

# Older People's Mental Health Newsletter

VOLUME 1, ISSUE 1

OCTOBER 2008

**NHS Cornwall and Isles of Scilly in partnership with Cornwall County Council**

## Welcome from the OPMH Programme Manager

Welcome to the first monthly OPMH Newsletter designed to keep you updated with the PCT and Local Authority's progress in improving local OPMH Services. I really welcome feedback on the newsletter as well as ideas for future articles.

I was recently appointed to the role of Programme Manager for OPMH. The post is a twelve month secondment and is jointly funded by Cornwall & Isles of Scilly PCT and the Department of Adult Social Care. The reporting arrangements are to a joint Steering Group and the role will be to take forward the actions and recommendations set out in "Caring for People with Dementia and their Families: A Plan for the Commissioning and Development of Services in Cornwall and the Isles of

Scilly", produced earlier this year. The time is certainly ripe for change. Since producing our local plan, the Department of Health launched its draft National Dementia Strategy. I know many of you provided feedback on the strategy at the special consultation event in July. The PCT has also selected 'Improved Dementia Care for patients and carers' as one of its World Class Commissioning strategic priorities. And, just this month the Alzheimer's Society published "Dementia Out of the Shadows" designed to raise awareness of dementia. Most importantly, we know that there is a huge appetite for change amongst staff, patients and the general public both nationally and locally. It's time to turn the rhetorical into the practical.

Over the next 12 months we will introduce and deliver:

- A Dementia awareness raising campaign
  - A community Dementia Liaison service
  - A countywide network of Memory Services
  - Case Management for Dementia
  - Increased access to integrated mental health services for adults over 65 (non-dementia service)
  - Increasing the treatment choices available for people with dementia.
  - More dementia cafes
  - More respite for carers
- We have an exciting time ahead of us. Best wishes, Tryphaena Doyle

### Dates for Your Diary

- Nov 10th— *Truro Worried about Your Memory Event*
- Mid Nov— *Dept Health publish final Dementia Strategy*
- Mid Nov— *PCT produce draft specification for Memory Services and Case Management*
- Jan 27th— *South West Regional Dementia Commissioning Conference*

### Inside this issue:

Commissioning the Dementia Pathway	2
Commitment for early diagnosis	2
Worried about Your Memory Campaigns	2
3 new Dementia Liaison Posts	3
Newquay GPs break new ground	3
Wadebridge Dementia Cafe	5
Talking Therapies for the over 65s	6

## Older People's Mental Health AND Dementia

'OPMH' is 'used to cover a broad range of services for people over 65 with e.g depression, anxiety, personality disorder AND dementia. Interestingly, NICE guidelines for various clinical conditions (depression, anxiety, dementia etc) do **not** differentiate on age - you are just as likely to benefit from 'talking therapies' if you are

16 or 70. Clinically then, we need to ensure that need not age determines access to services. In terms of OPMH, this means that we want to commission adult mental health services with **no upper age limit**.

We also want to commission **dementia services for all ages**. All services must be accessible to people with

Learning Disabilities. Unlocking dementia from the broad category "OPMH", frees us to commission and provide services differently.

The key is to recognize that people's needs rarely fit neat boxes labeled 'health', 'social', 'functional' or 'organic'. Person-centred care demands overlap in care pathways and services.

## Commissioning the Dementia pathway

By defining a “Dementia Pathway” or patient journey, we are better placed to decide what services we need to commission and deliver. We have identified 8 key stages:

1. Prevention
2. Awareness
3. Recognition
4. Assessment
5. Diagnosis
6. Case Mgmt & Treatment
7. Crisis / Emergency care
8. End of Life

The key to delivering Stages 1 to 2 is

through information and education for the public, while Stage 3 is about providing targeted information and education to staff.

We want to commission specific Memory Services to deliver Stages 4 and 5.

In terms of Case Management and Treatment, we are looking to commission services which can provide a dedicated member of staff as a “Case Manager” to support people continuously from diagnosis until end of life. In terms of treatments, we are looking to increase the number of options available to people and look to commission more ‘low-intensity’ approaches like cognitive stimulation,

dementia cafes, expert patient and carer programmes, stress control, arts for health, sensory therapies and encourage self-help groups and ‘singing for the brain’ groups. We want these low-level ‘therapies’ to be available to everyone with dementia, irrespective of complexity or setting.

As with adult mental health and other health services, we see a benefit in separating out the planned case management function and emergency/crisis services. The latter need to be able to provide a rapid response and this is best done by dedicated staff who do not have to juggle a community caseload at the same-time.

