The background of the slide is a close-up photograph of a yellow tennis ball caught in a black tennis net. The net is in sharp focus in the foreground, while the background is blurred.

# Anyone for tennis?

---

Kate Calvert

Service Planning & Integration Manager

Strategy Planning & Outcomes Team

Hutt Valley DHB

Today, our  
tennis match  
will have  
three sets



Tell a story of how one simple question has enhanced the socialisation of many, who live with dementia. An example of a local contribution to attaining Sustainability Development Goal 3 - Promoting Health & Wellbeing for all ages



Participate in the National NZ Framework for Dementia care stocktake

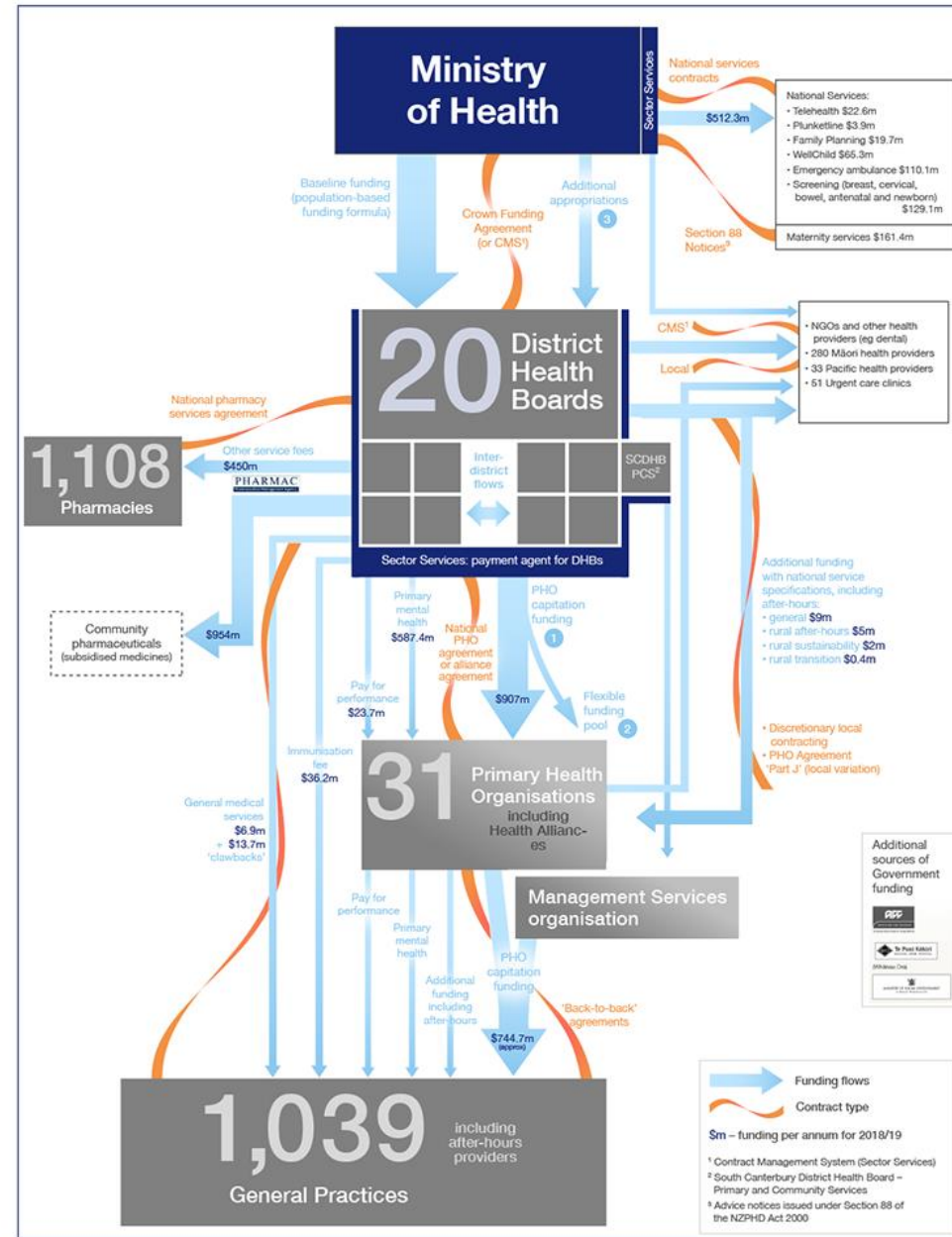


Start of a conversation about the role of nurses' roles in commissioning services

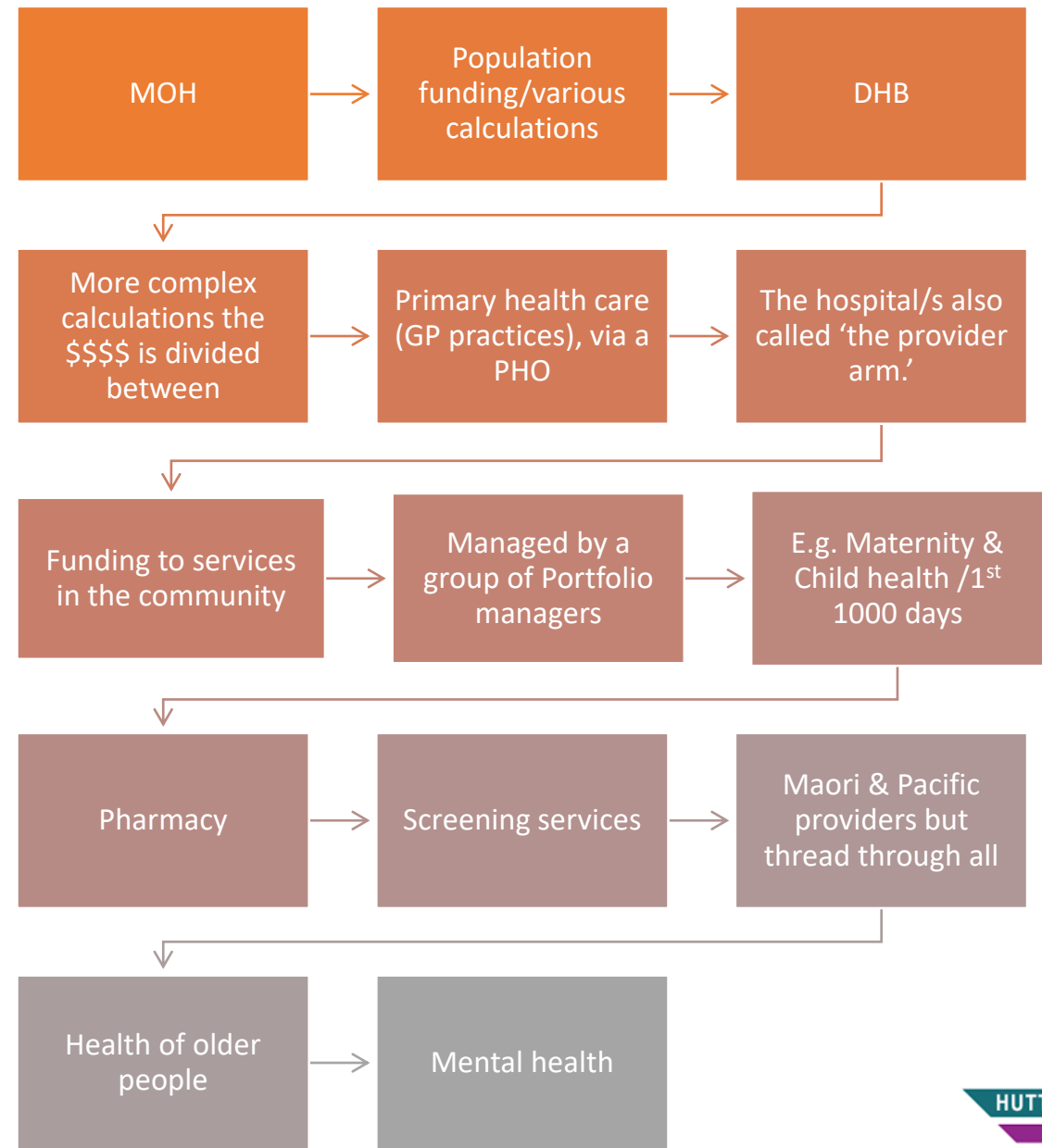
# Primary Health Care Services Funding and Contracting

