



Mental Health needs of older people

Lessons from mental health

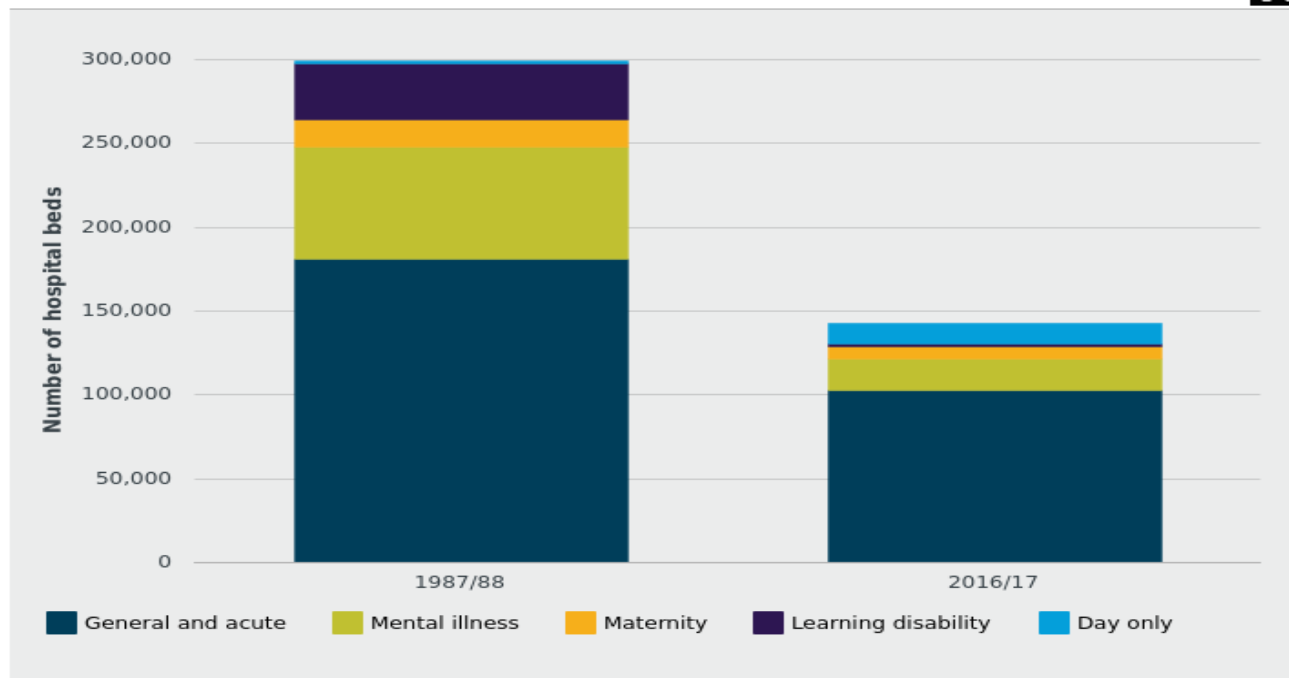
- Mental health issues
- Joint working with mental health
- Mental health 'approach'



