

# Alzheimer's Society's Guide to Dementia and the NHS Long Term Plan



## The NHS long term plan

**The NHS Long Term Plan presents a unique opportunity and incentive for genuine integration and sustainable change. At Alzheimer's Society, we want people with dementia to access the care and support they need, and to create a dementia friendly society offering high quality, effective health and care that meets those needs.**

We have a strong desire to help make the ambitions of the NHS Long Term Plan a successful reality, and have produced this guide to set out clearly what we can offer in terms of supporting that success. The outcomes for this span both health and social care, and our priority calls reflect the recognition within the Long Term Plan that its success is dependent on a future long term funding solution for social care, and effective integrated working.

Throughout the Long Term Plan there are commitments to service developments that can have a dramatic affect improving the lives of 670,000 people living with dementia in England today. Tackling dementia also enables proper support for the co-morbidities that 70% of people with dementia live with. It also means improved care and support for family carers whose own health needs, including mental health challenges, are all too often overlooked.

Alzheimer's Society's vision for the future is a world without dementia – underpinning this is the need to create a society where those affected by dementia are supported and accepted.

### **We get it: we are trusted experts, informed and inspired by people affected by dementia**

Dementia care and support spans health, adult social care, and community support services; a complex web of care which can be challenging to navigate independently but which, with the implementation of the Long Term Plan, can be much more cohesive and personalised.

### **We are united: together we achieve more**

Through collaboration between the NHS, local authorities and the VCSE sector, we can effect real change and improvement in the services for, and experiences of, people living with or affected by dementia.

Alzheimer's Society was one of the key stakeholders invited by NHS England to feed into relevant work-streams including Ageing Well and Mental Health. We presented 'The Dementia Imperative', evidence that represents the needs and experiences of people with dementia, and which helped to shape the Long Term Plan.

### **We will do it: we demand and deliver lasting change**

There is much in the Long Term Plan that we welcome such as the commitment to our Dementia Connect service through which we intend to reach every person affected by dementia, and a commitment to increase 'community care' investment by £4.5bn in five years' time.

Dementia is complex, impacts on all other health conditions and is affecting more and more people; here we look at ways in which we can support you to get it right for dementia.

**Both the wellbeing of older people and the pressures on the NHS are also linked to how well social care is functioning. When agreeing the NHS' funding settlement the government therefore committed to ensure that adult social care funding is such that it does not impose any additional pressure on the NHS over the coming five years. That is basis on which the demand, activity and funding in this Long Term Plan have been assessed.**

(NHS LTP Ch1.5.)

As the country's largest charity representing the needs of people affected by dementia, Alzheimer's Society is at the forefront of directly influencing and campaigning for change in the way people are supported by both health and social care, and how they need to be truly integrated. Our current focus on driving the reform of social care, of which people with dementia are some of the highest level users, will lead to a system that not only

better supports them in the community, but also works effectively with health services to plan effective care. Coordinated, personalised care that enables people with dementia to remain living in their community for longer and improves their wellbeing will also reduce the impact and cost on local services through the reduction of unnecessary admissions, and reduced length of stay when people do need to go into hospital.

## Dementia – Our biggest challenge for health and social care

**£26 bn**

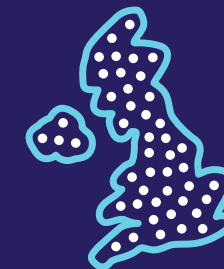
**The economic costs of £26 billion per year** are greater than that of cancer and heart disease combined.



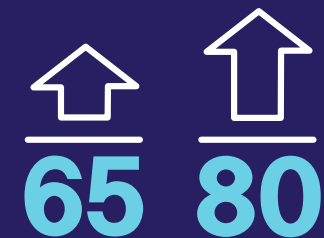
**One in four UK adults** say they believe dementia is the biggest health challenge facing the NHS in the next 70 years in terms of the cost to the NHS and the number of people affected.



Dementia was the cause of **more than 67,000 deaths** in 2017, an increase of 7.6% from 2016.



There are **850,000 people with dementia in the UK**, with numbers set to rise to over 1 million by 2025 and 2 million by 2051.



1 in 14 people over 65 years old and 1 in 6 over 80 years old have dementia.