Service Planning &  
Integration Manager,  
Strategy Planning &  
Outcomes Team  
HVDHB

Portfolio Manager,  
Health of Older  
People,  
Planning & Funding  
team HVDHB



More simply  
described





Successfully attained a new role

## Programme of work

- Contracts in aged residential care &
- Home & Community Support Services, NGO's.
- Projects such as Live Stronger for Longer (falls prevention)
- Dementia friendly Hutt Valley
- Reducing unnecessary admissions to ED from Aged Care

The Healthy Ageing  
Strategy (MoH 2016)



## World Health Organisation Dementia

**Risk factors - Modifiable** so may reduce the prevalence by 10-20% (PHE 2016)

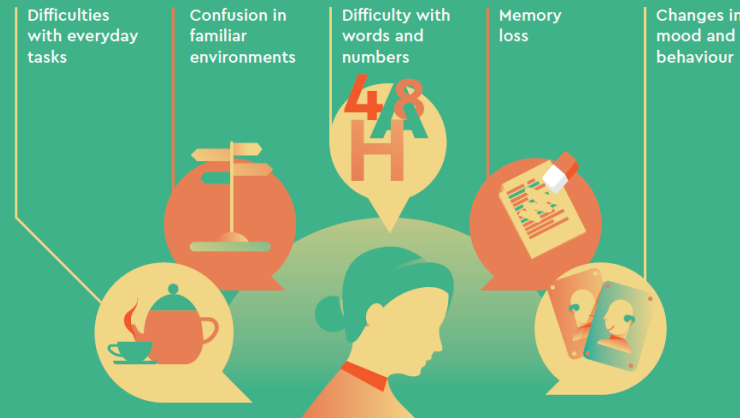
- Lack of physical activity
- Smoking
- Excessive alcohol consumption
- A diet high in saturated fat

# DEMENTIA

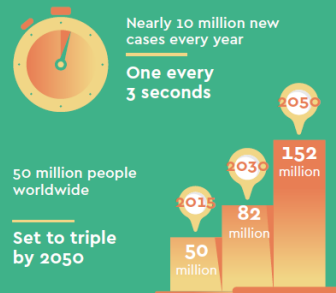
## A public health priority



### What are the symptoms?



### Who is affected?



### What is the cause?

Conditions that affect the brain, such as Alzheimer's disease, stroke or head injury



