Models of Positive Practice to Support People with Dementia and their Carers in Wales, with a primary focus on North Wales.

Desk research commissioned by Denbighshire County Council to support the North Wales Regional Collaboration Fund Dementia Project (Inspiring Action)

EXECUTIVE SUMMARY

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31st August 2014
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BACKGROUND

The North Wales Social Services Improvement Collaborative (NWSSIC), has secured funding through Welsh Government’s Regional Collaboration Fund to improve services for people with dementia in the North Wales region. Denbighshire County Council have commissioned this desk research into models of dementia support in Wales (with a primary focus on North Wales), to directly inform and support the North Wales Regional Collaboration Fund (RCF) Dementia Project.

This report presents a rapid overview of positive practice in dementia support services currently provided in Wales, which was undertaken over a period of seven weeks in July and August 2014. While the author has consulted widely across the health, social services and voluntary sectors to compile this report, the research has been conducted over a short time-scale and therefore cannot guarantee to have captured every positive practice example of dementia support across Wales. The author recommends that the report is read with this caveat in mind.

North Wales is home to 680,642 people, equating to 22.7% of the total population of Wales (Institute of Welsh Affairs 2010). Life expectancy in North Wales is in line with the Wales average for men (78 years) and for women (84 years). North Wales has a higher proportion of people aged 55+ in the population compared to Wales as a whole (Public Health Wales 2013). An estimated 2.7% of the population of North Wales are aged over 85, which is slightly higher than the average of 2.5% across Wales, and the number of people in this age group is expected to double by 2033 (ONS 2011, Welsh Government, 2014).

Dementia is a long term condition that has a number of dimensions, affecting memory, physical and mental health and behaviour, and it is ‘one of the biggest global public health challenges facing our generation’ (Alzheimer’s Disease International, 2013, 5). In Wales there are an estimated 45,000 people with dementia (Alzheimer’s Society 2014), however this is likely to be an under-estimate of the true prevalence of the condition. The Alzheimer’s Society estimate that less than 40% of people with dementia in Wales receive a formal diagnosis (equating to over 27,868 undiagnosed people across Wales, and the lowest national diagnosis rate in the UK) (Alzheimer’s Society 2013). The Alzheimer’s Society estimated that there were 10,727 people with dementia in the North Wales region in 2013 (Alzheimer’s Society 2014).
METHOD

Our aims and objectives were to undertake desk research to identify models of positive practice in supporting people with dementia and their carers in Wales, with a specific focus on North Wales. The examples could come from any sector.

A list of key informants was drawn up representing health, social services, and the voluntary sector in consultation with the commissioners of this research at the North Wales RCF Dementia Project. Contact with these key informants led to further communication and a widening of the information network across Wales.

We also searched local authority and university websites across Wales, and communicated with Older People Strategy Co-ordinators in each local authority (with support from the Ageing Well in Wales Programme), and with Community Voluntary Councils (with support from the Wales Council for Voluntary Action). We also identified projects and initiatives to support people with dementia and their carers in Wales by internet searching.

For a list of the models of positive practice that we identified by County, please see Appendix 1.

For a list of the national projects and programmes that we identified, please see Appendix 2.

The report has been divided into 4 sections:
- Support for People with Dementia in Wales
- Support for Carers of People with Dementia in Wales
- Dementia Supportive Communities
- National Programmes Supporting People with Dementia and their Carers in Wales

This Executive Summary provides a brief overview of the content of the main report.
SUPPORT FOR PEOPLE WITH DEMENTIA IN WALES
Community Partnerships in Action

Dementia RED is a community partnership initiative created by the North Denbighshire Locality Leadership Team (NDLLT) to increase awareness of dementia, and to support the development of a dementia supportive community. Dementia RED Projects have included a Dementia RED Care Information Centre Point based in a primary care setting and supported by the Alzheimer’s Society; the creation of Dementia RED Primary Care Champions; the development of a Dementia RED Locality Action Plan; the distribution of a Dementia RED Key Ring and a Dementia RED Roadshow. The Dementia RED initiative demonstrates the means by which professionals from all sectors and the community can become involved in understanding dementia and in providing better support for those with the condition and their carers.

Gwynedd County Council have been working in partnership with the Health Board to provide specialist day care for people with memory problems in Dwyfor, recently adding new provision at the Plas Hedd site in Bangor. Also the Arfon Community Scheme is an innovative project responding to the needs of adults with learning disabilities who show early signs of dementia. Respite care is also provided to support carers through the Council’s residential care with a respite bed at Plas Maesincla in Caernarfon and Bryn Blodau Llan Ffestiniog. The Council also has a Service Level Agreement with the Alzheimer’s Society for a part time Dementia Support Worker to provide information and support to people with dementia, their families and carers, outside the statutory provision. The contribution of the manager of Plas Maesincla Care Home in Caernarfon was recently recognised with a bronze award in the Wales Care Awards (2013) for Excellence in Dementia Care.

The Denbighshire County Council Dementia Commissioning Programme has been highly commended for inclusion in this report by a member of the community. Four EMH Project Workers are employed via the EMH Continuing Health Care funding project, in a collaboration between Denbighshire Social Services and BCUHB, funded by Welsh Government, to provide a comprehensive package of support for people with early stage dementia and their carers. The project manager is a Welsh speaker and an Alzheimer’s Dementia Champion, and is working to facilitate understanding of dementia within the Welsh speaking community and workplace. Project Workers are encouraged to undertake the Dementia Champion training in order to enhance their understanding and increase the
potential to create dementia friendly communities (working integrally with the Dementia RED campaign, see above). Social groups for people with dementia and their carers are provided in Corwen, Rhyl, Llangollen and Prestatyn, providing an important opportunity to meet new friends and to network with the community.

**The GP Pathfinder Project in Carmarthenshire** is a collaboration between three GPs from different localities who have developed a care pathway for people with dementia, providing all GPs in the area with the tools for appropriate care, referral and support. The initiative has been successful in raising awareness of dementia and diagnosis, and also in reducing inappropriate referrals to memory clinics. Three community based dementia clinics, run by the GPs and involving Alzheimer nurses, have also been established in community settings. There are specific benefits from locating dementia services in the heart of the community, including the de-stigmatisation of the disease, and improved accessibility. The service has the potential to develop into an added ‘drop in’ service for anyone who has concerns about their own memory, or about a family member. [Please refer to Appendix A, Main Report].

