



## Mayor and Cabinet

### Lewisham Dementia Strategy (2023 – 2026)

**Date** 01 November 2023

**Key decision:** Yes

**Class:** Part 1

**Ward(s) affected:** All

**Contributors:** Associate Director, Community Support and Care, Lewisham Integrated Commissioning Team, Senior Lawyer and Finance Business Partner

### Outline and recommendations

Mayor and Cabinet are recommended to approve the three-year Lewisham Dementia Strategy (2023 – 2026). The strategy has been developed with partners over the last and focuses on delivering eight key outcomes which include:

- Increased public awareness of the link between dementia and lifestyle.
- Increased uptake of healthy lifestyle choices.
- Increased diagnosis rates
- Reduced antipsychotic prescribing rates for people with dementia
- Improved quality of life of people with dementia.
- Increased proportion of people with dementia who feel encouraged to make decisions about their future care.
- Increased proportion of people with dementia who are aware they can update their advance care plan at each care review.
- Increased proportion of people with dementia who participate in activities to promote their wellbeing.

Implementation of the Dementia Strategy will be overseen by the Mental Health of Older Adults & Dementia Operational Delivery Group

### Timeline of engagement and decision-making

June 2022 – November 2022: Development of the draft Dementia Strategy

March – April 2023: Consultation

June 2023: Presentation to the Healthier Communities Select Committee

## Summary

- 1.1 This report sets out the final draft of the Dementia Strategy (2023-2026) for Lewisham, which was endorsed by the Healthier Communities Select Committee on 20 June 2023. The strategy sets out an ambitious and practical plan to create a Dementia inclusive Lewisham. The plan is also intended to be a practical guide for all those who have the condition, and for their families, loved ones and carers.
- 1.2 The strategy is truly a whole-community and sector-wide one, developed in partnership with key stakeholders and received over 900 responses during the consultation. During the development of the strategy, drafts were shared on an ongoing basis with governance bodies across the local health and social care partnerships for input. The plan was presented at the Healthier Communities Select Committee in June 2023, where it was well received, and only minor changes requested, with subsequent additions made in relation to risk factors.
- 1.3 The strategy focuses on delivering eight key outcomes which include:
  - Increased public awareness of the link between dementia and lifestyle.
  - Increased uptake of healthy lifestyle choices.
  - Increased diagnosis rates
  - Reduced antipsychotic prescribing rates for people with dementia
  - Improved quality of life of people with dementia.
  - Increased proportion of people with dementia who feel encouraged to make decisions about their future care.
  - Increased proportion of people with dementia who are aware they can update their advance care plan at each care review.
  - Increased proportion of people with dementia who participate in activities to promote their wellbeing.

## 2. Recommendations

- 2.1 Mayor and Cabinet are recommended to approve the three-year Lewisham Dementia Strategy (2023 – 2026).

## 3. Policy Context

- 3.1 The last Labour Government published the first national dementia strategy for England, entitled Living Well with Dementia, in 2009. The document was structured around three themes: raising awareness and understanding of dementia; early diagnosis and support; and living well with the condition.
- 3.2 In 2012, the Coalition Government followed up with the Prime Minister's Challenge on Dementia, which sought to deliver major improvements in dementia care and research by 2015. This focused on three key areas:
  - Driving improvements in health and care.
  - Creating dementia friendly communities that understand how to help.
  - Better research.
- 3.3 Three 'champion groups' were charged with bringing together organisations and groups with an interest in these areas, to "support the delivery of the commitments and to mobilise wider engagement".
- 3.4 In 2015, the Coalition Government published a successor challenge entitled the Prime Minister's Challenge on Dementia 2020. At the time, the Government said that "significant progress has been made in improving health and care for people with dementia and carers, creating dementia-friendly communities, and boosting dementia research". Then Prime Minister David Cameron added that he wanted the new challenge to build on this progress and by 2020 for England to be:

