



Dementia Services Across The Western Trust Area

This is an overview of the services for dementia services provided by the Western Health and Social Care Trust and the Voluntary and Community Sectors. Included are key elements of service provision in relation to:

Western Trust Services

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Dementia and Older People's Community Mental Health Teams

The Dementia and Older People's Community Mental Health Teams (CMHT) in the Western Health and Social Care Trust are a secondary specialist service that provides assessment, treatment and support to people over 65 with a functional mental health illness and all adults with dementia.

The WHSCT have four geographically focused and fully integrated Dementia and Older People's CMHTS, West Tyrone, Fermanagh, Strabane/Cityside and Limavady/Waterside. The CMHTs include Psychiatry, Psychology, Nursing, Occupational Therapy and Social Work.

Referrals to the CMHT service predominantly come from GP's, general elderly teams within the Trust, through acute psychiatric hospital liaison and transfers from other WHSCT teams eg Adult Mental Health Teams and Physical or Learning Disability Teams.

For further information contact:

Cityside/Strabane Community Mental Health Team
028 7186 4384

Waterside/Limavady Community Mental Health Team
028 7186 4384

West Tyrone Community Mental Health Team
028 8283 5933

Fermanagh Community Mental Health Team
028 6634 4048

Acute Psychiatric Hospital Liaison Service

Older People are the main users of acute hospital services and up to 60 per cent experience mental health problems - most commonly dementia, delirium, and depression during a stay in Hospital.

The Psychiatric Liaison Service for older people's mental health comprises a Psychiatric Liaison Nurse and Dementia Specialist Nurse in each sector of the Western Trust who are supported by the respective Consultant Psychiatrist.

The Southern sector* Liaison and Dementia Specialist Nurse is based in the Omagh Hospital and Primary Care Complex and the Northern Sector* Liaison Nurse and Dementia Specialist Nurse is in Oak Villa, Gransha Site, L'derry.

In the Northern Sector the service reaches into Altnagelvin and Waterside Hospital in L'derry. In the Southern Sector a service is provided in the Omagh Hospital and South West Acute Hospital in Enniskillen.

The Psychiatric Liaison service is responsible for screening referrals, undertaking assessments, treatment plan and review of patient whilst in hospital. The service also provides information and training to staff in the hospital.

**The Liaison and Dementia Specialist Nurse
is available Monday to Friday 9am – 5pm**

For further information contact:

L'derry **028 7186 4384**

Omagh **028 8283 5933**

**Northern Sector covers Strabane, Londonderry and Limavady area.*

**Southern Sector covers West Tyrone and Fermanagh area.*

Memory Assessment Service

There is a memory assessment service operating in each sector of the Trust. The service includes Memory Nurses, Consultant Psychiatrists, Psychologists, Dementia Navigator and Occupational Therapists. In the Northern Sector a Consultant Geriatrician also works as part of the service. Referrals to the memory service are accepted from GPs, Psychiatrists, Neurologists and Hospital Physicians. All incoming referrals go into the central referral system for Older People's Mental Health Services where they are screened and if they meet the inclusion criteria they are accepted and offered assessment. Baseline assessments are carried out by the memory nurses at the memory clinics in L'derry, Omagh and Enniskillen or at the home of the patient if necessary.

All assessment outcomes are then presented by the memory nurses to the weekly memory multi-disciplinary meeting. Further investigations such as a brain scan, referral to Neurology Service, more comprehensive neuropsychological assessment or occupational therapy assessment may be required before a decision can be made if the person has dementia or not.

If a diagnosis of dementia is reached, an outpatient appointment with the Consultant Psychiatrist or Consultant Geriatrician will be arranged. This appointment will involve feedback on outcomes of assessment, diagnosis, and initiation of medication. A referral will be made to the Dementia Navigator, Occupational Therapist for memory rehabilitation or the Community Mental Health Team if appropriate. The service user and their carer will be offered information booklets and an invite to attend the post diagnosis education group. They will also be signposted by the Dementia Navigator to services in the community.