**The Creative Arts and Music**

**The Singing for the Brain Project in Denbighshire, Conwy and Wrexham** is run by the North Wales Alzheimer's Society and has been adopted as an example of best practice by the Society's Living with Dementia Group. People with dementia, either on their own or with their carers, have been provided with a forum where communication and participation are encouraged through the use of music and specialist facilitation. Fortnightly Singing for the Brain sessions are currently available in Rhyl and Denbigh (funded by Denbighshire County Council). Singing for the Brain is also run fortnightly in Wrexham and Conwy, funded by the Alzheimer's Society Voluntary Income.

**Arts and Music Therapy Groups in Anglesey and Conwy** are being offered by Betsi Cadwaladr University Health Board (BCUHB) in specialised dementia assessment settings. The aim of group music therapy is to contribute to assessment and care planning, improve patients’ mental wellbeing, to reduce anxiety and depression, to enhance social interaction and emotion regulation and to support physical health through mild respiratory exercise and movement. Currently sessions are offered at Cefni Assessment Unit, Isle of Anglesey and Bryn Hesketh EMI Unit, Colwyn Bay. The group at Cefni runs continuously, while the group at Bryn Hesketh is project based and therefore time limited and dependent on the renewal of funding.
The Lost in Art Project at Ruthin Craft Centre in Denbighshire is delivered by Denbighshire County Council’s Arts Service in partnership with Ruthin Craft Centre, and funded by Denbighshire County Council and the Arts Council of Wales. The group engage in a range of creative arts activities, stimulated by the creative environment and exhibitions at the Ruthin Craft Centre, and by their own creative ideas and interests. The project is widely recognised as a model of good practice in supporting people with dementia and their carers, by providing a setting for enjoyable and beneficial creative activity and a social meeting place. The Lost in Art group has also been involved in an inter-generational project with children from a local junior school and the positive interaction that this created was considered incredibly valuable by the artists, the children, people with dementia and their carers. A video about the Lost in Art Project ‘Celf i'r Cof’, has been created by the Care Council for Wales and is available to view on www.ccwales.org.uk/video-celf-ir-cof

Flintshire Sounds in Flintshire is a weekly therapeutic music session for people aged over 65 with memory problems, run and funded by Flintshire County Council Adult Services and held in different locations across Flintshire on three mornings every week. Music has many benefits, including promoting relaxation, helping retrieve memories, making connections, lifting mood, encouraging communication, creativity, reducing anxiety and agitation, and providing joy, pleasure and fun. Attending the supportive environment of Flintshire Sounds also provides a way for people with dementia, along with their family and carers, to express themselves and to widen their social network.

The Never Ending Story Project in Wrexham, Conwy and Flintshire is a creative storytelling project for people with dementia within care home settings, delivered by the North Wales Alzheimer’s Society. The project uses elements of reminiscence, music, movement, visual arts and poetry to engage and communicate, creating a sense of identity in an imaginative and socially inclusive environment. The intended legacy of the project is to ‘plant the creative seed’, while providing a multiple arts model of practice for care home settings to feel confident to continue to deliver. Following a recent pilot of ‘Never Ending Story’ in Wrexham, a further two projects are planned for care homes in Conwy and Flintshire, and there is the potential to roll this out in a variety of different care settings.

The Book of You Community Interest Company (CIC) in Conwy began as a unique, web-based method enabling people to tell life stories collaboratively and in multimedia, resulting in a printed book and computer-based flip book. Following a trial of different uses
and further research and discussion with care home groups and dementia experts, a tablet-based App is being developed and piloted, that allows people to create collaborative life stories specifically for people with dementia. Aiming to launch the App in the Spring 2015, Book of You CIC aim to make the proven benefits of life reminiscence available to a wide range of beneficiaries through an affordable, volume business model, reaching them through third party care agencies in the private, public and third sector.

The Memory Store by Bread & Goose is a project providing Touring Workshops Exploring Memory, and a Mobile Memory Library. Bread & Goose are a theatre company who create performances that are directly relevant to the communities in which they are performed, and which explore issues of social importance. The Memory Store is being created alongside a theatre production called Lost in the Neuron Forest, which tells the story of a woman diagnosed with dementia. The performance seeks to highlight the experience of dementia and act as a reminder that the person still exists beneath the disease. The Bread & Goose theatre company have also run creative workshops, aimed at people of all ages in Newport, Bangor and London, where they have encouraged talking, memory sharing and making as a means to create memory artefacts to be incorporated into a mobile Memory Library. The Memory Store theatre will be touring Wales in October and November 2014, with funding from the Wellcome Trust, Gwanwyn and the Arts Council Wales. Further information is available on the Bread & Goose website www.breadandgoose.co.uk

Physical Activity and Exercise
Dawns i Bawb in Anglesey, Conwy, and Gwynedd is a small, vibrant Development and Community dance organisation based in rural North Wales. The organisation works with people of all ages and abilities, including disadvantaged groups and those living in isolated areas, giving them an opportunity to take part in a range of dance activities. Dawns i Bawb has been working for many years in residential home settings, offering dance, gentle exercises and movement sessions. The sessions offer a unique way for people affected by dementia to engage physically, socially and emotionally through movement and dance. Contact Dawns i Bawb, Uned 2, Doc Victoria, Caernarfon LL55 1SQ; Tel 01286 685 220 E-mail post@dawnsibawb.org  Source: www.danceanddementia.co.uk

Physiotherapy, Falls Prevention and Dementia, Anglesey and Gwynedd (BCUHB)
A healthy lifestyle includes physical activity as part of a daily routine which will help to maintain well-being for as long as possible. Physical activity creates valuable opportunities
to socialise with family & friends and can help to improve and maintain a person’s independence, which is beneficial both to the person with dementia and their carers. The Betsi Cadwaladr University Health Board is currently offering specialist physical activity classes for people with dementia, with a primary focus on preventing falls and socialising. Classes are being held at Cefni inpatient ward, Llangefni, and at two day care centres in Pwllheli. A separate 32 week falls prevention pilot project has also been running at Plas Crigyll Day Centre, Anglesey, with people who have been diagnosed with early-mid stage dementia. Similar projects are planned for Arfon and Dwyfor if funding can be secured.

**Community Based Support in the Home**

The Living Well Support Service provided by Flintshire County Council is a specialist community support service to support the independence of people aged over 65 with dementia, with a focus on person-centred support to achieve independent living with the person’s own home. By adopting a Relationship Centred Approach, Living Well supports positive relationships between people with dementia and their carers, and supports good communication with community health services and professionals so that support at home can be better co-ordinated. The Living Well Service has received Continuing Health Care funding to provide 3 locality-based Dementia Liaison Support Workers who work alongside service users and informal carers, and support domiciliary care and hospital ward staff to avoid or reduce the need for hospital or long term care admissions, or to facilitate discharge home.