### What does it cost?



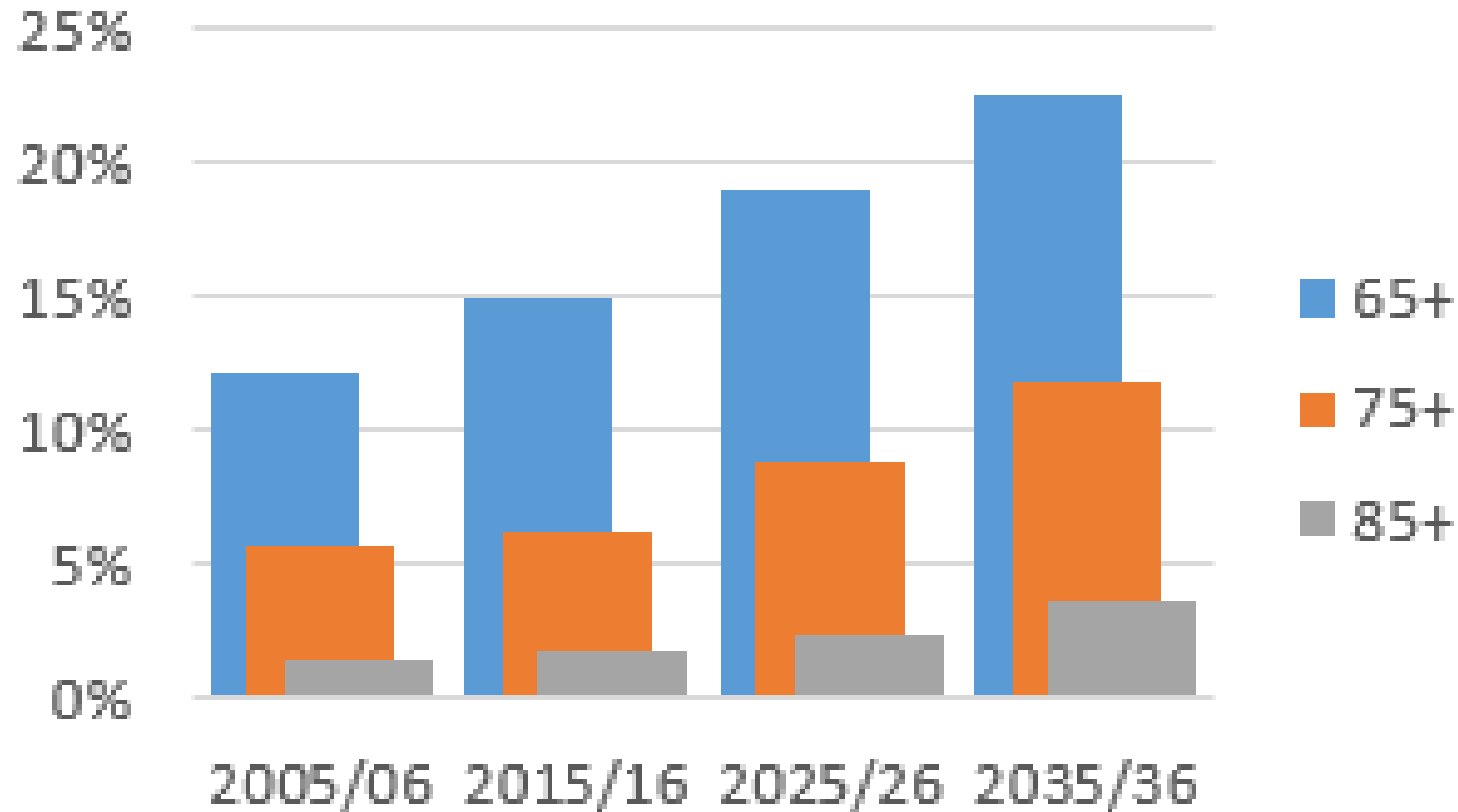
## Forms of dementia

- Alzheimer's disease
- Vascular dementia
- Lewy Body Disease
- Fronto-temporal dementia

## Risk factors

- Age
- Head injuries
- Pre-existing conditions including Parkinson's disease, Stroke, type-2 diabetes, high blood pressure

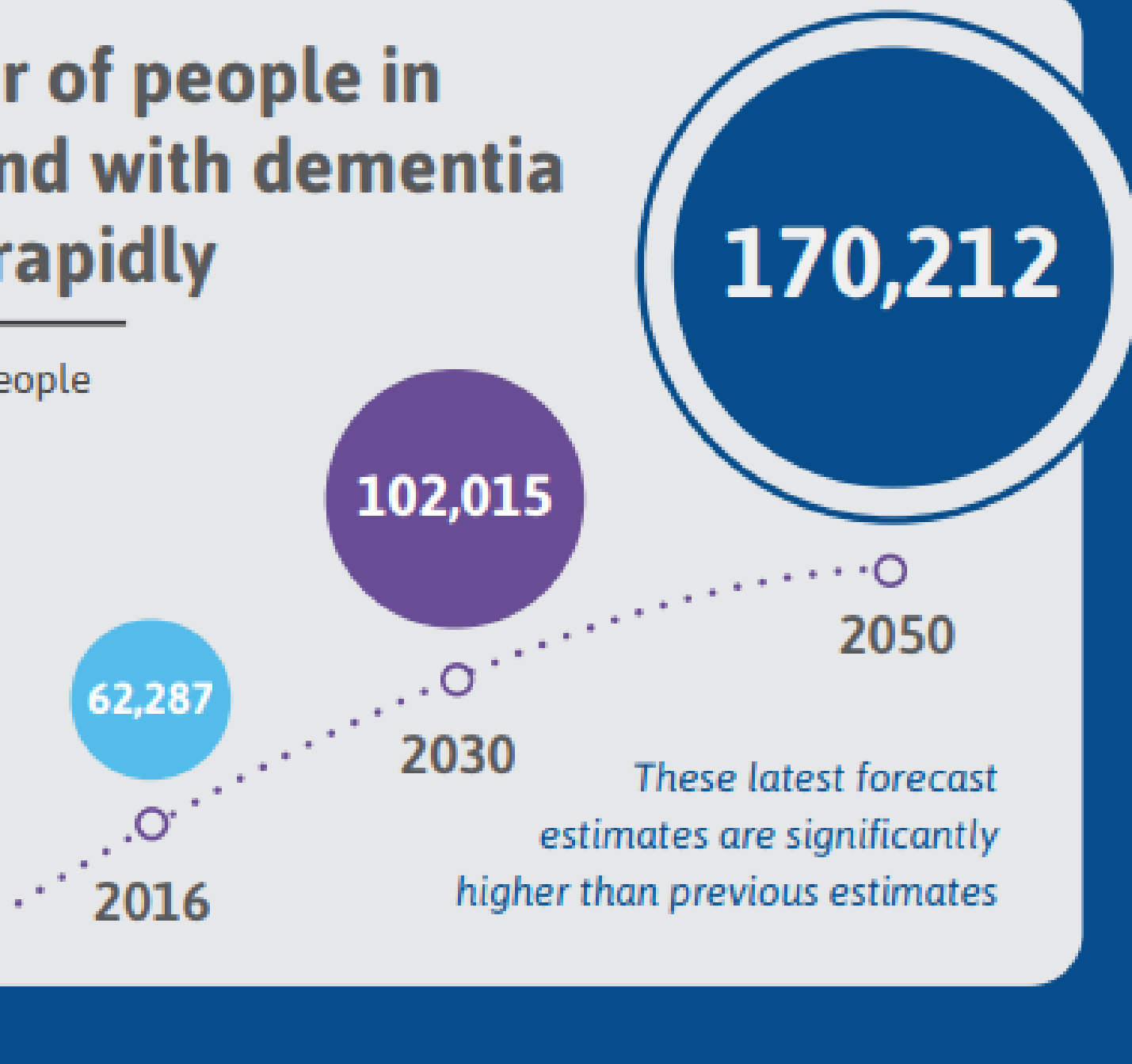
## Percentage of NZ population in the older age group; MoH



<https://www.health.govt.nz/nz-health-statistics/health-statistics-and-data-sets/older-peoples-health-data-and-stats>