## PCT makes commitment for early dementia diagnosis

The PCT has pledged its commitment to improving services for people with dementia and their carers by making it one of its World Class Commissioning outcomes. Key to this is ensuring that people with symptoms of dementia are picked up early, assessed and given a diagnosis.

The PCT recently reviewed GP’s registers which record the number of people with dementia. People on the registers are entitled to an annual health check every 18 months.

The PCT has found that just 36% of

the expected 6,500 people with suspected dementia were recorded on the registers. This figure reflects a national problem identified as the “diagnosis gap” where there is a disparity between the number of people living with dementia and those who have received a proper diagnosis.

The PCT has committed to increasing the number of people on the registers by a minimum of 50% by 2011. The organization will be reviewing GP’s dementia registers on a monthly basis and working with

GPs, specialist mental health services, acute hospitals and social care partners to make sure that a GP is always notified when a diagnosis is made.

Making sure that people with dementia and their carers are known to GPs is the first step to ensuring that people get the ongoing care and support they need, by an appropriately skilled case manager linked to a GP practice.

## Cornwall launches “Worried about Your Memory” road shows

Earlier this year, the Alzheimer’s Society launched a new public information campaign to raise awareness of dementia, its symptoms and the importance of getting an early diagnosis.

The “Worried about your memory” campaigns have been designed to prompt and help people to consider if their forgetfulness or that of a friend or relative is due to just poor memory or the beginning

of a medical problem and encourage them to seek medical support.

Bev Chapman, Lead Dementia Nurse at the PCT now plans to launch local “Worried about your memory” road-shows throughout Cornwall over the coming year.

The first event is planned for **10th November in Truro** on the plaza opposite Marks and Spencers. Other events are being planned for Newquay, Bude/Stratton, Bodmin,

Penzance and St.Austell.

Bev will be supported by Consultants Psychiatrists from Cornwall Partnership NHS Trust who specialise in dementia care, as well as geriatricians from Royal Cornwall Hospital and social care staff from the Department of Adult Social Care. These experts will be on hand to provide expert information and advice. For more information, please contact Bev on 01872 252 987

## OPMH Liaison Services expand into community hospitals

The PCT has secured extra investment to expand the successful OPMH Liaison service in Royal Cornwall Hospital into Community Hospitals and care homes. The current OPMH service is provided by Cornwall Partnership NHS Trust and is designed to inject specialist mental health skills in a general medical setting. As well as providing specialist hands-on care, the team have a key role as educators and cultural 'change agents'. By spreading and sharing their expertise and enthusiasm, the team champion an approach which makes dementia care 'everybody's business'. Their approach is pivotal to supporting colleagues to think

differently about people with dementia, encouraging greater sensitivity, thoughtfulness and empathy towards the individual.

Until now, there has been no comparable service in community hospitals, although they see as many people with dementia as acute hospitals.

The PCT recently appointed Bev Chapman from the OPMH Liaison team as their Lead Dementia Nurse and to test whether the liaison model could work in the community. Bev has worked closely with community hospitals, care homes and GPs to increase understanding of dementia. Her work has been so successful,

that the PCT is looking to commission a permanent expansion to the liaison service with 3 new Dementia Liaison Practitioners starting in January 09. Each postholder will cover one of the following areas:

- Bude / Stratton
- Bodmin
- Penzance

The postholders will be responsible for building sustainable skills, knowledge and expertise of dementia care in mainstream settings.

The PCT will explore countywide expansion in 2009.

## Newquay GPs pilot new type of Memory Service

Newquay, with its seaside location and mild climate, remains a firm favourite for people seeking a peaceful retirement next to the coast. The town has a concentration of both older people and care homes, and in turn, sees a clustering of people with dementia. Epidemiological data suggests 333 people live with dementia in Newquay. This number is expected to double over the next 20 years

Traditionally, the care of people with dementia in Newquay has been shared between local GPs and Cornwall Partnership NHS Trust's specialist OPMH teams

GPs, having detected dementia symptoms will refer on to secondary care services for a specialist assessment and diagnosis by an Old Age Consultant Psychiatrists. The Psychiatrist will lead on the prescribing of cognitive enhancers designed to slow the progression of the disease. Patients will remain under the care of the Psychiatrist for the first 3 months of prescribing and then, if medication is effective, responsibility for ongoing prescribing and care will

transfer to the GP, supported for a short period by a Community Psychiatric Nurse, Occupational Therapist, and for longer periods by a Social Care Professionals from the Department of Adult Social Care.

Aware of a growing need and pressures on specialist teams, combined with a desire to act now, the 4 GP Practices in the Newquay Practice Based Commissioning Group approached Bev Chapman, the PCT's Dementia Clinical Lead, early in 2008 to help them brush up on their dementia care skills.