The Raglan Project in Rural Monmouthshire is a care at home service developed by Monmouthshire Council to support 14 people living with dementia in a small rural community. The model is relationship-centred, taking an innovative approach to providing flexible support for people in their own home, and moving on from a traditional task-orientated model of domiciliary care delivery. Staff are given autonomy to support the choices of the service user, balancing physical needs with social and emotional needs, and taking the time to get to know the person. Maintaining as much independence as possible, and maintaining or re-establishing links between the person with dementia and their community are key objectives. The team have also established two social groups for people with dementia to attend - Friends of Raglan and Friends of Dingestow.

‘Care Closer to Home’ is a service delivered by Integrated Community Resource Teams in rural Pembrokseshire. Community resource teams have been developed as part of a wider
strategic programme to deliver integrated care to people with chronic conditions. The programme is managed by the Hywel Dda Health Board in close co-operation with the three county councils of Pembrokeshire, Carmarthenshire and Ceredigion. The model comprises 4 Community Resource Teams (CRTs) covering a population of 122,439 people across a rural setting. The programme is targeted at people with complex health and social care needs and the majority of service users are frail older people, typically with dementia and multiple co-morbidities, such as cancer, respiratory illnesses and chronic heart disease.

**Accommodation with Support**

**Llys Jasmine Extra Care Facility in Mold, Flintshire**, is believed to be one of the first extra care facilities in Wales to feature dedicated apartments designed for people with dementia. Developed in partnership between Flintshire County Council and Wales and West Housing Association, Llys Jasmine is a complex of 61 apartments and two extra care bungalows for residents aged 65 and over with care and support needs. The complex includes 15 modern apartments designed specifically for people with dementia with 24 hour on site support and a range of assistive technology to support independence. The apartments have been designed in accordance with the Development Quality requirements of the Welsh Government and Lifetime Homes Standards, and the dementia apartments follow the Dementia Services Development Centre best practice guidelines. The design was shortlisted in the ‘development of the year’ category at the Housing Awards, in May 2014.

**Ty Waunarlwydd in Swansea** is a specialised local authority care home dementia service who work in partnership with the ABMU HB. The care home is registered with CSSIW and provides accommodation for 48 people who live with dementia, with the recent addition of a dementia assessment unit. Ty Waunarlwydd also work in partnership with the Bonymaen House residential care assessment service (RCAS) to provide assessment and reablement support to people who live with dementia in the community. The service is designed to deliver a relationship-centred model of good practice (Dementia Care Matters, Alzheimer's Society), which supports people with dementia to live successfully in a residential setting. The person centred environment is evaluated against the Dementia Care Matters 50 point checklist⁴. Ty Waunarlwydd have worked with CCFW and TAITH to develop person-centred care guidance for Wales⁵, and have trialled a number of tools including talking mats, talking albums and person-centred care plans. The manager and dementia nurse are involved in a

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⁴ Dementia Care Matters 50 Point Checklist (http://www.dementiacarematters.com/pdf/50point.pdf).
number of outreach activities in the community, including delivering Butterfly training, and supporting independent sector services to develop their dementia practice.

**Brynsiriol Care Home in Briton Ferry, Neath Port Talbot** opened in 1984 to deliver a high standard of care to people who need support. Over the years more people with memory loss were referred and Brynsiriol developed specialist training in relationship-centred care to meet this need. Every member of staff at the care home now receives this training and it has had a profound influence on the care provided. The mission statement at Brynsiriol is ‘All Together Now’, and everyone is committed to working towards co-productive care that recognises the unique skills and qualities that individual people bring to the care setting. The ultimate aim is to create a home and a hub in the community, where friendships are built through people living, working, visiting and volunteering together, and every individual feels that they matter.

**Specialist Day Services**

**The Age Cymru Gwynedd a Mon Specialised Day Care Service in Anglesey** is provided every Monday in the community centre at Moelfre and offers activities and lunch. Transport to and from the service is provided by Age Cymru Gwynedd a Mon, and currently there is service capacity for six people. Age Cymru Gwynedd a Mon are looking at the possibility of opening another similar day service in Cemaes Bay.

**Waen Outreach / Bilingual Weekly Day Care for Frail Older People, St Asaph, Denbighshire**

Waen Outreach Day Care, Waen, St Asaph started in 2011 with an ethos of providing loving, holistic and caring support in a stimulating environment for older people with the aim of keeping older people living longer within their communities, providing opportunities to regain confidence and skills and also to provide carers with a break. This followed a community audit of need and wide consultation with local groups, documenting the personal experiences of older people within the predominantly rural community who were not being able to access appropriate day care support. There is also a need for care to be provided bilingually for older people and especially people with memory problems. All care is provided by fully trained volunteers from within the local community. The Service, located in Waen Congregational Chapel is open to people of all faiths or none.
• The level of care is based on the excellent Hospice day care principles and our standards are very high, working closely with St Kentigern Hospice.

• The range of daily activities offered include chair based exercises, crafts, art therapy, singing, cooking, painting, gardening, physiotherapy assessment, aromatherapy, quizzes, reminiscence, creative writing / sharing memories, baking, bread making, access to book-share, external speakers etc.

• Everyone is visited informally at home prior to attending to ensure that volunteers can support their needs.

• Care is offered to all in need regardless of faith or belief and to people living in Denbighshire – people attend weekly from Rhualtt, Bodfari. St Asaph, Rhyl, Denbigh, Henllan, Ruthin, Cyffylliog (also from the County of Conwy).

Waen Outreach currently supports 26 people and there is a waiting list. The average age of the people attending is 87.9 (range 74 – 100) and a number have memory problems or a formal diagnosis of dementia. Twelve volunteers from the local community support the service and Waen Outreach have offered work experience to three people and have also been approached by local schools to offer work experience. Two people have entered paid employment following volunteering with the project.

The service is open 45 weeks a year and works in partnership with DVSC, Age Connect /Age UK, Open Minds, Denbighshire County Council Social Services / Community Arts Officer, NEWCIS, Crossroads, the Alzheimer’s Society, Dementia UK, the Red Cross, and St Kentigern Hospice.

In 2012,a National Award for the Chapel / Church which contributes and engages most with the community was received. They have received excellent cross party support from Local AM’s and MP many of whom have visited and supported various fundraising events and have been visited by CEO of Dementia UK with requests to visit from Older People’s commissioner and Chair of Care Council for Wales.