If no diagnosis of dementia is reached the service user and the carer will be contacted directly by the memory nurses by telephone and informed about the assessment outcomes. The service user will be discharged and sent back to their GP/Community Mental Health Team or other appropriate services.

Where a diagnosis remains uncertain the service user may be requested to return for a further assessment 6 – 12 months later.

Memory Assessment Service (continued)

Below is the link to the Dementia Services page on the Western Trust website. This provides information on dementia and the local services available. It also includes videos filmed by staff and service users.

<http://www.westerntrust.hscni.net/3583.htm>

For further information contact:

Northern Sector **028 7186 4384**

Southern Sector **028 8283 5933**

Dementia Navigator Service

The Dementia Navigator service provides a highly responsive, individualised information, advice and signposting service to people with a diagnosis of dementia and their families. People are assisted to navigate their way through the complex health and social care system and be signposted to relevant services in the statutory, voluntary and community sector.

The Dementia Navigator meets with service users post diagnosis in order to assess adjustment to diagnosis, provide emotional support, provide information, advice and support and refer on to other services, as appropriate.

Service users and their carers if appropriate are invited to attend a 6 week post diagnosis group where they will get information on their diagnosis, staying independent and planning for the future.

People with dementia and their families have a point of contact throughout their dementia journey, to address their concerns, gain relevant information and receive support and advice.

The service also has an important role in supporting primary care, secondary care and voluntary/community sectors to more effectively understand and respond to the needs of people with dementia, their families/carers and work in partnership with key stake holders to promote the development of dementia friendly communities.

For further information contact:

Dementia Navigator (Northern Sector)

02871 864384

Dementia Navigator (Southern Sector)

02882 835933

Memory Rehabilitation Service

The home-based memory rehabilitation programme is an occupational therapy led programme designed for people with mild to moderate dementia.

The 4 to 6 week programme aims to teach people with dementia techniques to compensate for their everyday memory difficulties. These techniques or strategies have been proven to help a person's independence, personal identity, skills and self-confidence, making everyday tasks easier.

For further information contact:

Northern Sector **02871 864384**

Southern Sector **02882 835933**

Psychology Service

The Clinical Psychology Service works alongside the Dementia and Older People's Community Mental Health Teams, with bases in L'derry, Omagh and Enniskillen. There is one Consultant Clinical Psychologist and three Clinical Psychologists.

The Clinical Psychologists within the team help people with a wide range of problems including depression, severe anxiety, trauma, post-traumatic stress and memory difficulties. They also help with family and relationship problems and coping with mental health difficulties and dementia within a family.

This Trust-wide service offers both inpatient and outpatient assessments and interventions. Referrals are accepted from the Dementia and Older People's Community Mental Health Team.

The Clinical Psychology service also offers assessment of memory problems through the Memory Assessment Clinics.

For further information contact:

Northern Sector **02871 864384**

Southern Sector **02882 835933**

Complex Behaviour Service

The principles of the Complex Behaviour Service are that all behaviour has meaning and purpose so people's behaviour, even when challenging can be understood. Dementia affects different people in different ways. If you can understand why someone is behaving in a particular way, it can help how the condition can be managed.

The Western Trust's Complex Behaviour Service employs specialist nurse practitioners across the Trust. The service is embedded in the Dementia and Older People's Community Mental Health Teams. The main objectives of the service are:

- To provide support and training for staff in residential and nursing homes and in patient settings in how to support people with dementia who may have complex/challenging behaviour.
- To prevent inappropriate hospital admissions and to retain people in their current environment wherever possible.
- To provide psychological therapies as an alternative to neuroleptics
- Where hospital admission is necessary, to work with ward based staff to develop effective formulation-lead interventions to support the patients return to community settings where possible.
- To provide advice and consultancy to other colleagues working with people with complex/challenging behaviour.

For further information contact:

Northern Sector **02871 864384**

Southern Sector **02882 835933**

Inpatient Dementia Services

There are two Dementia Assessment inpatient units in the Western Trust.