# The number of people in New Zealand with dementia is growing rapidly

More than 170,000 people are forecast to have dementia by 2050



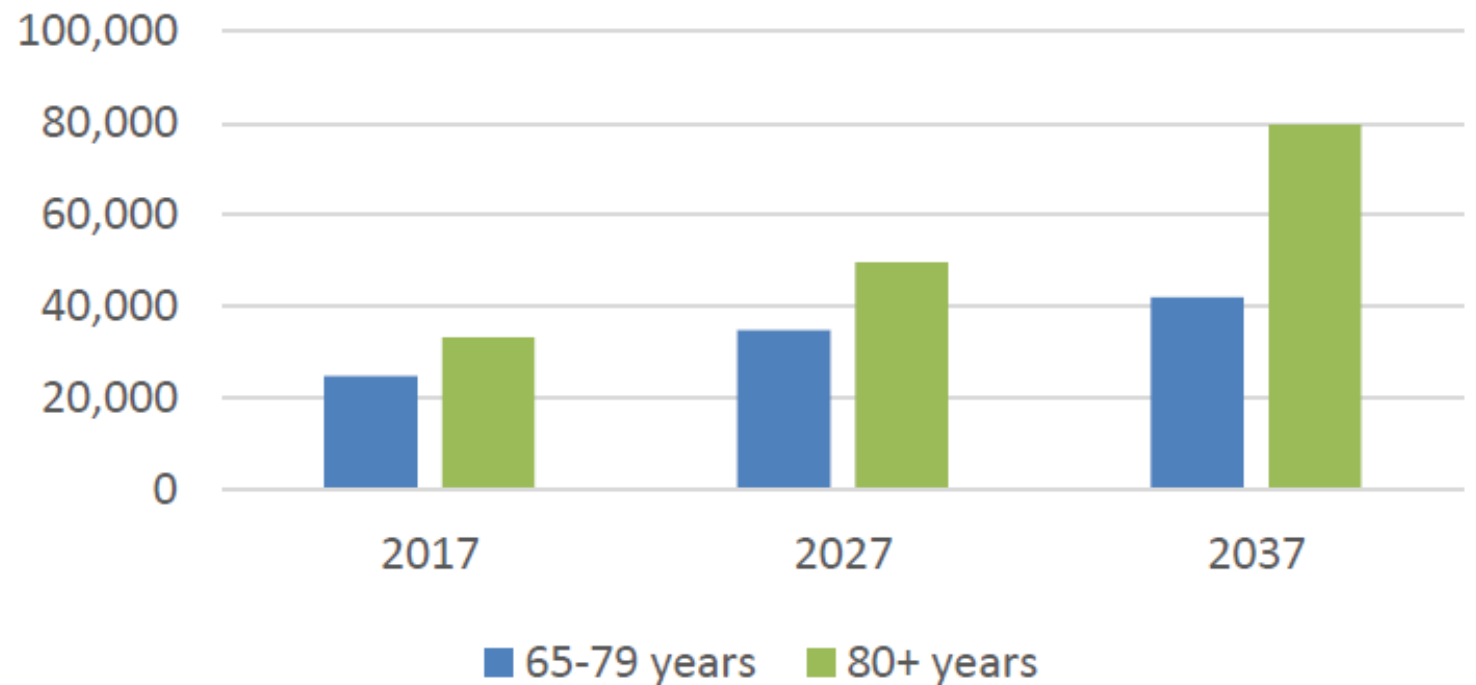
Source;  
Dementia  
Economic Impact  
Report 2016  
Alzheimer's New  
Zealand (2017)



# The impact of Dementia in New Zealand

---

Number of people with dementia in the NZ  
population aged 65+



Prevalence and severity  
graphs sourced from TAS  
2017

## Living with dementia in New Zealand

- **Early/Mild stage**

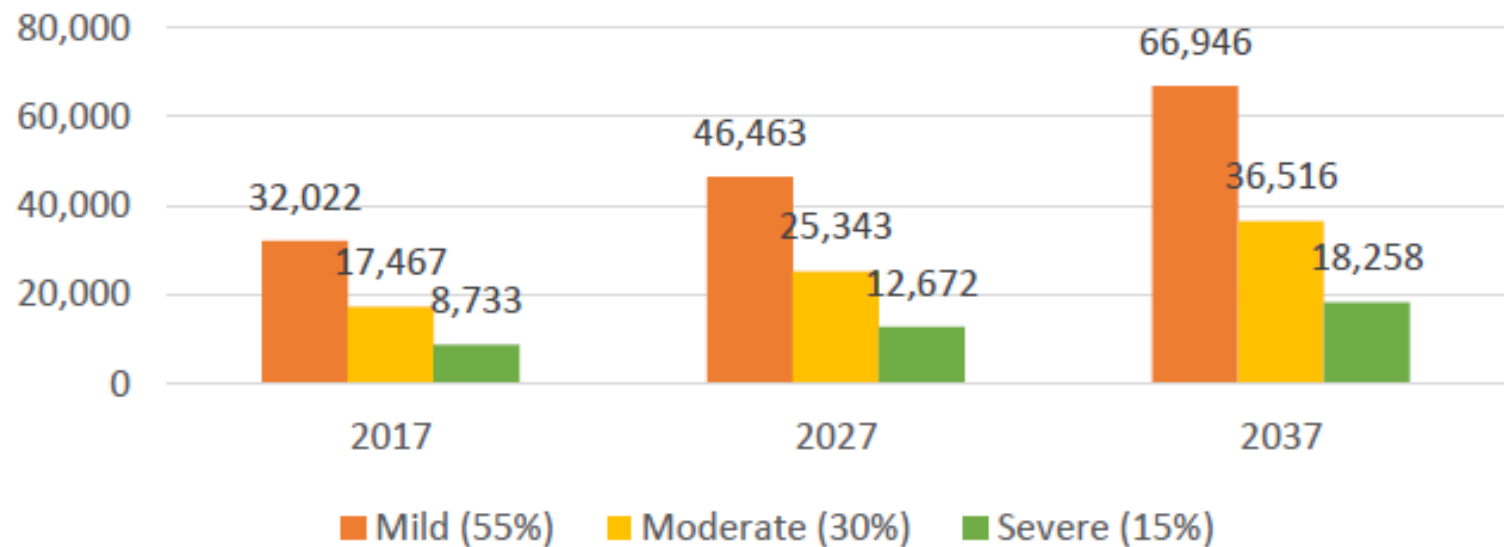
Difficulties in several areas, still able to function with minimal assistance.

- **Middle/Moderate**

Difficulties are more obvious, need help with most tasks.

- **Late/Severe** – fully dependent on others

Severity of dementia in the NZ population aged 65+



# Anyone for tennis? The First Serve September 2017

Hutt City Council

Advocate for family with  
a person living with  
dementia

Supporter of person  
living with dementia

Dementia Wellington

DHB HOP Manager

Wesley Community  
Action

Woburn Home by  
Enliven Presbyterian  
Support Central Age  
Residential care

Wellington City Mission

Walter Nash Centre &  
Wainuiomata  
community hub  
managers (community  
facility)

Specialist Physician  
Younger onset Dementia  
CCDHB

Dept Internal affairs  
funding advisor

**Sarah, who was living  
with dementia just  
wanted to play tennis.**

# First game rally....



Jim told his story of the difficulty of finding an appropriate socialisation programme for his wife, Sarah



Jim suggested a 'club house style of socialisation programme' the supporter had read about a range of models worldwide that were enabling social interactions for people with dementia



Jim had approached a range of local organisations – Hutt City council recognised the opportunity supporting their Seniors programme



It was acknowledged that a collaborative effort amongst key community organisations / stakeholders would be needed

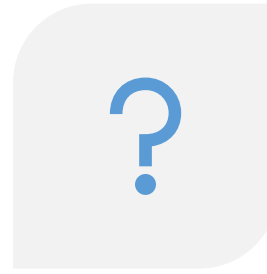
# First game of the first set is won!