Current costs of providing weekly day care are approximately £9,000 per year. The service does not receive any funding from Local Authorities and meet all their own costs including the activities provided, and the cost of ensuring all volunteers are trained in First Aid, Food Hygiene, Moving and Handling, POVA, and Dementia Awareness. Weekly door to door
transport is provided by Dial a Ride but fully funded by the service, along with equipment, materials, utilities, food etc. Fundraising activities are organised throughout the year.

Support for Younger People with Dementia

The ACE Approach in Denbighshire (ACE Club) was founded in 2002 as a not for profit club for younger people living with a dementia and their families in Denbighshire and the surrounding counties. ACE (Activity, Companionship, Enjoyment), is a philosophy underpinned by the principles of Autonomy, Confidence and Empowerment, and as such the group were supported to adjust to their diagnosis and gain mutual support and inspiration from each other. In 2011, with a small Millennium Award from UnLtd, the ACE Club became an independent constituted community group, with its own membership acting as officers and committee members. For 13 years, ACE club members have been active in raising community and professional awareness around living with a diagnosis of dementia, through their Awareness Care and Education campaign in the UK and Australia. In 2014, ACE – Alzheimer’s Collaborative Enterprise CIC was incorporated as a social enterprise with the purpose of supporting the engagement of people living with a diagnosis of dementia and their families/carers (of all ages) within the community and to further develop the ACE philosophy of Active Community Engagement across the spectrum of services. It also hopes to be able to further support the self directed development of ACE Clubs.

The Old Brewery Service in Shotton, Flintshire was established in 2008 to meet the need for a service for younger people with dementia. The service provides a resource centre for people aged under 65 who have been diagnosed with dementia or a similar condition. The service is open 4 days per week, with up to 8 people attending each day. The Old Brewery service focuses on maintaining the skills and independence of the person with dementia, and the activities reflect this e.g. preparing meals, organising outings and other social activities. Service user meetings take place regularly, providing an opportunity for feedback and involvement in planning the service activities. A Carer’s Diary is produced for each individual service user which aids memory, informs the carer of the activities and social interaction that the person with dementia has experienced and acts as a talking point.

Ty Hapus in Barry, Vale of Glamorgan is a unique and specialist day service for people with early onset dementia, focusing on people under the age of 65 and their families. The staff at Ty Hapus understand that younger people with a diagnosis of dementia have very different support needs to the older person. Ty Hapus is a unique charity in that they work
with the Alzheimer’s Society to provide day time support for those with early onset dementia in a beautiful, age appropriate and dignified homely setting. Daily support offers respite to the person with dementia and their carer, provided by a small team of staff employed and supported through the Alzheimer's Society. Facilities include a Moondance Café, offering a calm, safe and comfortable environment for those with dementia and their families, and a Wellbeing Room providing a separate calm space for hairdressing and therapies.

Cafes and Social Groups

Dementia Cafes run by the Alzheimers Society in Denbighshire, Wrexham, Conwy, Flintshire and Powys provide an opportunity for people with dementia and their carers to meet regularly together in an informal social environment, and to openly discuss the diagnosis of dementia and its consequences in the presence of and supported by peers and health professionals. Dementia Cafes also provide practical information from a range of sources in a non-institutional setting, and provide opportunities to ask questions of professionals and to learn from the experiences of peers. Dementia Cafes are open to all people with dementia who are able to engage with and benefit from the service. Denbighshire County Council fund 3 Dementia Cafes in Rhyl, Prestatyn and Ruthin. These Cafes run once a month. There is one café in Wrexham, one in Conwy, and one in Flintshire, all of which are funded through the Alzheimer’s Society Voluntary Income. The Society also funds and provides two Cafes in North Powys.

Peer Support Groups run by the Alzheimer’s Society in Flintshire and Powys are facilitated groups intended to provide a forum for social interaction and learning for people with mild-moderate dementia and their carers. Peer support and learning networks play an important part in the overall support pathway for people with dementia, their carers and families. The Alzheimer’s Society have a number of established peer support services which aim to provide social and emotional support, prevent isolation, facilitate shared experiences and provide practical information about living with dementia. Central services include an online support initiative called Talking Point, and a moderated peer discussion forum for people with dementia and their carers. The Alzheimer’s Society currently fund and provide two Peer Support groups in Wales, one in Flintshire and one in Mid Powys.

Clwb y Berwyn in Corwen, Denbighshire is a community-run group providing an opportunity for older people to meet and have afternoon tea and an activity. The group meets every fortnight at Canolfan Ni in Corwen. There are 50 members in total, with an average
attendance of 35-40 people at each meeting with an age range of 60-96. Clwb y Berwyn plays a very important role in preventing social isolation for older people who live alone by providing opportunities to be part of the community network. The Club is supported by volunteers from the Royal Voluntary Service and transport is available through Bws Ni – a local Community Transport Scheme.

The HayDay Café in Hay on Wye, Powys was established by a group of people in the community to provide a service which aims to enhance the dignity and well-being of people with dementia and their carers. Prior to opening the HayDay Café, the group consulted with referral agencies including the local CPN team, the day hospital in Brecon and staff at the memory clinic, and staff from these services provided the group with training and advice. The HayDay Cafe is funded entirely from fundraising and community donations and has 23 volunteers. Volunteers provide one-to-one friendship and support in a ‘buddying’ system whereby they will support a small group of members for the duration of the session. Participants are referred by GPs, the CPN Team, Powys Carers, the memory clinic, or by self-referral. The HayDay Café provides an opportunity for people with dementia and their family carers to meet once a month in a social setting; an opportunity to enjoy each other’s company, share information, have fun and take part in stimulating activities; and an opportunity to achieve improvement in the quality of life and social inclusion of participants. People with dementia are welcome to attend the Café with or without an accompanying carer, and the Café currently has 19 members with mild-moderate dementia.

Befriending and Advocacy
The Befriending Service provided by the Alzheimer’s Society is available across the North Wales region. The service involves volunteer befrienders providing support for people with dementia to continue participating in leisure and social activities, when they may no longer be able to do so unsupported. The befriending scheme initiates, supports and monitors a relationship between a service user and a carefully matched volunteer. The overall aim is to offer companionship and emotional and practical support so that people with dementia can participate and continue with activities that are important to them and to make informed choices on how they spend their time. The Alzheimer’s Society provide befriending for individuals in the home, community befriending (befriending groups) or hospital befriending, and telephone befriending (one-to-one, or as part of a group). The Befriending Service in North Wales was awarded Big Lottery Funding for 3 years, and this
funding ends in May 2015. The project is currently being evaluated for the Independent Kite Mark for Befriending Projects.

