

# Dementia (Adults)

*A Joint Strategic Needs Assessment (JSNA) is a statutory process by which local authorities and commissioning groups assess the current and future health, care and wellbeing needs of the local community to inform decision making.*

**Joint Strategic Needs Assessment Summary Document  
November 2023, Division of Public Health, Leicester City Council**  
[Joint Strategic Needs Assessment \(leicester.gov.uk\)](https://leicester.gov.uk/joint-strategic-needs-assessment/)

## **Further information:**

**Dementia (adults) Leicester City Council JSNA chapter:**  
[Dementia – JSNA \(2023\) \(leicester.gov.uk\)](https://leicester.gov.uk/dementia-jsna-2023/)  
**Dementia Office for Health Improvement and Disparities:**  
[Dementia Profile - Data - OHID \(phe.org.uk\)](https://phe.org.uk/dementia-profile-data-ohid/)



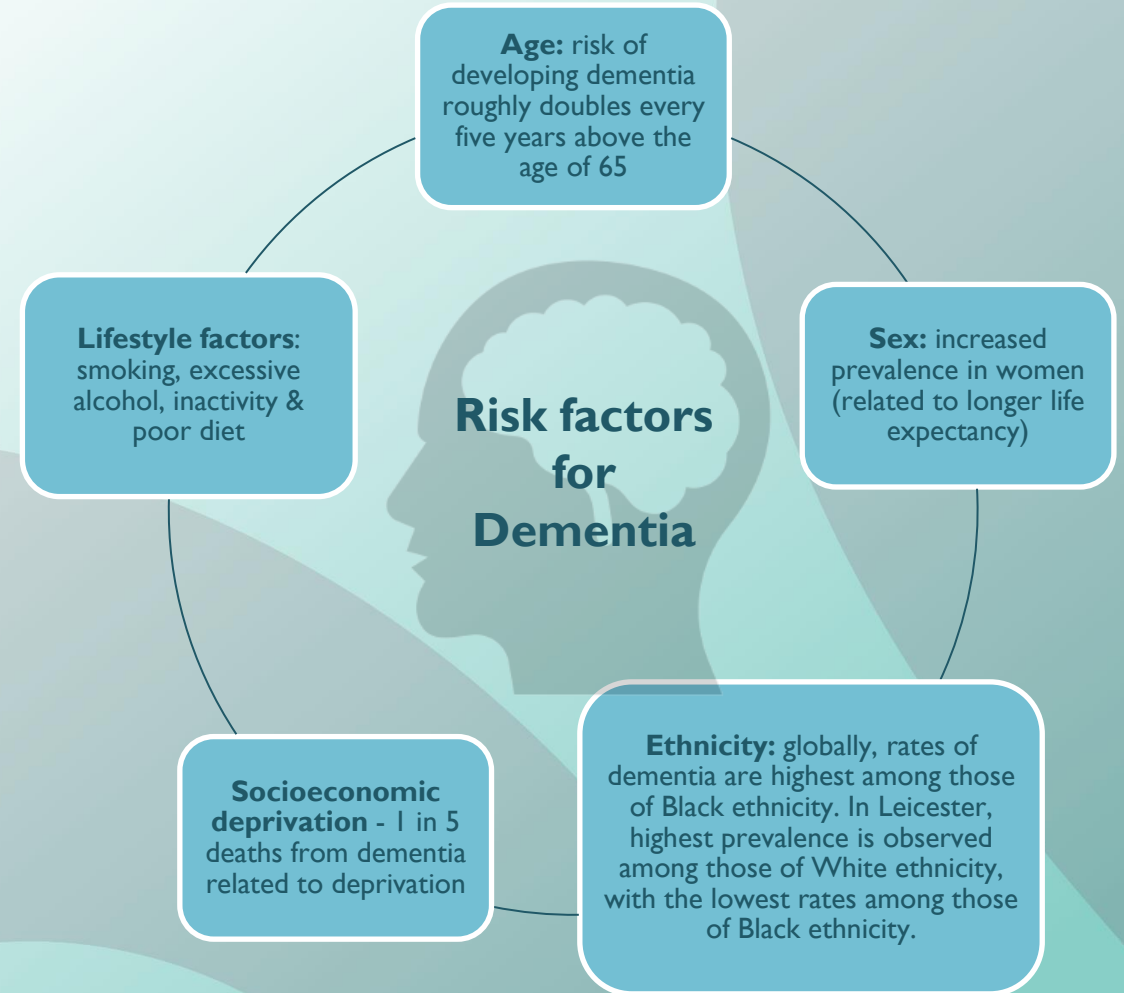
**Leicester  
City Council**

## Impact of dementia, dementia risk factors, and groups at risk:

Dementia reduces reasoning, memory, and decision-making, leading to decreased independence and inability to self-care.