- Good news – City Council community hubs acknowledged they had the capacity to promote dementia friendly & provide socialisation space
- Dementia Wellington has a training and awareness raising contract remit and can support dementia friendly activities
- Wesley Community Action were planning a social space for older adults with cognitive impairment in their facility in Lower Hutt





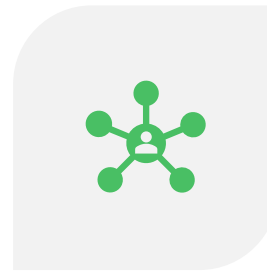
Ideas for a  
Hutt Valley-  
wide  
socialisation  
programme  
were  
developed by  
asking...



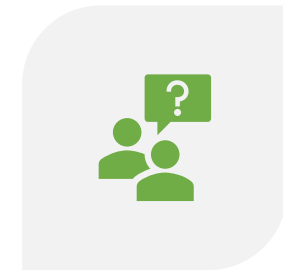
WHAT COULD A  
SOCIALISATION  
PROGRAMME LOOK  
LIKE?



WHAT WOULD  
SUCCESS LOOK LIKE?

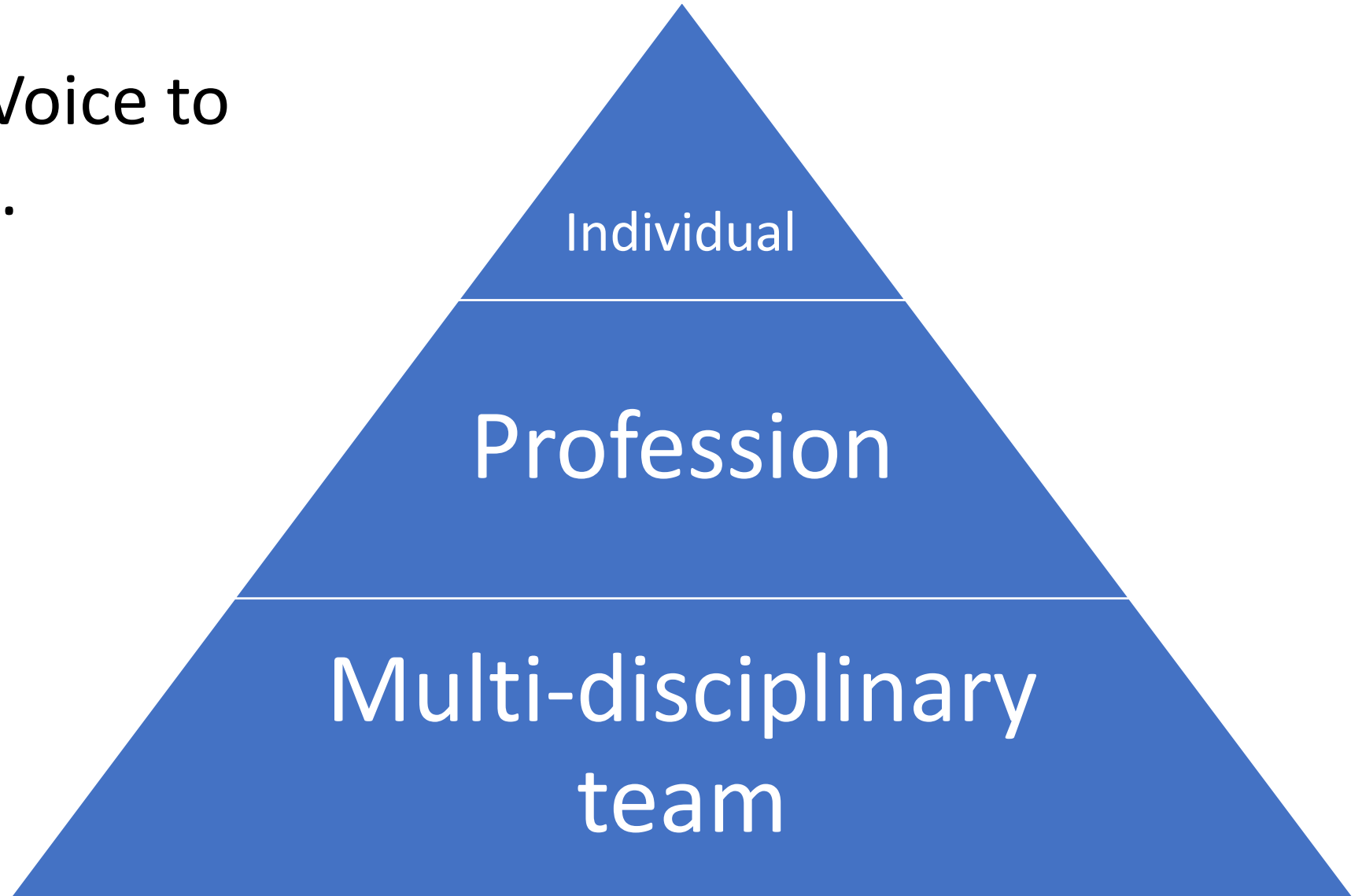


WHAT RESOURCES  
CAN YOUR  
ORGANISATION  
BRING



WHAT ROLE WOULD  
YOU ANTICIPATE  
YOUR ORGANISATION  
HAVING?

Ways to be a Voice to  
Lead as an.....



# Hutt Valley's Socialisation Group

Terms of reference for group;

- Provide a forum for people living with dementia & their care partners to co-design the development of socialising opportunities
- Facilitate communication between service providers to share knowledge, expertise and resources
- Provide each other with support and guidance with socialisation projects

# Hutt Valley's Socialisation Group Focus



People in the early stages of dementia who do not meet criteria of are the 'right fit' for current day care programmes