**Voice and Choice, an Advocacy Service for People with Dementia, is provided by the Alzheimer’s Society** and is available across the North Wales region. This is a service specifically for people aged 50 and over with dementia, who face complex issues around social exclusion and deteriorating cognitive function. It is important not only in supporting access to statutory services and treatment, but also in providing support for people to make changes and take control of their life, to feel more valued ad included in their community, and to be listened to and understood. The Voice and Choice Service only works with people with dementia, providing both instructed and non-instructed advocacy. The service was awarded Big Lottery funding for a period of 3 years, and this funding ends in March 2015. There is a proven need for the service and the Alzheimer’s Society are currently working to secure funding beyond this date.

**The Friendly AdvantAGE Programme in the Vale of Glamorgan** is a four year Lottery Funded partnership project involving a consortium of providers including the Vale Centre for Voluntary Services, Cardiff Third Sector Council, Age Connects Cardiff and the Vale, Scope Cymru, and Dinas Powys Voluntary Concern. The aim of the project is to reduce social isolation for people aged 50+ in Cardiff and the Vale of Glamorgan, and it achieves this in various ways by using a combination of paid staff and volunteers to befriend and reach out to isolated people and support them to become more involved with their families, friends and communities. Five different projects are offered within the scope of Friendly AdvantAGE, including one project to support people with dementia and their carers (Welsh Institute for Health and Social Care, 2014). The befrienders are all volunteers, and the service is provided for those in the early stages of dementia.

**The Merthyr Tydfil Befriending Service in South East Wales**, run by the South East Wales Alzheimer’s Society, recruits and trains volunteers from the local community to support people with dementia. The person with dementia and the befriender are ‘matched’ in terms of their experiences, lifestyle, hobbies and interests, and the scheme aims to prevent people with dementia and their carers from becoming isolated. The service is primarily a befriending service for the person with dementia, however the service also benefits and supports carers. Volunteer support is essential to the running of the service
and there is no external funding for the befriending scheme. Volunteers are well supported and the volunteer engagement network works well on a regional basis and at local level.

**SUPPORT FOR CARERS OF PEOPLE WITH DEMENTIA IN WALES**

Information, Training and Learning

North East Wales Carers Information Service (NEWCIS) have piloted an inspirational course for carers of people with dementia in North East Wales. *Caring, Learning & Living with Dementia*, is a bespoke training course that aims to provide carers with information and support to enable them to continue in their caring role for as long as possible. The project, funded by the *Inspiring Action Project Group* (part of SCIP) covers a range of topics chosen in consultation with carers themselves. The current course being held at the NEWCIS centre in Mold ends in September. Following a full evaluation process, it is hoped further funding will be made available to roll out the programme across North Wales to benefit many hundreds of carers. Course designer and facilitator Amanda Davidson, a former dementia nurse and Carers Manager at BCUHB, comments, *“This is a totally unique and ground breaking course that provides vital support and information to those caring for friends and loved ones at home……. finally here is an opportunity to provide carers with the tools they need to not only do the job, but to ensure they don’t forget about themselves in the process.”*

The Carers Information and Support Programme (CrISP) for the North Wales Region, is run by the Alzheimer’s Society. The CrISP Programme has been developed from 30 years experience of working with people with dementia and their carers. The Programme is offered in two parts: CrISP 1 has been designed specifically for carers and family members of people with a recent diagnosis of dementia, and CrISP 2 has been designed specifically for carers and family members of people who have been living with dementia for some time. The programme was piloted across five Society sites in 2011, and the findings demonstrated that the service was well received by carers and facilitators. The Alzheimer’s Society have received funding from Lloyds TSB to roll this programme out nationally, and this includes 6 Carers Information and Support Programmes across the North Wales region in this financial year. Continuation of this service is dependent on funding.

**Carers Outreach Service** is a registered charity that provides information and support for unpaid carers aged 18+ in Gwynedd, Conwy and Anglesey. The charity have 18 staff that includes Field Officers and Project Officers for specific geographical areas e.g. Arfon,
Dwyfor & Meirionnydd Field Officers for Gwynedd, and GP Facilitators to help identify hidden carers and support registered carers. Carers Outreach have offices in Bangor, Penrhyndeudraeth, Colwyn Bay and Llangefni and they offer a fully bilingual service for carers. Carers Outreach is a unique service and the only organisation in North West Wales solely committed to carer information and support. The knowledge, skills and experience of the staff enables them to provide a variety of services and to take a holistic approach to meeting the complex needs of individual carers. Carers Outreach also aim to deliver more projects focusing on specific groups of carers e.g. male carers, young adult carers and carers within rural families, and to work more closely with GPs to increase referrals to the service.

Respite Support
Age Cymru Gwynedd and Mon Sitting Service in Anglesey is funded by Anglesey Council and it provides 5 hours per month of free support for people with dementia and their carers. Individuals are referred to the service by social workers, GPs, Community Psychiatric Nurses or Memory Clinic. A needs assessment takes place within the person’s home, with members of the family present, or another person of their choice. A care plan and a service plan are developed in order for the individual to have the service of their choice. A member of staff is then allocated to provide the service for as long as required and to provide continuity for the individual, in order to help them to feel safe and secure and to build a friendship with the staff.

Croes Atti Dementia Saturday Respite Scheme in Flintshire operates in partnership with Flintshire County Council and the North East Wales Carers Information Service (NEWCIS). The service offers carers a break on a Saturday by providing respite services for people with dementia. The service is available from 9.30am-4.30pm each Saturday at Croes Atti Day Centre in Flint, and attendance is free of charge. In 2013-14, 53 referrals were made to the scheme and 88% of carers rated the service as excellent, and 12% as very good. Carers particularly noted that the service improved their independence, ability to cope and general health and wellbeing, and reduced their stress and anxiety.
HomeShare and Shared Lives Schemes

The HomeShare Scheme in Anglesey and Gwynedd is run by Crossroads Care North Wales. HomeShare is a funded service and has been running in Gwynedd since 2011, with a new service set up in Llangefni, Anglesey in 2013. Funding has now been secured from the Intermediate Care Fund to set up a further 3 HomeShares on Anglesey. HomeShare is a scheme in which trained Carer Support Workers open up their own homes on a weekly basis for people with dementia to attend a group session. Transport is provided to and from the Carer Support Worker’s home. The service is popular with clients, especially those with early stage dementia. The environment of HomeShare is relaxed and helps to relieve anxiety for clients and for carers. Groups are small enough for participants to form a close bond with the HomeShare carer and the group. All Crossroads Care staff including HomeSharers have received core training in dementia and mental health, and groups are matched based on interests, abilities and physical capabilities. A range of creative activities are offered within the home setting and community engagement is also supported.

