



14 May 2010

# Mental Health Services for Older People in North Essex

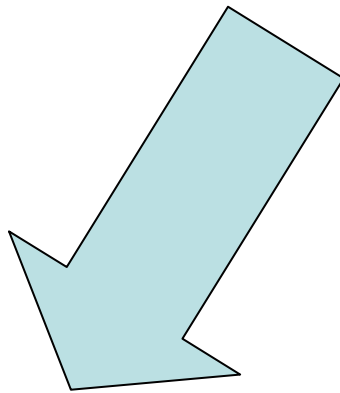
**Andrew Geldard**  
**Chief Executive**

# Outstanding care, Transforming lives

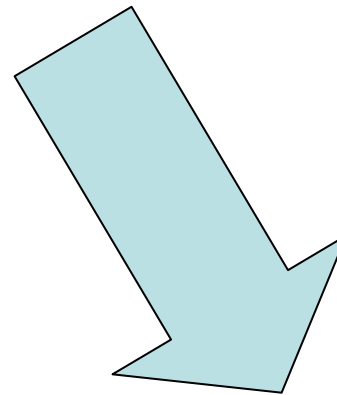
This is what we live by but I want to show you  
what we do and then let it justify itself.

# What we do

## Traditionally divided into

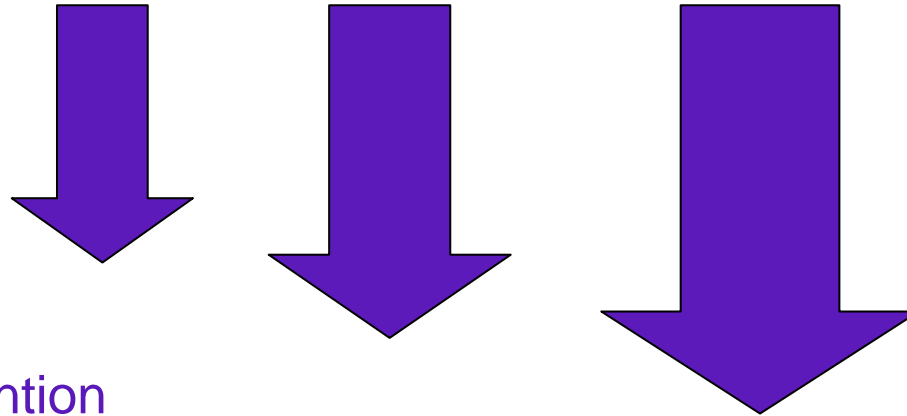


**Functional** – for conditions like depression, Bipolar Disorder and psychosis



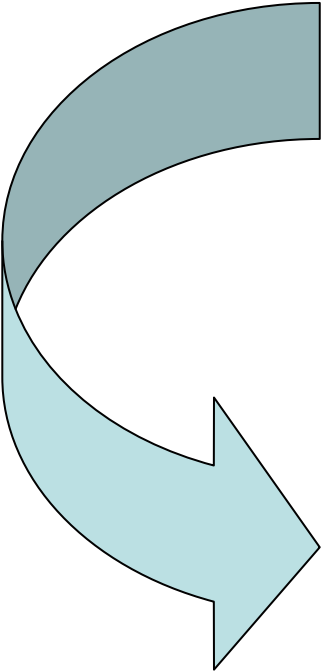
**Organic** – dementia and memory services – too often seen as the inevitable consequence of old age

# Person-Centred Care



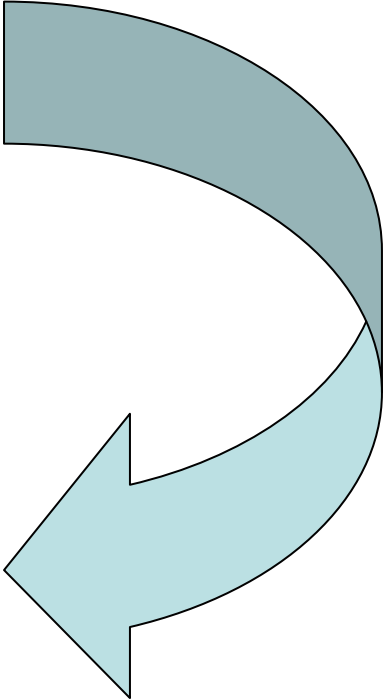
- Early intervention
- Coordination across services
- The capacity to escalate the level of care – Community Mental Health Teams, Day Services & Inpatient wards
- The pathway from one level of service to another (hospital to care home to hospital and so on – traditionally referred to as primary to secondary care)

# Partnership



Integrating health and social  
care in a partnership with ECC  
- your social workers  
integrated into our teams

It's not just a contract... it's  
also a frame of mind



# What we provide

- **Outpatient care** - Psychiatrists
- **Community Mental Health Teams** (eight across Essex)
- **Day Services** – Braintree, Clacton, Colchester, Chelmsford, Epping, Maldon, Witham
- **Inpatient Wards** – also in Clacton, Colchester, Chelmsford, Epping

# New

- Memory Assessment Services – early intervention
- Crisis services
- Liaison services, timely, most appropriate care
- New ways of working together for the person

# Some examples

## Sundowner Syndrome

People with dementia become agitated around sunset, resulting in people being over medicated, or transferred from a care home to hospital

Relationship to the light – going home?

