

OLDER PEOPLE AND DEMENTIA UPDATE

Health Liaison Board - 8 February 2017

Report of Chief Officer Communities & Business

Status: For information

Key Decision: No

Executive Summary: To update Members on the Council's involvement in the Dementia Friendly Communities Project and older people's activities.

This report supports the Key Aim of caring communities and healthy environment.

Portfolio Holder Cllr. Lowe

Contact Officer(s) Anton Tavernier-Gustave Ext. 7121

Recommendation to Health Liaison Board: Members are asked to note this report.

Reason for recommendation: Sevenoaks District Council works with partners including Kent County Council's Public Health Team to deliver a range of subsidised activities for older people across the District and to raise awareness of mental health including dementia friendly communities.

Introduction and Background

- 1 Since 2010, this Council has been commissioned by Kent County Council's (KCC) Public Health Team to provide targeted healthy living interventions to reduce health inequalities and to improve the health and wellbeing of local residents.
- 2 There are 850,000 people living with dementia in the UK today and over 40,000 of those people are under 65 years of age. Dementia is now the leading cause of death among women in the UK. Approximately 700,000 informal carers are supporting family members with dementia.
- 3 As part of the Kent-wide delivery work on dementia, this Council is represented on two Dementia Friendly Communities Forums set up in the District in July 2014 for Sevenoaks & Edenbridge and Swanley.

Sevenoaks District Dementia Friendly Communities Project

- 4 This Council aims to promote awareness of dementia, deliver dementia friendly activities and to create more dementia-friendly communities through local partnerships. This work will help provide better access to local services and infrastructure for people living with dementia, their families and carers.
- 5 Partners on the Forums have pledged to work together, as part of the Dementia Action Alliance, and share information and best practice as well as delivering local training and initiatives. The aim of the Forums is to improve access to dementia support services and work together creating more Dementia Friendly Communities.
- 6 As part of this work, this Council has already taken positive steps to implement best practice including:
 - The work of this Council on Dementia Friendly Communities was recognised at the 2016 Kent Dementia Awards, where we won an award for the ‘Best Organisation’. This recognition included physical changes made to the main reception including better lighting, signage and hosting a public event for people living with the condition on how this Council could be more dementia friendly.
 - The Council has continued to provide ‘Dementia Friend’ training sessions to frontline staff, Members and partners. Over 300 Council staff members and Members are now trained and working with the Licensing Team over 30 Taxi drivers and 20 community volunteer drivers have also been trained as Dementia Friends. This training helps people to understand dementia and how it can affect people as well as providing information on support organisations locally and how to refer people for support.
 - There are six dementia cafes in the District, in Sevenoaks, Swanley, Westerham, Hartley, West Kingsdown and Edenbridge. A number of carer support groups have been set up at these venues.
 - In partnership with Kent County Council and Home Instead, this Council has promoted local interventions with Tom Tugendhat MP. This has supported the MP’s work to highlight issues faced by older people and those living with dementia.
 - A range of Dementia Friendly campaigns and events have been held around the District to promote dementia awareness and the support locally for people living with Dementia. For example, an insight gathering event took place outside Tesco’s in the Sevenoaks Town asking local people what more could be done locally to support people living with dementia and their families.

Sevenoaks District Council - Older people's activities

- 7 As part of KCC Public health funding, the Council continues to run free or low cost physical activity programmes in local communities aimed at older people. These include yoga classes, falls prevention classes and Health Walks.
- 8 The aim of these classes and walks is to increase physical activity among the older people to help them achieve at least 30 minutes of activity per day, make a positive impact on their mental health and reduce isolation.

Yoga & Falls Prevention

- 9 During 2015/16, the yoga sessions had over 1,600 attendances across three weekly classes in Shoreham, South Darenth and Dunton Green, with excellent feedback from participants. A further three targeted falls prevention classes run weekly in Swanley, Sevenoaks and Edenbridge with an annual total of over 1,800 attendances.
- 10 From our evaluation forms, below are a couple of comments we have received;

“General wellbeing maintained. Exercising in a group is much more helpful than doing it alone and with an expert in charge one feels confidence that no harm will be done to ancient bones”.

“I consider this class activity to be of huge importance for my ongoing health, aiding greater activity into older age”.

Health Walks

- 11 Attendances at Health Walks last year reached an all time high with over 6,800 attendances recorded at eight walks across the District. Weekly health walks take place in Otford, Edenbridge, Swanley, Sevenoaks, New Ash Green, Hartley, Lullingstone Park and West Kingsdown. Due to positive impacts and customer feedback about the health walks, a ninth walk has started recently in Dunton Green.
- 12 This Council continues to offer training to local residents who would like to set up a health walk in their local area. To date, this Council has trained a total of 35 volunteer walk leaders who lead the walks across the District each week.
- 13 Further information on this work will be presented to Members at the Health Liaison Board.

Key Implications

Financial

In 2016/17, this Council received an annual amount of £120,935 from Kent County Council for the delivery of health improvement programmes through an annual Service Level Agreement.

Legal Implications and Risk Assessment Statement.

There are no legal implications relating to this report

Equality Assessment

The decisions recommended through this paper have a remote or low relevance to the substance of the Equality Act. There is no perceived impact on end users.

Conclusions

Members are asked to note the contents of this report on the work of this Council to deliver a range of health interventions aimed at older people.

Appendices

Background Papers: None

Lesley Bowles Chief Officer Communities & Business