

**SUBJECT: DEVELOPING AN INTEGRATED MODEL OF SUPPORT FOR OLDER PEOPLE WITH A MENTAL HEALTH NEED – MONMOUTHSHIRE INTEGRATED SERVICES PARTNERSHIP BOARD UPDATE**

**MEETING: 19<sup>th</sup> July 2018**

## **1. PURPOSE:**

The purpose of this report is to outline the process undertaken and an update on progress to date by the Monmouthshire Integrated Services Partnership Board regarding the expenditure of the £200k investment from Aneurin Bevan University Health Board to further develop an integrated model of support for older people with a mental health need.

The investment was made following a decision at the Health Board meeting in March 2018, specifically for the Older Adult Mental Health Service to work in partnership with Monmouthshire County Council and other stakeholders in Monmouthshire to further develop an integrated model of support for older people with a mental health need.

The investment was one constituent part of a wider investment plan to further enhance specialist community services for older adults with mental health problems, to consolidate the number of specialist inpatient units for older adults with mental health needs, and was set in the context of the broader future of the development of Chepstow Community Hospital as an Integrated Health and Social care Hub for the South Monmouthshire population, which is to be reported back to the Health Board and the Council in September 2018.

## **2. RECOMMENDATIONS:**

Members are asked to endorse the proposed schemes to support older adults with mental health needs and their carers agreed by the Integrated Services Partnership Board (ISPB) that follow.

## **3. KEY ISSUES:**

### Policy and Partnership Context

The Dementia Action Plan for Wales (2018) envisages a 'dementia friendly nation that recognises the rights of people with dementia to feel valued and to live as independently as possible in their communities'. The Action Plan sets out the Welsh Government's commitment to promoting the rights, dignity and autonomy of people living with dementia and the people who care for them.

The Gwent Dementia Board, reporting to the Greater Gwent Health, Social Care and Well-being Partnership has developed a Strategic Action Plan for the period 2018-2022 which supports the delivery at local level of the necessary measures to improve support to address the key issues:

- A widespread lack of knowledge and understanding of dementia amongst professionals and the wider public
- A lack of flexibility to effectively meet the needs of people living with dementia and their carers.
- A lack of co-operation between services creates unnecessary barriers for people living with dementia and their carers.

The Action plans have been developed as a result of extensive work carried out nationally , including 'Dementia: More Than Just Memory Loss' - The experiences of people living with dementia and those who care for them (2016) and 'Rethinking Respite for People Affected by Dementia'(2018) – Older Peoples Commissioner for Wales.

The Integrated Services Partnership Board (ISPB) is the Monmouthshire local partnership of the Greater Gwent Health, Social Care and Well-being Partnership, and is jointly chaired by the Director of Social Services and the Director of the Primary and Community care Division of the Health Board. The Head of Adult Services, and Service Manager, All Age Disability and Mental Health, and the Director of Mental Health and Learning Disabilities for the Health Board are also members.

The ISPB set up an officer group to consider the priorities for the expenditure of the £200k, specifically allocated to further develop an integrated model of support for older people with a mental health need which was consistent with the respite and support recommendations within the strategic and advisory documents. The remit was extended to include local residents with a functional mental illness as well as those with a dementia diagnosis as many services provided in the community are able to meet the needs of both groups. The officer group decided to utilise the pre-existing framework for the Integrated Care Fund to support the bidding, decision making and evaluation requirements, albeit that the decision on expenditure would be made by the ISPB. The ICF process was chosen because it is a robust, tried and tested framework.

### Key Local Challenges

There are a higher than average proportion of older people in the county and these are forecast to rise further. As evidenced in the Needs Assessment for the Monmouthshire Public Service Board Wellbeing Plan, Daffodil Cymric projects an 87% increase in Monmouthshire's population aged 65 and over with dementia by 2035. This is above the increase projected across Wales of 72% and the second highest increase in Wales after Flintshire. The Needs Assessment also highlighted specific local issues related to the transport infrastructure and lack of accessibility of services at local level.

The closure of St Pierre ward will result in 50-60 relatives and carers of patients per year from throughout Monmouthshire, who will in future receive their care in another hospital, having to travel to visit them. A proportion of those relatives and carers will live nearer to Chepstow Community hospital than to the other hospital, and may not have transport or find travelling difficult.

The rurality of Monmouthshire impedes the access of people outside the main towns to the community based support which is already available, and will present barriers to accessing newly developed services.

There are gaps in the current community support for people with dementia or functional mental health issues, particularly for those with more advanced conditions and those who have received a diagnosis but are not receiving active secondary care clinical intervention ('watch and wait') because their condition is not advanced enough to warrant that, although they may have difficulties in daily life, resulting in distress for them, and increasing stress on their carers.

Respite services are limited, and insufficiently flexible to meet the individual circumstances of patients and their carers. Respite can take many forms, including a stay in a residential or nursing facility to enable a carer break, facilitating a break for the service user and their carer together, and support in the community for someone to access a service or activity, and support in the home.

#### **4. OPTIONS APPRAISAL**

Before the ISPB decided to take the approach of considering managed bids which met the criteria set out by the guidance from within the Strategic and Local Action Plans, a process of open bidding with a broad criteria of 'respite options' was considered. This was rejected because of the very specific needs that were evident. There is a small residual fund itemised under Section 7 below, and criteria are now being developed to enable third sector bids for innovative schemes which meet further identified gaps in service provision. There is also the opportunity for third sector providers to bid for specific elements of the services around respite elements, and for others where there was only one potential solution, direct work has been done with that agency.

