

## **Lambeth Health and Wellbeing Board**

### **ACTION PLAN OF LAMBETH DEMENTIA ACTION ALLIANCE**

#### **1. Introduction**

The number of people with dementia is steadily increasing. The number of people with dementia in the UK is forecast to increase to 1,142,677 by 2025 and 2,092,945 by 2051

The Alzheimer's Society is promoting dementia friendly communities where people with dementia are understood, respected and supported. They have a Dementia Friendly Communities recognition scheme that celebrates the work of dementia-friendly communities across the UK and shares good practice.

BSI PAS1365: A code of practice for dementia-friendly communities has also been developed.

#### **2. Dementia in Lambeth**

Dementia is now the leading cause of death for women in Lambeth and the second leading cause for men. It is certainly the most feared. There is no cure for dementia, but there are benefits from early diagnosis. Once diagnosed people living with dementia can plan appropriately for their future and get the right support for themselves and for their carers.

Estimated prevalence rates in Lambeth indicate 1,908 people living with dementia. Of these about 1497 have been diagnosed, a rate of 76.9%, leaving 441 without a diagnosis. Lambeth is 6<sup>th</sup> in terms of dementia diagnosis rates across London. The average rate in London is 71.9%.

Lambeth has one of the highest numbers of people from African-Caribbean descent in London. The incidence of vascular dementia in people of African- Caribbean descent is higher than the general population because of the prevalence of high blood pressure in this group. As this population gets older there will be a consequent increase in the number of Lambeth residents living with dementia.

#### **3. Lambeth Dementia Action Alliance**

In October 2017 Age UK Lambeth hosted Lambeth's first dementia friendly workshop as part of its Celebrating Age Festival. Attendees discussed the questions "What should a dementia friendly borough look like?" and "What are the key issues surrounding people living with dementia in Lambeth?" The workshop participants decided to form a local network and join the National Dementia Action Alliance which brings organisations together across the UK to improve the health and wellbeing of people living with dementia.

A Lambeth Dementia Action Alliance steering group was therefore established to bring together in Lambeth organisations that are committed to making Lambeth a 'dementia friendly community' by 2023. There are now 18 member organisations of the Lambeth Dementia Action Alliance including Lambeth Council, the CCG, The Alzheimer's Society, care service organisations, AgeUK-Lambeth, businesses and community & voluntary sector organisations. A full list of current members is below in Appendix one.

One of the simplest and most effective ways in which organisations and individuals can make a difference to people living with dementia and their carers, is by becoming a Dementia Friend. This entails attending a one hour information session given by a trained Dementia Champion and provides the 'springboard' to further action. The London Association of Adult Social Services (ADASS) has requested that all members of London's Health & Wellbeing Boards attend a Dementia Friends session.

#### 4. National Dementia Action Alliance

To become recognised a member of the national Dementia Action Alliance member organisations must commit to taking actions to improve the lives of people living with dementia; improvements that will allow people living with dementia to say with conviction:

- I have personal choice and control or influence over decisions about me
- I know that services are designed around me and my needs
- I have support that helps me live my life
- I have knowledge and know-how to get what I need
- I live in an enabling and supportive environment where I feel valued and understood
- I have a sense of belonging and of being a valued part of family, community and civic life
- I know there is research going on which delivers a better life for me now and hope for the future

The Lambeth Dementia Action Alliance has therefore agreed that the following activities are a priority:

- **To build a network of organisations** across the borough committed to take action on dementia and promote Dementia Friends
- **To increase the number and range of partners/sectors** involved in Lambeth Dementia Action Alliance
- **Connecting and sharing best practice**, sharing learning, problem solving, offering guidance and celebrating success.
- **Collaboration**; for the Lambeth Dementia Action Alliance to spark new collaborations between members, leading to new joint activities and a Dementia Friendly Lambeth

#### 5. Current Activity in Lambeth

Examples of the work currently being done in Lambeth include:

- An online forum for LDAA members to share information
- Magnolia Café, a drop in group for people with dementia and their carers which takes place every Monday morning from 10.30 to 12.30 in the Crystal Palace/Gipsy Hill area.
- The West Norwood, Ritzy & East Dulwich Picturehouse cinemas runs a regular monthly dementia friendly screening of classic films. One of the staff is a Dementia Champion running Dementia Friends sessions for 30 staff so far.
- 'Creating with Dementia' workshop sessions for people living with early stage dementia and their carers at Hart Club.

