

## Clinical Commissioning Groups (CCGs) Guidance note



This note states why and how Clinical Commissioning Groups (CCGs) can improve the lives of people with dementia. It also provides guidance on how CCGs can join the Dementia Action Alliance and publically state their commitment through developing an Action Plan.

### Why is dementia important to you?

Dementia is important to CCGs because:

- There are significant opportunities to improve the quality of life for people living with dementia and their families and also to achieve savings in health and care costs. To put the costs in context:

The total cost of dementia to society in the UK is £26.3 billion, this includes:

<b>Healthcare costs</b>	- £4.3 billion;	
Social care publicly funded	- £4.5 billion;	
<b>Social care privately funded</b>	- £5.8 billion;	} <b>Combined cost of</b>
<b>Unpaid carers</b>	- £11.6 billion.	

(Alzheimer's Society 2014)

- There are over 850,000 people living with dementia in the UK and this figure is set to rise. 225,000 people develop dementia every year. (Alzheimer's Society 2014)
- For those living with the condition Dementia is seldom the only health issue. A recent survey found that 72% of respondents were living with another medical condition or disability as well as dementia. This has implications for (a) all health and care staff and their knowledge of dementia and (b) integration of services. (Alzheimer's Society 2014)
- Timely diagnosis and effective support can make a difference to both the quality of life for those living with dementia and their families and also to reducing the costs of dementia:
  - '[There is evidence that] effective services for early diagnosis and intervention... are cost effective, but will require extra initial local investment to be established... such services can release substantial funds back into health and social care systems...'
  - In its 2008/9 Operating Framework, the Department of Health summarised the situation as follows: '*... Research shows that early intervention in cases of dementia is cost-effective and can improve quality of life for people with dementia and their families...*' (Living well with dementia: A National Dementia Strategy, Department of Health 2009)
- CCGs have duties (Health and Social Care Act 2012) to:
  - Promote the involvement of patients, and their carers and representatives (if any);
  - Involve and consult with the public on commissioning arrangements.
- The Prime Minister's challenge on dementia 2020 identifies key issues for CCGs:

- Reducing the variation in diagnosis rates;
- Reducing the variation in waiting times for assessments through to diagnosis;
- Improving the diagnosis of dementia for people of Black, Asian and Minority Ethnic origin and other seldom heard groups;
- Fully involving people living with dementia and their carers in decisions - not only about their own care, but also in the commissioning and development of services.

## What can you do?

### Join the Dementia Action Alliance

Organisations join the Dementia Action Alliance by implementing a short Action Plan outlining the actions they will take to improve the lives of people living with dementia.

Some CCGs have a joint Action Plan with their relevant local council – however, it's equally possible to have separate Action Plans and for each plan to refer to the other.

And – of course – individual GP practices can also join their local Dementia Action Alliance.

### Dementia Action Alliance members from your sector include:

- NHS Ashford CCG
- NHS Bassetlaw CCG
- NHS Central Manchester CCG
- NHS North Durham CCG

### Example Action Plans:

- Rushcliffe Clinical Commissioning Group  
[http://www.dementiaaction.org.uk/members\\_and\\_action\\_plans/781-rushcliffe\\_clinical\\_commissioning\\_group](http://www.dementiaaction.org.uk/members_and_action_plans/781-rushcliffe_clinical_commissioning_group)

- **work on:** dementia diagnosis rates; awareness; links with pharmacies; engagement with people living with dementia; information for people living with dementia and carers.

- Birmingham South Central CCG  
[http://www.dementiaaction.org.uk/members\\_and\\_action\\_plans/4465-birmingham\\_south\\_central\\_clinical\\_commissioning\\_group](http://www.dementiaaction.org.uk/members_and_action_plans/4465-birmingham_south_central_clinical_commissioning_group)

- **work on:** promoting Dementia Friends; information about local services; monitoring outcomes; integration of services; staff as carers or living with dementia

- NHS Harrogate and Rural District CCG  
[http://www.dementiaaction.org.uk/members\\_and\\_action\\_plans/3034-nhs\\_harrogate\\_and\\_rural\\_district\\_ccg](http://www.dementiaaction.org.uk/members_and_action_plans/3034-nhs_harrogate_and_rural_district_ccg)

- **work on:** linking GP practices and care homes; partnership working; Memory Clinic and GPs sharing medication review work; enhanced service and diagnosis rates; Dementia Support Worker in every practice

- NHS East Riding of Yorkshire CCG  
[http://www.dementiaaction.org.uk/members\\_and\\_action\\_plans/1956-nhs\\_east\\_riding\\_of\\_yorkshire\\_ccg](http://www.dementiaaction.org.uk/members_and_action_plans/1956-nhs_east_riding_of_yorkshire_ccg)

- **work on:** ensuring patients with dementia have a Personalised Care Plan and effective advance planning and end of life care; developing integrated commissioning mechanisms between the CCG and local council

Search for more examples of action plans here:

[http://www.dementiaaction.org.uk/members\\_and\\_action\\_plans](http://www.dementiaaction.org.uk/members_and_action_plans)