Preventing dementia needs a societal, environmental, and economic approach. Risk factors include modifiable factors like smoking, activity, weight, and alcohol, and non-modifiable factors like age (the biggest risk factor), sex, ethnicity, and deprivation.

Impact of Dementia	
<b>Reduced quality of life</b>	Dementia significantly diminishes the quality of life for individuals affected by the condition. It can lead to memory loss, confusion, and a decline in cognitive abilities, making daily tasks challenging and often leading to social isolation and emotional distress.
<b>Poor physical health</b>	Dementia profoundly affects physical health, leading to motor skill difficulties, a higher risk of falls and injuries, and challenges in daily activities. It can also affect proper nutrition, mobility, and medication management, further impacting physical well-being.
<b>Caregiving responsibilities</b>	Dementia is very taxing on family and other caregivers, who take on the responsibility of care. This leads to emotional and physical strain, resulting in stress, burnout, and financial challenges.
<b>Societal and economic impact</b>	Dementia strains healthcare, support, and finances. It requires more resources and has substantial economic costs, impacting healthcare budgets, productivity, and caregiving families.



## Key indicators for dementia in Leicester:

The table below shows key indicators for dementia in Leicester.

Key indicators	Leicester	England
Percentage of individuals living in the 20% most deprived of areas nationally (2019)	35%	20%
Percentage of older people (60+ years) living in deprivation (IDAOP1) (2019)	29.8%	14.2%
Percentage of inactive adults (≤30 mins per week) (16+ years) (2021/22)	35.2%	25.8%
Smoking prevalence among adults (current smokers; 18+ years) (2022)	13.1%	12.7%
Admission episodes for alcohol-specific conditions (all ages) (2021/22)	601 per 100,000	626 per 100,000
Percentage of adults exceeding recommended weekly alcohol limits: 2018	9%	N/A
Recorded prevalence of dementia (65+ years) (2022)	49.4 per 1,000	41.9 per 1,000
Estimated prevalence of dementia (65+ years) (2022)	68.2 per 1,000	67.5 per 1,000
Estimated dementia diagnosis rate (65+ years) (2023)	74.7%	63.0%
Directly standardised rate of emergency hospital admissions for dementia (65+ years) (2019/20)	5253 per 100,000	3517 per 100,000
Directly standardised mortality rate (65+ years) (2019)	1159 per 100,000	849 per 100,000
Quality rating of residential care and nursing home beds (65+ years) (2020)	67.3%	74.1%

**Current services in relation to need:** There are a range of services for those affected by dementia in Leicester. The full JSNA details unmet need and gaps in service.

## Services

### Memory/dementia cafes



- Specialised memory clinics offer assessments and diagnoses for memory-related issues and can also provide initial guidance on disease management.
- Dementia cafes may also offer music sessions for well-being and reducing loneliness.

For more information: [Dementia Cafes in Leicester](#)

### Primary, secondary and community health and social care services



- GPs support with diagnosis, referrals, signposting, medication management, and ongoing monitoring.
- Community health and social care services offer general support to patients and provide respite for caregivers.
- University Hospitals Leicester (UHL) and Leicestershire Partnership Trust (LPT) offer specialised inpatient care for severe cases.

### Local nursing and residential care



- Care homes and assisted living facilities offer 24/7 general patient care, with specialised staff for dementia care.
- Nursing homes can provide medical services for individuals with advanced dementia or complex healthcare requirements.

## Unmet Needs

- **High demand and delays:** The memory assessment cafes face high demand and long waiting lists, impacting timely care. Radiological confirmation requirements prolong waiting times, further delaying access to care.
- **Cultural insensitivity:** Existing diagnostic tools lack cultural appropriateness potentially causing misdiagnoses or delays.
- **Inadequate tools:** Existing diagnostic tools may not consider cultural/linguistic diversity, and young onset dementia, potentially missing cases.
- **Accessibility barriers:** Services may not be easily accessible due to awareness of services and communication barriers among professionals.
- **Personalised and enhanced support:** Support should be tailored to each unique circumstance/family affected by dementia and lifestyle adjustments should be accommodated for.

## Recommendations

- **Diagnosis:** Streamlined diagnostic pathways, reduced wait times, culturally sensitive diagnostic tools, and increased professional awareness of support services.
- **Post-diagnosis:** Culturally-sensitive professional communication and signposting, personalised support, community outreach, and comprehensive training for professional staff.