Co-designing activities will include

Physical activity  
Social engagement  
Purposeful contribution



The spirit of collaboration and partnership are key

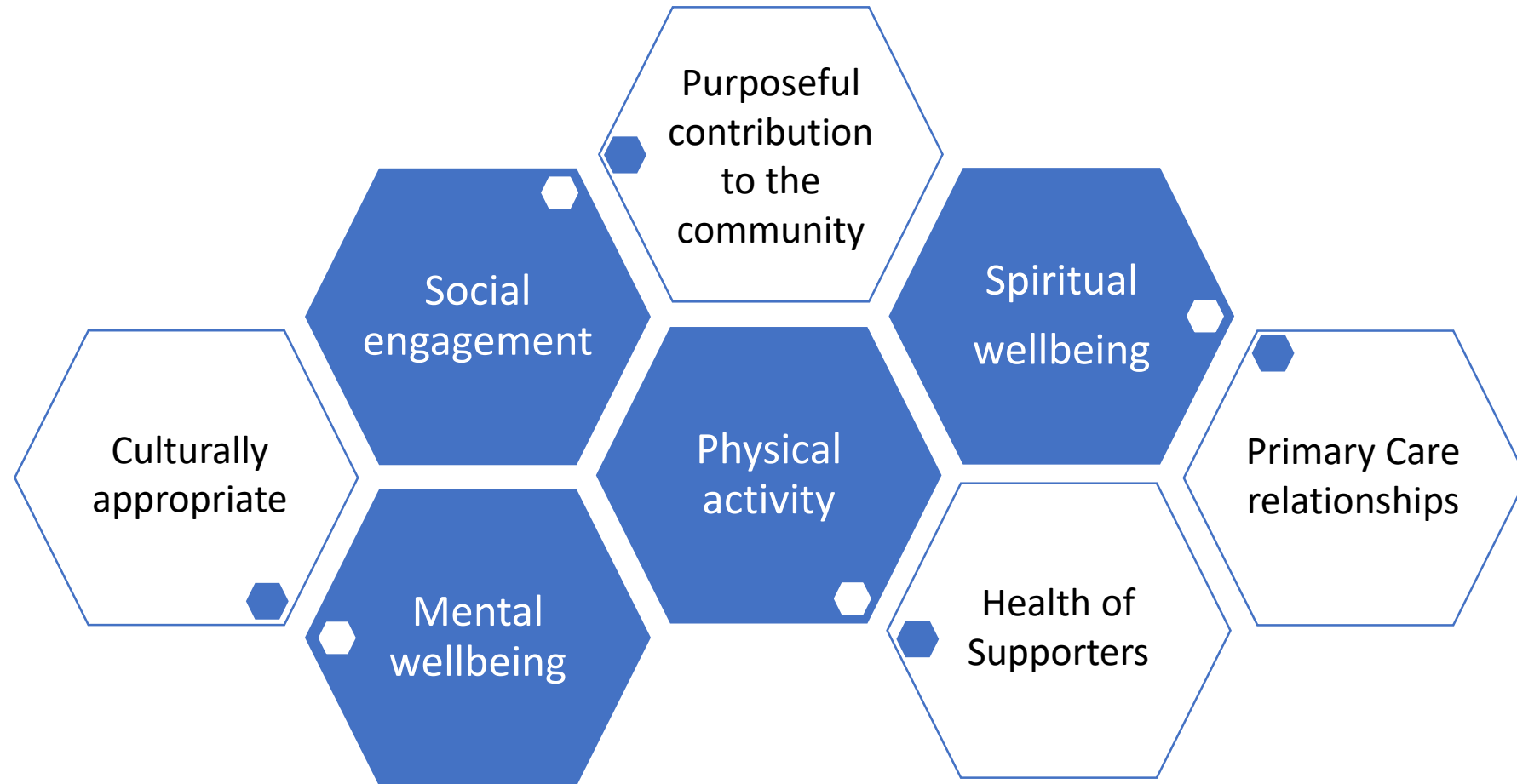


Remember not to loose why we met in the first place –



**Sarah, who is living with dementia just wanted to play tennis.**

# Key to maintaining the health & wellbeing of people living with dementia are activities that:





# Programme ideas

---



Walks



Lawn bowls



Tennis



Golf



Place to meet



Kitchen to  
cook in



Community  
gardens &  
planting  
projects



Sewing



Skilled  
volunteers



Time Bank



Current Health  
Navigator roles

# What makes good dementia day care?

## Feedback from dementia workforce, PLWD, their Carers and Supporters.

### Living Well Clubs

(alternative name for day care/Respite)

Living Well Clubs can be in Aged Residential Care Facilities or at community locations

Dementia  
workforce

- 9 to 5 provision to support working families caring for PLWD
- Culturally appropriate
- Small groups

People Living  
with Dementia

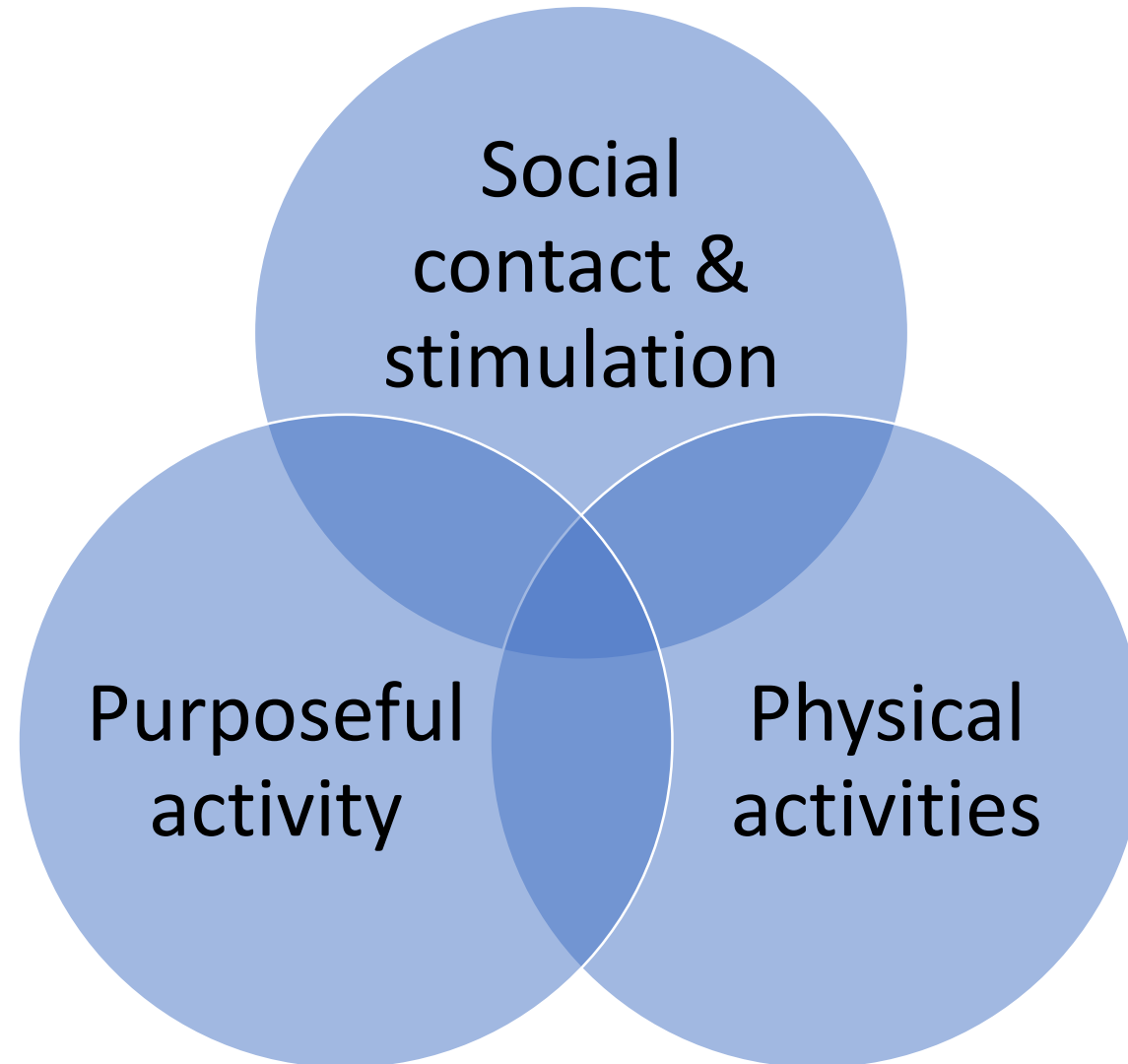
- Enjoy social activities
- Meet people
- Support that is organized
- Meaningful activities
- Physical activity

