

Dementia AHP approaches



REALISING OUR POTENTIAL IN DEMENTIA CARE

Volume 1, Issue 1

Summer 2011

Master Class in Supported Self Management for AHPs



Claire Craig, Audrey Taylor and the AHPs
Master Class in Supported Self Management
February and March 2011

Forty AHPs from across Scotland attended a master class in February and March facilitated by Claire Craig, Senior Research Fellow from Sheffield Hallam University.

The course was organized by NHS Education Scotland in response to the "Realising Potential" recommendation that AHPs in

mental health will be supported to implement a self management approach.

The topics covered in the master class included:

- A history of self management
- Learning from what people with dementia tell us
- Models of delivery for self management programs
- Evidence base
- Measuring and capturing change
- Using digital stories

Claire's extensive knowledge and enthusiasm

around the subject captured the imagination of the group resulting in lots of ideas for developments.

These ranged from small scale changes right up to developing an AHP supported self management program for people with dementia which could be rolled out across the country!

If you weren't one of the lucky few who attended, contact Jenny to find out who attended from your health board and how they are taking it forward locally.

jenny.reid2@nhslothian.scot.nhs.uk

Special points of interest:

- 3 AHP CONSULTANT POSTS FILLED
- DELIVERY STRUCTURE FOR THE WORK IN PLACE
- MASTER CLASS IN SUPPORTED SELF MANAGEMENT HELD IN FEB/MAR 2011
- NATIONAL AHP COMMUNITY OF PRACTICE ESTABLISHED AT THE BEGINNING OF APRIL 2011

Your AHP Consultants in Dementia

Scottish Government has funded three AHP Consultant in Dementia posts for two years.

The purpose of these posts is to ensure that the enormous contribution that AHPs can make in improving the care and treatment of people living with dementia and supporting families and carers is identified and realized during the course of

implementing Scotland's National Dementia Strategy.

Christine Steel is based in NHS Greater Glasgow and Clyde and she has a national remit looking at how AHPs support people living with dementia in the Acute Care setting.

Sandra Shafii is based in NHS Lanarkshire and is responsible for developing na-

tional pathways for Activity, Participation and Environment.

Jenny Reid is based in NHS Lothian and Jenny is taking forward national AHP approaches to Supported Self Management and Early Intervention.

NB Contact details for Christine, Sandra and Jenny can be found on the back page of this issue.

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National AHP Best Practice in Dementia Network Established

We have established a National Action Focussed Community of Practice (AFCoP) for Allied Health Professions (AHPs) in Dementia.

Our Action Focussed Community of Practice is called “National AHP Best Practice in Dementia Network” and can be found with some other Communities of Practice on the Dementia Managed Knowledge Network.

The purpose of our community is to make communication between AHPs from across Scotland easier, more effective and efficient and to enable AHPs to share their ideas, developments and best practice in dementia care and treatment and have national conversations without always having to meet up.

AHPs have a major role to play in supporting the implementation of Scotland's' National Dementia Strategy and the Action Focussed Community of Practice will play an important part their engagement with the work

As you know, people with living dementia and their carers can present for help and support at every point in the health and social care system and AHPs have a very important and significant role in ensuring that their experience of our health and social care services at all stages of the dementia journey is positive and helpful .

To be successful, our AFCoP needs the input and active engagement of AHPs from acute services, primary care, secondary care, specialist mental health services, community liaison services (e.g. with Care Homes) and local authority.

We have a large and complex agenda with which to work, and successful implementation of the Dementia Strategy in Scotland has co-dependency, articulation and direct interface with other contemporary strategies and agendas which have key AHP influence and input, such as Reshaping Care for Older People, Change Fund programmes, Falls Strategies, NHS Quality Strategy, Health Improvement agenda, Dementia Demonstrator Sites, and of course Realising Potential (our national action plan to support all AHPs in taking forward Scot-

land's' mental health agenda) to name but a few!!

