

**Aneurin Bevan University Health Board**  
**Mental Health and Learning Disabilities Division**  
**Re-design of Older Adult Mental Health Services**

**1. Purpose of Report**

In October 2017 the Health Board considered a report on Older Adult Mental Health Services and approved a proposal to publicly consult on the Redesign of Older Adult Mental Health Services across the Aneurin Bevan University Health Board region. The twelve week consultation period finished at the end of January 2018 and a report presenting feedback from the public consultation and recommendations on taking forward the redesign of services was received and approved by the Health Board on 21 March 2018.

The recommendations accepted by the Health Board were:

- To approve an 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 to four across the Health Board region developing the remaining units into centres of excellences with strong multi-disciplinary teams. This recommendation included the closure of St Pierre Ward within Chepstow Community Hospital.
- To further consider what actions could be taken to address concerns over transport and car-parking that were highlighted as key themes within the consultation process.
- To note the ongoing work being undertaken jointly with Monmouthshire County Council and other partners to develop an Integrated Health and Social Care Hub for the South Monmouthshire population and that there would be a further report regarding this wider work to the Board in September.

In addition to approving the above recommendations the Board approved an additional investment for the Older Adult Mental Health services to work 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 current report provides a brief update on how the recommendations have been taken forward over the first quarter of the year.

**2. Progress in Implementing Recommendations**

**2.1 Enhancement of Specialist Community Services**

There has been good progress in taking forward the development of specialist community services in line with proposals agreed at the Board meeting in March 2018.

- ***Delivery of Evidence Based Cognitive Stimulation Therapy (CST)***

Since April 2018 CST has now been made available across Monmouthshire and is being delivered through community bases in Chepstow, Mardy Park and Monnow Vale. In line with the project plan we are now looking at how the model can be further enhanced to deliver 'maintenance' CST across the Health Board region. Previously this was only available in North Monmouthshire.

- ***Increased Support to Care Homes***

An additional In-Reach nurse has been recruited to effectively double the support of registered nurses provided through the In-Reach service to Care Homes in Monmouthshire, providing advice and support and undertaking regular reviews of medication.

In addition a Specialist Behavioural Support Team commenced in Monmouthshire from 1 June 2018. This service provides an expert resource to care homes to advise care home staff on strategies and provide support for individuals with some of the most complex behaviours that challenge. This has been achieved via the recruitment of 1wte Band 5 Assistant Psychologist and 1wte Band 3 Healthcare Support worker.

- ***Increased Access to Psychological Therapies***

In order to ensure more timely access to Psychological Therapies for older people with a mental health need in Monmouthshire a full time Clinical Psychologist has been funded and an appointment into the post in Monmouthshire was made at the end of June 2018. Further funding for improving access to psychological therapies has been made available by Welsh Government in 2018/19 and a Health Board wide bid is being submitted in July to further improve access across the Health Board.

- ***Better Support For Individuals With Dementia and their Carers at time of Diagnosis***

Funding has been made available to put in an additional part time Dementia Support Worker post in Monmouthshire to provide more timely support and signposting for individuals and their carers through the Memory Assessment Service. The post is being advertised and is expected to be in post in September 2018.

- ***Crisis Response Home Treatment Team***

As part of the multi-agency Crisis Support Programme the Division has recently submitted a bid through the Welsh Government Mental Health Transformation and Innovation Fund to expand Crisis Response/Home Treatment Team provision for individuals with functional mental health needs across the ABUHB area. Part of the bid includes extending the service offer to support Older Adults with mental health difficulties. The proposed funding will enable an extended all age inclusive Home Treatment resource to enable more support to be provided in patients home or in the community.

## **2.2 Re-design of Inpatient Services**

As part of the service redesign, the decision taken by the Health Board reduced the total number of specialist inpatient beds for older adults with a mental health need from 72 to 67 across the ABUHB area. In-patient care is now provided through 3 dementia wards and one functional ward and St Pierre Ward in Chepstow community Hospital has now closed.