In the Northern Sector the unit is based in Ward 2, Waterside Hospital within the Gransha Hospital site in Londonderry. It cares for all adults living with dementia from the Strabane, Londonderry and Limavady catchment areas. Adjacent to the unit is the Lorem Therapeutic Centre.

For further information contact:

Waterside Hospital L'Derry **028 7186 0007**

In the Southern Sector the dementia unit is based in Ash Villa within the Tyrone and Fermanagh Hospital Site in Omagh. It cares for all adults living with dementia from the West Tyrone and Fermanagh catchment areas. The Acorn Therapeutic Centre is based beside the unit.

For further information contact:

Ash Villa, Tyrone and Fermanagh Hospital, Omagh

028 8283 5751

Both inpatient units offer assessment and care when people with dementia are at an acute and vulnerable stage of their illness. This will often include addressing medication and understanding complex behaviour and communication. The focus of admission to the ward is on assessing the person's needs and putting in place any necessary interventions.

The Lorem and Acorn Centres which are adjacent to the inpatient units provide a range of therapeutic interventions for inpatients and outpatients. They promote early discharge through joint management of inpatients, promoting rehabilitation and recovery of individuals through a range of time limited, goal oriented and focused therapeutic interventions.

Click on this link to see the Lorem Centre video:

https://youtu.be/KmBpDul_gUA

Day Care Service

The Western Trust provides a range of day care services for older people across the Western area. The Trust operates six main older people's day centres which operate Monday to Friday and six outreach centres that operate one to three days per week. The Trust also commissions day care services from the community and voluntary sector.

Day Care services aim to enable older people to live independently in their own homes in their own community's for as long as possible. Services are designed to meet the prescribed needs of older people through individualised plans of care-structured, comprehensive programmes in a protective setting for a period of time during the day. Access to day care centres is by referral, usually through a GP, social worker, CPN, district nurse and self-referral. Places are allocated following assessment and on the basis of need, subject to the regional access criteria.

Dementia Specific Day Care

Day Centres which provide this include the following:

Day Centre	Day	Dementia Places Per Week
Tempo Road DC	Thursday	12
Strabane DC	Monday-Friday	30 (6 per day)
Thackery DC L'Derry	Wednesday	10
Foyleville DC L'Derry	Wednesday	10
*Creggan DC L'Derry	Tues (12), Wed am (6), Thur (12)	30
Sevenoaks DC L'Derry	Monday – Sunday	95 (15 Mon -Fri, 10 Sat & Sun)

**Based on level of cognitive impairment and individual needs people with early dementia can also attend on other days.*

Creggan day centre also have two days for the functional mentally ill Monday and Friday – 30 places each day.

Home Care Services

The Western Trust provides about 30% of the domiciliary care service in house while the remaining 70% is delivered by the independent sector. The Trust employs approximately 700 domiciliary care staff and contracts with 7 independent organisations that provide services across the Trust area. (July 2018)

Referrals are accepted from Western Trust staff predominantly social workers and community psychiatric nurses from general and mental health older peoples services. Locality panels meet weekly to screen referrals. This is to ensure all referrals meet the regional domiciliary care access criteria ie. classified as having either 'critical' or 'substantial' risks.

Home care is a regulated service under the auspices of the Regulation and Quality Improvement Authority (RQIA) with annual inspections undertaken and reports available.

Direct Payments

Instead of the Trust providing domiciliary care, carers and clients who are eligible for care can choose to take up direct payments. This gives people more control and flexibility and allows them to arrange their support in a way that suits them best. They can arrange their own support at home, as well as daytime activities and respite. They can choose who works for them, what hours they work and what they do.

For further information on Direct Payments contact your Social Worker or Key Worker.

Reablement

A reablement model is being implemented within the Western Trusts Home Care Services. This new approach which is an occupational therapy led service delivers a focused short term therapeutic intervention to maximise and sustain independence and reduce the requirement for long term care and support.

The reablement programme is particularly applicable in the context of discharge from hospital but is also applicable to any individual living in the community who requires support including the clients within Older People's Mental Health.

