

Birmingham and Solihull Dementia Strategy

2023-2028





Welcome to the Birmingham and Solihull Dementia Strategy for 2023-2028

The Dementia Strategy is an overview of how health and social care will work together across Birmingham and Solihull to improve the lives of people with dementia and those who look after them.

We have asked people with dementia, their carers, those who live in Birmingham and Solihull and our partners in health and social care what we should focus on to improve the care and support we provide to people. We have discussed all areas of dementia care, from activities aimed at preventing dementia, through to care at the end of people's lives.

The detailed Dementia Strategy: Action Plan, will hold us accountable for the improvements we will make over the next five years and can be found at:

Dementia: NHS Birmingham and Solihull (www.birminghamsolihull.icb.nhs.uk/health-information/dementia)



David Melbourne

Chief Executive

NHS Birmingham and Solihull
Integrated Care Board (ICB)



Deborah Cadman

Chief Executive

Birmingham City Council



Paul Johnson

Acting Chief Executive

Solihull Metropolitan
Borough Council

What is dementia?

Dementia describes a group of symptoms which include problems with memory, thinking or language, and changes in mood, emotions, perception and behaviour.

Dementia is a progressive disease, which means symptoms may be relatively mild at first, but they get worse over time.

Alzheimer's is the most common type of dementia, followed by vascular dementia, but there are other rarer types of dementia too (Symptoms of dementia - NHS (www.nhs.uk/conditions/dementia/symptoms/)).

While dementia primarily affects older adults, it can occur in younger people too, which is known as young-onset dementia.

The health and care system in Birmingham and Solihull supports people with dementia and those that care for them through every stage of their journey with dementia. Everyone's experience of dementia is different, so we need to make sure that the support, care and treatment we offer is personalised to each individual's needs.



Our priorities

The Birmingham and Solihull Dementia Strategy aims to enable all people with dementia and those who care for them, to have the best possible health and social care support throughout their dementia journey.

This will be achieved through 4 key priorities:

- 1. Information** which focuses on prevention of dementia, early intervention and support.
- 2. Access** to a timely diagnosis with support before and after.
- 3. Supporting** people with dementia, their loved ones, carers and communities to prevent crisis.
- 4. Improving** the quality of personalised care and support planning for people with dementia, including planning for the end of life.



Health inequalities in Birmingham and Solihull

Health inequalities are unfair differences in health between our community groups.

In Birmingham and Solihull these differences have meant some of our communities have poorer access to information, appropriate services and planning for end-of-life care.

In Birmingham and Solihull we have identified greater differences in access to dementia information and services in the following communities:

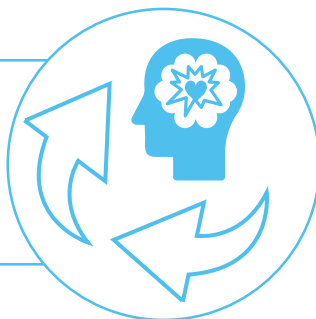
- Asylum seekers and migrants communities
- Ethnic minority communities
- Gypsy, Roma and Traveller communities
- Homeless communities
- Learning disability communities
- LGBTQIA+ communities
- Prison communities

In all of our identified actions in the Dementia Strategy we will consider the differences which our communities face and how access can be equitable for all.



How we developed this strategy

We **co-produced the strategy** using the priorities and **views of those with dementia and their carers**.



‘I am a person, not my condition.
I am more than my diagnosis’.*



We held a **series of events, focus groups and surveys** for people affected by dementia.

We discussed:

- Diagnosis
- Access to services
- Ongoing support
- Respite for carers
- End of life care

We **engaged with stakeholders from across Birmingham and Solihull**, including NHS providers, councils, third sector providers, police and fire services.



We held a **full engagement on the draft strategy** between June – July 2022.

The **results** of this engagement have **shaped the final strategy** and the main themes of feedback were:

- Design of the Strategy
- Stakeholders
- Health Inequalities
- Well Pathway
- Cohorts
- Outcomes



*The following quotes that are featured throughout the strategy have been taken from engagement with stakeholders.

The well pathway

The NHS England well pathway describes the route for a patient and their carer's dementia journey.

This framework helps to support improvement of the dementia journey.

The Birmingham and Solihull Dementia Strategy 2023-28 aims to incorporate an innovative, personalised and adaptable approach to the dementia journey which will meet the needs of all communities in Birmingham and Solihull, based on the well pathway.

The Dementia Strategy: Action Plan for each stage of the well pathway will take us until April 2025.

