

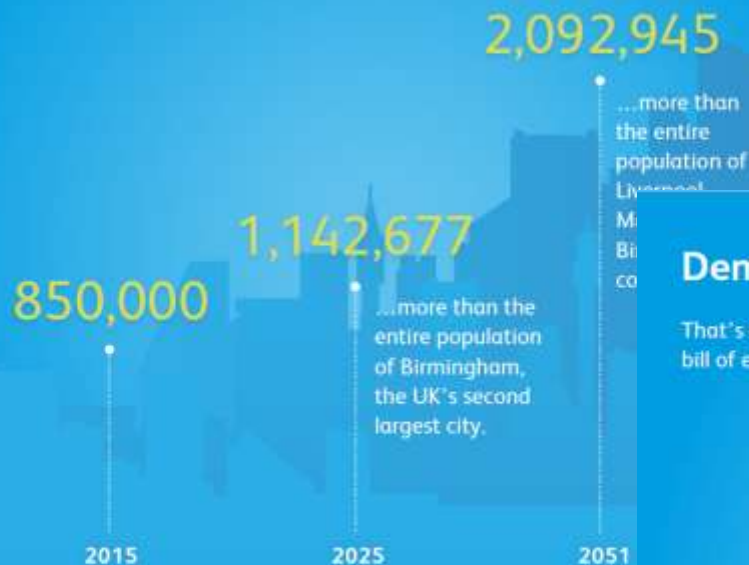
Improving the quality of life for people with dementia

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- What do we mean by quality of life for people with dementia?
- What are the building blocks to ensuring good quality of life?
 - The on-going challenge of dementia
 - The right care and support
 - Living well with dementia day to day
 - The role of society and current achievements
 - What needs to happen in the future

850,000 people live with dementia in the UK

...if we don't take action this number is predicted to rise to over two million by 2051.



Alzheimer's Society (2014a).
Dementia UK: second edition. London: Alzheimer's Society.

Dementia costs the UK £26.3 billion a year

That's enough to pay the annual energy bill of every household in the country.



Alzheimer's Society (2014a).
Dementia UK: second edition. London: Alzheimer's Society.

Dementia 2015: What did people with dementia say?

53%

said they felt
anxious or
depressed recently

Nearly 1 in 3

said they were not living well with dementia, or they did not know if they were living well with dementia

Over a
quarter

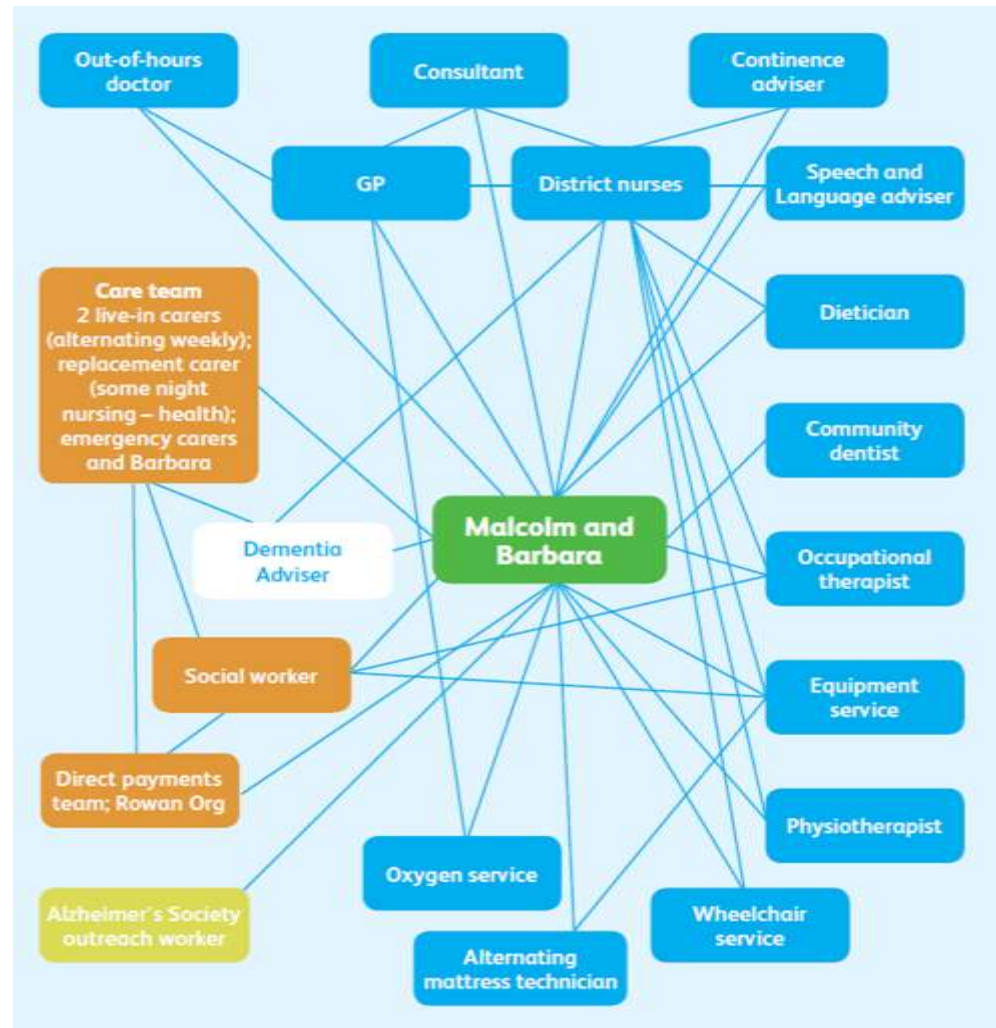
said they were not
involved in decisions
about their care and
support