By controlling the light & by diverting people, it can be managed without medication or admission



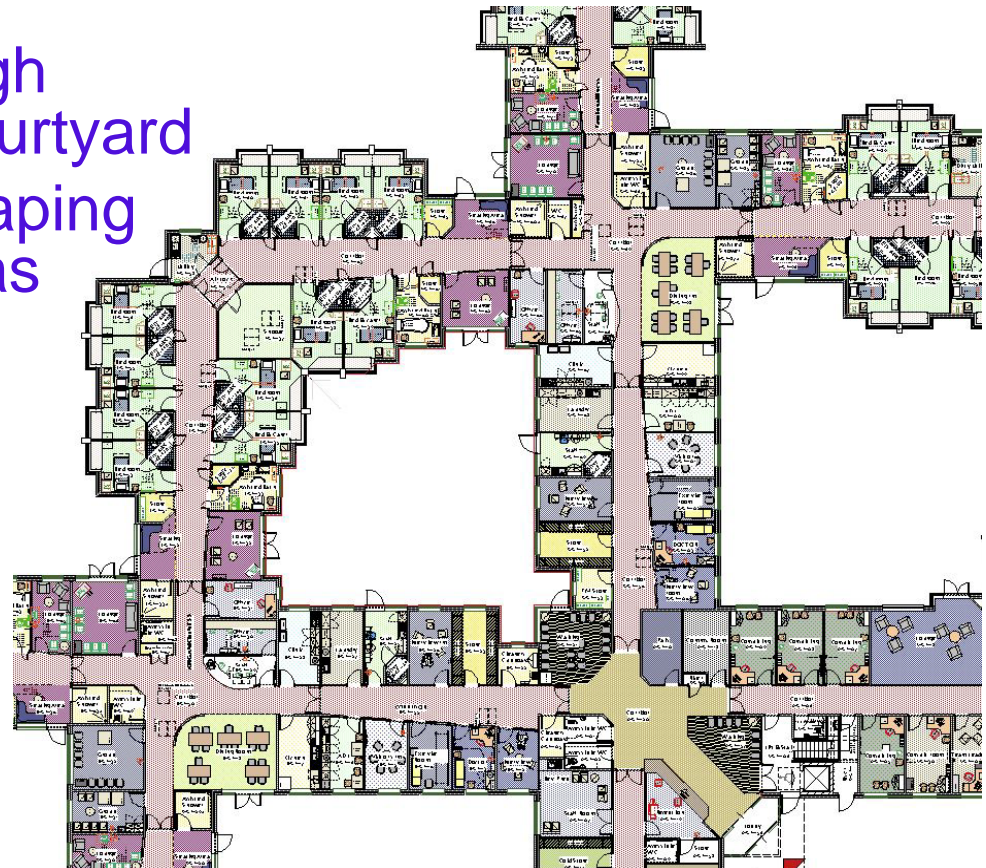
# ThinkingFit

- Two year project with Essex County Council
- Dr Thomas Dannhauser – 128 people diagnosed with memory problems (probably young onset dementia)
- Brain training and physical activity through a broadband link (in their homes) and with a local college
- Tests healthy eating, social activity helps improve outcomes
- Wii-hab

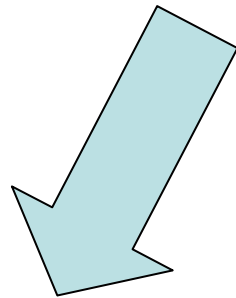
***Introduce Naushad Nojeeb for a look at Mid Essex***

## Mid Essex - Crystal Centre – come and see it!

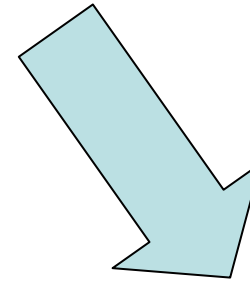
- Interconnecting wings
- Easy path finding
- Light and ventilation through double height spaces & courtyard
- Outward linkage to landscaping and dedicated garden areas
- Quality and comfortable environment
- Flexibility



## Because ....



Improve care for patients by locating services in new facilities in close proximity to mental health adult acute services and Electro Convulsive Treatment facilities.



Patients benefit from improved staff cover and flexibility, assistance in crisis and quicker access to ECT and diagnostic facilities at Broomfield Hospital

## Great building for great services!

- Integrated Community Mental health Teams
- Crisis services through Home Treatment Teams
- Liaison Services (Hospital/Care Homes)
- Memory Clinics
- Day Hospital Facilities (30 places)
- In-patient Assessment Facilities
- 'Virtual' Ward (provide advice to Farleigh Hospice)
- PDU and *The Handbook of Old Age Psychiatry* by Dr Zuzana Walker
- Involving carers in the recruitment process of staff for older adults services

# Memory Assessment & Support Service

- Early diagnostic assessment & treatment
- Disclosure meeting with support, counselling & information – work with voluntary services
  - Alzheimer's Society
  - Action for Family Carers
  - Age Concern
- Re-refer for mild cognitive impairment
- 55 Referrals a month - 3 times expected level
- Formal Evaluation May 2010

# Enhanced Liaison Service

- Admission avoidance to include advice at A & E and through formal liaison and support to care homes.
- Target for urgent referral: 4 working hours
- Target for non urgent: 24 working hours
- No breaches to date
- Reduction in delayed discharges
- Reduction in admissions from care homes

***...back to Andrew***





# **This is a good story but there are chapters to come**

- Growing demand for older people's services with greater specialisms
- Dementia rates are increasing (and early onset an issue)
- Financial challenge
- Requires the greatest integration of NHS and Social Care
- Quality, Innovation, Productivity and Prevention
- Algebra for us but a single service for people

## We will do this by:

- maintaining effective relationships with our partners
- provide the highest standards of health and social care, involving service users, carers, families, friends and the public in what we do
- developing our services to meet changing needs
- being an effective organisation that values and involves its staff
- meeting our statutory duties and maintaining financial stability.



# Andrew Geldard

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