The Adult Placement (Shared Lives) Scheme in South East Wales began in 2012 and is a partnership between Blaenau Gwent, Caerphilly, Merthyr Tydfil, Monmouthshire, Newport and Torfaen Councils. Caerphilly is the lead authority and manages the service, having responsibility for staff and service delivery. The Shared Lives Scheme is registered with CSSIW to provide placements for people aged 18 and over, whose primary category of care comes within one or more of the following: people with a learning disability, people with a mental illness, people with a physical disability, people with a sensory loss/impairment, and older people. Currently the scheme provides 17 placements for people with dementia (2 long term placements, 8 respite placements, and 7 sessional placements). Shared Lives is unique as the support takes place in the carer’s home and local community. The matching process is unique to Adult Placement (Shared Lives), and the scheme worker gets to know the carers and potential service users well before considering a good match on the basis of lifestyle, location, support needs, hobbies and interests. Each placement is unique and is arranged to meet the individual’s needs, requirements and the desired outcomes for them. Adult Placement (Shared Lives) is therefore a very ‘person-centred’ model of support.

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3 Please note: Crossroads Care North Wales has now become Carers Trust North Wales Crossroads Care Service.
Carer Support Groups

Caring and Coping with Loss in Dementia, is a new group for carers of people with dementia available in Anglesey, Conwy and Gwynedd, and facilitated by a mix of clinical psychologists, community psychiatric nurses and social workers. The groups meet every week for two and a half hours, for a period of 8 weeks. Change and loss are important processes for a carer of someone with dementia to understand and to come to terms with. When carers attend a Caring and Coping with Loss in Dementia group, they are provided with space to share their experiences and explore difficult issues related to their experience of caring. Four groups have been run at Blaenau Hospital, Plas Hedd in Bangor, Canolfan Marl in Conwy, and Plas Penlan in LLangefni. Feedback from the groups has been very positive, with adult child carers showing the biggest improvement in psychological well-being. Based on this finding, which is consistent with results from similar groups run in Sheffield, it is worth exploring providing separate groups for a partner/spouse carer group, and another group for carers who are supporting a parent with dementia, because the needs of these two groups of carers can be very different.

Specialist Support for Carers in the Home

Crossroads Care in the Vale, Vale of Glamorgan is the only Crossroads scheme in England and Wales specialising in providing support for people with dementia and their carers, although many other Network Partners also support this group of carers within more generic services. The service provides support for approximately 100 people with dementia and their carers at any one time. All Crossroads Care in the Vale staff are trained as specialists in dementia care. The Crossroads Care in the Vale model provides a flexible and reliable support service from the point of diagnosis and throughout the course of the illness, and it continues to support carers for a short period after the caring role has ended. The service provides a single point of contact (to provide continuity for the family carer), specialist home care services, support in the community and a day care service, all of which are responsive to the personal needs and preferences of each individual, and take into account the broader family circumstances. Crossroads Care in the Vale are now considering opening the day centre on Sundays, offering an evening service for those with dementia at the day centre, and expanding the geographical area of benefit into Cardiff.
DEMENTIA SUPPORTIVE COMMUNITIES

Dementia Friends in Wales is led by the Alzheimer’s Society and it aims to give more people an understanding of dementia and the small things that could make a difference to people living in their community. With funding from Welsh Government, the Alzheimer’s Society are running a 12 month pilot of the Dementia Friends Programme in Wales. The Dementia Friends Programme will be instrumental in supporting the creation of Dementia Supportive Communities, through generating interest and through developing a nation-wide volunteer Dementia Friends / Dementia Champions network. Free volunteer-led information sessions are now being rolled out across North and South Wales. Anyone who wishes to become a Dementia Friends Champion can sign up on the Dementia Friends website and attend a one day training session. Champions are then able to run local information sessions as and when they want to, to create Dementia Friends. More information on how to become a Dementia Champion or a Dementia Friend is available on www.dementiafriends.org.uk.

The Dementia Supportive Community in Swansea began with the setting up of a Dementia Supportive Community Forum in 2013, - a community-driven initiative inspired by three volunteers. The Dementia Supportive Communities Forum meets every two months, and the group now has 60 members, representing health and social services, private care providers, local businesses, South Wales Police, housing providers, legal firms, Swansea University, OPAN, Age Cymru Swansea Bay, British Red Cross, the Alzheimer’s Society and volunteers and carers. There is no funding attached to this group; everyone is a volunteer and meeting space has been donated by members of the group and by a local hotel. The Dementia Supportive Community in Swansea is based on the 4 Cornerstones Model developed by the Joseph Rowntree Foundation⁴. By focusing attention on the four cornerstones of place; people; resources and networks, the Dementia Supportive Community in Swansea aims to raise awareness of dementia and support people with dementia and their carers in the early stages of the disease, so that they do not lose confidence, withdraw from friends and social networks and become isolated. The network of Dementia Friends and Champions who can reach into all sections of the community in Swansea is ever increasing. Dementia Supportive Community in Swansea is a positive practice example of what can be achieved through strong commitment and partnership working at community level. (Please see the main report for a fuller account).

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⁴ Crampton et al 2012.
The Dementia Friendly Community in Brecon, Powys, is a community-led initiative, coordinated by volunteers. Members of the community have linked with carers, individuals with dementia, statutory and voluntary organisations, community groups and businesses to create a not-for-profit working group, which has focused on laying the foundations for making Brecon dementia-friendly. A voluntary community-led steering group was established with representatives from carers, committed individuals, health and social care and a range of community and voluntary organisations. In April 2014 it was constituted as a not-for-profit organisation, in order to enrol members and raise funds.

Brecon lobbied for and was one of the first to adopt the Alzheimer’s Society led Dementia Friends and Dementia Friends Champion programme in Wales. The group have run two Dementia Champion training days in Brecon and there are now 18 volunteer Dementia Champions in the area who, to-date, have run 32 Dementia Friends sessions and recruited over 350 Friends. The demand for these sessions continues to grow. Working collaboratively, networking and sharing good practice, locally and nationally, and taking an approach that is driven both from the community upwards and from the highest level of organisations downwards, have been fundamental to growth and development. Strengthening the individual and collective voice of people with dementia and their carers is also a priority; encouraging and enabling them to express their needs, and then providing support to ensure these needs are met. Brecon has recently received official ‘Working to become Dementia Friendly’ recognition from the Alzheimer's Society. It is the first community in Wales to receive this status.
(Please see the main report for a fuller account).

