



Community Voices (Mental Health)

Topic overview: dementia

The NHS long-term plan is committed to improving mental health services for all people. The plan commits to: increasing the amount of mental health funding being spent on services for children and young people; improving access to talking therapies for people with anxiety, depression and other common mental health problems; access to 24/7 mental health crisis and more mental health support in the community for people with mental health conditions.

More than 920,000 people in the UK are living with dementia – a number expected to rise to over a million by 2024 ([Alzheimer's Society, 2019](#)). The vast majority of people with dementia are aged 65 and over, accounting for over 880,000 people. However, an estimated 40,000 people under 65 are living with dementia in the UK.

Locally, there are a number of NHS services to support people including dementia outreach teams and working age dementia service, specialist nurses etc working alongside Dementia cafés, self help groups, memory cafes and more.

Early diagnosis and intervention is invaluable in excluding treatable causes, improving the quality of life for people with dementia and their families, and can also assist in planning for the future, thus delaying or preventing unnecessary admissions to care homes and hospital admissions.

Thinking about what you know about support for people with dementia and what we have discussed in the main presentation today, please consider the following questions:

1. Thinking about your local community, and based on your experiences, where do you think the challenges and opportunities for developing mental health services are?
2. What matters most to you when it comes to support for people to manage their mental health and wellbeing?
3. What can we do better?
4. How can you contribute in supporting people across your communities to manage their mental health and access the support they need?