The last patient was discharged from St Pierre ward on 9<sup>th</sup> April 2018 and the new bed configuration was completed following the transfer of remaining functional beds to Hafan Deg, County Hospital on 30<sup>th</sup> April 2018. This has enabled the separation of dementia inpatient care and functional illness inpatient care across the whole Health Board.

A key driver for the reduction in the number of inpatient units was the shortage of registered staff to sustain the delivery of safe and high quality inpatient services across five sites. Following the changes made to reconfigure inpatient service the number of registered nursing vacancies has reduced from 18 to three. The three vacancies are all new Band 6 posts that have been created as part of the commitment to develop high quality centres of excellence by improving leadership capacity on each inpatient unit to support the improvement agenda. The recruitment process for these posts is currently ongoing. These posts are also key to supporting an improved career structure in the service as part of a sustainable workforce strategy.

As part of the service redesign there was a commitment to re-invest resources into inpatient services in order to improve the quality of care through the enhancement of the wider multi-disciplinary team. Preliminary discussions have been held with the Clinical Director of Therapies and the Families and Therapies Division to discuss possible models of service that can support improvement and improve access to therapies. A workshop is currently being arranged with stakeholders to agree on a service model to support the proposed investment.

Improvements have also been made to the ECT service through the additional investment in nursing support to enable a safer and more sustainable service to be provided at Maindiff Court Hospital.

## **2.3 Access and Travel**

Ward occupancy levels have been relatively low with the current occupancy level across all wards at 67% in June (around 22 beds empty). There have been no concerns raised regarding Monmouthshire residents accessing beds since the reconfiguration.

Overall bed use by Monmouthshire residents remains relatively low. Currently there are five Monmouthshire patients on Sycamore Ward (St Woolos) and 3 patients on Cedar Park, (Ysbyty'r Tri Chwm). There have been no reported issues from carers regarding access or travel to date. The admission destination is individually discussed with each family/carers prior to admission and the ward staff

will continue to be sensitive to this issue and will seek individualised solutions to support families and carers if travel is identified as a difficulty in future admissions.

The Health Board has identified £200,000 to invest in additional community support in Monmouthshire and bids are being prioritised through the Integrated Services Partnership Board. One of these proposals includes a bid to enhance Community Transport provision in Monmouthshire. Furthermore the Older Adult Mental Health Directorate has been fully engaged in the partnership discussions in Monmouthshire regarding the further development of place based working and access to support closer to home wherever possible via the further development of local community hubs.

## **2.4 Car Parking**

It is acknowledged that car parking on the St Woolos site continues to be challenging. A review has been undertaken by the Facilities Division of parking arrangements on the St Woolos site and plans have been developed to ease the situation, including providing 15 additional spaces on site and leasing an additional 120 staff car parking spaces for staff at Park Square car park. Demolition work to create the additional spaces on site has been undertaken and funding for capital to complete this work is being pursued.

All the Older Adult Mental Health Inpatient wards operate an open door policy for visiting ("John's Campaign") and this enables visitors to attend at non peak times of the day.

## **3. Conclusion**

Significant progress has been made in implementing the recommendations approved by the Health Board at the end of March 2018. There has been prioritised investment in enhancing community services in Monmouthshire in delivering the approved plan. The reconfiguration of inpatient services has resulted in a much more sustainable nursing and medical workforce and this provides the platform for further quality improvements within the service. The service is currently undertaking further work to embed value based ICHOM person centred outcome measurements for those with dementia across the ABUHB region and develop our quality metrics to demonstrate the impact of the changes on the lives of older adults within mental health need and their carers and families.

In addition work is ongoing through the Integrated Services Partnership Board to agree priorities for investment of new funding for Monmouthshire older adult mental health community services. A separate paper on this process and priorities is being prepared. Work is also continuing on proposals for the future development of Chepstow Community Hospital as an Integrated Health and Social Care hub.

Further opportunities to transform dementia care and deliver integrated community support for the population across the ABUHB region will be available

through the implementation of the Dementia Action Plan. This work is being coordinated through the multi-agency Dementia Board.

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