- The best country in the world for dementia care and support and for people with dementia, their carers and families to live; and
  - The best place in the world to undertake research into dementia and other neurodegenerative diseases.
- 3.5 To fund these ambitions, the Government committed to investing over £300 million into UK dementia research and medical innovation by March 2020. It subsequently reported this commitment had been met a year early, with £344 million having been spent on dementia research by March 2019.
- 3.6 The challenge 2020 document committed the Government to establishing an international dementia institute in England within five years. The UK Dementia Research Institute (UKDRI) was launched in 2017 to lead the UK's dementia research efforts.
- 3.7 In 2016, the Conservative Government published an implementation plan for the 2020 challenge. This detailed how the 50 commitments contained in the earlier plans would be met. It set out priority actions across four themes: risk reduction; health and care; awareness and social action; and research.
- 3.8 In February 2019 the Government published a progress review. This summarised the views of stakeholders on the progress of the challenge so far and what was envisaged for the remainder of the challenge period. The Government noted that, "overall, respondents felt that we are on track" to meet the commitments set out in the 2020 challenge.

#### **4. Background**

- 4.1 Dementia is one of the greatest challenges facing our population and communities. In the UK someone develops dementia every three minutes, 225,000 people will develop dementia this year and 885,000 people are currently living with dementia. This figure is set to rise to 1,045,000 by 2030, and to 2 million by 2050.
- 4.2 Dementia is often associated with older people, but dementia affects adults of all ages. When talking about dementia, the term 'younger' usually covers people below 65 years of age. It is estimated that around 153 Lewisham residents below 65 are diagnosed with dementia.
- 4.3 Dementia is currently the seventh leading cause of death and one of the major causes of disability and dependency among older people globally. Dementia has physical, psychological, social and economic impacts, not only for people living with dementia, but also for their carers, families and society at large.
- 4.4 The risk of developing dementia increases exponentially with age. As population ageing continues to accelerate in the UK and worldwide, the number of people living with dementia is set to rise sharply in the decades to come.

#### **5. Lewisham Dementia Strategy overview**

- 5.1 The voice of those with dementia and their unpaid carers is threaded through the strategy which is designed and structured around the journey that each of our residents, their families and carers, will experience on facing life with dementia. The strategy is structured around five key areas:
- Preventing Well
  - Diagnosing Well
  - Supporting Well
  - Living Well
  - Dying Well
- 5.2 Each area is intended to be a statement of intent about our vision for the future, but also a practical guide for the here and now for anyone who might benefit from the advice and

information contained within the plan.

5.3 The strategy has been developed with partners over the last and focuses on delivering eight key outcomes which include:

- Increased public awareness of the link between dementia and lifestyle.
- Increased uptake of healthy lifestyle choices.
- Increased diagnosis rates
- Reduced antipsychotic prescribing rates for people with dementia
- Improved quality of life of people with dementia.
- Increased proportion of people with dementia who feel encouraged to make decisions about their future care.
- Increased proportion of people with dementia who are aware they can update their advance care plan at each care review.
- Increased proportion of people with dementia who participate in activities to promote their wellbeing.

5.4 Implementation of the Dementia Strategy will be overseen by the Mental Health of Older Adults & Dementia Operational Delivery Group

5.5 The report supports the following corporate priorities:

- Cleaner and greener
- A strong local economy
- Open Lewisham
- Health and wellbeing

## 6. Strategy development

6.1 Development of the strategy was overseen by the dementia strategy steering group that brought together key stakeholders who met on a weekly basis from June – November 2022.

6.2 Consultation was undertaken between 01 March 2023 – 26 April 2026. Respondents were asked how strongly they agree with the 8 proposed outcomes of the Lewisham Dementia strategy and could respond in one of five ways:

- Agree strongly
- Agree, but would like the outcome to go further
- Neutral
- Disagree because the outcome is going in the wrong direction
- Strongly disagree because the strategy should not focus on that outcome

6.3 908 responses were received and the findings were as follows:

Key outcomes:	How strongly do you agree with this outcome of the Lewisham Dementia strategy:
1. Increased public awareness of the link between dementia and lifestyle.	202 (25.63%)-Agree strongly
	334 (42.39%)-Agree, but would like the outcome to go further
	235 (29.82%)-Neutral
	10 (1.27%)-Disagree because the outcome is going in the wrong direction
	7 (0.89%)-Strongly disagree because the strategy should not focus on that outcome
2. Increased uptake of healthy lifestyle choices	204 (25.79%)-Agree strongly
	328 (41.47%)-Agree, but would like the outcome to go further
	244 (30.85%)-Neutral
	11 (1.39%)-Disagree because the outcome is going in the wrong direction