The funding stream is permanent, however it was agreed that all schemes would initially be funded for a duration of 12 months from commencement of each scheme, with an exit strategy and staff employed on fixed term contracts if required, after which all projects are to be evaluated and if appropriate developed, or replaced with an alternative scheme in order to develop a long term, sustainable plan.

The following schemes were put forward by the officer group, and approved by the ISPB, with some of them subject to further revision to meet the criteria:

##### **Community Transport Scheme (Bridges)**

- Extension of the successful volunteer car scheme pilot operated by Bridges, users pay 45p/mile and 50p booking fee to use the service. This will enable people with dementia and their carers who do not have transport to access community activities near to their homes or elsewhere in Monmouthshire
- Transport for those carers who do not have access to a car to enable them to visit their loved ones who would previously have been patients on St Pierre Ward., it was also noted that users are likely to access the service frequently over a long period of time, and that the costs of transport would need to be 'capped' so that they were paying no more than would have been the case from their home to Chepstow. Given that some relatives will wish to spend a lot of time with their loved one on the ward, some money would be reserved for taxis in the event that a volunteer or the volunteer co-ordinator is unavailable
- Further work is being done to establish eligibility criteria (e.g. visiting patients, attending hospital appointment) and a clear mechanism to identify the number of service users.

##### **Respite Provision (MCC Social Services)**

###### **Option 1**

- Block booking of 1 bed in a dual registered Care Home in North Monmouthshire for advanced/ complex Dementia patients.
- Approved in principle on condition that the bed is guaranteed for nursing patients only. Clear indicators and benchmarks are required for reporting e.g. effective admissions, or a reduction over a 12 month period.

### **Option 2**

- Support Worker to assist patients with more complex dementia who would be unable to access services alone or with a family carer to access community groups, or to provide bespoke alternatives. This service is provided in South Monmouthshire through a Service Level Agreement between MCC and with Crossroads,
- Agreed in principle for North Monmouthshire to work in a bespoke way, pending amendment of the application to reflect costs for 2 Support Workers (decision based on the recent increase in Alzheimer's Society Support Workers).

### **Option 3**

- Day care provision for functional or advanced Dementia patients.
- The panel acknowledged the gap in provision, however agreed that the application requires further work in relation to the needs of the Carer and individual.

### **Creative Lives, Active Lives (MCC Museum Service)**

- 10 week arts and crafts pilot in North Monmouthshire, which can be delivered from any location.
- The pilot would also establish Carer needs, e.g. participation/ normalising activity, respite or volunteering after Carer role has ended.
- Potential noted to extend the pilot until the Big Lottery bid which is already in process is submitted (and approved).
- The panel required clarity regarding outcomes is required prior to the pilot commencing.

### **Living with Dementia Programme (National Exercise Referral Scheme -NERs)**

- A similar scheme has been piloted and is running successfully in North Wales
- Exercise and well-being programme to support approximately 80 patients and their carers per year in South Monmouthshire, running from the leisure centres at both Chepstow and Caldicot, with a view to extending throughout the borough.
- The aim of the scheme is to deliver an exercise programme to assist people with Vascular Dementia to live better, balanced with a selection of activities provided through education/ lifestyle advice.
- It was noted that the scheme could involve carers, and that there was potential for the carers to meet others and support each other if they did not wish to directly participate in the exercise sessions .
- The panel requested costings for roll out of the programme across the borough, in the event that the pilot is successful.

## **5. EVALUATION CRITERIA**

The Integrated Care Fund Evaluation Process will be used for the schemes, with quarterly reporting against a prescribed reporting framework, and a full review one year after

commencement for each scheme. Funding for future continuation or alternative schemes would be managed by the ISPB utilising the same process to ensure the £200k is used effectively.

## **6. REASONS:**

In order to meet the needs of people in Monmouthshire with respite and community support needs from early onset, and diagnosis to high level support, a range of options were considered necessary to minimise gaps in existing statutory and third sector service provision. The chosen options reflect the intent to meet in the local communities the needs of older people with mental health needs and their carers by enhancing community support and providing appropriate respite in those areas where the most benefit has been evidenced through the local needs assessments, specific work down by the office of the Older Persons Commissioner for Wales, and strategic guidance.

## **7. RESOURCE IMPLICATIONS:**

The £200k allocation is to be split as follows for Year 1:

Community Transport Scheme	£40,000
Respite Provision – nursing home bed	£33,000
Day service community provision	£40,000
Support work	£50,000 (2 wte)
Creative Lives Active Lives Museums pilot	£7,000
NERs Combined Exercise and Education Programme pilot	£7500 for South Monmouthshire

TOTAL ALLOCATED TO DATE: £177,500.

Criteria are being developed for third sector bids for the unallocated £22,500.

## **8. WELLBEING OF FUTURE GENERATIONS IMPLICATIONS (INCORPORATING EQUALITIES, SUSTAINABILITY, SAFEGUARDING AND CORPORATE PARENTING):**

The work undertaken and the recommendations made take into account the requirements of the Wellbeing of Future Generations Act, the Social Services and Wellbeing Act and fulfils the requirements and recommendations arising from both those Acts, as well as the other Welsh Government and Older Persons Commissioner Guidance.

## **9. CONSULTEES:**

The Monmouthshire Integrated Services Partnership Board membership, itemised in Section 3 above. The officer sub group of the ISPB included further members:

- Mike Fisher, Directorate Manager for Older Adult Mental Health Services ABUHB
- Nicola Needle Active Lives lead for MCC
- Gemma Burrows Senior Practitioner for Public Health
- Lorraine Edmunds Lead Nurse for Dementia, supporting the Regional Dementia Action Plan

**10. BACKGROUND PAPERS:**

None – to be read in conjunction with the other report for consideration today regarding statutory service provision

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