The right care and support

- Diagnosis and post diagnosis support is key
 - Access to information, support and advice
 - Access to potential treatments and support services
 - Better management of other health conditions
 - Time to plan ahead to make decisions about their future needs

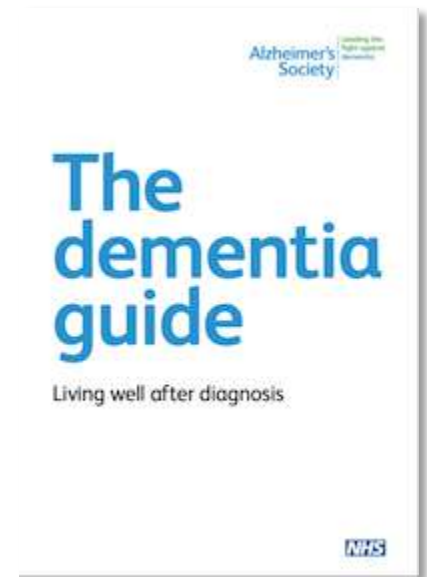
The right care and support

- Access to high quality, effective and integrated care
 - Commissioned and developed with people affected by dementia
 - Overseen by a Dementia Lead
 - Genuinely integrated care between different agencies



Living well with dementia day to day

- Dementia doesn't change who you are
- Focus on the things you can and want to do
- The Dementia Guide – practical advice
 - Treatment and support
 - Being active
 - Staying healthy
 - Making your home safer
 - Socialising



The role of society and current achievements

- Improving quality of life goes beyond health and social care - society has a role to play
- 2/3 of people with dementia live in the community
- 3/4 of the public do not think society is geared up to support people with dementia
- Less than 1/2 of people with dementia feel a part of the community
- Anxiety and fear prevent people from living as they want

Empowering people with dementia to have high aspirations, confidence and know they can contribute



Key roles in Dementia Friendly Communities

- NHS –
 - Raising awareness and helping people live well
 - Increasing diagnosis rates and reducing crisis admissions
 - Developing integrated care
 - GP surgeries committing to becoming dementia friendly
- Businesses –
 - Creation of a Dementia-friendly financial services charter
 - Other sectors including retail, transport, leisure
 - Big business are also committing to the Dementia Friends programme



- 4 million dementia friends by 2020
- Currently over 1.5m Dementia Friends
- The biggest ever initiative to change people's perceptions of dementia.
- It aims to transform the way the nation thinks, acts and talks about the condition.



What are the building blocks to ensuring a good quality of life for people with dementia?

- Nationally
 - Continued commitment to achieve what is in the PMC 2020 and to build on what has been achieved so far
 - New ways of working and innovation



What are the building blocks to ensuring a good quality of life for people with dementia?

- Locally
 - Recognition of local need and quality commissioning
 - Identify support gaps and how they can be successfully filled



What needs to happen in the future

- Wider uptake of these excellent examples
- Continued national commitment to maintain momentum gained from successes
- Elevated status for dementia, to match other health priorities
- A new long-term vision will provide certainty to people living with dementia in the UK

Thank you

Helen Foster

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www.alzheimers.org.uk