

Dementia Choices Network Newsletter

Welcome to the first *Dementia Choices* newsletter produced by the Mental Health Foundation.

We will be regularly emailing members of the *Dementia Choices* Network to keep them informed and up to date with our work. We will be inviting members to share information and to promote discussion about the developments of self-directed support and personalisation, particularly in regards to the impact this is having on people living with dementia.

Do you know someone who would be interested in joining the *Dementia Choices* Network? Please share this newsletter and inform your colleagues about the opportunity to join this network.

What is the aim of the *Dementia Choices* Project?

Dementia Choices is a two year project managed by the Mental Health Foundation. It is based in England, began in April 2009 and is funded through the Department of Health's Innovation, Excellence and Service Development Third Sector Investment Programme.

The overall aim of *Dementia Choices* is to explore, support and promote different forms of self-directed support, including direct payments, individual budgets and personal budgets for people living with dementia and their carers.

The Pilot Sites.

We are please to announce that the following organisations are piloting this work:

London Borough of Redbridge



The Dementia Resource Centre as part of the Redbridge Dementia Partnership was delighted to be successful in its application to be a pilot site for an exciting new national project for people living with dementia. The Redbridge Dementia Partnership was originally developed in 2002 and is comprised of voluntary sector, social and health care agencies. The partnership offers a range of services from early diagnosis until end of life care to support and enable local residents from a diverse community to live with dementia under the National Dementia Strategies aims.

The London Borough of Redbridge has a strong service user led ethos, and the partnership strives for excellence and seeks ways to develop new innovative ideas to improve the wellbeing and lives of people living with dementia. It is very exciting to be

offered a chance to be part of this project. Working in partnership with our service users and their families we can explore what people's feelings about self-directed support are and can help to perhaps reassure people's anxieties to gain confidence to experiment with services that on the whole are more flexible, reliable and responsive to their individual's preferences and needs. For further information about the *Dementia Choices* pilot in Redbridge please contact Alison Gordon, Dementia Resource Manager

Bury Metropolitan Borough Council



Bury is a community made up of six distinctive townships. Bury is itself an historic market town but most of our townships owe their heritage and rationale to manufacturing industry which has now largely disappeared. Bury's population stands at 182,900 (mid 2006 estimate) and continues to grow. The population is predicted to rise to 187,300 by 2012. Some 6% of residents have ethnic backgrounds - almost double that of the previous decade but still lower than many

neighbouring authorities. Bury's diversity is reflected in the religions of its residents with the 2001 Census revealing 74% Christian, 5% Jewish and 4% Muslim.

The Self Directed Support Team in Bury is made up of a Project Lead (Jacqui Waite), Project Officer (Christine Maksymowski), Finance Officer (Michelle Pridgeon) and Admin Support Officer (Sheila Thompson). Bury is currently entering the end of phase one of the self directed support project with approximately 30 people from across all service areas are currently in the process of receiving a personal budget. Phase one will be evaluated in October 2009 in order to inform Phase 2 of the project.

Crossroads Care Cambridge City

Chief executive Jayne Kalton discusses work schedules with Natalie, a care support worker



Crossroads Care Cambridge City is a registered Charity and provides a Care Quality Commission 3 star excellent rated range of services tailored to the individual needs of each person. We support adults with all disabilities and illnesses, including the elderly in their own home, fifty percent of those we care for live with dementia at varying levels, with a team of 35 that is made up of carer support workers and office staff, we provide practical help to around 100 families within Cambridge City at any one time We work closely with other professionals to assist families

making decisions for the future. We try to be innovative in the way we care, to ensure choices within the home and provide a safe environment. We take exhibition stands to Doctors surgeries and we were part of 1in4 Big Bus which stood in Cambridge City last year to raise awareness of mental health issues and the funding streams available.

Cornwall Care Ltd



Cornwall Care was formed in 1995 as an independent not for profit charity, we have 18 residential homes in Cornwall, four of which provide a nursing facility; we also provide domiciliary care services throughout the county. In 1999 we identified a shortage of quality provision for people suffering from Dementia, we enhanced the skills of our managers and staff so we could offer residential and community services to meet the needs of individuals and their carers. We designed a bespoke course on dementia care in partnership with Truro College; the

course has been extremely successful and won the National Training Award in 2005. In 2006 we asked The Institute of Public Care (Oxford Brookes University) to assess the success of this service and the outcomes for carers, it was concluded that the service had made a positive contribution to carers' lives and reduced their stress levels.

