

# Young people with dementia service and sustainability

The Berkshire charity Younger People With Dementia (YPWD) and Berkshire Healthcare NHS Foundation Trust have developed a new and innovative model of care to provide a more tailored service to meet the specific needs of individuals and their carers living with early onset dementia

Younger People With  
Dementia (Berkshire) and  
Berkshire Healthcare NHS  
Foundation Trust

Partnerships and networks &  
Technology and Models of  
Care



## What was the issue being addressed?

The key service issues being addressed are;  
That the existing service was not designed to meet the needs of patients who have been diagnosed with early onset dementia..

That there was a lack of appropriate healthcare settings and support for carers.

## What action was taken to overcome the issue?

The YPWD charity provides activity based workshops suitable for this specific age group such as choir and arts groups.

The charity worked in close partnership with Berkshire Healthcare to design a new approach to service delivery. The role of Admiral Nurse

was specifically established to support the carers of those living with young onset Dementia - as well as training courses and one-to-one support sessions being brought in.

*"These groups have transformed my life. I was doing very little at home and felt very anxious and unconfident. Now I feel so much better. I have got my self-esteem back. I have Parkinson's and people comment that my walking is so much better too ."*

Group attendee

Honorary contracts with the Trust were given to charity staff to enable them to use and input into the patient record system. All staff use the same monitoring and assessment tools so removing the need for multiple assessments and allow better use of resources.

### What was the impact?

From a sustainable healthcare perspective this service provides enhanced outcomes for the patient and their carers whilst utilising resources (people, financial and pharmaceutical) in a far more effective and efficient way.

Patients benefit from social interaction, increased confidence building, exercise and an improved sense of wellbeing. This in turn delays deterioration of the patient's symptoms, extends levels of independence and defers the need for 24 hour care. This in turn reduces the strain on NHS resources, saves money, cuts carbon and crucially improves outcomes for patients.

Carers benefit from a support network and sense of community, which provides a more proactive approach to ensuring their overall health and wellbeing.

Reduction in antipsychotic medication usage from 17.3% of patients to 4.9%.\*

\*The Journal of Dementia Care, Nov/Dec 2016 Vol24 No 6

*"I really can't praise enough the impact the workshops provided for younger people with dementia has had. The social contact that it provides is very obvious but I think the main benefit has been also through the sense of purpose it brings for patients. One patient actually said to me that they have been a "lifesaver" after having to be medically retired."*

Consultant Psychiatrist, Wokingham

### Scaling up

There are approximately 42,000 people diagnosed with early onset dementia in the UK. A potential reduction of 12.4% in antipsychotic medication would result in a considerable saving in cost, raw materials and carbon (through reduced manufacturing, transport and waste factors).

A possible reduction of 46% of direct NHS contacts would have considerable impact upon cost, alleviate service pressure and reduce stress and anxiety for patients and carers.

There is quantifiable evidence that this model of care has considerable benefits to the patient as well as to the NHS from a financial perspective. For example, taking this approach to provide support to 30 patients would result in a saving of £27,473 per year by reducing the need for direct NHS staff interventions.

### [More info.](#)

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