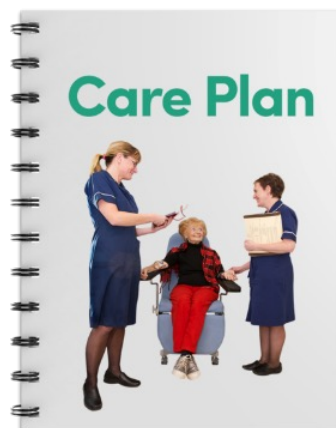


Dementia Strategy

2023 - 2028

Improving the lives of people
affected by Dementia in
Gloucestershire



Dementia Plan 2023 - 2028

Our aim for people living with dementia in Gloucestershire

We want everyone to work together so people with dementia and the people who care for them get the right support.



We have worked with staff supporting people with dementia, people who live with dementia and their carers, and people in the community, to agree what we will do over the next 5 years.

Using our plan we want to:

- Help people do things to lower the chance they will get dementia.
- Find out early if a person has dementia.
- Have better support for people with dementia and their carers, so they can stay at home as long as possible.
- Give people good care in the community, hospitals and other services.
- Support people who are at the end of their life.

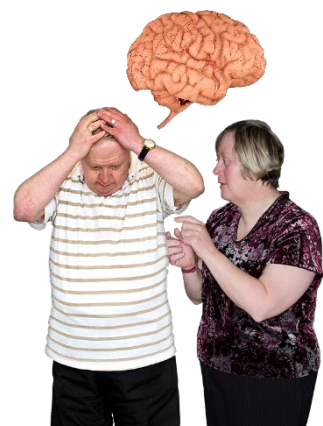


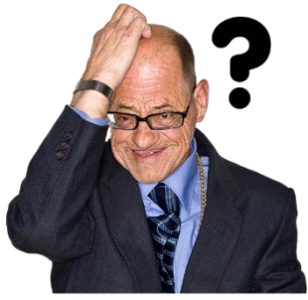
What is dementia?

Dementia is when a person's brain does not work like it used to.

They might find it difficult to remember things, they might find it difficult to think.

Some people might see things that are not there, or find it difficult to manage how they feel.





Because of this, people with dementia might have problems doing the things they used to be able to, to look after themselves.

There are lots of different kinds of dementia.

There are lots of things that can cause dementia.

There is no cure for dementia yet.



Dementia mostly happens when people are older but sometimes younger people have dementia.

There are lots of people living with dementia in Gloucestershire and we know there will be more in the future.

That is why we have made our plan.

Dementia and different groups of people.

We know that some groups of people do not get the same health support as other people.

This can be for lots of different reasons.

We will use what we know about different groups of people to help make sure they get the support they need.

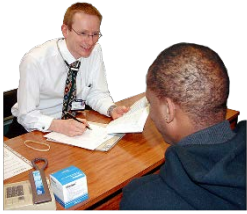


What are the main things in this plan?

We have 5 areas we will work on as part of this plan.

Preventing Well – we want to help people lower the chance they will get dementia.





Diagnosing Well – we want to find out early if someone has dementia and make good plans about their care.

Supporting Well – we want to make sure people get the care and support they need.



Living Well – we want people to be able to live normally in their community.

Dying Well – we want people with dementia to be able to make choices about when and where they die.

How will we do these things?

Preventing Well.

Some things that cause dementia cannot be changed.

Some things like living a happy and healthy life can reduce the risk of dementia.

We will:

- Help people know about the things they can do to live a healthy, happy life.
- Make sure people know about NHS Health Checks, and talk about dementia at those health checks.
- Use different ways to help people understand about dementia and how they can reduce the risk of getting dementia.

Diagnosing Well.

This means identifying people with dementia as soon as possible.

There are lots of good reasons for finding out about dementia early.

- It can help us treat health problems that might look like dementia, but are not to do with dementia.





Decision

- It means people can get the right care at the right time.
- It helps us plan the right treatment for a person.
- Carers can get the support they need.
- People can find out about the groups and activities they can go to, to make friends, try new things and get support.
- People can make plans about their care and support.
- There could be benefits for people with dementia or their carers. This could be things like Carers Allowance and the Blue Badge Scheme.
- People with dementia might need changes made in their home or help with day to day things.
- People with dementia can plan how they would like to be cared for,
they can do things like, decide who will make decisions for them when they are no longer able to, or make a will.

We will:



- Work together so people can have an assessment for dementia from their GP and other staff supporting them.
- Support people who are waiting to find out if they have dementia.
- Make sure more people know the signs of dementia for people under 65. This is called Young Onset Dementia.
- Be better at finding out if a person who lives in a care home has dementia.
- Make sure people from black and minority ethnic groups know how important it is to find out about dementia early.



Supporting Well.

This means people with dementia live as well as they can.

They get information and support from the services they need.

People get the right care, at the right time in the right place.



We will:

- Identify and support carers as soon as possible.
- Give people the information they need, when they need it in a way that is right for them.
- Make sure people know what support is available to them in Gloucestershire.
- Make sure health and care staff have the training and information they need to support people.
- Have a good Dementia Advisor service across Gloucestershire.
- Make sure people have reviews of their care plans.
- Give more people the chance to make plans about their care, for when they are unable to.
- Make sure people get the right medication.



Living Well.

This means being able to carry on being part of the community.

Staying happy and healthy.

Doing things that they enjoy.

Carers getting the support they need.





We will:

- Work together with communities and groups to help people stay connected and active.
- Work with employers so they understand if they have staff who have dementia or are caring for a person with dementia.
- Support activities that are not medical like music therapy.
- Find ways to use technology to help people who have dementia.
- Work together with care providers to make sure people get good support wherever they live.
- Work together with housing providers so they think about the needs of people with dementia when they are planning.



Dying Well.

We want to make sure we plan early for how we support someone when they are dying.

This means people with dementia have a say about what they want and what is important to them.

We Will:

- Understand about the end of life needs of people living with dementia, especially groups of people most likely to miss out.
- Check our information about end of life to make sure it is right for everyone.
- Help more people make plans about what they want at the end of their life.





- Support staff working with people with dementia to have the skills and training they need.
- Make it possible for more people to die in the place they choose.
- Make sure carers and other supporters get the help they need before and after someone dies.



How we will make our plan happen and check how we are doing:

- The Dementia Steering Group will check how we are doing every 3 months.
- We will check what we have done at the end of each year and agree what needs to happen in the next year.
- This will include a survey to find out how people think we are doing.



If you want to find out more on Gloucestershire's Dementia Strategy please contact: glicb.ageingwell@nhs.net