

Glasgow City Dementia Strategy Draft Consultation

Introduction

The purpose of this strategy is to ensure that the City of Glasgow is a good place to live for people with dementia and their carers who are trying to carry on with their lives as normally as possible. Agencies and partners in the city are responding positively in many ways to the needs of people with dementia, but there is still much to do to make sure that people can live well with dementia.

Vision: Glasgow will be a fully inclusive dementia friendly city.

What is Dementia?

Dementia isn't a specific disease, it is an umbrella term used to cover a range of different types of cognitive impairment. Dementia affects memory, thinking and social abilities severely enough to interfere with daily functioning. People with dementia have difficulty with carrying out everyday tasks such as finding their way around, paying bills and remembering appointments. Dementia is not a normal part of ageing, and it can sometimes affect younger adults.

Model of Support for Glasgow

The Strategy provides an opportunity for partners in all sectors to consider how they can make the city a place where people affected by dementia can live well. The focus is on people's lives, looking at the services and facilities which make for a good quality of life.

The foundation for this approach will be a dementia friendly Glasgow, where everyone makes a contribution to supporting people with dementia. By working together and creating dementia friendly communities we are optimising a joined up response to people with dementia, their families and carers and using all resources – ours and theirs – to enhance their quality of life.

The key aims of a Dementia Friendly Glasgow are:

- To ensure everyone is aware of and understands about dementia and its impact on people's lives.
- To ensure that those living with dementia and their carers are able to fully participate in their community.
- To ensure those living with dementia have choice and control over their lives.
- To develop a broad and holistic response to support in the wider community.
- To have a more coordinated approach to existing activities and initiatives.

The views and aspirations of people with dementia and their carers should be at the heart of ensuring people live well with dementia in Glasgow. Creating dementia friendly communities can reduce the barriers that people tell us they experience.

What does a Dementia Friendly Glasgow look like?

A dementia friendly city has been described as a city, town or village where people with dementia are understood, respected, and supported, and confident they can contribute to community life.

The components of a dementia-friendly community have been described by people with dementia as one that enables them to:

- Find their way around and feel safe in their locality, community or city.
- Access the local facilities they are used to (such as banks, shops, cafés, cinemas and post offices, as well as health and social care services).
- Maintain the social networks which make them feel still part of their community.

This approach is based on inclusion and building on what people can do and the contributions they can make.

Emerging Themes for a Dementia Friendly Glasgow

National and local work involving people affected by dementia and other stakeholders has identified the following key themes:

Challenging Stigma and Raising Awareness

Research suggests that a lack of understanding about dementia is a key contributor to people with dementia and carers feeling marginalised. This can prevent people from seeking help and discussing the issue openly. Public awareness is the first step towards challenging and reducing stigma.

Good Practice

Awareness raising is happening in schools, with fire and rescue services, with staff from shops, banks and housing. This includes practical advice on the signs and symptoms of dementia, communication and practical supports.

Physical Environment

Easy to read signs (for example including symbols as well as writing) and way markers are recognised as good ways to help people to know where they are.

Many people with dementia are older and often have additional physical health issues. Community environments with good paths, walkways and lighting make it easier for people to get out and about in their community and reduce isolation. Good, accessible public transport is also important – this includes having bus stops in convenient places, providing clear timetable information, and having dementia aware staff.

Good Practice

The Queen Elizabeth University Hospital in the South of Glasgow has been designed specifically to help people find their way around. For example there are numerous pieces of distinctive art to act as landmarks for people navigating the hospital. Each floor of the hospital has a dedicated colour.

Community Safety

A dementia friendly Glasgow will aim to make our communities safer for people with dementia. A number of different organisations support safety in our communities, including the police, council services and fire services.

Good practice

The Scottish Fire and Rescue Service is working to increase the number of home fire safety visits in the homes of people living with dementia in the city.

Social and community Participation

Having access to leisure, cultural and/or spiritual activities is valuable for promoting physical and psychological well-being.

Knowing what is important to someone with dementia, and making sure that activities are accessible and inclusive, is a vital part of living well with dementia.

Good Practice

Glasgow Life in partnership with Alzheimer Scotland set up bowls and modified dance classes in the south of Glasgow, with the abilities of people with dementia in mind. Staff training was also undertaken to support accessibility.

Equality and Rights

Everybody has the right to choice and control within their lives and to be treated equally. People affected by dementia tell us that they sometimes face discrimination.

Good Practice

Clinarthill Parish Church in the south of Glasgow was the first dementia friendly church in the country. Groups are run for people with dementia and their carers. A team of staff who have experience of dementia provide support, and awareness sessions have been run for the local community and the congregation.

Existing services and supports

The lived experience of dementia is often described in stages although it affects everybody differently.

In Glasgow, people with dementia and their carers will come into contact with a range of formal and informal supports. Some of the stages and types of supports can include the following:

Worried about your memory?	Getting information on dementia and speaking with your GP.
Getting a diagnosis.	Getting access to a timely diagnosis.
Support after a diagnosis. (Post diagnosis support)	Support from named a link worker for at least a year following diagnosis.
Carers.	Access to carers support services.
Being safe.	Being safe at home and in the community.
Needing more help.	Access to co-ordinated support from health, social care and other agencies.
Legal and financial issues.	Power of Attorney, accessing benefits and future planning.
Being at the centre of your care.	Person centred support. Working on what is most important to you.
Keeping active and well.	Support to keep active and connected in the community.
Care settings.	Residential and nursing home settings which are suitable for people with dementia.
Hospitals.	Hospital environments which are suitable for people with dementia.
End of life care.	People with dementia have access to planned end of life care.
Staff development.	Staff have the appropriate level of dementia knowledge and skills
A Dementia Friendly Glasgow	A Dementia Friendly Glasgow which will support people to live with dementia

The consultation

People with dementia have told us:

- They want to be involved in all aspects of their support; and
- They want to be in control and able to make their own choices
- Focussing on what is important to that person
- Being Listened to

Here are some questions about the consultation document which we would like you to consider.

Your feedback will shape the final strategy so please tell us what you think.

- Have we got the vision and aims right?
- Are the themes the right ones?
- Have we missed anything?
- In the final document, what would you like to see? For example, links to further information? More good practice examples? Resources?
- How do you think we can make this a reality?