<b>Key outcomes:</b>	<b>How strongly do you agree with this outcome of the Lewisham Dementia strategy:</b>
	4 (0.51%)-Strongly disagree because the strategy should not focus on that outcome
3. Increased diagnosis rates	223 (28.02%)-Agree strongly
	332 (41.71%)-Agree, but would like the outcome to go further
	230 (28.89%)-Neutral
	7 (0.88%)-Disagree because the outcome is going in the wrong direction
	4 (0.5%) -Strongly disagree because the strategy should not focus on that outcome
4. Reduced antipsychotic prescribing rates for people with dementia	159 (20.92%)-Agree strongly
	322 (42.09%)-Agree, but would like the outcome to go further
	268 (35.03%)-Neutral
	12 (1.57%)-Disagree because the outcome is going in the wrong direction
	4 (0.52%) -Strongly disagree because the strategy should not focus on that outcome
5. Improved quality of life of people with dementia.	249 (31.28%)-Agree strongly
	316 (39.7%)-Agree, but would like the outcome to go further
	220 (27.64%)-Neutral
	7 (0.88%)-Disagree because the outcome is going in the wrong direction
	4 (0.5%) -Strongly disagree because the strategy should not focus on that outcome
6. Increased proportion of people with dementia who feel encouraged to make decisions about their future care.	226 (28.11%)-Agree strongly
	323 (40.17%)-Agree, but would like the outcome to go further
	240 (29.85%)-Neutral
	10 (1.24%)-Disagree because the outcome is going in the wrong direction
	5 (0.62%) -Strongly disagree because the strategy should not focus on that outcome
7. Increased proportion of people with dementia who are aware they can update their advance care plan at each care review.	241 (29.53%)-Agree strongly
	312 (38.24%)-Agree, but would like the outcome to go further
	243 (29.78%)-Neutral
	13 (1.59%)-Disagree because the outcome is going in the wrong direction
	7 (0.86%) -Strongly disagree because the strategy should not focus on that outcome
8. Increased proportion of people with dementia who participate in activities to promote their wellbeing.	246 (30.07%)-Agree strongly
	322 (39.36%)-Agree, but would like the outcome to go further
	233 (28.48%)-Neutral
	9 (1.10%)-Disagree because the outcome is going in the wrong direction
	8 (0.98%) -Strongly disagree because the strategy should not focus on that outcome

## 7. Strategy implementation

- 7.1 Implementation of the Dementia Strategy will be overseen by the Mental Health of Older Adults & Dementia Operational Delivery Group. The Delivery Group will be responsible for coproducing the implementation plan that will sit underneath the Strategy, ensuring that all actions are implemented within agreed timescales and that the eight outcomes are achieved.
- 7.2 The implementation plan will ensure that there is a framework in place to monitor the impact the actions are having. The first draft of the implementation plan will be available in December 2023. This framework will include coproduced stretch targets building on the feedback from the consultation.

## **8. Financial implications**

8.1 There are no direct financial implications arising for the council at this stage from the implementation of the recommendations in this report.

## **9. Legal implications**

9.1 There are no direct legal implications arising for the Council

## **10. Equalities implications**

10.1 An Equalities Analysis Assessment was drafted in October 2023

## **11. Climate change and environmental implications**

11.1 All elements of the delivery of the strategy will be expected to comply with the Council's Environmental and Climate Change requirements, so as to minimise the environmental impact of the service.

11.2 Implementation of the strategy will also be expected to support the Council's commitment to making the borough carbon neutral by 2030

## **12. Crime and disorder implications**

12.1 There are no crime or disorder implications.

## **13 Health and wellbeing implications**

13.1 The health and wellbeing implications are outlined throughout the strategy.

13.2 Delivery of the eight key outcomes will have a significant impact on the wellbeing of our residents with dementia, both directly and indirectly.

13.3 With a focus on practical support, the delivery of our strategic objectives should have a direct impact on the of health and support residents can access in order to thrive.

## **14. Social value implications**

14.1 The importance of social value is embedded throughout the strategy and proposed delivery plans.

## **15. Background paper**

15.1 None

## **16. Report author(s) and contact**

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