## Sector case studies

- Southwark CCG Protected Learning for GPs  
[http://www.dementiaaction.org.uk/case\\_studies/16246\\_southwark\\_ccg\\_protected\\_learning\\_for\\_gps](http://www.dementiaaction.org.uk/case_studies/16246_southwark_ccg_protected_learning_for_gps)
- Derbyshire CCG Memory Assessment  
[http://www.dementiaaction.org.uk/case\\_studies/16240\\_derbyshire\\_ccg\\_memory\\_assessment](http://www.dementiaaction.org.uk/case_studies/16240_derbyshire_ccg_memory_assessment)

Search for more case studies here: [http://www.dementiaaction.org.uk/case\\_studies](http://www.dementiaaction.org.uk/case_studies)

## Further resources

### Checklist for dementia friendly environments

You can use a range of checklists to ensure physical environments are as dementia friendly as possible. This one includes practical advice, for instance around signage or lighting.

[http://www.dementiaaction.org.uk/resources/5031\\_dementia\\_friendly\\_environments\\_checklist](http://www.dementiaaction.org.uk/resources/5031_dementia_friendly_environments_checklist)

The King's Fund has tools to assess if health centres & hospital wards are dementia-friendly:

<http://www.kingsfund.org.uk/projects/enhancing-healing-environment/ehe-design-dementia>

## Clinical Resources

- Dementia Diagnosis and Care in England Learning from CCG (NHS England, 2014)  
<https://www.england.nhs.uk/wp-content/uploads/2014/04/learn-ccgs-rep.pdf>
- “Dementia Revealed: What Primary Care Needs to Know” (NHS England, v2.0, Nov. 2014)  
<https://www.england.nhs.uk/wp-content/uploads/2014/09/dementia-revealed-toolkit.pdf>
- Well Pathway for Dementia – a table with graphics which links steps in the pathway to the health and care “I statements”  
<http://www.nottinghamshire.gov.uk/media/111070/well-pathway-for-dementia.pdf>
- Improving awareness & treatment of delirium in hospitals (Living with Dementia, April 2014)  
[https://www.alzheimers.org.uk/site/scripts/documents\\_info.php?documentID=2616](https://www.alzheimers.org.uk/site/scripts/documents_info.php?documentID=2616)
- Think Delirium Cards – treat using the 3 R's (Bart's Health NHS Trust)  
[http://www.dementiaaction.org.uk/assets/0002/1206/Think\\_Delirium\\_Cards.pdf](http://www.dementiaaction.org.uk/assets/0002/1206/Think_Delirium_Cards.pdf)

## Reading

- Why Dementia: 2015 and Beyond Conference Report (NHS East of England Strategic Clinical Networks)  
[http://dementiapartnerships.com/wp-content/uploads/sites/2/why\\_dementia\\_2015\\_and\\_beyond\\_conference\\_report.pdf](http://dementiapartnerships.com/wp-content/uploads/sites/2/why_dementia_2015_and_beyond_conference_report.pdf)
- Bury Dementia Guide: A brief guide for people with dementia and memory problems, and their carers - an example of a guide written specifically for people living in one CCG area.  
[https://search3.openobjects.com/mediamanager/bury/directory/files/patient\\_information\\_dementia\\_booklet\\_-\\_proof\\_v2.pdf](https://search3.openobjects.com/mediamanager/bury/directory/files/patient_information_dementia_booklet_-_proof_v2.pdf)
- Approaching an unthinkable future - Understanding the support needs of people living with young onset dementia (Dementia Pathfinders, 2015)  
<http://news.dementiapathfinders.org/news/6962-free-download-approaching-an-unthinkable-future-understanding-the-support-needs-of-people-living-with-young-onset-dementia.aspx>

## Reference information

- Creating a dementia friendly workplace  
[https://www.alzheimers.org.uk/site/scripts/download\\_info.php?fileID=2619](https://www.alzheimers.org.uk/site/scripts/download_info.php?fileID=2619)
- How to help people with dementia - a customer facing staff guide  
[https://www.alzheimers.org.uk/site/scripts/download\\_info.php?fileID=2061](https://www.alzheimers.org.uk/site/scripts/download_info.php?fileID=2061)
- Talking to people with dementia a telephone guide  
<http://www.southglos.gov.uk/documents/Talking-to-people-with-dementia-a-telephone-guide.pdf>

## Training

- Alzheimer's Society training and resources  
<https://www.alzheimers.org.uk/professionals>
- Dementia training centre  
<http://dementiatrainingcentre.co.uk>
- [Social Care Institute for Excellence](http://www.scie.org.uk/dementia/)- information and resources  
<http://www.scie.org.uk/dementia/>
- Social Care Institute for Excellence : Open dementia e-learning programme  
<http://www.scie.org.uk/dementia/e-learning/index.asp>
- Care Skills Academy: Dementia awareness  
<http://careskillsacademy.co.uk/courses/dementia-awareness>

## Online

The Dementia Roadmap website - subscription service providing “high quality national information about the dementia journey” and enabling subscribers to add relevant local information and resources. It is hosted by Dementia Pathfinders Community Interest Company.