## Collaboration is key

**In developing their implementation plans all systems are expected to take an integrated approach to strategic and operational planning:**

**Locally owned: Local government will be key partners to developing system plans and are asked to engage throughout the process. Similarly, the voluntary sector and other local partners, including representatives from the most marginalised communities who often experience the poorest health and greatest inequalities, should be involved.**

(LTP Implementation Guidance Ch1.8)

**Every ICS will have: a partnership board, drawn from and representing commissioners, trusts, primary care networks, and – with the clear expectation that they will wish to participate – local authorities, the voluntary and community sector and other partners.**

(NHS LTP Ch1.52.)

The plans outlined in the Long Term Plan rely heavily on collaboration between NHS and other statutory bodies, Local Authorities and the Voluntary Community Social Enterprise sector. Alzheimer's Society have a track record for building solid partnerships and collaborations in our field; we can actively participate in strategic planning and stakeholder relations; upskilling workforces; building community resilience and supporting commissioners and providers to realise the integration ambitions of the Long Term Plan. Our Policy and Regional Public Affairs teams are well placed to offer advice and guidance on implementation plans. Our Integration and Personalisation teams are already supporting the Long Term Plan work at National level, working closely with NHS England and others to achieve better outcomes for people with dementia and their carers.

**Primary care networks of local GP practices and community teams**

**The £4.5 billion of new investment will fund expanded community multidisciplinary teams aligned with new primary care networks based on neighbouring GP practices that work together typically covering 30-50,000 people... Expanded neighbourhood teams will comprise a range of staff such as GPs and SAS doctors, pharmacists, district nurses, community geriatricians, dementia workers and AHPs such as physiotherapists and podiatrists/chiropractors, joined by social care and the voluntary sector**

(NHS LTP Ch.1.9)

By 2025 the NHS expect to see Primary Care Networks covering all of England; our Area Managers, with expertise on dementia coupled with vital local knowledge, have valuable insight to offer to Primary Care Networks. Our specialist Dementia Advisors, who work 1-2-1 with people with dementia, can work in Multi-Disciplinary Team settings supporting the joining up of health, care and community services.



## Dementia Connect

**We will go further in improving the care we provide to people with dementia and delirium, whether they are in hospital or at home... We will continue working closely with the voluntary sector, including supporting the Alzheimer's Society to extend its Dementia Connect programme which offers a range of advice and support for people following a dementia diagnosis.**

(NHS LTP Ch1.20)

Alzheimer's Society's Dementia Connect service is specifically highlighted in the Long Term Plan as a resource that should be rolled out across England to support people with dementia and their carers, family, friends, employers or anybody who needs information, guidance and support.

**Dementia Connect provides a single point of access to a range of support:**

- Local information, signposting and specialist telephone advisor support is available for anyone affected by dementia
- Referral to a named Dementia Advisor for 1-2-1 support for those who need it
- Access to Side by Side, our volunteer led service that supports people with dementia to remain connected and to avoid social isolation
- Keep in Touch calls for those who have accessed the telephone service and want a regular check in on a 6 monthly basis to see if their needs have changed and if they require further support

Dementia Connect also includes online peer and self-guided support for anyone who needs it. From diagnosis through to end of life support, Dementia Connect provides the right support at the right time in the right setting. For more information visit:

**[alzheimers.org.uk/dementiasupport](https://alzheimers.org.uk/dementiasupport)**

## Engagement

A true commitment to person centred care is proven by involving patients and the general public in decision making during the planning stages of changing or designing health and care services. Our Dementia Voice teams can offer advice and support around engagement with people with dementia. We have produced a Dementia Experience Toolkit for the Department of Health & Social Care, which has a wealth of information on how to go about engaging with people with dementia and their carers. Our Community Engagement teams work locally to develop Dementia Friendly Communities. We work with the National Dementia Action Alliance who are the only national alliance for dementia care and research organisations across England; who pioneered the Dementia Friendly Hospital Charter and who produced the 'Dementia Statements' with people with dementia and their carers to reflect what is essential to their quality of life.

## Dementia Training

The NHS Long Term Plan calls for a transformed workforce, as described in the Interim People Plan:

**Develop a workforce to deliver 21st century care: We will need to grow our overall workforce, but growth alone will not be enough. We need a transformed workforce with a more varied and richer skill mix, new types of roles and different ways of working, ready to exploit the opportunities offered by technology and scientific innovation to transform care and release more time for care.**

(Interim People Plan)

Alzheimer's Society Training & Consultancy service delivers programmes to health and social care professionals which cover tiers 1, 2 and 3 of the national Dementia Training Standards.