Reablement is not a separate service, it is integrated within the Trust's range of services and has links to other specialist services including falls prevention, continence and specialist equipment. They also refer directly to telecare and to the community and voluntary sector.

Referrals are screened every morning and allocated for assessment. Reablement is now in operation in all areas across the Western Trust.

Martin McGeady
*Head of Home
Care Services*

Spruce Villa
Gransha Park
L'derry

028 7186 4385

**Grainne
Concannon**
*Reablement
Occupational
Therapist*

Team Lead
Northern Sector

028 7186 5105

Donna Miller
*Reablement
Occupational
Therapist*

Team Lead
Southern Sector

028 8283 5941

Telecare Services

In March 2011 the TF3 Consortium was commissioned to provide a remote tele monitoring service for health and social care in Northern Ireland. Included in this is the provision of telecare services.

TF3 therefore have a contract with the Western Trust to provide telecare services to the elderly population and/or suffering from dementia that are resident within the Western Trust area. The aim of the service is to work in partnership with health and social care professionals to ensure appropriate packages of care are provided to help people to stay in their homes independently.

Telecare services include assessment, installation, provision of equipment and 24 hour link to response centre and support, review and service including replacement and/or upgrade of equipment when required.

Referrals come from health and social care teams and must meet set criteria. The referral is sent to TF3 who will then arrange a joint assessment with the referrer. The telecare package and response is agreed and the package is installed. There are 3 levels of telecare packages/models available from the Trust. These include:

Level B – community/home safety/smoke, heat falls etc.

Level C – health and social care/bed sensor, exit alert etc.

Level E – exception-mix of sensors/high risk monitoring.

Service/review visits are provided for all these packages.

For further information contact:

Shane McNamee

Telemonitoring Co-ordinator, Omagh Hospital & Primary
Care Complex

028 8283 3100

Flexicare

The WHSCT has an established Flexicare Service which aims to support independent living, especially focusing on those with a limited support network. The service is provided on a needs led basis, providing low level support in the short term at a time and place that meet the service user or their carer's needs. The Flexicare model provides the following range of services:

Shopping

Providing support to enable clients to undertake shopping themselves or undertaking shopping for them.

Individual Support

For example, providing a one to one time – limited service such as chaperoning, befriending, accompanying someone to a healthcare appointment or low level reablement services.

Befriending

Providing support to older people who have particular needs, for example following the bereavement of a spouse or partner or following hospital discharge or post illness.

Sitting Service

Providing a short term respite service to carers, enabling the carer to have some personal quality time.

Handy help home maintenance scheme

Providing essential but light maintenance services such as de-cluttering, odd jobs, safety and security measures such as fitting of smoke alarm or fitting of key safes.

Four local community/voluntary organisations have been commissioned by the WHSCT to provide Flexicare services across the Trust area. The service is provided to clients aged over 65 years who live in the Western Trust area and referrals can be made by contacting your local health and social care professional.

For further information contact:

Kareen McCauley

Flexicare Manager, Spruce Villa, Gransha Park, L'derry

028 7186 5150

Supported Accommodation for People with Dementia

The Western Trust has contracted with Radius Housing Association to provide care for people with dementia within two supported living settings. These include Gnangara in Enniskillen and Sevenoaks in Londonderry.

In addition to providing full residential care for 15 residents in its residential care home, Gnangara has a mixture of 15 one and two person self-contained supported living bungalows. Residents living in the bungalow receive support and a domiciliary care service which meets their personal needs. It also offers the latest assistive technology including the 24 hour telecare helpline service.

For further information contact:

Gnangara Housing with Care **028 6632 5134**

Sevenoaks have 30 purpose built flatlets, 16 of these are residential care and 14 are supported living. There are also 5 self-contained bungalows. Sevenoaks also have a day care centre which operates seven days a week.

For further information contact:

Sevenoaks Housing with Care **028 7131 1278**

Residential and Nursing Homes

The Trust provides residential care for older people in 5 homes throughout the Western area.