The Dementia Strategy says it all when it says that no one profession, organisation service or group can deliver successful outcomes for people living with dementia and their families and carers...it needs everyone to be working in true partnership....and this holds true for us as AHPs....**we need the input from all our AHP colleagues across health and local authority to make that difference.**

We are building our Action Focussed Community of Practice at the moment and want all your help and comments. Want to take a look?

www.knowledge.scot.nhs.uk/dementia

Log on using your Athens password

Click on [Communities of Practice](#)

Click on [National AHP Best Practice in Dementia Network](#)

If you are already a member.....**KEEP UP TO DATE!!!!!! Weekly please!!**

LOG ON REGULARLY as we are CONSTANTLY UPDATING our community with NEW INFORMATION AND TOPICS for DISCUSSION and COMMENT

Delivery Structure in Place : National Group established to drive the AHP agenda in dementia care



The **National Allied Health Professions Dementia Implementation Group** has been set up to provide strategic direction and to ensure coordination of the Scottish AHP contribution in support of implementing Scotland's National Dementia Strategy.

This is a partnership group and it is chaired by Lynne Douglas AHP Director NHS Lothian.

The membership of the group reflects the strong partnership messages in Scotland's National Dementia Strategy and includes Henry Simmons who is Chief Executive of

Alzheimer Scotland, David Berry and Elaine Hunter from Scottish Government, Audrey Taylor from NES, Ann Murray the National Falls Coordinator, and Edith Macintosh Rehabilitation Consultant from Social Care and Social Work Improvement Scotland.

Alongside the three AHP Consultants in Dementia and some other AHP colleagues from practice groups, the group is also seeking members from the Scottish Dementia Working Group, Local Authority partners and Nursing to ensure the Group benefits from a rich and varied range of perspectives, views and expertise and to ensure wide communication, onward reporting of our work and partnership engagement with the AHP agenda.

Lanarkshire People Give Their Views

65 people attended the Lanarkshire Links Spring Members Meeting on the 16th March 2011 in Airdrie Excel-sior Stadium.

The topic for the event was "Taking Forward Scotland's National Dementia Strategy".

Sandra Shafii was a main organiser and presenter and facilitated the event.

The delegate pack included a handout about the key contributions that AHPs can make in supporting people living with dementia, their families and carers to live a full, active and meaningful life.

The handout described briefly how AHPs can help people manage the very practical problems that occur in day to day life.

The main focus of the event was table top conversations. We considered questions such as:

How valuable would it be for me to know that I have a diagnosis of dementia? Why?

Why would it be important for my family to know that I have a diagnosis of dementia?

What is needed to help a person with dementia maintain a sense of self?

What practical things do you think we could do to reduce feelings of fear and anxiety and make it easier for people to seek help?

How could we prove that we treat people with dignity and respect in Lanarkshire? What key things should we be doing?

What forms do you think respite should take? What kinds of respite work best for peo-

ple with dementia and for their families and carers?

Key themes emerged.....

To ensure that the person living with dementia maintains their sense of self, professionals and services should "treat me as a person not a condition". "Involve me in everyday things"

"Keep my individuality.... (maintain) MY standards e.g. dress, make up, hair, nails etc".
Help and support people to "Get together with other people with dementia to share experiences". "Treat me with dignity and respect. Don't make presumptions!!!"

We were told that good quality and helpful information about dementia at the right time and delivered in the right way for the individual is very important.

"Would like everything explained to me to help put my mind at rest"

"Help and support to have a good quality of life if living with dementia" "Help from services to live my life as normal as possible"

Respite should take as many forms as required. It should be tailored to the individual who should have the right to choose. "Menu of options....not just a week in a care home" "has to meet the needs of the carer AND the individual"

There were mixed views about the value of getting a diagnosis of dementia.

Some people said they "would not want to know" Would have a "fear of what would be ahead" but others said that a diagnosis was very important "to have an understanding of what is

wrong" "to have the opportunity to communicate wishes for future care to have that care personalised". "To be able to take control".

