

Essex Dementia Strategy 2022 - 2026



EasyRead Version



Introduction



When we say ‘we’ in this document, we mean Southend, Essex and Thurrock councils.



When we say “you” we mean people in Southend, Essex and Thurrock who have or support someone who has dementia.



We need to write a new Dementia Strategy for Southend, Essex and Thurrock. This will replace our current strategy.

It will run from 2022 - 2026.



In the 1st stage of our consultation we asked you if you agreed with our priorities.



Following on from this we have made **commitments** for each priority.

A **commitment** is a promise to do something.



We think that these commitments will help us to achieve our priorities.



We would like you to complete a short survey about our dementia commitments.

We want to know if you agree with our commitments.

Our commitments are written with the priorities from page 13.

About Dementia



Dementia is an illness in the brain.

People with dementia may have:



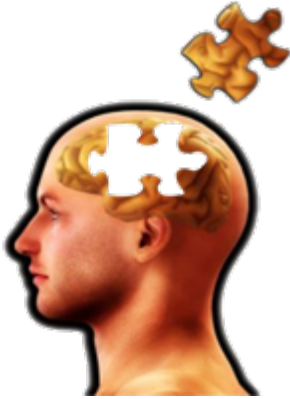
- Difficulty in concentrating and remembering things



- Changes to their mood and behaviour

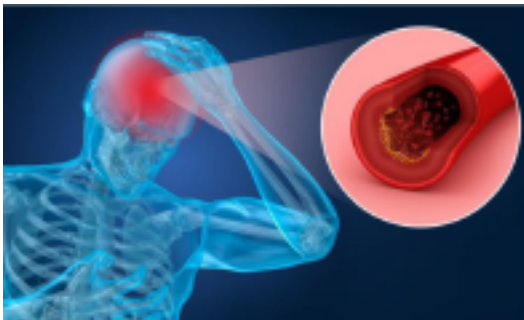


- Problems with communicating and working things out



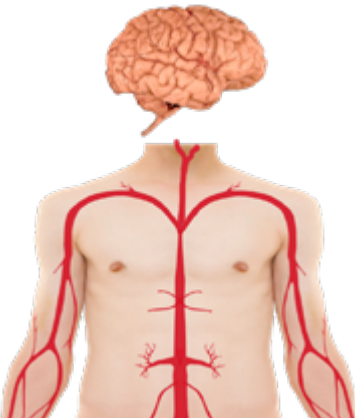
There are 200 types of dementia. It can be caused by:

- A disease called Alzheimer's



- A small [stroke](#)

A [stroke](#) is when something stops blood getting to part of your brain.



- Other problems with the blood supply to the brain



- Other diseases like [Parkinson's disease](#).

[Parkinson's disease](#) is a long-term disease of your nerves. Some people suffer from shaking with this disease.



We think that 1 in 3 people born this year will get dementia at some point in their life.



Dementia is not a natural part of ageing and can affect people at any age.



More than 40,000 people in the UK have dementia and are under 65 years old.



The Alzheimer's Society have said the cost of dementia is £34 billion per year in the UK.



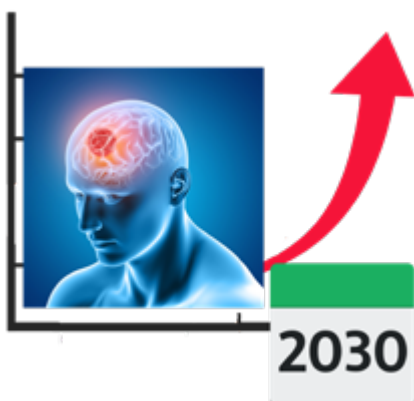
About half a million people in the UK care for someone who has dementia.



In Southend, Essex and Thurrock there are 15,280 people who have been diagnosed with dementia.



We think there may be another 9,000 people with dementia but who have not been diagnosed.



We think the number of people with dementia will increase by 33% by 2030.