These include:

- Greenfield Residential Home, Strabane
- Rectory Field Residential Home, Londonderry
- Seymour Gardens Residential Home, Londonderry
- Thackeray Place Residential Home, Limavady
- William Street, Residential Home, Londonderry

Seymour Gardens is the only Trust residential home specifically for people with dementia. It has 25 beds, one of which is for respite.

The remaining residential and nursing homes across the Western Trust area are privately owned.

For further information visit:

<http://www.westerntrust.hscni.net/2028.htm>

Alzheimer's Society

Alzheimer's Society have been contracted by the Western Trust to provide the following services:

Carer Information Programmes are delivered over 4 weeks across the Trust area. Health professionals are invited to speak on a range of topics around the area of dementia.

Carer Support Groups which provide an opportunity for carers to give and receive peer support to help them in their caring role. There are currently 6 groups in operation across the Trust area.

Dementia Cafes provide people with dementia and their carers the opportunity to socialise, give and receive peer support and share experiences in a safe and secure environment. There are 6 Dementia cafes. They are located in Omagh, Derry, Ballykelly, Strabane and Enniskillen.

Foyle Community Support Service provides specialised home support to people with dementia in their own home living in Derry, Limavady and Strabane. Referrals are made by the Dementia and Older People's Community Mental Health Team.

Advocacy Service is provided to inpatients in the 2 dementia assessment units, people with dementia living in the community either in their own home or in a residential/nursing home.

**For further information on local
Alzheimer Society branches contact:**

Foyle **028 7134 8887**

Fermanagh **028 6634 4073**

Alzheimer's Society (continued)

Other services or initiatives being provided by the Alzheimer's Society include:

Helpline Support 0300 222 1122

This provides advice, confidential information, and signposting, and is available to listen to and support carers, people with dementia and family members.

Opening Hours:

Monday – Wednesday 9am – 8pm:

Thursday – Friday 9am – 5pm

Saturday – Sunday 10am – 4pm

For further information contact:

028 9038 7782

Foyle Floating Support Service for Older People with Complex Needs – Praxis

This service run by Praxis and funded by Supporting People provides floating support to older people (65+) with complex needs such as addictions, sensory support needs, acquired brain injury, disabilities and those experiencing or recovering from mental ill health. It also provides a service to all adults with dementia. The service covers Limavady, Londonderry and Strabane.

The service aims to provide appropriate support to enable older people and those with dementia to remain independent and maintain their own tenancy. It ensures that the individuals emotional, social, intellectual, physical and support needs are met.

There is a wide range of support available for the service user. This includes support setting up a home, maintaining a home, developing social and life skills, benefit advice and budgeting, advice on health and wellbeing and signposting on to other services. Referrals are made by the Older People's services within the Northern sector of the Trust.

For further information contact:

Praxis Care

17 Templemore Business Park, L'Derry, BT48 0LD

028 7130 8020

Tyrone and Fermanagh Floating Support Services – Praxis Care

The Floating Support Service is run by Praxis Care and funded by Supporting People. The service provides floating support to older people including those with dementia and /or those recovering from mental ill health.

There is a wide range of support available. This could include support setting up a home, maintaining a home, developing social and life skills, benefit advice and budgeting, advice on health and wellbeing and signposting to other services.

The aim of the service is to provide appropriate support to enable older people and those with dementia to remain independent and maintain their own tenancy.

Referrals can be made by the Older Peoples services within the Southern sector of the Trust

For further information contact:

Praxis Care
Castlehill House, Lisnaskea

028 6772 2778

EDEN Clubs

Remaining active, occupied, independent and engaged with others is important for people with dementia. With this in mind the Western Trust developed the EDEN clubs. These clubs facilitated by community groups gives people with dementia the opportunity to participate in a high quality, evidenced based programme based in their local community. Activities delivered in the clubs are modelled on elements of cognitive stimulation therapy, a technique that offers a range of enjoyable activities providing general stimulation for thinking, concentration and memory.

It provides the opportunity for participants to recall or develop new skills in activities and to facilitate the transfer of these skills to activities at home. It also provides the family/carer/significant other with a few hours respite.

