

Shaping Our Future Wellbeing

Draft model of care for Dementia

Prevention: by 2025....

- People living in Cardiff and the Vale of Glamorgan will be supported to take opportunities that improve their health and wellbeing.
- We will have effective methods of identifying those at risk of developing dementia and we will actively manage that risk, working to reduce health inequalities.
- There will be clear programmes and policies to reduce preventable cases of dementia and support offered to those with established risks. This will begin in the early years, through school and into adult life, in a manner best suited to the needs of each community.
- We will have effective methods for ensuring the early detection of dementia. These will be focussed in the areas of greatest need but will be accessible by our whole population.
- All health professionals will take an active 'Making Every Contact Count' approach to the prevention and early recognition of dementia.
- The Health Board will support employees to adopt healthy lifestyles both in and outside of work, encouraging a positive work/life balance.
- Through an improved understanding of dementia, our local communities will be able to support people with dementia to remain living at or close to home.

Planned Care: by 2025...

- Anyone with a symptom that is suggestive of dementia will be able to access a GP for assessment and diagnosis, with referral, as appropriate, to a specialist memory service.
- Anyone who accesses community health services, who has signs of dementia, will be referred to appropriate dementia services.
- Anyone diagnosed with dementia will be assigned a care navigator.
- Dementia care will be equally accessible and accommodating to all, and will be suited to their individual cultural or social needs.
- Anyone who is diagnosed with dementia will receive clinical, psychological, psychiatric and social support when needed to enable their best possible health and wellbeing. Available services will be clearly signposted and will include services and support offered by our Partners in the community.
- People with dementia will have access, where appropriate, to treatments that limit the deterioration in their memory.
- Anyone with dementia will be considered an active health care partner who is central to the planning and delivery of their own care.
- Anyone with dementia will be supported to monitor and self-manage their condition to a level agreed in partnership with their health care professional, resulting in an individualised care plan that is accessible 24 hours a day to support their care.
- Anyone with dementia will have access to coordinated care, delivered in a place where that person feels safe. This will be predominantly in the community.
- A person's dementia will be managed in conjunction with other medical conditions through a multi-disciplinary approach.

- Dementia care will be evidence based with the aim of maintaining independence for as long as possible, whilst causing the least possible harm.
- Anyone receiving dementia care will be fully informed of the potential complications of their condition and its treatment, and will be empowered to access advice 24 hours a day.
- Anyone who has dementia alongside other health and social problems will receive co-ordinated care through their care navigator.
- Anyone with dementia will be encouraged to write, with the support of family/carers, an Advance Care plan. They will be supported to access information concerning legal and ethical issues.
- A carer for someone with dementia will be considered a healthcare partner who is vital to the planning and delivery of care. They will be empowered to access advice 24 hours a day. Their needs will be acknowledged and respite care offered accordingly.
- All residential and nursing home placements will be supported by staff with dementia training. These staff will be empowered to access advice for people with dementia 24 hours a day.
- Anyone who has experienced dementia services in Cardiff and Vale UHB will be encouraged to offer feedback about their experiences and to contribute to the development of future services.

Unplanned Care: by 2025...

- Anyone with dementia who develops an acute medical problem will receive assessment and care in the community, where safe to do so.

- Anyone with dementia who is admitted to hospital will receive care for their dementia alongside their additional medical problem by staff experienced in dealing with dementia.
- Anyone who is admitted to hospital and suspected of having a dementia diagnosis will be rapidly assessed, diagnosed and referred to the appropriate services.
- Anyone with dementia who is admitted to hospital will be cared for in an environment that supports and empowers them to remain independent.
- Anyone with dementia who requires admission to hospital will have a rapid but safe discharge, co-ordinated with their carer/family/care navigator and facilitated through the rapid provision of support and any necessary equipment in the community.

End of Life Care: by 2025...

- The Advance Care plan of a person with dementia will be acknowledged and respected.
- Everyone with dementia will have a dignified end to life, in a location of their choosing, with all treatment decisions focussed on the individual's goals/aspirations.
- End of life symptoms will be managed at home, if so desired, by appropriately trained health care professionals.