Cares &  
Supporters

- Provide care to support the working day.
- Flexible respite options that include 'in home respite.'
- Easier planned respite options
- Transport
- Reassurance over quality of care

# Good day care has

---



From Effectiveness of  
day services Age UK  
October 2011

# Hutt Valley's Socialisation Group



Funding applications submitted for a volunteer buddy pilot, dementia friendly Hutt valley, Ageing Well group



Ageing well group pilot commenced



Use of day care funding and carer support



Action – use knowledge of community activities in HV to find three to be dementia friendly, provide a booklet of advice to support families to maintain social activities for PLWD



Cog' cafes with supporters at Mitre 10



Tennis Clubs and golf club awareness raising to support friends with living with dementia

# Hutt Valley's Socialisation Group What next?

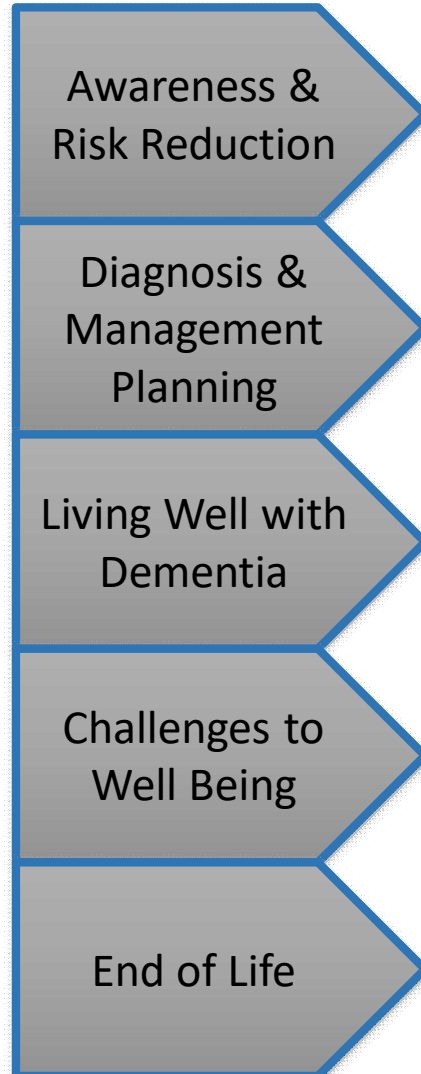


The NZ framework for  
dementia care (2013)



# Age Friendly Hutt Valley, focus on Dementia

NEW ZEALAND FRAMEWORK  
KEY AREAS



Whole Community	Primary Care	Healthy Ageing Sector, ARC, NASC, NGOs	Specialist Healthy Ageing Services. OPRS, OPMH
Dementia Friendly Hutt Valley	Dementia Friendly workforce	Publicly available awareness raising information provided through social media, leaflets, presentations.	Workforce knowledge development
Health Navigator Access to Carer support services. Advance Care Planning	Use of Cognitive Impairment & Dementia Healthcare pathway. Access to Carer Support services.	Flexible funding packages support individualised Living Well Plans include Young Onset Dementia	Oversight of Living Well plan
Current leisure & community activities are Dementia friendly	Individualised client owned Living Well Care Plans. Access to Carer support services.	Provision of specific therapeutic programmes Including Young Onset Dementia	Timely access , advice & guidance supporting Living Well plan. Living Well Clubs reflect Dementia Framework
Access to specialist advice	Review Living Well Care Plans	Review of Living Well Plan to support change in health status	Timely access , advice & guidance supporting Living Well plan.
Access to palliative care planning	Support in palliative care planning. Review Living Well plan.	Review of Living Well Plan to support change in health status	Timely access to appropriate experts

# Maori and pacific people living with dementia

There have been local conversations to acknowledge;

- Maori & Pacific People want to support their elders at home. But those supporters are often the bread winners too
- Day programmes that have succeeded for Pacific people have been provided through Pacific providers, pacific languages, food, music and faith are important
- Focussed support to whanau to understand the issues of wandering, changes in behaviour and manging and home safety
- Supporter stress can be very high and the feeling of isolation when caring, not knowing where to go
- The inclusion of Maori medicine to help maintain spiritual wellness is often overlooked

Source; Central Region Services  
programme, Supporting Older Maori &  
Pacific Peoples in the Central Region 2012

# Hutt Valley NZ Framework for Dementia Care Stakeholder Group

Membership broadened to include clinicians, aged residential care day programme providers and links into older the people's mental health team

Meet quarterly with a focus on the implementation of the framework when the stocktake provides the priorities for localisation

Feeds into regional dementia group via Health of Older People portfolio manager

Many of the organisations continue their day to day work plans that started as a result of the Socialisation Group

Don't loose sight of why we came together

**Sarah, who is living with dementia just wanted to play tennis**

Stocktake of  
activities that  
are  
progressing  
the elements  
of the NZ  
Framework for  
Dementia Care

Five years since the  
framework was released



## Key elements

Awareness and Risk Reduction	Assessment, diagnosis, early intervention and ongoing support	Living well	Meeting the challenges to maximise wellbeing	End of life
---------------------------------	---	-------------	---	-------------

# Stocktake contribution

---

## Awareness & Risk Reduction

Does your employer provide education & training to you that includes healthy lifestyle messages to reduce dementia?

Record the best ways in which this education can be provided to you?