<http://dementiaroadmap.info/>

## Next Steps

### A. Become a DAA member by using the following template to create and implement an Action Plan

- Download and complete the form found here:  
[http://www.dementiaaction.org.uk/assets/0001/0762/DAA\\_Local\\_Membership\\_Form\\_090614.docx](http://www.dementiaaction.org.uk/assets/0001/0762/DAA_Local_Membership_Form_090614.docx)
- If you prefer, request a form to complete and email it to us:  
[dementiaactionalliance@alzheimers.org.uk](mailto:dementiaactionalliance@alzheimers.org.uk)
- Use the action plan guidance below to create your action plan:

Answering the following three questions will complete your Action Plan. By completing an Action Plan your organisation will sign up to the National Dementia Declaration and become a member of the Dementia Action Alliance.

### The National Dementia Declaration

The National Dementia Declaration lists seven outcomes that all businesses, charities and public bodies can collectively work towards to improve the lives of people with dementia and their carers. By signing up to the Declaration you will be joining an Alliance over 600 organisations to publically state that people can live well with dementia and that all of the society has a responsibility for ensuring that this happens.

To read about the history of the [Declaration](#), and download a full copy, visit:

<http://www.dementiaaction.org.uk/nationaldementiadeclaration>

## Action plan template

### 1. How can your organisation help to support people with dementia and families/carers?

Consider your organisation's role in making a difference in your community. **For example:**

"The East Riding of Yorkshire Clinical Commissioning Group (CCG) covers a large geographical area of approximately 1,000 square miles. This includes rural farming areas, urban areas, developing market towns, picturesque villages in the Wolds, and busy coastal resort towns. East Riding of Yorkshire CCG is made up of 37 local GP practices, The CCG has an annual budget of £350m and is responsible for determining local health priorities, and planning and commissioning hospital, mental health and community health care services for people in the East Riding area. The CCG is committed to working in partnership with the East Riding of Yorkshire Council, local NHS Trusts, Alzheimer's Society and other local organisations and the progress towards achieving the actions in this Dementia Declaration will be overseen by our Older People Mental Health Partnership Board" (East Riding of Yorkshire CCG)

### 2. What are the challenges to delivering these outcomes for your organisation?

Are there any problems that you need to overcome to do this (about 150 words)? **For example:**

- "A key challenge is to reduce stigma and misconceptions around dementia..." (Bury CCG)
- "... Selling the benefits of an early diagnosis is essential i.e. being able to better plan for the future, receiving the help support and training that mean that both the person with dementia and their carer are able to live well for longer following the diagnosis..." (Solihull CCG)
- "Ensuring wider awareness of sources of support and information for people who have been newly diagnosed and their families and carers..." (East Riding of Yorkshire CCG)

### 3. How can you overcome these challenges?

Make sure your Action Plan is practical and achievable for your organisation. Include timescales where possible. Your Action Plan will be published on the Dementia Action Alliance website.

Here are some **example** actions:

- We will encourage our members, staff and volunteers to become Dementia Friends  
Dementia Friends is a free initiative run by Alzheimer's Society where people can become Dementia Friends Champions and pass on short awareness sessions to their friends, family, colleagues and members of the community. Various Clinical Commissioning Groups have used this to increase understanding of dementia among members.  
[https://www.dementiafriends.org.uk/DF\\_WEBC\\_RegisterChampionIntro](https://www.dementiafriends.org.uk/DF_WEBC_RegisterChampionIntro)
- In the first quarter of the year we will hold an awareness session about dementia for all our [members/staff/patients and carers/the general public].
- Involve people living with dementia and carers in service developments and commissioning.
- Consider dementia in all elements of commissioning (not just dementia services) \* in some areas this will include co-commissioning for general practice, in addition to acute hospital services and mental health services, etc.
- We will commission age-appropriate services for people with early-onset dementia.
- Reduce inappropriate use of anti-psychotic drugs.
- Develop awareness campaigns to support early diagnosis.
- Pre-diagnosis support from the point of GP referral to Memory Clinic.
- On-going & timely access to dementia specific local information, resources and support.

- We will develop/commission information resources about local services for people living with dementia and their families/carers.
- In the first half of the year we will review the environment and signage in our public spaces using a dementia friendly checklist, and take action to ensure they are as accessible as possible.
- We will take part in our Local Dementia Action Alliance and attend meetings where possible.

## **B. Participate in your Local Dementia Action Alliances (LDAA)**

Once you have joined the DAA, you can take part in your local alliance. These are groups of organisations working together to make their community more dementia friendly.

To find your local alliance, contact us or visit: [http://www.dementiaaction.org.uk/local\\_alliances](http://www.dementiaaction.org.uk/local_alliances)

If there is no local alliance in your area you can help create one by contacting your DAA regional lead. Find your regional lead using the link below.

### **Contact details**

Contact us for help or guidance when writing your action plan, or to get involved with your Local Dementia Action Alliance.

National team: [dementiaactionalliance@alzheimers.org.uk](mailto:dementiaactionalliance@alzheimers.org.uk)

Regional leads: [http://www.dementiaaction.org.uk/contact/regional\\_leads](http://www.dementiaaction.org.uk/contact/regional_leads)