NATIONAL PROGRAMMES SUPPORTING PEOPLE WITH DEMENTIA AND THEIR CARERS IN WALES

The Wales Dementia Helpline (set up by NHS Wales) is operated from Wrexham by Betsi Cadwaladr University Health Board. The Dementia Helpline is one of a number of Wales-wide helplines funded by Welsh Government, and is a relatively new addition to the range of Helpline services available. The Dementia Helpline is available to callers from across Wales 24 hours a day, 7 days a week and is staffed by 17 part time operators who work part time shifts. Calls are free and confidential, and callers can remain anonymous if they wish. Helpline operators receive training in dementia awareness through the Health Board. Wales Dementia Helpline staff are not required to be ‘experts’ in dementia. However by signposting people to the right services, the helpline supports people who may not know
The service includes posting out self help and agency information leaflets to callers if required. The Helpline updates their database of services regularly across Wales. The Helpline is advertised on www.dementiahelpline.org.uk, and the number to call is 0808 808 2235. Contact can also be made by text message: text ‘help’ to 81066.

The Ageing Well in Wales Programme

The Ageing Well in Wales programme was formally established in November 2012 as a collaborative partnership of national and local government and major public and third sector agencies in Wales. It is the first Programme of its kind in the UK and it contributes to and complements Phase 3 of the Welsh Government’s Strategy for Older People. The Programme also forms part of the European Innovation Partnership on Active and Healthy Ageing (EIP-AHA), and was awarded the highest 3* Reference Site status by the European Commission in July 2013. The overall aim of the Programme is to ensure that within Wales there is improvement in the wellbeing of people aged 50+.

Ageing Well in Wales, hosted and chaired by the Older People’s Commissioner for Wales, is made up of five strands or work streams, one of which is Dementia Supportive Communities. Each work stream has a dedicated lead expert and advisory group that will help to identify and champion action to underpin and achieve it’s aims and priorities, as well as a detailed implementation plan. Each work stream is supported by a thematic network including local individuals, groups, charities and agencies. These networks will raise awareness and action at local level and share the best practice, innovation, ideas, projects, tools and resources that are necessary to achieve impactful change across Wales. The First Minister will formally launch the five year Ageing Well in Wales Programme in the Senedd in October 2014. A document outlining Ageing Well in Wales’ identified outcomes is also due to be published in October 2014.

Public Health Wales: the importance of prevention, early intervention, support for carers, embedding evidence-based practice and shared learning.

Dementia presents a significant public health concern. Any interventions that could reduce the burden of the condition by preventing or delaying its onset could not only provide health and well-being benefits to the person with dementia, but to society in terms of reduced carer responsibility and improved productivity, and reduced health and social care costs. This is
especially pertinent with regard to an increasing population of older people projected for North Wales over the next 20-30 years\(^5\).

The best current evidence available suggests that the most promising approach to reducing the prevalence of all forms of dementia is the adoption of healthy lifestyles, particularly for those in mid-life. Over half of the Alzheimer’s disease burden worldwide might be attributed to modifiable risk factors: diabetes mellitus, midlife hypertension, midlife obesity, depression, physical inactivity, smoking and low educational attainment\(^6\). This reinforces the significance of lifestyle factors as we age, the impact of mental health and wellbeing on the risk of dementia, and the need to continue to work in partnership to address these risk factors in order to achieve change at a population level. Most of these factors also have a social gradient, emphasising the need to tackle health inequalities at the wider population level.

Early intervention, both pharmacological and non-pharmacological, can help to slow the progress of dementia and its symptoms. It can also help to better prepare individuals and their families for the future of living with the condition. However, early diagnosis does carry ethical implications, and consideration needs to be given to ability to consent and the potential benefit and harm for each individual case.

The key role played by carers of those with dementia must be recognised and acknowledged, and prevention and early intervention are also important here. Service commissioners need to consider carer needs in all service planning, in order to support them to maintain their caring role whilst maximising health and well-being outcomes for themselves and those for which they provide care.

When commissioning and planning dementia services we need to take into consideration the importance of addressing the modifiable risk factors for dementia and the need to support the wellbeing of older people. The engagement of the public in a co-produced model of health production, building on the assets of individuals and services rather than their deficits, is one of the most important first steps along this journey. There are a number of excellent projects already underway in Wales which adopt these principles e.g. the Inspiring Action Dementia Project, the ‘What matters to you’ conversation which forms part of both

\(^5\) Gwynne 2012.
\(^6\) Norton et al 2014.
the new Integrated Assessment and the Frailty Assessment, Single Point of Access which promotes access to information on local care and wellbeing services, and the National Ageing Well Programme.

As more evidence comes to light, Public Health professionals, in collaboration with academic bodies, the voluntary sector, and health and social care services in particular, should seek to further embed evidence-based practice within our communities and actively share this learning. Due to the health gain and economic impact on the population across the life course, addressing the impact of dementia should remain high on the Public Health and partnership agenda.

**SUMMARY**

Our research has identified examples of positive practice in community partnerships, the creative arts and music, physical activities and exercise, community-based support in the home, accommodation with support, specialist day services, support for younger people with dementia, cafes and social groups and befriending and advocacy services. Support for carers of people with dementia in Wales includes positive practice in providing information, training and learning and outreach, respite support, HomeShare and Adult Placement (Shared Lives) schemes, carer support groups and specialist carer support at home.

The report also notes the achievements of a Dementia Supportive Community in Swansea and a Dementia Friendly Community in Brecon, both of which have grown from within the community. We have also noted the support provided by the Wales Dementia Helpline, the Dementia Friends in Wales Pilot Programme, the Ageing Well in Wales Programme and the role of Public Health Wales in providing a framework for the development of dementia services.

In the North Wales region and in Wales as a whole, we found a rich tapestry of support for people with dementia and their carers, and we have only been able to showcase a sample of the support that is available. While the distribution of some types of support appears to be uneven across the North Wales region, there is a sense that what is happening in the region is extremely positive, well supported by committed people (paid and voluntary), and in many cases innovative and ground breaking. The coverage and variety of support already in place suggests that there is the potential for every County in the region to share their experiences of ‘what works well’, and to achieve a more even distribution of positive practice.
KEY LEARNING POINTS

- A number of pilot projects are underway and their evaluations are likely to be of interest to the *Inspiring Action Project* e.g. Never Ending Story; the NEWCIS ‘Caring, Learning and Living with Dementia’ programme for carers; Book of You; the Living Well Support Service; the GP Pathfinder Project, and the Physiotherapy and Falls Prevention Pilot. The National Dementia Friends in Wales initiative is also a 12 month pilot and the findings from this evaluation will also be of interest.