- Woodlands dementia cafe supported by Home Instead.
- Promoting the Rainbow Café in Euston for LGBT residents.
- Dulwich Picture gallery events for people living with dementia.
- Healthy Living Club at Lingham Court extra care scheme.
- St Christopher's Hospice Compassionate Neighbour programme
- All Older Adults Commissioning team members are now trained as Dementia Champions and are ready to roll out dementia friends sessions within the council, CCG and more generally in the borough
- South Bank staff all trained as Dementia Friends (currently 80%).
- Monthly focus group in Kennington for people in the early stages of living with dementia
- Sunflower cafe at Gracefield Gardens every Wednesday run by Home Instead
- South Bank monthly programme exploring poetry with people living with dementia, led by acclaimed poets
- 'Dance for Dementia' monthly tea dance programme at South Bank.
- Pottery classes at the Garden Museum
- As part of a broader outreach project to schools and local communities South London and Maudsley (SLAM) and some partners from LDAA have created a leaflet aimed at raising awareness about dementia in the African Caribbean Community – "Getting help for forgetfulness"

The Lambeth Dementia Action Alliance is developing an action plan to work with local businesses, traders, schools and local organisations to take practical steps to make Lambeth a dementia friendly community over the next three years. These actions are listed below under the outcomes agreed by the Lambeth Dementia Action Alliance

### **Increase awareness & understanding of dementia**

- Celebrate Dementia Awareness week – 20<sup>th</sup> May to 26<sup>th</sup> May 2019
- Consult on the Lambeth Dementia Action Alliance action plan during Dementia Awareness week
- Promotion at Lambeth Country Show
- Conference to engage BAME groups in dementia action
- Build a network of Dementia Champions within local BAME and other communities
- Awareness programme for young people aged 11-18
- Dementia prevention/ risk factor public health campaign
- Obtain formal recognition from the Alzheimer's Society as a Dementia Action Alliance working towards a Dementia Friendly Lambeth
- Obtain funding for a part-time co-ordinator of the Lambeth Dementia Action Alliance

### **Ensure a range of dementia friendly social & leisure facilities**

- Promote existing offers via Libraries and AgeUK-Lambeth directory
- Find out more about preferred activities from people living with dementia
- Promote good practice guidance from Alzheimer's Society

### **Increase number of dementia friendly businesses and services**

- Work with Lambeth businesses and Business Improvement Districts
- Establish a Dementia Friendly category for business awards in Lambeth
- Develop targets for Dementia Action Alliance membership among local housing associations, community groups, schools, faith groups, retailers, leisure facilities, local businesses and health & care providers
- Promote good practice guidance for retailers from Alzheimer's Society
- Produce a tailored checklist of practical actions businesses and services can make to improve the lives of people living with dementia

### **Encourage coordinated dementia friendly health & care**

- Target health & social care community support providers for Lambeth Dementia Action Alliance membership
- Promote the Lambeth Dementia Action Alliance to service entry points and signposters
- Promote Advance Care Planning for those in the early stages of dementia
- Review post-diagnosis information for people living with dementia and their carers
- Promote Dementia Friends sessions to frontline health, social workers & care staff

## **Appendix one**

### **Current members of the Lambeth Dementia Action Alliance**

Age UK (Lambeth)

Alzheimer's Society (Lambeth)

Black Thrive

Brixton Fire Station

Carers' Hub

Lambeth Clinical Commissioning Group

Garden Museum

Good Gym

Healthy Living Club

Healthwatch Lambeth

Homestead Senior Care Wandsworth, Lambeth & Dulwich

Hope for Home

King's College Hospital NHS Foundation Trust

Lambeth Council

Picturehouse Cinemas

Right At Home Mitcham, Streatham and Dulwich

South Bank Centre

South London and Maudsley NHS Foundation (SLAM)