The clubs are for people with mild to moderate dementia. The Western Trust dementia navigators must assess individuals to ensure they meet the referral criteria before attendance.

For information on EDEN clubs in your area contact

Dementia navigator (Northern sector)

02871 864384

Dementia navigator (Southern sector)

02882 835933

Dementia NI

Dementia NI was set up in 2015 by five people living with dementia. They wanted to ensure that the voice of people living with dementia is at the core of policy, practice and service delivery across Northern Ireland.

Dementia NI Empowerment Groups

Dementia NI has 3 Empowerment Groups established across the Western Trust at present;

- Derry/Londonderry
- Omagh
- Irvinestown

Our members meet on a regular basis to offer each other support through their friendly social gatherings and raise awareness about what it is like to live with the symptoms of dementia. Members use their experiences and opinions to make a difference in the services and support provided to them, advise others how their individual needs can be met and how everyone can challenge the stigma of dementia. NI groups are specifically for people living with dementia.

Dementia NI groups regularly host visitors at the Empowerment Groups to offer feedback, consult and share experiences to anyone wishing to gain the opinions of people with dementia.

Dementia NI Awareness Sessions

Dementia NI members give talks to educate others about what it is like to live with dementia. These unique sessions are brought to life as members share real-life experiences of living with dementia to help explain what support they need.

The Dementia NI Awareness Sessions are supported by staff and volunteers who give a background on dementia in the hope that everyone will become more understanding and be accepting of the symptoms.

Dementia NI (continued)

Dementia NI Tailored Consultations

Dementia NI members play a vital role in influencing how to make communities and neighbourhoods Dementia Friendly and contribute to societal issues which may affect them and others living with dementia.

Dementia NI members invite organisations including community groups, sports associations, retailers and various other service providers to consult on how they can make their services, environments and venues more appropriate for people with dementia to access. Members also advise how to make resources/ leaflets more understandable and clear for people with dementia.

**To find out more about your local
Dementia NI Empowerment group
or any of the above services please contact:**

Dementia NI
02890 686768

or email: paula@dementiani.org

DEEDS

Dementia Engaged and Empowered in Derry & Strabane

A Project funded by the Big Lottery Community Fund supporting people with Dementia to live better within their own communities. The DEEDS project is designed for people with a diagnosis of mild stage dementia who are living independently in the community with the support of their families and friends. Delivery of the project occurs through six community-based organisations across L'Derry and Strabane including Old Library Trust, Strabane District Caring Services, Learmount Community Centre, Hillcrest Trust, Caw Nelson Drive Action Group and Shantallow Community Centre. DEEDS aim to support people to stay physically active and mentally stimulated.

DEEDS can offer:

- A chance to meet other people in a friendly and relaxed environment.
- Weekly social groups based in the community.
- A chance to take part in different activities – an opportunity to practice an old skill or even learn a new one.

Activities are based on the suggestions of group members.

DEEDS 4-week carers programme

A programme designed to support and educate carers of those living with Dementia about the condition. It is an opportunity to meet other families in a safe and supportive environment.

For further information, or wish to access our services, referral forms and criteria can be obtained from

Sabrina@olt.ie

**Old Library Trust on
02871 373870**

Useful Links for Information

Alzheimer's Society have produced a wide range of publications designed to support and inform anyone affected by dementia. They include information on the different types of dementia, living with and caring for someone with dementia.

<https://www.alzheimers.org.uk/get-support/publications-factsheets-full-list>

Explaining dementia to a child or younger person within the family the following links are useful

<https://kids.alzheimersresearchuk.org/>

<https://www.alzheimers.org.uk/get-support/daily-living/explainingdementia-children-and-young-people>


Below is the link to the Dementia services page on the Western Trust website. This provides information on dementia and the local services available

<http://www.westerntrust.hscni.net/3583.htm>

Another useful link with information and advice:

