

To: SOCIAL WORK COMMITTEE		Subject: SERVICES TO PEOPLE WITH DEMENTIA AND THEIR CARERS
From: DIRECTOR OF SOCIAL WORK		
Date: 15 JANUARY 2004	Ref: JN/	

1. PURPOSE OF REPORT / INTRODUCTION

- 1.1. This report advises Committee of the range of needs and services available in North Lanarkshire to support people with Dementia and their carers.
- 1.2. This report is provided to Committee following a request by an elected member for additional information on services for people with dementia.

2. BACKGROUND

- 2.1. Dementia is one of the greatest challenges facing health and social work services in this country today. The incidence of dementia roughly doubles in 5-year age bands, from a rate of 12 per thousand in people aged 60 to 65 years to almost half of all people aged over 85 years. This means that in North Lanarkshire, over 3,000 older people will have dementia at the present time. Nationally, estimates suggest that 800,000 people are affected by this condition, costing approximately £6billion to meet their specific complex needs. In addition to finance, there is also the human cost of this degenerative disease.
- 2.2. "Dementia" is the term used for a group of symptoms that cause changes in brain function and in brain cell degeneration. Symptoms include loss of cognitive function, progressive decline in mental ability, thought processes and motor movement. There are many forms of dementia, the most common are listed below.
 - (a) Alzheimer's. This accounts for 70% of dementia cases and is therefore the most prevalent form of the condition. As with other forms, this type of dementia gradually debilitates the person over a period of time, e.g. people may lose the ability to perform basic functions of self-care, feeding, mobility, and ability to communicate and articulate speech.
 - (b) Multi-infarct dementia. The person suffers a series of recurrent strokes with varying degrees of severity. Each episode results in further impairment and sudden loss of some aspect of mental function.
 - (c) Lewy Body Dementia has similar symptoms to those mentioned but in addition, there is the presence of delusions, hallucinations, delayed motor ability, rigidity, limited attention span, disturbed sleep patterns and repeated falls.
 - (d) Frontal Lobe Dementia. As with other dementias, there is gradual change in character, behaviour and eventual loss of memory.

- (e) Picks Disease. Onset usually occurs between the age of 50 and 60 years, with impaired memory, speech and intellect. Personality changes with loss of inhibitions often accompanied by inappropriate behaviour.
- (f) Transmittable types of dementia. Dementia can be evident in Creutzfeldt Jakob Disease (CJD) with onset in middle age, and New Variant CJD which is prevalent in younger people. This type of dementia is thought to be part of the symptoms resulting from exposure to forms of protein transferred from human / animal sources.

2.3 There are also other conditions that can have dementia as a related condition although for some of these conditions this is not prevalent. These include Huntington's Chorea, Korsakoff's Disease (alcohol-related dementia), HIV and AIDS-related illnesses, Multiple Sclerosis and Parkinson's Disease. People with a Down's Syndrome can have symptoms of Early Onset Dementia.

2.4 From diagnosis or onset of dementia to death is an average of 8 to 10 years, although people have lived with the condition for up to 20 years. In general terms, the earlier that the onset of the condition occurs, the more rapidly the dementia and its manifestations develop.

3. SERVICES TO PEOPLE WITH DEMENTIA AND THEIR CARERS

3.1. Statutory services, independent sector services and carers are all part of support networks for people with dementia and their carers. While services provided can be of a specialised nature, most services to people with dementia and their carers are part of mainline services in the health, social work and independent sector fields.

3.2. In terms of specialist services, a note of those services specially designed to support people with dementia and their carers is attached as an appendix to this report.

3.3. Within the Council's in-house Care Homes and Day Care Services for older people, around 50% of residents and a smaller but significant number of day care users have dementia. One Day Centre, East Stewart Gardens in Coatdyke, is a specialist unit for older people with dementia. This is one of the Council's Chartermark award-winning services.

3.4. While the Council's Home Care Service is generic in nature, an increasing number of Home Support Workers are trained in understanding and supporting people with dementia.

