

An ageing population: meeting the challenge of caring for the rising number of dementia patients



Professor Julienne Meyer

Older people in care homes

- 400,000 older people
- Average age 85 years
- 66% Cognitive impairment
- 40% depression
- 75% classified “severely disabled”
- Massive increase in dependency levels
- Generally unable to remain in the community



Dementia

- 60% of people with dementia die in care homes (compared to 5%)
- Point of crisis – unprepared (hospital admission)
- Relationships are challenging (high dependency and end of life, plus dementia)
- Care homes seen as ‘islands of the old’ – need to work in better partnership with them to support best practice



So...what do we think about care homes?

- Scandals?
- Poor quality?
- Money-grabbing?
- Undesirable?
- Less relevant?
- In decline?



Quality?

On-going improvements over the past decade

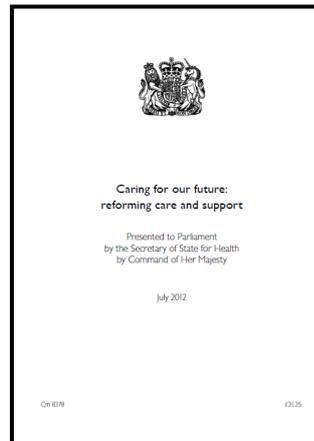
Steady improvements around positive risk-taking; voice, choice & control

If supported, care homes can deliver remarkable outcomes!



“Islands of the old”

The Government will support the work being led by *My Home Life* and national care provider organisations to work with their members to connect care homes to their local community.



Recommendation 10: MHL Case Study

Care home providers should invest in support and regular training for their managers. As commissioners of care, local authorities have an important role to play in facilitating this.



MHL Mission

Promoting quality of life for those living, dying, visiting and working in care homes for older people.



MHL Support

Age UK, City University, & Dementia UK

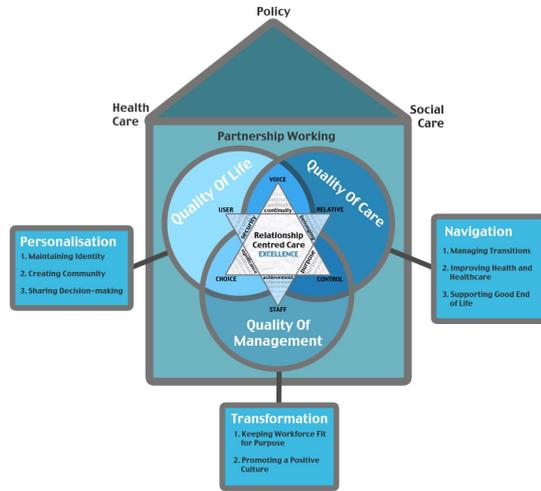


Relatives & Residents Association
National Care Forum (Co-Founder)
English Community Care Association
National Care Association
Registered Nursing Home Association
Care Forum Wales
Scottish Care
Independent Health & Care Providers
National Care Home R&D Forum

MHL Social Movement

- Evidence-based
- Relationship-centred
- Appreciative
- Making a difference





Listen to their voice

What older people really want ...

See who I am!

(Maintaining identity)

Involve me!

(Sharing decision-making)

Connect with me!

(Creating community)

Bridges et al (2010)



Best Practice for Older People in Acute Care Settings (BPOP): Guidance for Nurses (2009)

<http://www.city.ac.uk/bpop/>

Relationship-centred care

Security: to feel safe

Belonging: to feel part of things

Continuity: to experience links and connections

Purpose: to have a goal(s) to aspire to

Achievement: to make progress towards these goals

Significance: to feel that you matter as a person

Nolan et al (2006)

Positive relationships between residents, relatives and staff and between care homes and their local community and wider health and social care system



JRF Report: Promoting voice, choice and control for older people living in care homes

High levels of personal stress

“Feeding the system rather than feeding residents!”

Owen and Meyer (in press)



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Trust!
Enable!
Network!
Support!
Empower!



Celebrate best practice!

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<http://www.myhomelife.org.uk>
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