

QUICK UPDATES

- The Alzheimer Europe Conference took place in Barcelona this year. Anna de Siún presented on the work of the Office and on the Understand Together Campaign. We presented posters on the national mapping project, undertaken in conjunction with the Alzheimer Society of Ireland in 2017. We also showcased our needs analysis framework for dementia services.
- The National Dementia Office was well represented at the Irish Gerontological Society Conference held in Cavan in October with presentations by Anna de Siún and Suzanne Timmons. Emer Begley won a prize for her poster with the Dementia Services Information and Development Centre, on a review of memory clinics in Ireland
- Collaborating with Engaging Dementia, we recently ran four Cognitive Therapy master classes as part of the dementia post-diagnostic project. Mary McGrath, an Advanced Clinical Specialist Occupational Therapist based in Belfast City Hospital, facilitated each workshop and in total 111 Health and Social Care Professionals attended.
- The National Network of Memory Technology Resource Rooms (MTRRs) was formally launched by Minister Simon Harris, TD in St Columcille's Hospital on Friday 21st September 2018. There are 24 MTRRs established nationally, providing information on assistive technologies to support people with memory difficulties to continue to live independently. Contact details for the MTRRs are available on www.understandtogether.ie.
- Dr Siobhan Fox and Dr Caroline Kilty from UCC were successful in securing the tender to carry out a review of younger-onset dementia in Ireland. A project oversight group has been established, and work began on the project in February.

HOME-CARE EDUCATION

The NDO was successful in securing Dormant Account funding through the Department of Health to facilitate the roll-out of the 'Understanding Dementia for Homecare Workers' education programme. This two-day programme is designed to give homecare support assistants and homecare managers/coordinators the knowledge and skills needed to enhance the delivery of person-centred, human rights based care to a person with dementia on a one-to-one basis in the person's own home.

The interactive workshop days support participants to gain knowledge and experience in five key areas; Getting to Know the Person with Dementia; Working within the Dementia Team; Understanding Emotions; Working with Relationships; and Everyday Ethics. Governance of the programme rests with the National Dementia Office while roll-out is being coordinated at a CHO level. A number of facilitators around the country have been up skilled to deliver the programme and roll-out is commencing nationally in Q1 2019.

It gives me great pleasure to welcome you to this Spring edition of the National Dementia Office (NDO) Newsletter, 2019.

It has been a busy time for the NDO with a lot happening since our last newsletter. The first meeting of the National Dementia Registry steering group took place in November. This is an exciting project led by Dr. Louise Hopper, DCU, the finished model will contribute to the planning and operation of dementia care services in Ireland.

Congratulations to our colleague in the NDO, Dr. Emer Begley and Colleagues in DSICD who won an award for their poster on a Review of Memory Services in Ireland at that the Irish Gerontological Society National Conference.

We hope you enjoy reading the NDO Newsletter. If you would like further information on any of the initiatives outlined in the newsletter or indeed would like to know about the on-going work of the office, please feel to contact us at dementia.office@hse.ie

Mary Manning, NDO General Manager

DEMENTIA POST-DIAGNOSTIC SUPPORT GRANT SCHEME

The aim of the Dementia Post-diagnostic Support Project is to support people's wellbeing and independence, as well as maintaining their quality of life after a diagnosis of dementia. Helping the person and their families to stay connected within their local communities, maximising their abilities and giving them confidence to manage symptoms.

A key part of the project is to increase capacity among staff to deliver post-diagnostic support. In 2018, with funding from Dormant Accounts through the Department of Health, eligible Health and Social Care Professionals were invited to apply for a grant to deliver cognitive stimulation therapy, cognitive rehabilitation and/or dementia psycho-education programmes to people with dementia and their families.

We were inundated with applications and following an independent review, 18 applicants were successful, with two awards allocated in each Community Health Organisation area. The funding will increase the availability of dementia post-diagnostic supports across the country.

The grant scheme, which is a unique undertaking by the HSE, is being evaluated by an independent researcher Dr. Maria Pierce and by Dr Fiona Keogh and Professor Eamon O'Shea at the Centre for Economic and Social Research in Dementia in NUI Galway.

To see the full list of successful applicants, see www.understandtogether.ie. If you would like more information on the Dementia Post-diagnostic Project contact emer.begley@hse.ie.



PDS Grant Award Recipients

DIAGNOSTIC LITERATURE REVIEW

The National Dementia Office were delighted to launch “Dementia Diagnostic Services for Ireland: a literature review” in October 2018. The report was formally launched by Dr Diarmuid O’Shea, while Ronan Smith, Irish Dementia Working Group (IDWG) and Nuala O’Connell, Dementia Carers Campaign Network (DCCN) spoke of their own experiences around receiving a diagnosis of dementia. Prof Alistair Burns, National Clinical Director for Dementia and Older People’s Mental Health at NHS England and NHS Improvement, spoke of the opportunities for dementia, and gave a fascinating overview of work carried out, and on-going, in dementia care in the NHS.