3.5. A range of services to support carers exists in North Lanarkshire and details are also contained in the appendix to this report.

4. AREAS FOR DEVELOPMENT

4.1. A number of areas have been identified as requiring further development.

4.2. Training

Training for Home Support Workers is being further developed to include a basic knowledge of the condition, symptoms and likely behaviours/manifestations. Staff should be able to listen, have patience, read non-verbal communication and have insight to be able to reduce insecurity, motivate and avoid de-skilling the person.

4.3. Assessment

Planned, person-centred, single shared assessment of need is essential and ongoing review of such, as the condition deteriorates, is equally important.

4.4. Advocacy

To promote the rights of the person with dementia, further advocacy services are required and are being developed at the present time.

4.5 Multi-Agency Work

- (a) A range of multi-agency services are being developed with shared aims and a common agenda. Health and Social Work agencies will continue to pool resources and knowledge to benefit both the service user and carer.
- (b) With Housing and architectural services to design facilities that are appropriate to meet needs and "dementia-friendly".
- (c) With Health staff, including Mental Health personnel and biomedical sciences, partnership exists to inform of innovative treatments and advancement in drug therapies. Locally based dementia specialists in health and social care agencies work collaboratively in the field.
- (d) More Day Care / Community support staff would assist those who wish to remain active and participate in their community.

4.6 Social Work Services

- (a) More flexible use of Day Care Centres to meet needs of individuals, at weekends and evenings.
- (b) Appropriate respite resources with trained staff to provide support.

As highlighted in the joint health and social work strategy for frail older people, the importance of helping people to stay in their own homes is emphasised. Therefore, to promote the use of "Smart" technology to provide equipment that helps people to remain in their homes. Also adequate responses by Community Alarms and Out of Hours to those who need health advice and intervention to avoid admission to hospital.

5. FINANCIAL/PERSONNEL/LEGAL/POLICY IMPLICATIONS

5.1 This report is for noting. There are none of the above implications at the present time

6. RECOMMENDATIONS

6.1 Committee is asked to:

- a) Note the content of this report



Jim Dickie
Director of Social Work
25 November 2003

APPENDIX

REPORT TO SOCIAL WORK COMMITTEE “SERVICES TO PEOPLE WITH DEMENTIA AND THEIR CARERS”

A. Services for Carers

1. North Lanarkshire Carers Together

This is a campaigning, lobbying body to promote carers rights. The organisation aims to influence policy, planning and development strategies, and to act as the voice of carers in North Lanarkshire.

2. Alzheimer’s Scotland

This organisation provides day care and respite care for people with dementia through local branches in North Lanarkshire supported by Council funding. They also facilitate and support a number of care groups to provide support, advice and promote advocacy.

3. Princess Royal Trust Lanarkshire Carers Centre

Provides information, support, advice and promotes advocacy for all carer groups across North Lanarkshire. Carer Support Workers are attached to each of five area teams.

Carers support groups are held in numerous community facilities in Airdrie, Cumbernauld, Bellshill, Coatbridge / Kilsyth and Motherwell.

4. CLASP

Carers Liaison and Support Project is funded and overseen by North Lanarkshire Council. The Project provides support to adult carers in Wishaw / Shotts. The project facilitates support groups and home visits to carers. The project can also mediate and liaise with service providers on carers’ behalf.

5. Lanarkshire Community Care Forum

This organisation has a North Lanarkshire Steering Group which represents the interest of carers and service users and carries out tasks such as consultation on statutory plans when requested to do so by partner agencies.

6. Carers Strategy Implementation Group

This group of representatives from carer groups and organisations, Council and Health staff responsible for the production and monitoring of the Carers Strategy and agreeing the use of resources for services to carers.

