

Older People's Mental Health & Dementia Newsletter, issue 7



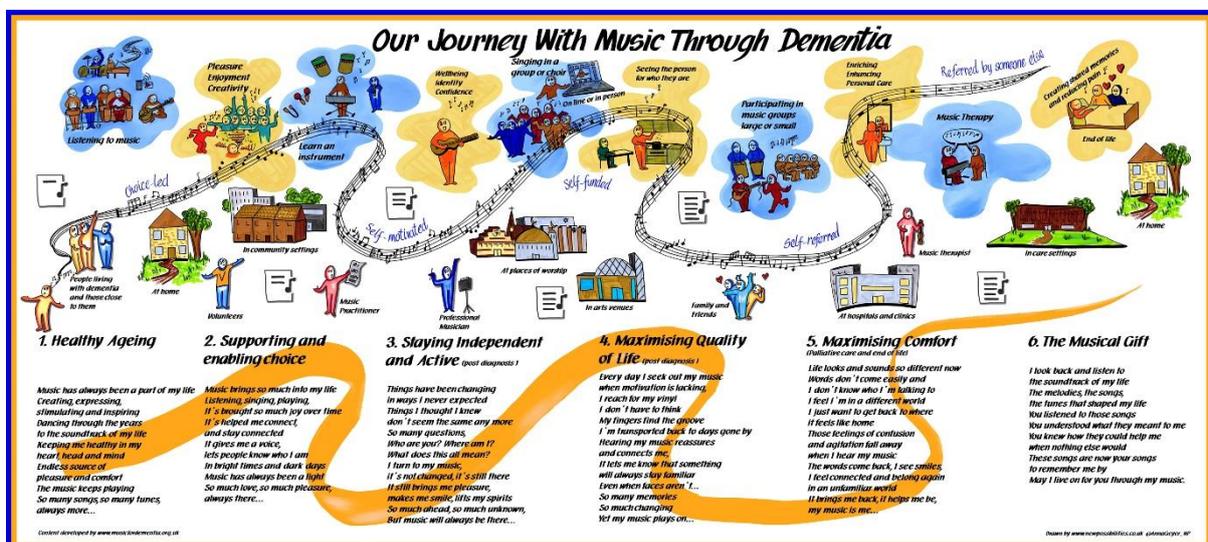
East of England

Welcome to the latest edition of the East of England Older People's Mental Health and Dementia newsletter. We aim to provide a summary of information and resources relevant to anyone affected by dementia and/or old people's mental health. Let us know if there is any specific content you'd like to see in future, and please forward this newsletter to any networks and colleagues you think may be interested. Previous editions will be available on the Older People's Mental Health page on the [East of England Mental Health Programme Workspace](#). If you have not registered for the NHS Futures Collaborations platform, you will be asked to do so. This is quick and easy.

Resources: Guidelines & Aids

[Music for Dementia: Our Journey Through Dementia](#)

This poster was produced by Music for Dementia campaign, an initiative funded by the Utlley Foundation in the UK. The charity promotes the use of music as a tool to support people living with dementia. A full size version can be found attached to the email or at this [link](#).



[World Dementia Awareness Day #WDAD2021 Webinars by Health Education England NE](#)

Throughout March, Health Awareness England in the North East ran a series of webinars as part of a Delirium Marathon, with topics including raising awareness and training of delirium, front line experience on a COVID ward, delirium detection in clinical practice and improving delirium care through collaboration. All of the recordings and files can be found [here](#).

[Inclusion of unpaid carers in vaccine priority cohort 6](#)

The Joint Committee on Vaccination and Immunisation (JCVI) has advised that unpaid carers between the age of 16 and 64 be included in COVID vaccination group 6. This standard operating procedure (SOP) draws on national and local sources for known carers to identify them and enable them to be invited for the vaccine. You can find the full procedure [here](#).

[Guidance for those who provide unpaid care to friends or family](#)

This updated COVID-19 guidance was recently published by the Department of Health & Social Care for those who care, unpaid, for friends or family with lifelong conditions. It includes general advice on how to protect yourself and the person you care for from the virus, getting the vaccine, and supporting your own physical and mental health. You can find it here.

[Anne Robson Trust, end of life support](#)

The Anne Robson Trust launched a new telephone helpline service last month to support anyone who is struggling with the imminent death of someone they care about. As the press release states, “More and more people are dying, both from Covid and other illnesses... People facing the end of life, whether their own or a loved one’s, need support.”

The helpline can be accessed Monday to Friday between 12 and 6pm for free from all UK landlines and mobiles, at 0800 8010688. You can find out more at this [link](#).



[Alzheimer's Society Helpsheets](#)

The Alzheimer's Society have produced a range of short and useful summaries of useful info on topics including dementia, drug treatments, support and wellbeing and support for carers. They can be found in a variety of formats including with easy-read versions [here](#).

[Enhanced Health in Care Homes](#)

This guide produced by the Care Provider Alliance on enhanced health in care homes in January 2021 features a useful section on dementia and includes advice on aligning care homes to primary care networks (PCN) and the role of a multi-disciplinary team. The document including a PDF download can be found [here](#).

[Better Care Fund animations on care home visits](#)

The Better Care Fund team in the North East and Yorkshire have been working with the design group Roots and Wings to develop a series of animations that provide support to those working in social care. The first two animations offered information on what PPE to wear when giving direct care to an individual. These can be found [here](#) and [here](#). Two additional videos have now been produced which offer support to staff and visitors and provide information on measures which need to be taken when visiting care homes. These can be found [here](#) and [here](#) or by clicking on the images below.



[Patient, carer and family engagement and communication](#)

This guidance has been issued by NHS England on communicating with people with learning disabilities, autistic people, people with mental health conditions and dementia, as well as their families and carers. The resource can be found [here](#).

Resources: Research

[COVID-19, inequality and older people](#)

This report conducted by the Manchester Institute for Collaborative Research into Ageing (MICRA) highlights the challenges that face social networks in communities as a result of COVID-19 and looks at the effectiveness of activities such as mutual aid groups in addressing these challenges.

[Shining a light on care homes during the COVID-19 pandemic in the UK](#)

This study published in the *Quality in Ageing and Older Adults* journal by Annie Stevenson, an academic with experience working in social care and commissioning, provides personal insight into age discrimination and bad practice in the context of the COVID-19 pandemic.

Those on the circulation list for this newsletter will also be sent info on how to attend NHSE/I regional events. If you are not on this list, contact Ben Adams to be added or for more information: ben.adams4@nhs.net.

This newsletter is produced by the East of England Regional Clinical Network for Older People's Mental Health & Dementia. It is provided on an opt-out basis. If you received this email in error or no longer want to receive the bulletin, please email ben.adams4@nhs.net. Please contact Ben if there is any content that you would like to see in future editions.

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