

Healthy Minds for Future Generations: Promoting Dementia Risk Reduction

All Nations Centre, Cardiff
14th December 2017

‘Making Dementia Risk Reduction
a Priority for Wales’

Overview

- What do we mean by risk reduction?
- Why should dementia risk reduction be a priority?
- For whom should it be a priority?
- What has been done to date?
- What are the levers for promoting risk reduction?
- How can we help people to reduce their risk?

What do we mean by risk reduction?

- Not necessarily prevention
- Definitely not blaming
- Risk reduction may involve:
 - Potential for prevention
 - Potential to delay the onset of the disease
 - Potential to slow the progress of the disease

Why should dementia risk reduction be a priority?

Individual familial and community factors

- Human costs
 - The individual
 - Their family members and other informal carers
 - Premature mortality
- Public concern

Why should risk reduction be a priority?

Societal, service and exchequer factors

- Consequences of our ageing population
- Increasing prevalence
- Increasing financial costs
- Increasing welfare costs
- Workforce shortfall
- Service and opportunity costs
- One of the most pressing public health issues on a global scale

Prevalence


Dementia currently affects 850,000 people in the UK and over 45,000 of those are from Wales. The impact of dementia is however far greater, with 25 million of the UK population having a close friend or family member affected.

“We know that age is the biggest risk factor for dementia and with ageing populations across many countries, the world is facing a dementia crisis. While there is no simple way to prevent the condition, it’s positive to see that improvements in health care for other conditions could be helping to stem the tide of dementia in developed nations. Time will tell whether rising trends in obesity and diabetes could set back this progress in the coming years.

Rebecca Wood, Chief Executive of Alzheimer’s Research UK

What has been achieved to date?

- Research on risk reduction potential
- Meta analysis of available research



Alzheimer's Disease International
The global voice on dementia
World Alzheimer Report 2014
 Dementia and Risk Reduction
 AN ANALYSIS OF PROTECTIVE AND MODIFIABLE FACTORS



SUPPORTED BY


BETTER THAN ANY PILL...
and no side effects!
The Benefit of a healthy lifestyle
 being an account of 30 years of research in Caerphilly


 CARDIFF UNIVERSITY
 PRIFYSGOL CARDIFF


No health without public mental health
 the case for action
 Royal College of Psychiatrists
 Position statement P54/2010



What has been achieved to date

- Research on risk reduction potential
- Meta analysis of available research
- **Legislative and policy development**

Together for Mental Health

- A mental health and wellbeing strategy not a mental illness strategy
- From asylum to recovery
- An age inclusive strategy
- Embracing co-production
- Valuing holistic care
- Recognising the imperative of cross sectoral work



Ilywodraeth Cymru
Welsh Government

www.cymru.gov.uk

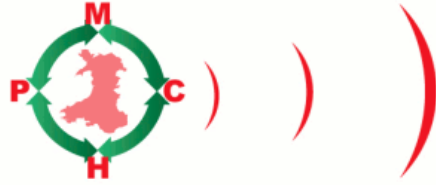
Together for Mental Health

A Strategy for Mental Health and
Wellbeing in Wales



What has been achieved to date

- Research on risk reduction potential
- Meta analysis of available research
- Legislative and policy development
- **Risk reduction advice produced-public facing**
 - Training programme for G.P.s Wales Mental Health in primary Care Network materials
 - Inclusion of training imperative for G.P.s in the Directed Enhanced Service
 - Fit for life materials



Managing Dementia in Primary Care - Training Materials

Dementia is a hugely important topic for all practice staff and as our population is getting older it will become more common in our communities.

The video elements of our Training Materials are hosted on our [WaMH in PC YouTube Channel](#). However, some organisations - including NHS Wales - block access to YouTube on their networks and computers.

So, if you're unable to open videos on your computer, please contact NHS Wales Informatics Service (NWIS) on 08450 267 297 or at primarycare.servicedesk@wales.nhs.uk or your IT department .

You can also contact Lesley Hills at lhills@rcgp.org.uk or on 029 2050 4516 if your IT department cannot access the material.

Our training is designed to be facilitated by a member of staff - this can be a GP, Practice Manager or any other member of the practice team - who wishes to take the lead using the following training materials:

- [Training Videos](#)
- [Facilitator's Workbook](#) - Contains all the information you need to run the training successfully
- [Staff Workbook](#) - Resource for each individual to record their learning and a section to record their ideas for change
- [Resource Book: Information and Signposting](#) - Includes additional material on each of the topics covered in the training and offers contact details for other sources of support and information
- **Public Health Wales (PHW) Quality Improvement Toolkits:**
 - [Dementia Management in Primary Care \(Toolkit 1\)](#)
 - [Recognition, Assessment and Referral of Suspected Dementia in Primary Care \(Toolkit 2\)](#)
 - [End of Life Care Review Case Review Audit \(Toolkit 3\)](#)
- [Attendance Certificate](#) - To support each individual's ongoing development
- [Online Questionnaire](#) - To be completed post-training
- [Staff Feedback Form](#) - Located in [Appendix 1 of the Facilitator's Workbook](#)
- [Evaluation of Training](#) - Located in [Appendix 2 of the Facilitator's Workbook](#)
- [Template for Dementia Action Plan](#) - Located in [Appendix 3 the Facilitator's Workbook](#)

If you have any problems with any of the training materials contact Lesley Hills at lhills@rcgp.org.uk or phone 029 2050 4516.