**Since 2015, the Society has delivered training to over 17,000 participants.**

Our approach is designed to enable course participants to use enhanced knowledge and skills to work with people with dementia, using person-centred, strengths based and relationship focussed approaches.

## Personalisation

**We will roll out the NHS Personalised Care model across the country, reaching 2.5 million people by 2023/24 and then aiming to double that again within a decade. As part of this work, through social prescribing the range of support available to people will widen, diversify and become accessible across the Link workers within primary care networks.**

(NHS LTP Ch1.40)

**We will provide better support for people with dementia through a more active focus on supporting people in the community through our enhanced community multidisciplinary teams and the application of the NHS Comprehensive Model of Personal Care.**

(NHS LTP Ch1.20)

The NHS is focusing on Cancer, Stroke and Dementia as priorities in the Universal Personalised Care offer. We are pleased to see Dementia made a priority here and we can support you to realise this commitment at a local level within your implementation plans.

Dementia Connect can be referred into by GPs and others who are practicing Social Prescribing to ensure people affected by dementia get access to holistic, personalised support that joins up health, social and community care.



## Technology and Innovation

**In ten years' time, we expect the existing model of care to look markedly different... people will be increasingly cared for in their own home, with the option for their physiology to be effortlessly monitored by wearable devices. People will be helped to stay well, to recognise important symptoms early, and to manage their own health, guided by digital tools.**

(NHS LTP Ch5.8.)

The Dementia Challenge 2020 is informing work across the sector and Alzheimer's Society is playing a central role in it. Our CEO Jeremy Hughes is chairing a newly formed Dementia and Technology working group, bringing together senior stakeholders and decision makers from across different sectors to identify and unlock the potential of technologies that will transform the lives of people affected by dementia. The group will act as a coordinating point, monitoring the dementia and technology space and providing expert opinion to guide policy and research priorities, to catalyse and influence change.

**Alzheimer's Society was one of the key partners in the multi-award winning Technology Integrated Healthcare Management for dementia (TIHM) study, which used remote clinical and non-clinical monitoring of people with dementia in their own homes, and which features as a case study in the Long Term Plan.**

## Research and Development

**We will speed up the pipeline for developing innovations in the NHS, so that proven and affordable innovations get to patients faster. We will create a simpler, clearer system for medtech and digital that will apply across England.**

(NHS LTP Ch3.116.)

Alzheimer's Society is a founding funder of the UK Dementia Research Institute (DRI), a unique collaboration bringing together the brains of six universities across the country with hundreds of world-leading researchers working tirelessly to beat dementia. As part of the UK DRI, a new Care and Technology Centre has been established at Imperial College London and Surrey University

to lead a £20 million investment in Care and Technology research. Alongside our investment in the DRI, we are also funding or supporting other research projects across the country, led by leading UK universities, with a strong technology focus. If you are interested in engaging with us on research please contact us on [researchtranslation@alzheimers.org.uk](mailto:researchtranslation@alzheimers.org.uk)

**We are not limiting our input into the technology space to research. Through our Innovation work, we are helping to break down the barriers to living well with dementia and pushing the limits of what a charity can do to support people affected by dementia.**

**‘This guide is of enormous value in supporting everyone in the NHS to make sure that, as we implement the Long Term Plan, every effort is being made to improve the lived experience and quality of care for people with dementia and their families.’**

Alistair Burns

National Clinical Director for dementia and older people’s mental health for NHS England and NHS Improvement

## **Alzheimer’s Society support for you**

Visit us online at [alzheimers.org.uk](https://alzheimers.org.uk)

Or contact us using the email addresses below to connect with your Regional Alzheimer’s Society team:

[policy@alzheimers.org.uk](mailto:policy@alzheimers.org.uk)

[regionalpublicaffairs@alzheimers.org.uk](mailto:regionalpublicaffairs@alzheimers.org.uk)

[dementia.connect@alzheimers.org.uk](mailto:dementia.connect@alzheimers.org.uk)

[dementia.voice@alzheimers.org.uk](mailto:dementia.voice@alzheimers.org.uk)

### **We are the UK’s leading dementia charity.**

Every day, we work tirelessly to find new treatments and, ultimately, a cure for dementia. We provide expert information, training, and support services to all those who need our help. And we are creating a more dementia-friendly society so people with the condition can live without fear and prejudice.

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