

What's changed between when the Sheffield [Dementia Strategy](#) started in 2019 and now (2023)?

Here are some examples of some of the differences that the actions in the plan have made to people's lives in the last four years. We have worked together across the NHS, Sheffield City Council, and voluntary/community sector organisations...

- The development of community dementia services and dementia link workers services have meant that there are more friendly and fun dementia-specific and dementia-friendly groups in your area and across the city. In 2019 there were 5 monthly dementia cafés, but there are now 40+ dementia groups meeting monthly, fortnightly and weekly. 937 people with dementia attended their local groups in 2022-23, including:
 - Dementia and Memory Cafés, social dining groups and coffee mornings
 - Walking groups, exercise and chairbics classes
 - Music and singing sessions
 - Carer support groups and pampering sessions
 - Culturally appropriate groups for men and groups for women
 - Gardening, allotment and farming projects and much more
- There are now new services that provide high quality, personalised dementia daytime opportunities in Sheffield. These support adults of all ages with dementia to continue to remain independent within their community, and to support their family carers in their caring roles.
- The covid pandemic and lockdowns meant that many services had to run differently. This was difficult for people. However most services were able to keep in touch with people and found ways to help them safely during this difficult time, and people with dementia and their families told us that this made a big difference to them.
- We have provided information and resources to doctor's surgeries to help improve the quality and quantity of annual Dementia Care Reviews. Less of these reviews happened during the covid pandemic and lockdowns but doctor's surgeries are now carrying out more again (about 79% of people with dementia had their review in 2022-23).
- We have improved the information and advice that is available to people living with dementia and their families. Dementia Advice Sheffield, which started in 2019 for professionals and volunteers, was opened to the public in 2022. People with dementia and their families can now contact Dementia Advice Sheffield via telephone or email with any non-medical query.
- We have improved the information and training that is available to health and care staff on important areas such as preventing falls for people with dementia, advanced care planning, and supporting people well at the end of their life.
- The Alzheimer's Society Short Term Intervention Service is now available to help people who are starting to struggle with their situation and need help to make plans that address their immediate difficulties. Doctor's surgeries and other

health and care staff refer people into this service. About 90 people every three months are supported.

- Sheffield Teaching Hospitals NHS Foundation Trust have been making improvements to how people living with dementia are looked after when they go into hospital – for example, through better designed wards, more staff training, and new dementia specific activities for people on wards. 146 staff members are now “Dementia Champions”.
- We have worked with Yorkshire Ambulance Service, out of hours doctors, the Police and other organisations to start to improve the help people with advanced dementia get if they are in a dementia related crisis, for example due to their dementia symptoms suddenly getting much worse.
- More (unpaid) carers of people with dementia have been supported by Sheffield Carers Centre to get the help they need with their own health and wellbeing.

What are we still working on? This includes...

- We know that people currently have to wait a long time to have a dementia diagnosis, so we are working hard to make this happen more quickly.
- People with dementia who need support in the community from Older Adults Mental Health Services also have long waits for this.
- People with dementia sometimes have to stay longer in hospital to come home (after they are well enough to leave hospital) than people without dementia – we are trying to help people get home as soon as they are well enough.
- Sheffield Teaching Hospitals NHS Foundation Trust are continuing to make improvements to the care of people with dementia in hospital. For example, through dementia specific and enhanced care individualised care plans for patients, through trialling referrals to community dementia support, and more dementia training for staff.
- There will be more training for social care staff about dementia care.
- We still want to make Sheffield a more “Dementia Friendly” city.
- We will continue to raise awareness about ways to help prevent or delay dementia.

We also want to know from you what else we should be doing to make things better. We will use what people tell us in our latest survey to help make our plans for the next few years.

If you would like more information about living well with dementia, you can contact:

- **Dementia Advice Sheffield** - People with dementia and their families can now call with any non-medical query. Call 0114 250 2875.
- **Sheffield Directory** - www.sheffielddirectory.org.uk/dementia - Local information and advice, groups and services, activities and events, care and support.
- **Sheffield Carers Centre** - www.sheffieldcarers.org.uk or telephone 0114 272 8362 Free advice, information and support for family/friends who provide (unpaid) care.
- **(National) Alzheimer’s Society** - www.alzheimers.org.uk and Dementia Connect support line: Personalised information, support and advice on telephone 0333 150 3456.