PREVENTING WELL

Risk of people developing dementia is minimised



"I was given information about reducing my personal risk of getting dementia"

DIAGNOSING WELL

Timely accurate diagnosis, care plan, and review within first year.



"I was diagnosed in a timely way"
"I am able to make decisions and know what to do to help myself and who else can help"

TREATING WELL

Ensuring access to available treatments



"I am treated with dignity and respect"
"I get treatment and support, which are best for my dementia and my life"

SUPPORTING WELL

Access to safe high quality health & social care for people with dementia and carers



"I am treated with dignity and respect"
"I get treatment and support, which are best for my dementia and my life"

LIVING WELL

People with dementia can live normally in safe and accepting communities



"I know that those around me and looking after me are supported"
"I feel included as part of society"

DYING WELL

People with dementia can live normally in safe and accepting communities



"I am confident my end of life wishes will be respected"
"I can expect a good death"

We will then review our progress and create a further action plan for 2025-2028. This will ensure we are flexible in our approach and can deliver best practice care, based on the needs of the people of Birmingham and Solihull.

Preventing well

Risk of people developing dementia is minimised



What we will do:

- Increase the information available to the people of Birmingham and Solihull on how, in some cases, dementia can be prevented.
- Increase the information available to the people of Birmingham and Solihull on healthy living messages.
- Increase the dementia education and training available to the people, health and social care practitioners of Birmingham and Solihull.

‘Continuing to raise awareness of preventative approaches, encourages more discussion which reduces stigma.’

Diagnosing well

Time accurate diagnosis, care plan,
and review within first year



What we will do:

- Make pre and post-diagnostic support information easily accessible to people, health and social care professionals of Birmingham and Solihull (Online and paper-based).
- Reduce the waiting time for a memory assessment appointment.
- Improve the Dementia Diagnosis Rate for Birmingham and Solihull.

'I have vascular dementia. I didn't tick the boxes initially for a dementia diagnosis, and it took three years to get diagnosed. I was also told I had depression, and I was, as I didn't know what was wrong with me. When I received the diagnosis, this helped.'

Treating well

Ensuring access to available treatments



What we will do:

- Offer early and ongoing opportunities for people living with dementia and their loved ones to be fully involved in personalised care and support planning.
- Increase the number of annual health checks undertaken with people diagnosed with dementia.
- Increase awareness and availability of available medication and non-medication treatment options for people diagnosed with dementia.

‘My Dad deteriorated quickly while in delirium. Once he saw a consultant that gave the correct diagnosis with the correct medication, dad improved significantly. Dad now has his independence back.’

Supporting well

Access to safe high quality health and social care for people with dementia and carers



What we will do:

- Provide clear dementia information on developed web pages which are clear and easy to navigate for physical, psychological, financial and emotional support needs.
- Work towards a strengths based approach to dementia care to support people to be as independent as possible for as long as possible.
- Support our carers and reduce carer breakdown.

‘As a family it was hard to find help and support but once we found it we were really pleased with the support we got.’

Living well

People with dementia can live normally in safe and accepting communities



What we will do:

- Provide appropriate information to people with dementia and their carers relating to services, equipment and aids in order to keep living well with dementia.
- Encourage connection with local community support networks which those diagnosed with dementia and their carers can access. Improve the health outcomes and care those diagnosed with dementia experience.

‘It’s important to keep our dignity through the strategy.

When my husband was diagnosed with dementia, it was seen as something to be afraid of. We tried to hide his illness, so withdrew from friends.’

Dying well

People living with dementia die with dignity in the place of their choosing



What we will do:

- Increase awareness that dementia can reduce life expectancy – it is a life limiting condition.
- Offer early and ongoing opportunities for people living with dementia and their loved ones to be involved in personalised planning for end of life care.
- Promote good quality care at the end of life for people diagnosed with dementia and living in a care home.

‘It is so important that while a person with a diagnosis is able to express their wishes with their family that they do so. This way the family can uphold their wishes.’

The Birmingham and Solihull Strategy 2023-2028: Action plans

The Birmingham and Solihull Dementia Action Plan (2023-2025) highlights key priorities, actions, outcomes and measures for each step in the well pathway.

The review, outcomes and lessons learned from The Action Plan (2023-2025) will inform the development of The Action Plan (2025-2028) which will be developed in 2024.

This will enable lessons learned to be incorporated with a flexible, innovative and adaptable approach to dementia care provision over the next five years in order to meet the changing needs of the population of Birmingham and Solihull.

More information can be found at:

Dementia: NHS Birmingham and Solihull (www.birminghamsolihull.icb.nhs.uk/health-information/dementia)

Timeline