- Community partnerships between health, social services and the voluntary sector can also achieve great advances in supporting people with dementia and their carers, for example the Dementia RED project in Denbighshire, the service provision in Gwynedd; the Denbighshire Dementia Commissioning Programme, the GP Pathfinder Project in Carmarthen, and the Dementia Supportive/Friendly Communities initiatives in Swansea and Brecon.

- The value of inter-generational work in dementia support is clearly evident in the Lost in Art Project; the Memory Store by Bread & Goose; and in the Dementia Supportive/Friendly Communities initiatives in Swansea and Brecon, all of which have successfully engaged and shared learning with children and young people within communities.

- The creative arts, music and dance are making a valuable contribution in different community and care home settings in terms of supporting reminiscence, retention of creative and life skills, enhancing mood and facilitating social engagement.

- The value of relationship centred (person-centred) models of care is emphasised by providers, both for care at home (the Living Well Service; the Raglan Project; Shared Lives Scheme), and in the care home sector (Ty Waunarlwydd; Bryn Siriol Care Home).

- The careful matching of befriending volunteers with persons with dementia, in terms of their experiences, lifestyles and shared interests is advocated in many befriending and volunteer support services e.g. the Alzheimer’s Society Befriending Service; the Friendly AdvantAGE Programme; the Merthyr Tydfil Befriending Service; the HomeShare Scheme and the Shared Lives Scheme.
The needs of younger people (under 65) with dementia are very different to the needs of older persons, and we found three examples of innovative and inspirational approaches to positive practice to support people in this younger age group – the ACE Approach in Denbighshire; The Old Brewery Service in Flintshire, and Ty Hapus in the Vale of Glamorgan.

The needs of carers can also be very different, as explained in the account about the carer support group ‘Caring and Coping with Loss in Dementia’. The needs of a spouse or partner carer for example can be very different to those of a son or daughter caring for a parent.

Locating memory services at the heart of the community and in buildings used by the wider community (e.g. the GP Pathfinder project in Carmarthen) can help to destigmatise dementia and improve access to services.

Dementia Supportive Communities grow and develop when there is a strong steer for change from within the community itself and strong leadership from the highest level of leading organisations (Dementia Friendly Community in Brecon).

The voices of people with dementia can be ‘heard’ in the development of many of these models of positive practice, and in particular in the Denbighshire Dementia Commissioning Programme; in all the creative arts and music projects, and in the Dementia Supportive / Friendly Community initiatives in Swansea and Brecon.

The voices of carers of people with dementia and their support needs are also at the forefront of the ‘Caring, Learning and Living with Dementia’ programme provided by NEWCIS; the Alzheimer’s Society Carers Information and Support Programme; Carers Outreach Service; and Crossroads Care in the Vale.

The Alzheimer’s Society are currently providing a dementia-specific ‘Voice and Choice’ Advocacy service for people aged 50+ with dementia in North Wales, however this service only has funding until March 2015.

The value of providing flexible and responsive respite support for carers is recognised in the Age Cymru Gwynedd a Mon Sitting Service; the Croes Atti Saturday Respite Scheme; Crossroads Care in the Vale, the HomeShare Scheme and Shared Lives.
• Cafes and social groups of various types in the community are making a significant contribution to social engagement for older people and for people with dementia and their carers. The Alzheimer’s Society Dementia Café model currently has a presence in four of the six North Wales Counties.

• The Welsh language is being used within some of the dementia support services cited in this report. However without further dedicated research it is not possible to comment accurately on the extent of the use of Welsh, or on the accessibility of dementia services in Welsh for those who need them.

• Some initiatives are ‘on the move’ and touring the country including the Memory Store Workshops and Mobile Memory Library by Bread & Goose, and the National Dementia Friends in Wales pilot. Good communication across local and regional networks is therefore essential if these opportunities are not to be missed by those who would most benefit.

Most importantly, there is a strong over-arching regional and national policy framework to support the development of dementia services across the North Wales region, provided by the Inspiring Action Project, the Ageing Well in Wales Programme, and the emphasis placed by Public Health Wales on prevention, early intervention, support for carers, the embedding of evidence based practice within communities, and shared learning.
### APPENDIX 1

A list of Projects in this report by County (North, Mid and South Wales)

<table>
<thead>
<tr>
<th>County</th>
<th>Project</th>
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<tr>
<td><strong>NORTH WALES</strong></td>
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<tr>
<td>Anglesey</td>
<td>Arts &amp; Music Therapy</td>
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<td>Physiotherapy, Falls Prevention &amp; Dementia</td>
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<td>Carers Outreach Service</td>
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<td>Arts &amp; Music Therapy</td>
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<td>Never Ending Story, North Wales Alzheimer’s Society</td>
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<td>Book of You CIC</td>
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<td>Dawns i Bawb</td>
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<td>Clwb y Berwyn</td>
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<td>Carers Outreach Service</td>
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<td><strong>MID AND SOUTH WALES</strong></td>
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<td>Carmarthenshire</td>
<td>GP Pathfinder Project</td>
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<td>Merthyr Tydfil</td>
<td>Befriending Service, South East Wales Alzheimer’s Society</td>
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<td>Monmouthshire</td>
<td>The Raglan Project, Care at Home (Rural)</td>
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<td>Care Closer to Home</td>
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<td>Powys</td>
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<td>The HayDay Cafe</td>
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<td>South East Wales</td>
<td>Adult Placement Scheme / Shared Lives</td>
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<td>Ty Waunarlwydd</td>
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<td>Neath Port Talbot</td>
<td>Bryn Siriol Care Home</td>
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<td>Vale of Glamorgan</td>
<td>Ty Hapus (Younger People)</td>
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<td>The Friendly AdvantAGE Programme</td>
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<td>Crossroads Care in the Vale</td>
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Please note: Alzheimer’s Society Befriending and Voice and Choice Advocacy Services are also available across the North Wales Region, and both services have time-limited funding.

Appendix 2

A list of projects included in this report that provide National coverage

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<tr>
<th>The Memory Store by Bread &amp; Goose</th>
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<tr>
<td>(national touring theatre and memory library)</td>
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<tr>
<td>Wales Dementia Helpline</td>
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<td>Dementia Friends in Wales</td>
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<tr>
<td>The Ageing Well in Wales Programme</td>
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<td>Public Health Wales</td>
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Acknowledgement

The author wishes to thank the many people who have contributed information for this report. A full list of contributors is provided in the main report.

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The report was commissioned by Denbighshire County Council, on behalf of the North Wales Regional Collaboration Fund Dementia Project (Inspiring Action).