Stakeholder engagement



Last year we asked for your help to update the old dementia strategy.

We asked you if you agreed with our priorities and why.



164 people completed our online survey.

Most of these people thought that our 9 priorities were the right things to do.



A few people did not agree. They told us we should:

- make help available earlier to try and prevent dementia.



- make information about dementia accessible for all.



- make people aware of the type of thing that might cause dementia.



- create a system of care for people of all ages and at all stages of dementia.

Our aims



Our 3 main aims are to make sure that:

- people feel that we understand them. They can get the right support when they need it.



- everyone is aware of the impact of dementia.



- everyone involved in the lives of people with dementia have the right skills and training.



- we do everything we can to help reduce the number of people who get dementia.

Our ongoing priorities



Based on what you have told us we think that our 9 priorities are still the right things to do.

These are:

1. Prevention

To help people live healthy lives, with little support for as long as possible.



2. Supporting unpaid carers

To make sure that people who care for those with dementia have all the support they need.



3. Reducing the risk of crisis

To make sure we are quick to help people if things become difficult.





4. A knowledgeable and skilled workforce

To make sure that those who work with people with dementia have the right skills and training.



5. Finding information and advice

To make sure that people know where to find the information they need.



6. Diagnosis and support

To make sure people find out what is wrong with them as soon as possible, and they get support when they do.



7. Living well with dementia in the community

To help people to stay living in their home community for as long as possible.



8. Living well in long term care

To make sure that Care Homes are part of the community and that people who live in care homes can still do the things that interest them.



9. End of life

To help people with dementia to plan what happens at the end of their life. This might be things like who is with them, or where they die.



We would like you to tell us how much you agree or disagree with each of our commitments.



You can also tell us anything else you think is important for people living with dementia.



You do not have to take part if you do not want to.

But your answers will help us to write the 2022 - 2026 Dementia Strategy.



We follow the law about data protection.



We will not share any information about you without your consent.

Priority 1

Prevention - to help people live healthy lives, with little support for as long as possible.

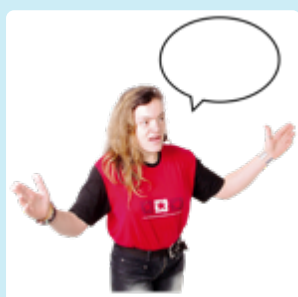
Our commitment to achieve this priority is written below:

Please tick the box to tell us how much you agree with this commitment.



Commitment 1

We will work in partnership with health and voluntary services to raise awareness of the type of thing that might cause dementia.



Do you have any comments about this commitment?

Please write below.



Priority 2

Supporting unpaid carers - to make sure that people who care for those with dementia have all the support they need.

Our commitment to achieve this priority is written below:

Please tick the box to tell us how much you agree with this commitment.



Commitment 2

We will involve you and listen to your views when we plan dementia services.



Do you have any comments about this commitment?

Please write below.



Priority 3

Reducing the risk of crisis - to make sure we are quick to help people if things become difficult.

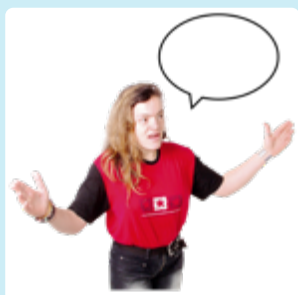
Our commitment to achieve this priority is written below:

Please tick the box to tell us how much you agree with this commitment.



Commitment 3

We will improve our systems to make it easier for you to get support so that you can be as independent as possible for as long as possible.



Do you have any comments about this commitment?

Please write below.



Priority 4

A knowledgeable and skilled workforce - to make sure that those who work with people with dementia have the right skills and training.

Our commitment to achieve this priority is written below:

Please tick the box to tell us how much you agree with this commitment.



Commitment 4

We will improve our training activities to make sure that our staff know how to support you.



Do you have any comments about this commitment?

Please write below.



Priority 5

Finding information and advice - to make sure that people know where to find the information they need.

