

## **REPORT OF THE SERVICE DIRECTOR FOR YOUTH, FAMILIES & CULTURE**

### **DEMENTIA FRIENDLY LIBRARIES**

#### **Purpose of the Report**

1. To inform Members of the contribution made by the Library Service towards the health and wellbeing of people living with dementia and their carers, and to raise awareness of dementia in the community.

#### **Information and Advice**

##### **National Context**

2. Key facts:
  - there are 800,000 people with dementia in the UK and this figure is set to rise to over 1 million by 2021
  - dementia is an umbrella term for many different types of brain disease, the most well-known being Alzheimer's Disease. Others include vascular dementia, dementia with Lewy bodies and Parkinson's dementia
  - one in three people over the age of 65 will go on to develop dementia
  - only 43% of people living with dementia have a diagnosis
  - symptoms include memory loss, mood changes and problems with perception
  - one third of people with dementia live alone
  - of those living alone 62% report feeling lonely
  - it costs the UK economy £23 billion a year
  - informal carers such as family and friends save the economy over £8 billion a year

##### **Dementia Friends**

3. This initiative is part of the Prime Minister's Dementia Challenge, launched in March 2012 and builds on the progress made through the National Dementia Strategy. The aim is to create 1,000,000 'Dementia Friends' by 2015, as part of the Dementia Friendly Communities strategy.
4. The scheme is being administered by the Alzheimer's Society. To date, many large organisations such as Homebase, Argos, Lloyds Banking and Tesco's are providing awareness sessions for all their staff.

5. These sessions give basic information about dementia and present five key messages:
  - dementia is not a natural part of ageing
  - dementia is caused by brain diseases
  - it is not just about losing your memory
  - it is possible to live well with dementia
  - there is more to the person than the dementia.
6. Participants are encouraged to do small things to improve the lives and well-being of people with dementia and their carers such as visiting friends and relatives more often and taking part in social activities with them, asking if someone who appears confused needs help, showing respect and spreading the word amongst friends, colleagues and through other networks.
7. Libraries are well placed to offer help and support to those living with dementia and their carers as part of Dementia Friendly Communities.

## **Local Context**

8. Key facts:
  - in Nottinghamshire 9,700 people have dementia
  - only about one third of people with dementia have a diagnosis
  - by 2025 the over 65 population will go up by 50%
  - by 2030 there will be an estimated 16,000 people with dementia in Nottinghamshire
  - this represents a 106% increase between 2010 and 2030.
9. Nottinghamshire Libraries contribute to the health and well-being of people living with dementia and their carers by providing Reading About Dementia collections in all Level 1 libraries. The collections are accompanied by a leaflet which has been circulated widely throughout Nottinghamshire.
10. The service is also developing Memory Lane bags for loan. Both have been produced in partnership with Sherwood Forest Hospitals NHS Foundation Trust and Public Health.
11. Worksop Library is working with City Arts to stage an event for older people in 2014 entitled Songs and Scones.

## **Memory Lane Bags for Loan**

12. People with dementia often find it easier to remember things from the past rather than incidents that took place recently. In the later stages of dementia they may have increasing communication problems which make social interaction with their relatives and friends difficult and distressing.
13. The provision of themed bags can prove a valuable resource both for the person affected and their carers. They can be used either at home or taken along on a visit to someone in a care home to structure the interaction and provide an enjoyable social activity.

14. Memory bags include a selection of suitable books (Pictures to Share, Opie Scrapbooks), objects on a particular theme, DVD or CD, photographs and pictures. Each includes an information folder containing a contents list, instructions on how to use the pack, booklist, website addresses and feedback forms. Kits are barcoded to allow for issue and return.
15. Currently, Nottinghamshire Libraries are working with Sherwood Forest Hospitals to pilot six bags on the following themes:
  1. Seaside
  2. Childhood
  3. Women's World in the 1950s
  4. Men's World in the 1940s
  5. Going Out in the 1940s
  6. Transport
16. These are being used with the following local groups to obtain feedback:
  - Forget-me-not Dementia Support Group
  - Rushcliffe Memory Group.

### **Dementia Friendly Libraries**

17. The Alzheimer's Society's five year strategy includes a key ambition to work with people affected by dementia and other partners to define and develop dementia friendly communities across the country. The programme focuses on improving the inclusion and quality of life for people with dementia and their carers.
18. In these communities:
  - people will be aware of and understand more about dementia
  - those with dementia and their carers will be encouraged to seek help and support
  - they will feel more included in their community
  - they will be more independent
  - they will have more choice and control over their lives.
19. Libraries are safe, neutral places where people living with dementia and their carers can meet for social contact and to find information and advice relating to their condition.

### **Reason/s for Recommendation/s**

20. National research shows that people living with dementia in the community can be helped to live well through dementia friendly communities. Libraries are well placed to form part of this network.

### **Statutory and Policy Implications**

21. This report has been compiled after consideration of implications in respect of crime and disorder, finance, human resources, human rights, the public sector equality duty, safeguarding of children and vulnerable adults, service users, sustainability and the

environment and ways of working and where such implications are material they are described below. Appropriate consultation has been undertaken and advice sought on these issues as required.

### **Implications for Service Users**

22. Nottinghamshire Libraries recognises the role it plays in supporting people with dementia and their carers and will continue to improve its offer.

### **Financial Implications**

23. There are no direct financial implications. Funding was received from Sherwood Hospitals NHS Foundation Trust to put Reading About Dementia collections in libraries.

## **RECOMMENDATION/S**

- 1) That the contribution made by the Library Service towards the health and wellbeing of people living with dementia and their carers be noted.

**Derek Higton**  
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**For any enquiries about this report please contact:**

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### **Constitutional Comments**

24. As this report is for noting only, no Constitutional Comments are required.

### **Financial Comments (KLA 10/01/14)**

25. There are no financial implications arising directly from this report.

### **Background Papers and Published Documents**

Living Well With Dementia: A National Dementia Strategy: DoH: 2009  
<https://www.gov.uk/government/publications/living-well-with-dementia-a-national-dementia-strategy>

NCC Reading About Dementia leaflet

A National Strategy for Carers: DoH: 2011  
<https://www.gov.uk/government/news/a-national-strategy-for-carers>

Except for previously published documents, which will be available elsewhere, the documents listed here will be available for inspection in accordance with Section 100D of the Local Government Act 1972.

**Electoral Division(s) and Member(s) Affected**

All.

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