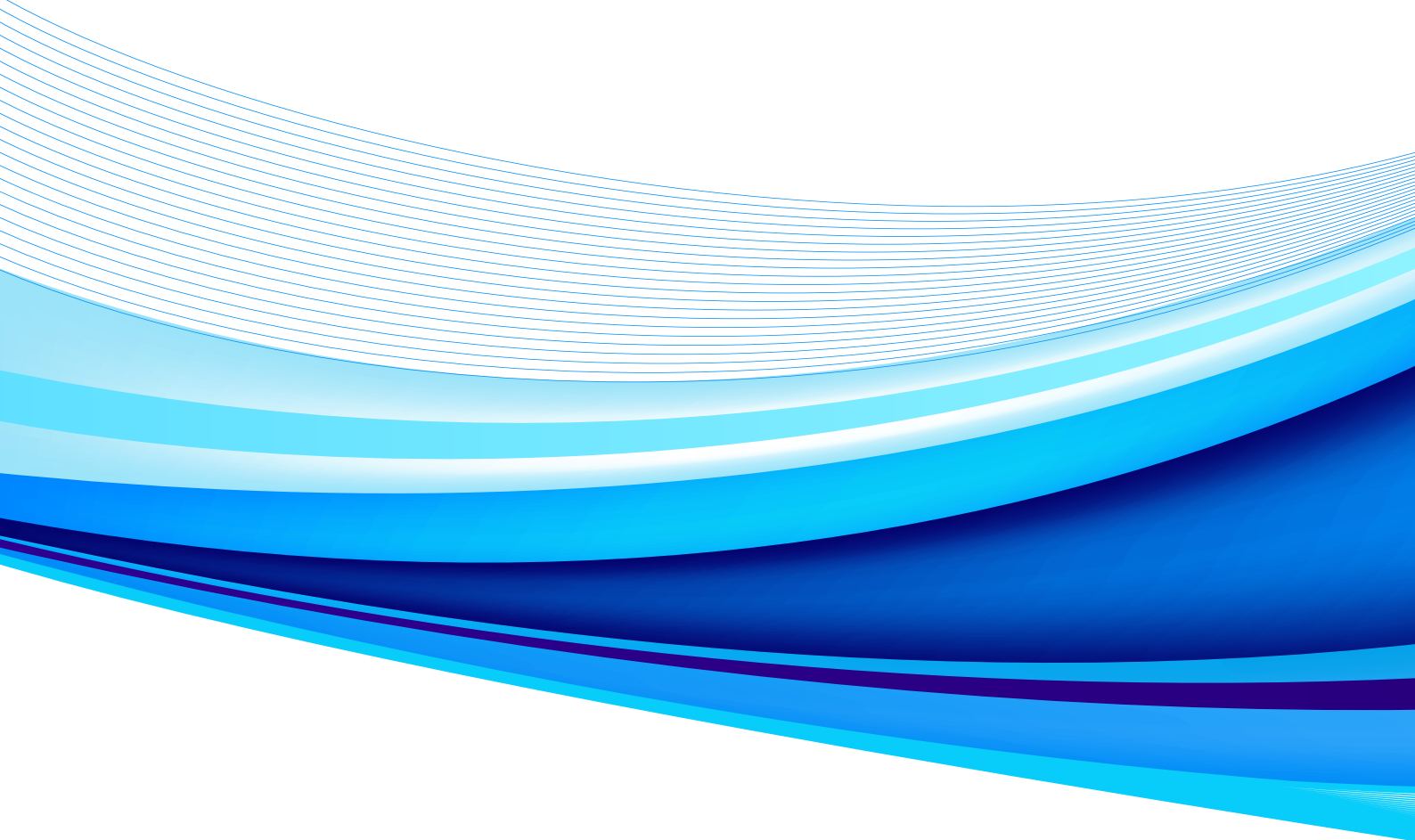
<https://www.unforgettable.org/advice-community>

**YOUR
NOTES**

The image features a dynamic, abstract background composed of flowing, wavy lines in various shades of blue, from deep navy to bright cyan, set against a white background. The lines create a sense of movement and depth. In the upper left quadrant, the words "YOUR NOTES" are written in a bold, white, sans-serif font.



**YOUR
NOTES**



 Western Health
and Social Care Trust