Our commitment to achieve this priority is written below:

Please tick the box to tell us how much you agree with this commitment.



Commitment 5

We will work in partnership with health and voluntary services to make it easier for you to find information about dementia and the support that is available.



Do you have any comments about this commitment?

Please write below.



Priority 6

Diagnosis and support - to make sure people find out what is wrong with them as soon as possible, and they get support when they do.

Our commitment to achieve this priority is written below:

Please tick the box to tell us how much you agree with this commitment.



Commitment 6

We will make it easier for you to be diagnosed as soon as possible.



Do you have any comments about this commitment?

Please write below.



Priority 7

Living well with dementia in the community - to help people to stay living in their home community for as long as possible.

Our commitments to achieve this priority are written below:

Please tick the box to tell us how much you agree with these commitment.



Commitment 7

We will work with you to help people in your community understand your needs so that it is easier for you to access housing, transport, employment and technology.



Commitment 8

We will make it easier for you to access care technology that can help you to stay independent.



Priority 7



Do you have any comments about these commitments?

Please write below.



Priority 8

Living well in long term care - to make sure that Care Homes are part of the community and people who live in care homes can still do the things that interest them.

Our commitment to achieve this priority is written below:

Please tick the box to tell us how much you agree with this commitment.



Commitment 9

We will work with care providers to promote activities that will help you stay connected with your community.



Do you have any comments about this commitment?

Please write below.



Priority 9

End of life - to help people with dementia to plan what happens at the end of their life. This might be things like who is with them, or where they die.

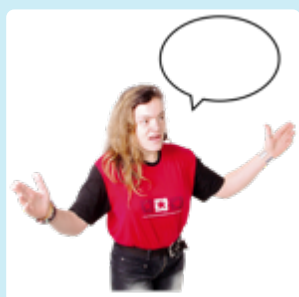
Our commitment to achieve this priority is written below:

Please tick the box to tell us how much you agree with this commitment.



Commitment 10

We will improve information about end of life so that you can plan how you want to be supported as you reach the end of your life.



Do you have any comments about this commitment?

Please write below.



Any other comments



Do you have any other comments about our commitments?

Please write below.



Do you think we have missed anything that will help us achieve our priorities?

Please write below.



About you

The following questions are to help us understand more about you.
You do not have to answer these questions if you do not want to.

Where in Essex do you live? Please tick the box



Basildon

Braintree

Brentwood

Castle Point

Chelmsford

Colchester

Epping Forest

Harlow

Maldon

Rochford

Tendring

Uttlesford

Southend

Thurrock

I don't live in
Essex

Prefer not to
say

How old are you? Please tick the box



Under 18

18 to 24

25 to 34

35 to 44

45 - 54

55 to 64

65 - 74

75 to 84

Over 85

Prefer not to say

What gender do you most identify with? Please tick the box



A man

A woman

I use my own word

Prefer not to say

What is your ethnic background? Please tick the box



White: British

White: Irish

White: Other

Gypsy / Roma

Black : African

Black: Caribbean

Black: Other

Asian: Pakistani

Asian: Indian

Asian: Other

Mixed: White/
Black African

Mixed: White/
Black Caribbean

Mixed: White/
Asian

Mixed: Other

Traveller

Chinese

Not known

Prefer not to say

Do you have a disability? Please tick the box



Yes

No

Prefer not to
say

Please tell us

What is your experience with dementia? Please tick the box



I have
dementia

I might have
dementia

I care for a
family member
who has
dementia

I am a
professional

None of these

Who do you live with? Please tick the box



On my own



With my family or
carers



In supported
housing



In a care home



Someone else. Please tell us who

Who do you get support from? Please tick the box



Family



Friend or neighbour



Paid carer



Someone else for
example, social
care, care agency
or community
groups



I don't receive
support

Who has completed this questionnaire? Please tick



I answered the questions for myself



I answered the questions for someone else



I have answered the questions for an organisation