

ITEM No

**JOINT CITY AND COUNTY
HEALTH SCRUTINY COMMITTEE**

9 October 2007

**REPORT OF THE HEAD OF OVERVIEW AND SCRUTINY – NOTTINGHAM
CITY COUNCIL**

**PROPOSALS TO MODERNISE DAY HOSPITAL SERVICES FOR OLDER
PEOPLE WITH MENTAL HEALTH PROBLEMS**

1 SUMMARY

- 1.1 At the Committee's meeting of 11 September 2007, Members considered a paper providing introductory information on proposals of Nottinghamshire Healthcare Trust to modernise their day hospital services for older people with mental health problems. It was agreed that further information be requested from the Trust and that representatives be invited to this meeting to discuss the proposals with the Committee.
- 1.2 In keeping with matters raised by Members at the September meeting and in consultation with the Chair and Vice Chair, a list of questions was sent to the Trust. The Trust has answered these questions in a paper which follows this report. Jim Walker, General Manager, Adult Mental Health, and Andrea Ward, General Manager, Modernising Health Services for Older People, will be attending this meeting to answer Members' questions.

2 MATTERS FOR CONSIDERATION

- 2.1 The Committee is requested consider the information contained within the paper provided by Nottinghamshire Healthcare Trust and any additional information provided by the representatives attending today's meeting.
- 2.2 Members may then wish to make recommendations to the Trust on the proposals or may wish to examine the proposals further at a future meeting.

3 BACKGROUND INFORMATION

The original consultation leaflet is attached as an appendix to this report for Members' information.

4 **LIST OF BACKGROUND PAPERS OTHER THAN PUBLISHED WORKS OR THOSE DISCLOSING EXEMPT OR CONFIDENTIAL INFORMATION**

None

5 **PUBLISHED DOCUMENTS REFERRED TO IN COMPILING THIS REPORT**

Report to and minutes of the meeting of the Joint Health Scrutiny Committee held on 11 September 2007.

CONTACT DETAILS

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Proposals to Modernise Day Hospital Services for Older People with Mental Health Problems

This leaflet outlines proposals to modernise day hospital services for older people with mental health problems. It includes details of day hospital services currently provided, the possible changes to these services and the reasons these are being proposed. We would very much welcome your views on the emerging proposals and this leaflet sets out the ways in which you can contribute.

Background

Nottinghamshire Healthcare NHS Trust is the major local provider of day hospital services for older people with mental health problems. However there are also other providers of day care and these proposals will impact on both Nottingham City Council Adult Services, Housing and Health department and Nottinghamshire County Council Adult Health and Social Care department. These proposals will also affect and be dependent on other services provided by Nottinghamshire Healthcare's Mental Health Service for Older People (MHSOP) directorate and the recommendations of other projects being undertaken as part of the modernisation process

This review is considered necessary for several reasons:

- The inability of current day hospital services to provide therapeutic treatments that are based on the best available evidence, particularly psychological therapies.
- The desire to make our services more accessible, fair and responsive.
- The need to look at alternative sites for some current services.
- Issues raised by service users and carers related to current transport arrangements.
- A fall in activity due to decreased demand, indicating that day hospitals are not meeting service users' requirements.
- National and local policies.

What we have now

Nottinghamshire Healthcare currently provides day hospital services for Nottingham and the boroughs on four fixed sites open Monday to Friday within standard office hours. A total of 94 places are available each day for people with functional conditions, of which depression and anxiety are two examples, and organic conditions, principally dementia. The exception is in Broxtowe where there are 10 day hospital places which are reserved for people with dementia (as part of a partnership scheme with Nottinghamshire County

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Council Adult Health and Social Care services), and services for people with functional illness are provided through the community mental health team.

Within these proposals, it is not proposed to change outreach services to social services day care or the service for people with working age dementia.

What we propose to provide

We are proposing that health day services will be provided as part of the function of our community mental health teams, with access via a single point of referral. Separate services will be provided for people with functional and organic (see examples above) mental health problems, reflecting accepted good practice.