B. Services for People with Dementia

1. Health Services

- (a) A liaison nurse is available to advise residential care homes on the condition, medication and aspects of behaviour.
- (b) The Community Mental Health Team, based in Coathill Hospital, covers people living in Airdrie, Coatbridge, Kilsyth and Cumbernauld. They provide input with ward staff to two assessments wards in Coathill Hospital. One ward has ten beds and provides periods of assessment for those with dementia. Airbles Road Day Hospital provides a similar service in the Clydesdale Area, with 20 places for assessment of people with dementia. Advice is provided with regard to medication, behaviour and education.
- (c) Local Care Partnerships are networks of multi-agency representatives, including Health, Housing and Social Work, who contribute to develop services in the particular locality. There are five partnerships within North Lanarkshire Council, co-terminous with Local Health Care Co-operatives.
- (d) Consultant Psychiatrists, Psycho-Geriatricians and GPs provide individual assessments in relation to patients' condition, general welfare and administration of relevant medication.

C. Social Work Services to People with Dementia

1. Day Care Facilities

- (a) Harry Walker Centre in Airdrie provides a service to frail older people, including those with mild to moderate dementia.
- (b) Burngreen Residential Home in Kilsyth provides a specialist dementia day care facility. This facility operates two days per week from 9am to 5pm.
- (c) The Antonine Centre in Cumbernauld provides seven-days day care from 9am to 5pm for frail older people with mild to moderate dementia and also provides carers support groups.
- (d) Alexander Resource Centre in Coatbridge provides day care to frail older people including those with mild to moderate dementia.
- (e) The Sir John Mann Centre provides day care from Monday to Friday for those with mild to moderate dementia. The Centre has 40 places and covers the Bellshill / Motherwell areas.
- (f) Stewarton Day Centre in Wishaw provides day care to older people, including those with mild to moderate dementia.

All of the above Day Centres provide a service to those who have mild to moderate dementia. If the person's condition deteriorates, then there is a fast-track referral to East Stewart Gardens in Coatbridge. This day care resource is specifically for those with moderate to severe dementia. The unit is open seven days per week and offers a more specialist service for those with dementia. East Stewart Gardens operates an open-door policy for carers who are encouraged to attend support groups.

2. Overnight Service for Frail Older People

This resource operates within the Shotts area and is the Department's Home Care facility for frail older people who require additional support during the night. Staff will call in at the person's home during the night to ensure safety and provide reassurance.

3. Smart Technology

The Department's telecommunication equipment is used to provide frail older people with a direct link to the Council's call centre in Merrystone Care Base, Coatbridge. In addition to alarm units, the monitoring equipment which is installed will alert the call centre should the individual leave the house, leave the gas or water running or suffer a fall.

4. Residential Care Homes

It is estimated that as many as 50% of residents of Care Homes suffer dementia. Care homes endeavour to provide the person with familiar surroundings and routines to enable them to retain independence, dignity for as long as possible. All of the Council's Care Homes for Older People can care for those with dementia.

5. Area Team Home Care

The Home Care service, provided by all Area Teams, has Home Support Workers who provide practical support to frail older people and those with mild to moderate dementia. Levels of service vary according to need with over 300 people receiving 20+ hours care per week.

D. Voluntary Organisations

1. CACE

Cumbernauld Action for the Care of Elderly (CACE) provides day care facilities for those with a mild to moderate dementia. This is also a form of respite for carers.

2. Alzheimer's Scotland

This organisation provides day care and respite at home for people with dementia and their carers. Numerous carer groups also operate throughout North Lanarkshire under the auspices of Alzheimer's Scotland. The Carer Liaison Project supports carers who are no longer providing support following the person's death or admission into care.

Alzheimer's Scotland provide a resource for those with moderate to severe dementia in Wishaw, Motherwell and Bellshill who wish to remain in their own homes rather than access day care facilities. They will also liaise with the Social Work Department and other statutory bodies on the person's behalf.

3. "Equals" Advocacy Project

This is a facility for those with mental health and dementia difficulties. The advocacy project will help ensure the person's rights, views and choices are respected and their needs met. "Equals" covers all of North Lanarkshire.