We also wrote postcards to The Minister of Health

Everyone had a post card in their delegate pack and on these we wrote what we thought was good about services in Lanarkshire at the moment and what we would want to be able to write about our dementia services in June 2013.

We even had a movie!

The delegates had an opportunity to see a short film called "Irene". This moving film by Lindsay Goodall won the 2009 Jury prize at Scottish Mental Health Arts and Film Festival.

Although living with Alzheimer's Disease and decreasing physical ability, Irene's feisty personality still shines through, often leading to laughter, tension and heartache.

In 10 short minutes the audience were taken on an emotional rollercoaster of laughter, tears and moments of deep thought.

So what's next.....

Someone said "We should speak up".....and so we did!!

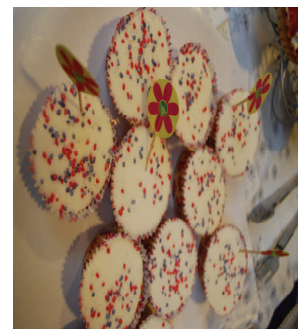
What people said will provide us with information about what people think is critical to quality in dementia services.

In due course we will check that we have met these expectations and delivered the changes that would make Lanarkshire proud of its dementia services and proud of how we work in true partnership.



"TREAT ME AS A PERSON NOT A CONDITION"

"PROVIDE ME WITH THE HELP AND SUPPORT TO LIVE MY LIFE AND GIVE ME CHOICESAND HELP TO MAKE CHOICES "



Hopes and Wishes Cakes

WHAT ARE YOU DOING IN YOUR AREAS TO ENGAGE WITH PEOPLE AND FIND OUT THEIR VIEWS?



REALISING OUR POTENTIAL IN DEMENTIA CARE

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HOT AND HAPPENING

- **13th May 2011.** AHP Consultants in Dementia are meeting with Nurse Consultant colleagues and NES/SSSC to take forward Promoting Excellence - A Framework for health and social services staff working with people with dementia their families and carers.
- **26th May 2011.** First Day Event for National AHP Best Practice in Dementia Network. Event will be held in Stirling Dementia Services Centre. Topics will include Person Centred Outcome Measures and Supported Self Management
- **6th June 2011.** "Creating Better Dementia Care" Dementia Awareness Conference. Alzheimer Scotland in Glasgow Royal Concert Hall
- **9th June 2011.** Meeting with representatives of the National AHP Dementia Implementation group and Local Authority partners. This meeting has been facilitated by Henry Simmons Chief Executive of Alzheimer Scotland to explore effective ways of engaging with Local Authority AHPs and other partners in care.
- **24th June 2011.** Launch of "Living Well with Dementia" DVD in Rutherglen Town Hall South Lanarkshire. NHS Health Scotland, Alzheimer Scotland, Scottish Dementia Working Group and Lanarkshire Dementia Strategy Implementation Group are hosting the launch of this DVD.
- **8-10 February 2012.** International Conference for Physiotherapists in Psychiatry and Mental Health in Roxburghe Hotel Edinburgh. **Start preparing your ideas for making an abstract now!!!!**

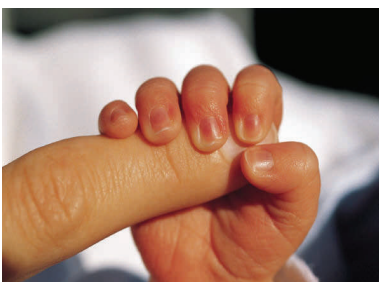
What are you doing for Dementia Awareness Week 6—12 June 2011? Let us know!

And.....Christine awaits her own special event!!!

At time of going to press (6th May 2011), Christine Steel our AHP Consultant in Dementia based in NHS Greater Glasgow and Clyde is excitedly awaiting the birth of her first baby anytime now!

NHS GG&C are going through the recruitment process to recruit someone to backfill for Christine whilst she is on Maternity Leave and we expect to hear about this appointment shortly.

Interviews were held over the end of April and beginning of May 2011.



Summer 2011 Editor:

Sandra Shafii

6 May 2011