Training Package

Training Videos

Additional Resources

Telephone Numbers

Glossary

Declaration

Information Sheets



What is RSS?



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What advice should be given?

- The predominant advice for dementia prevention concerns lifestyle.
- The messages are consistent with physical health lifestyle advice.
 - Stay physically active
 - Stay mentally active
 - Moderate alcohol use
 - Don't Smoke
 - Eat healthily
 - Maintain social contacts
 - Improve sleep quality
 - Manage Stress
 - Avoid head injuries
 - Maintain a healthy body mass index

Which interventions are indicated?

- Identify and treat hypertension
- Identify and treat depression with a particular focus in dementia prevention on late stage depression
- Manage cholesterol levels
- Identify and treat diabetes
- Consider vitamin supplements, statins and HRT in women

dementia risk reduction



6 steps to reduce your dementia risk



Dementia
 Reduce your risk in 6 steps
 Don't wait, act now – you're never too young to reduce the risk



Be physically active



Maintain a healthy weight



Be socially and mentally active



Think about your drinking



Stop smoking



Commit to review your health

These six steps will not only make you feel better and reduce your risk of developing dementia, but will also help protect you from other health risks such as cancer, heart disease, stroke and diabetes.

Small changes to your lifestyle can, over time, lead to BIG changes in your health. Evidence suggests that adopting any one of these six steps would be beneficial in reducing your risk and that the more steps that you follow, the greater the impact. Over the next few pages we will provide help and support to make these changes.

Wales' specific legislation

Levers to improving priority

- Well-being of Future Generations(Wales) Act 2015
- Social Services and Wellbeing (Wales) Act 2014
- Public Health (Wales) Act 2017

Well-being of Future Generations (Wales) Act 2015



The Essentials

Advise, Encourage & Promote	Advisory Panel	Annual Report	Auditor General for Wales	Carry out Reviews	Collaboration
Future Generations Commissioner for Wales	Future Generations Report	Future Trends Report	Integration	Involvement	Long Term
Make Recommendations	National indicators & Milestones	Prevention	Public Services Boards	Research	Responding to the Future Generations Commissioner
Sustainable Development	Sustainable Development Principle	Transparency	Well-being Duty	Well-being Goals	Well-being Statement

Well being of Future Generations (Wales) Act 2015

What is it?

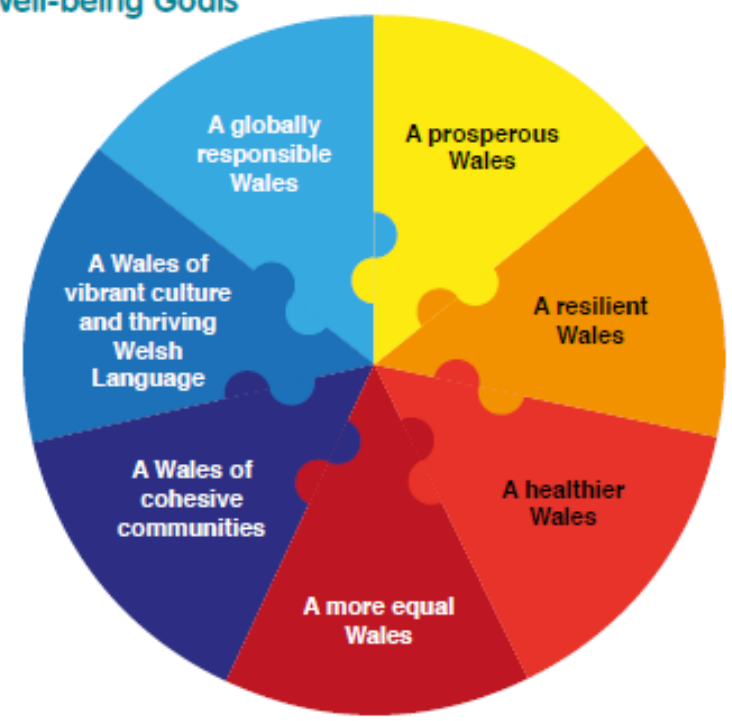
The Well-being of Future Generations (Wales) Act is about improving the social, economic, environmental and cultural well-being of Wales.

It will make the public bodies listed in the Act think more about the long-term, work better with people and communities and each other, look to prevent problems and take a more joined-up approach.

This will help us to create a Wales that we all want to live in, now and in the future.

To make sure we are all working towards the same vision, the Act puts in place seven well-being goals.

Well-being Goals



Social Services and Wellbeing (Wales) Act 2014

The fundamental principles of the Act are:

- Voice and control – putting the individual and their needs, at the centre of their care, and giving them a voice in, and control over reaching the outcomes that help them achieve well-being.
- Prevention and early intervention – increasing preventative services within the community to minimise the escalation of critical need.
- Well-being – supporting people to achieve their own well-being and measuring the success of care and support.
- Co-production – encouraging individuals to become more involved in the design and delivery of services.

Public Health (Wales) Act 2017

- Tackling Obesity National Plan
- Smoking cessation and Nicotine supply
- Health Impact assessments