This will mean:

- Each service will have an agreed role and eligibility criteria.
- Assessment and Treatment will be provided in people's own homes. Additional services will be delivered by appropriately trained clinicians, providing more complex assessments and treatment options. Group and individual sessions will be available with access to therapies based on the best available evidence, including psychological therapies. Although these sessions will be provided within a local day care setting, service users will not normally be expected to attend for a whole day, only for their agreed treatment.
- Attendance will be time-limited and assessment and treatment will focus on achieving agreed aims. Discharge will be linked to achieving these aims and will not be dependant on finding alternative day care.
- Services may be delivered in a variety of settings rather than restricted to the current fixed sites. This is because health facilities for older people with mental health problems should be locally based, aiding access to other community facilities and services, and should be flexible and responsive to peoples' needs. These solutions may be different for each area, based upon the geography of the area and existing services. For service users unable to use alternative facilities, it is proposed to provide our own transport to enable access.
- Services will be targeted at an earlier and/or more acute stage of older people's mental illness than at present, and the level of service provided will be appropriate to the level of assessment and treatment required.
- Services for people with dementia will include:
 - Memory assessment and diagnosis.
 - Cognitive Stimulation Therapy (a type of psychological therapy).
 - Memory rehabilitation.
 - Health Promotion including healthy living and exercise.
 - Specialist therapies including psychology and art therapy.
 - Appropriate medication.

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- Services for people with illnesses such as depression and anxiety will include:
 - Assessment and diagnosis.
 - Specialist psychological therapies.
 - Health Promotion including healthy living and exercise.
 - Anxiety management
 - Appropriate medication.
- Services for carers could include:
 - Information and signposting.
 - Education and support groups.
 - Individual assessment and treatment where appropriately identified.

The proposed health day services are not considered to be the appropriate venue for ongoing respite care.

Where the proposed changes affect existing users of the service, the teams will work with them and where appropriate their carers to identify their future needs and how these can best be met.

Potential benefits and outcomes

- More people supported in their local community with improved packages of care.
- Improved access to specialist multi-disciplinary mental health services.
- Local and timely access to assessment, diagnosis and treatment.
- Decreased inappropriate day hospital attendance.
- Improved skills among staff from all agencies.
- Increased number of older people with mental health problems supported in mainstream services.
- Improved support to carers and service providers.
- A model for supporting and providing an appropriate and therapeutic response to people who present with challenging behaviours.
- Increased access to psychological therapies.
- Creation of more seamless services with clear pathways and referral processes.
- Decreased unnecessary or inappropriate referrals.

Conclusion

Nottinghamshire Healthcare believes that these proposals will enable it to provide services locally that meet the health needs of older people with mental health problems and are based on the best available evidence. By focussing on assessment and time-limited treatment options we will be able to offer early access to effective treatments to more people than we can with our current services.

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How can I make my views known and be involved?

We welcome your comments on these proposals and in particular your response to the following questions:

- **What do you value about our services that you currently receive?**
- **What would you value in the services that we are proposing?**
- **What services would you like to see included in these proposals?**

We are holding a number of meetings at which you will be able to give your views about these proposals and influence how we take plans forward (please see below).

In the meantime, if you have access to email you can email the Involvement Team on involve@nottshc.nhs.uk and we will try to answer any questions and queries you may have, or you can **write to us at** Freepost MID30082, Involvement Team, Nottinghamshire Healthcare NHS Trust, Nottingham, NG3 6ZX and you don't need to use a stamp.

Once we have considered your views and suggestions, we will hold a feedback meeting to inform you about the themes that have emerged and how we plan to incorporate these in subsequent proposals to develop our services. All the contributions we receive will be included in the final report and recommendations which will be presented to the Trust Board, for final approval, in January 2008.

Meetings

Wednesday 29 August, 2.00 – 3.30pm

Seminar Room, Lings Bar Hospital, Beckside, Gamston

Wednesday 29 August, 6.00 – 7.30pm

Pease Hill Day Hospital, Furze Gardens (off Abbotsford Drive), St Anns

Thursday 6 September, 2.00 – 3.30pm

Seminar Room, St Francis Unit, Nottingham City Hospital, Hucknall Road

Feedback meeting:

Friday 28 September, 11.00am – 1.00pm

The Involvement Centre, The Resource, Duncan Macmillan House, Porchester Road

To reserve a place at any of the above meetings please contact the Involvement Team on 0115 993 4567 or email involve@nottshc.nhs.uk