The literature review was commissioned by the NDO to inform the work of the Dementia Diagnostic Project and to support decisions regarding recommendation or implementation of potential dementia diagnostic services/pathways for Ireland. It examined three distinct areas; Dementia diagnostic service models (with a key focus on ‘memory clinics’), Diagnosing dementia in primary care settings and Dementia diagnosis disclosure.

The report is complementary to an earlier report commissioned by the NDO looking at post-diagnostic supports in dementia, authored by O’Shea et al. in 2018. The report can be accessed on the [understandtogether.ie](http://www.understandtogether.ie) website or by contacting the National Dementia Office at dementia.office@hse.ie

DEMENZA: UNDERSTAND TOGETHER IN COMMUNITIES

In October 2017 the Dementia: Understand Together campaign launched a series of TV advertisements telling the stories of Maureen O’Hara and Paddy Butler, both from Kilkenny, and the Mullans family from Dublin, who generously shared their experience of living with dementia for the campaign.

An independent evaluation of the campaign was carried out in early 2018 and we are seeing positive shifts in people’s knowledge, understanding and attitudes around dementia and towards those living with the condition.

The campaign is gaining further momentum as we highlight the role communities play in the lives of people with dementia and their families. We are creating a grassroots movement of individuals, businesses, service providers and community groups taking action to create dementia inclusive communities.

The six simple actions everyone can take are:



**See the person,
not the dementia**



**Talk about
dementia**



**Stay in
touch**



**Ask how you
can help**



**Support the person
to keep up hobbies
and interests**



**Make sure your
service or space
is easy to use**

In October 2018, 74 people from all over Ireland took up the call for action at a Community Champions’ event. It was an inspirational day at which members of the Irish Dementia Working Group and the Dementia Carers Campaign Network shared their experiences of living with dementia and how important “understanding communities” are to their health and well-being.

Community Champions are now joining representatives of national organisations and campaign partners in embracing these actions. The aim is to further increase awareness of dementia at a local level through their local networks/branches, and inspire people in communities, be it friends, neighbours, colleagues, businesses, social clubs, to join in and take action to make their communities supportive and inclusive.

Find out more about the campaign, how you can take action and the supports available at <http://www.understandtogether.ie/get-involved/> or contact Fiona Foley, Co-ordinator of Dementia: Understand Together in Communities, at fiona.foley1@hse.ie or **086 771 4892**.



Launch of ‘Dementia Diagnostic Service for Ireland: a literature review’ in Dublin

NATIONAL GUIDANCE DOCUMENT ON PSYCHO-EDUCATION PROGRAMMES FOR PEOPLE WITH DEMENZA AND THEIR FAMILIES

In January the NDO, in partnership with the Dementia Services Information and Development Centre, launched a guidance document to support Health and Social Care Professionals develop and deliver psycho-education programmes for people with dementia and their supporter(s) after diagnosis.

The guidance was officially launched by Professor Richard Cheston of the University of the West of England. Professor Cheston has many years’ experience delivering these types of programmes and gave a motivating presentation on key learning’s and unique challenges in undertaking this type of work.

Una Caulfield of the Dementia Carers Campaign Network and Kathy Ryan of the Irish Dementia Working Group, inspired attendees with their experiences of living with dementia, both as a family carer and someone living with the condition. They both stressed the importance of these types of programmes to support people to live as well as possible after a diagnosis.

The guidance document can be downloaded from www.understandtogether.ie or contact the NDO for a hard copy.



Launch of Guidance Document Jan 2018

SECOND IRISH NATIONAL AUDIT OF DEMENZA CARE IN ACUTE HOSPITALS (INAD-2)

In response to the need for data on dementia care in acute hospitals in Ireland, the first Irish National Audit of Dementia care in acute hospitals (INAD) was undertaken in 2013 to measure criteria relating to care delivery known to impact on people with dementia admitted to hospital. The audit results fed into the development of the Irish National Dementia Strategy which was published by the Department of Health in 2014.

The National Dementia Office is currently supporting acute hospitals to implement pathways for dementia/delirium, as part of the implementation of the National Dementia Strategy, and it is timely to re-assess current practice in this area. Thus, a second Irish National Audit of Dementia care (INAD-2) will be conducted in 2019 in all acute and orthopaedic hospitals in Ireland.

If you have any queries please contact the National Dementia Office at: dementia.office@hse.ie or on: **(057) 931 8451**