Number of beds

Figure 2: Different categories of beds as numbers in 1987/8 and 2016/17

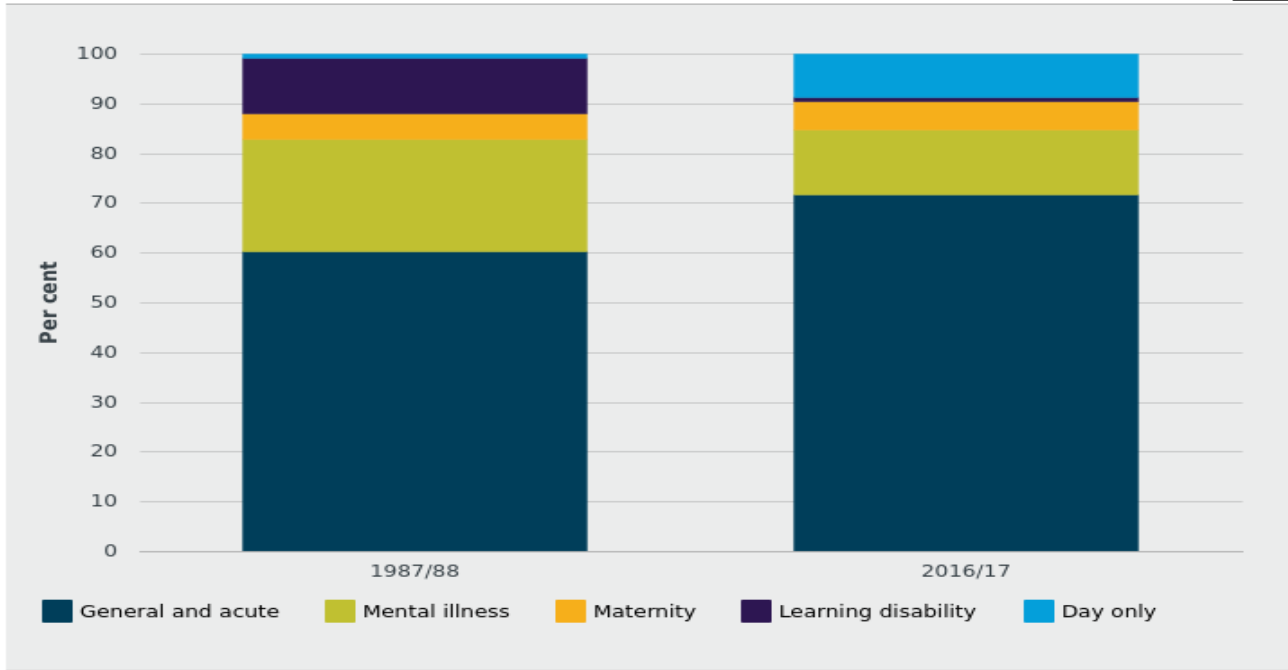
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Source: NHS England 2017a

Proportion of beds

Figure 3: Different categories of beds as proportion of total in 1987/8 and 2016/17



Source: NHS England 2017a

Dementia rarely travels alone

- 7 in 10 people living with dementia are also living with another long term condition
- 41 per cent have high blood pressure
- 32 per cent have depression
- 27 per cent have heart disease
- 18 per cent have had a stroke or transient ischemic attack (mini stroke)
- 13 per cent have diabetes

(Barnett et al, 2012).

Lessons from mental health

- Make the person's goals central
- Work as a team in the community
- Leadership is crucial
- Make technology and data help
- Families and carers as partners in care
- Be clear on what skills are needed by whom and how much you need – based on patient's needs and pathways
- Continuously improve

IHI Safe Care at home

Framework for Safe, Reliable, and Effective Care



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Source: Frankel A, Haraden C, Federico F, Lenoci-Edwards J. *A Framework for Safe, Reliable, and Effective Care*. White Paper. Cambridge, MA: Institute for Healthcare Improvement and Safe & Reliable Healthcare; 2017. (Available on ihi.org)



Together we can build a better service for everyone



Commission on
IMPROVING URGENT CARE ^{for} OLDER PEOPLE

www.nhsconfed.org/commission

2016 Recommendations

- We must always start with care driven by the person's needs and personal goals.
- A greater focus on proactive care.
- Acknowledge current strains on the system and allow time to think.
- Care co-ordination and navigation – recognise the importance of having a single connection within a complex system.
- Encourage greater use of multi-disciplinary and multi-agency teams.
- Ensure workforce, training and core skills reflect modern day requirements.
- Leadership should encourage us to do things differently.
- Metrics must truly reflect the care experience for older people.

Group work



involve consider assess respond evaluate