The GPs were also worried that there were vulnerable older people living in Newquay with an undetected or undiagnosed. According to the GP's 'Dementia registers', 50% of expected numbers were unknown to GP practices.

Since working with the Dementia Lead, the GPs at Dalton House, Narrowcliff Surgery, Newquay Health Centre and St. Thomas Road have greatly increased their in depth understanding of dementia. The plan is now to build on this by providing more specialist training including the assessment, diagnosis and drug thera-

pies for dementia.

NICE Guidelines on Dementia and the National Dementia Strategy recommend specially established 'Memory Clinics' to improve access to diagnosis. The Newquay GPs wish to take this model and pilot GP-led Memory Clinics. They have made arrangements to receive specialist training in assessing, diagnosing and prescribing from a Consultant Geriatricians, Consultant Old Age Psychiatrists, the Lead Dementia Clinician and other experts.

Their proposal anticipates the PCT's commissioning of a Dementia Academy for GPs and other practitioners in early 2009.

GPs in Newquay plan to break new ground and prove that the bulk of dementia care can be managed safely and well in primary care. They also think that this new approach will reduce pressure on stretched specialist OPMH services in their area, with the GPs referring on only the most complex cases.

We will bring you monthly updates from the pilot in this newsletter.

## Memory Cafés open in Wadebridge and Bodmin

Two memory cafes have recently opened in Wadebridge and Bodmin in the last month.

A memory café is somewhere where people suffering with dementia, their carers, and other professionals can visit to get advice, share information and support each other.

The café at Wadebridge is a Rotary Club initiated project completed in partnership with Cornwall Care and Age Concern. It is open on the second and fourth Saturday of each month between 2pm and 4pm at St Breock School, Wadebridge.

**For more information contact 01872 266 388.**

Mental Health Team, Age Concern, Cornwall Adult Social Care and Cornwall Care have opened a further café in Bodmin. It will be run fortnightly on Tuesdays between 10am and noon at Bederkesa Court on Robartes Road.

**For more information contact Kerry Banbury on 0777198 0181**

The two café's join the well-established Launceston cafe which meets every Saturday at the Launceston Methodist Chapel, Bingley Hall, Launceston from 2pm to 4pm. **Contact: Cym Downing : 01566 774425 or visit the website: [www.2day.ws/Launceston-Memory-Cafe/](http://www.2day.ws/Launceston-Memory-Cafe/)**

North Cornwall District Council, in partnership with the NHS

### Started or want to start your own Dementia Café?

We are really keen to hear about other Dementia Cafes and dementia support groups in Cornwall.

Equally, we would love to hear from you if you would like to start your own café or another type of group. Please contact Tryphaena Doyle with your news. (details below).

### Grants are available!

You may be able to gain a grant to set up your café from The Cornwall Community Foundation, a charity committed to supporting local projects in Cornwall and the Isles of Scilly. You can find out more on their website:

[www.cornwallfoundation.com](http://www.cornwallfoundation.com)

## Outlook South West launch new 'talking therapies' service

The PCT has commissioned Outlook South West to provide a new primary care psychological therapy service across Cornwall and the Isles of Scilly.

The service will see anyone over the age of 16 with common mental health problems including depression, anxiety and post traumatic stress disorder. Patients will be offered a range of therapies billed as either 'low' or 'high' intensity. Low intensity therapies include guided self help, computerised cognitive behavioural therapy and motivational interviewing. People with more complex needs will receive high intensity therapies like Cognitive Behavioural Therapy.

The PCT is keen to promote the service to people over the age of 65. A recent health equity audit showed that GPs were less likely to refer people over 65 for talking therapies and were more likely to misattribute symptoms of depression to 'getting older'.

Outlook South West have psychological therapists based in **every** surgery in Cornwall. GPs can make referrals or people can contact the service directly and speak to a telephone therapists. Outlook South West also run courses to help with a range of problems and publish a range of free self-help articles on their website.

Find out more at

[www.outlooksw.co.uk](http://www.outlooksw.co.uk)

Or phone on

0800 678 3112

Or email on

[advice@outlooksw.co.uk](mailto:advice@outlooksw.co.uk)

### And finally... what to expect in next month's newsletter:

Proposed specification for new 'Memory Services'

The role of Case Manager explained

Details of the new Dementia Training Programme and the "Dementia Academy"

Dementia— Books On Prescription Scheme

And all the latest updates.

Cornwall & Isles of Scilly PCT  
Foundry Road  
Camborne  
Cornwall  
TR14 8DS

Phone: 01209 88 8213

Mobile: 07825 65 7766

Email:

[tryphaena.doyle@ciospct.cornwall.nhs.uk](mailto:tryphaena.doyle@ciospct.cornwall.nhs.uk)