We provide residential and nursing services for 700 people across the county, the majority of these residents are over the age of 70 and at least 75% of these people have a degree of Dementia. Within our Community Services we deliver approximately 2000 hours of care and support services across the county to 600 clients on a weekly basis.

Recent Developments in Personal Health Budgets

The Department of Health has recently announced a new study to examine the benefits of Personal Health Budgets. Twenty pilot sites have been selected to identify the benefits of Personal Budgets in health care and who will most benefit from them.

The minister for care Phil Hope said:

“Personal health budgets are an innovative new policy, this study will help us to understand the benefits and limitations of Personal Health Budgets and ensure that they provide the maximum possible benefits to as many patients as possible.

“During the consultation for the Next Stage Review, people said clearly and consistently that they want a greater degree of control and influence over their health and healthcare.

“The introduction of personal health budgets will support the cultural change needed to create a more personalised NHS. They have the potential to improve the quality of patient experience and the effectiveness of care by giving individuals as much control over their healthcare as is appropriate for them.”

Of the twenty pilot sites, Havering, Norfolk and Nottingham City included dementia in the initial scope of their project.

For more information please see the Department of Health press release

<http://nds.coi.gov.uk/content/detail.aspx?NewsAreaId=2&ReleaseID=407357&SubjectId=2>

Direct Payments regulations- 9th November

The direct payments regulations will come into force 9th November. These regulations will not only reinforce the principles of choice and control but crucially for the work of *Dementia Choices*, the system of direct payments will be extended to include those who lack the capacity to consent to the making of direct payments.

The following has been taken from the executive summary of the official Department of Health guidance for the regulations:

“This guidance has been written to reflect the changes introduced by the Mental Capacity Act 2005, the Health and Social Care Act 2008, and the Community Care, Services for Carers and Children’s Services (Direct Payments) (England) Regulations 2009. From 9 November 2009, the broad effect of these changes is to extend the system of direct payments to include people who lack the capacity to consent to the making of direct payments and to remove the exclusions that currently apply to people who are subject to various provisions of mental health legislation.

In addition, this guidance aims to reflect the Government’s commitment to support independence, choice and control, as set out in *Putting People First: A shared vision and commitment to the transformation of Adult Social Care* and *Aiming high for disabled children*.

This guidance describes the legislative and policy context of direct payments. It explains how direct payments services should be developed locally, how issues of consent, capacity and ability to manage should be approached and how direct payments should be used. It sets out specific delivery issues, explains where additional support is required and available, and describes the monitoring and review process. It also includes a section on troubleshooting. Further information and contacts are included in the annexes.”

More information can be found at

http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_104840

The Mental Health Foundation

Dementia Choices is being supported and delivered by a project team at the Foundation consisting of Toby Williamson, Neil Mapes and Rachel Downing.

Toby Williamson is the Project Lead for *Dementia Choices* and takes overall responsibility for this work in his role as Head of Development at the Mental Health Foundation. Toby is the Chair of the *Dementia Choices* reference group which is a group consisting of external experts (including a person with dementia and carers) which meets twice a year, to advise us on the delivery of this work.

Neil Mapes is the Project Consultant working on *Dementia Choices*, Neil's role includes developing documentation, direct liaison and support of the pilot sites, conducting an evaluation and drafting information and guidance as the project develops.

Rachel Downing has just joined the Foundation for a year long placement as part of a graduate training programme in social care management, run by the National Skills Academy for Social Care. Rachel's role includes assisting in the development of the *Dementia Choices* Network and compiling the *Dementia Choices* Network Newsletter

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For a list of the latest resources and reading around personalisation and dementia please download the project summary from the Dementia Choices Webpage.
<http://www.mhf.org.uk/our-work/older-people/dementia-choices>

Founded in 1949 the Mental Health Foundation is a leading UK charity that provides information, carries out research, campaigns and works to improve services for anyone affected by mental health problems, whatever their age and wherever they live.

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