## Living Well

Can you discuss examples of services that meet the social participation and support needs of:

- Young onset dementia
- Intellectual disability & dementia
- Pacific People with dementia
- Maori People who have dementia

Record the service and the key characteristic that makes it different from other services.



# Stocktake contribution

---



## **Assessment, diagnosis, early intervention & ongoing support**

Does the clinical team in your organisation develop care plans for people with dementia and their families and whanau?

Record a good practice example.

Can other providers also see the care plan?

## **Meeting challenges to maximise wellbeing**

Can you share an example of support for the Supporters, of people living with dementia? Is there specific support for any of the groups below?

- Young onset dementia
- Intellectual disability & dementia
- Pacific People with dementia
- Maori People who have dementia

Record the service and the key characteristic that makes it different from other services.

Nurses as  
commissioners  
of services



# Clinical nursing colleagues asked

---



‘HOW COME YOU ARE  
‘HERE’ IN A PLANNING &  
FUNDING ROLE – AND  
YOU’RE A NURSE?’



‘HOW IS IT ON THE DARK  
SIDE?’

A green tennis ball and a blue tennis racket are positioned on a wooden surface. The tennis ball is in the foreground, slightly to the left, and the racket is behind it, extending towards the right. The background is a blurred wooden surface.

# Nurses as Commissioners of services

## Nursing process

- Assessment
- Diagnosis
- Planning
- Implementation
- Evaluation

McCann et al (2014) Nursing Times 110;48, 15-17

## Commissioning process

- Assess population health needs
- Plan services
- Implement & deliver services
- Evaluating outcomes

# Nurses as commissioners of services

UK has recognised that an experienced nurse who participates in executive leadership position will provide;

- Care
- Compassion
- Dignity
- Quality
- Safety

Following a series of high-profile cases around poor care, Dept of Health's Chief Nursing Officer responded with a strategy where;

- Care
- Compassion
- Competence
- Communication
- Courage
- Commitment

Would be embedded as values in health service



# Nurses as commissioners of services

Are we devaluing our profession by being part of commissioning processes?

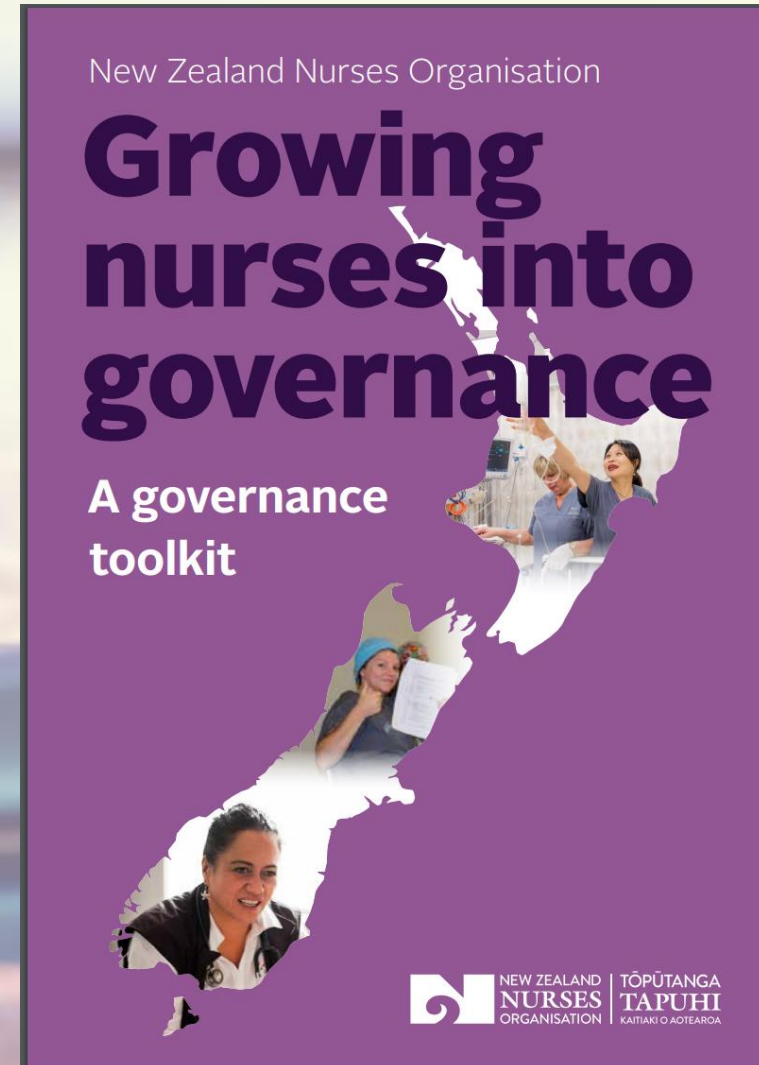
I really hope we have moved away from historic patterns of behaviour that then marginalise nurse's situation where the clinical credibility of Nurses is rebuffed by medical colleagues.



# Growing Nurses into Governance

---

‘Nurses have a grounded understanding of finance. Nursing service are always delivered under budgetary constraints yet every day nurses see the practical consequences of social inequality and understand why resources need to be allocated according to long-term impacts.’



# Nurses as commissioners

---

## Credible leaders

- Vision
- Presence
- Senior profile

## They bring

- Leadership
- Knowledge of the quality agenda
- Governance
- Skills in relationship building
- An understanding of the patient perspective



A close-up photograph of a tennis racket and a tennis ball. The racket is dark-colored with a light-colored grip, lying horizontally. A bright yellow-green tennis ball is positioned to the left of the racket's head. The background is a blurred wooden surface.

# Anyone for tennis?

**Sarah, who is living with dementia just wanted to play tennis.**



**‘Tennis uses the language of life.  
Advantage, service, fault, break, love,  
the basic elements of tennis are those of  
everyday existence,  
because every match is a life in  
miniature.’**

*Andre Agassi*

# References

---

**Global, regional, and national burden of Alzheimer's disease and other dementias, 1990–2016: a systematic analysis for**

**The Global Burden of Disease Study 2016**

***Lancet Neurol* 2019; 18: 88–106**

**Public Health England (2016) *Health Matters: midlife approached to reduce dementia risk*, Public Health England.**

**Dementia Economic Impact Report 2016, March (2017) Alzheimer's New Zealand. Deloitte**

**Supporting older Maori & Pacific People in the Central Region 2012, Regional Service programme Central TAS**

**Nurses' role in achieving the sustainable development goals. International Council of Nurses 2017**

**Are senior nurses on Clinical Commissioning Groups in England inadvertently supporting the devaluation of their profession?: A study of literature. Allen et al *Nursing Inquiry* 2016 23(2) 178-187**

**Nurses Role in commissioning services McCann et al (2014) *Nursing Times* 110;48, 15-17**