

## A Strategy for People with Dementia and their Carers 2014 - 19 Summary

Dementia is an illness caused when parts of someone's brain stop working properly. We do not fully understand the causes yet.

If dementia is diagnosed early enough, there are lots of things that can be done to help people overcome problems and to improve their quality of life.

As we are all living longer, the number of people with dementia in Peterborough is increasing.

This strategy sets out how Peterborough City Council and partners like the NHS plan to help and support people with dementia and their carers to live well with dementia.

### What are we going to do?

After asking people with dementia and their carers about what they want and need and talking to professionals about what works well, we have come up with 7 goals we want to achieve over the next 5 years:

<p><b>1. Dementia care and support is easy to understand and navigate. People can access help, including a timely diagnosis, when they need it</b></p>
<p>We will open a one stop shop for dementia where people can access all the help they need in one place.</p>
<p><b>2. Health and Social Care staff provide good support to people with dementia</b></p>
<p>We will regularly check what dementia training care organisations have had and introduce a minimum amount required for any carer who is paid by or through the City Council.</p>
<p><b>3. Carers have access to a range of support to improve their quality of life</b></p>
<p>We will provide help and support to people to manage the demands of their caring role including both emergency and planned short breaks.</p>
<p><b>4. People with complex needs can access good quality support including specialist accommodation</b></p>
<p>We will provide supported accommodation locally for people with advanced dementia who display challenging behaviours and somewhere specifically for people under 65 (young onset dementia).</p>
<p><b>5. People from black and minority ethnic communities access the support they need</b></p>
<p>We will help more people from minority ethnic groups affected by dementia, working with individuals from within communities to help raise awareness.</p>
<p><b>6. People with dementia and their carers receive good quality care in hospital and have appropriate care and support in place when discharged</b></p>
<p>We will support Peterborough City Hospital to become a dementia friendly hospital and ensure people with dementia leave hospital with good help and support in place.</p>
<p><b>7. Peterborough will work to become a dementia friendly city</b></p>
<p>We will help set up Peterborough Dementia Action Alliance – a collective made up of organisations, businesses, individuals and community groups all working together to help people live well with dementia.</p>

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