

York Health Overview & Scrutiny Committee

Briefing Paper – Proposed Scrutiny Topic: Mental Health Day Services for Older People

Background

Dementia and depression are the most common mental health disorders of later life. Depression affects around 15% of older people (Beekman et al, 1999). The prevalence of dementia increases exponentially with age, affecting one person in 20 over the age of 65 and one person in five over the age of 80 (Hofman et al, 1991).

Dementia currently affects over 750,000 people in the UK (Alzheimer's Society). It is estimated that by 2030 this will rise to 870,000 people and by 2050 to over 1.8 million people (Alzheimer's Society).

Services for people with mental health problems have developed significantly since the Community Care Reforms of 1993. Day services were expanded at that time as a cost effective and clinically efficient method of providing support to people and their families. Today the traditional day hospital model is seen as out-dated; community-based NHS treatment, care and support is provided according to individual need.

Day Services

Day hospitals vary in design, purpose, function, staffing and profile of patients across the country; a standardised definition is therefore not possible. The term 'day hospital' refers to a facility that is managed by the NHS. 'Day care' facilities are usually managed by voluntary agencies or local authorities. Day hospitals provide assessment, treatment and ongoing support, delivered by a multi disciplinary team including Local Authority Social Care staff. Day care facilities prioritise quality of life, socialisation and support. Roles can become blurred, hence the importance of clearly defining the role and function of all day facilities.

Currently within York and North Yorkshire, the Leeds and York Partnership Foundation Trust (LYPFT) provide day services for older people as detailed in the table below.

	Days Provided	Places per day	Functional Illness day service provided
Mill Lodge (York)	Mon to Friday (5 day)	15	Thursday - 15 places
Worsley Court (Selby)	Tues and Friday (2 days)	10	None Provided
Meadowfields (York)	Mon to Friday (5 days)	15	Thursday - 12 places

The functional mental illness service provides support for people who do not have a dementia.

Some people will derive benefit from attending both types of day services (day hospital and day care); however as demand increases it is important to be clear about the purpose and expected outcomes from each service, supporting the development of expertise in each service. People attending will then have a service that is designed around their needs.

Many people using our NHS day services have been doing so for many years and a significant number of those people are likely to require day care (socialisation and interaction) rather than assessment or support due to a health need. Mental health staff are currently working with Local Authority colleagues to review individuals receiving day services to ensure they are receiving the correct support for their needs, in the most appropriate setting. We anticipate that this review will support the greater use of individual budgets for some people.

Next Steps

LYPFT welcomes the opportunity to work with partner agencies to review current day care services across the city and to plan for future developments. We have a regular Service Improvement Group in place (a sub-group to the Contract Monitoring Board) with membership from LYPFT, NHS North Yorkshire and York (our current health commissioners), the Vale of York Clinical Commissioning Group (our future health commissioners, City of York Council and North Yorkshire County Council. In addition we are participating in a stakeholder day planned by NHS NYY in September 2012 where service users and carers, service providers and commissioners will come together to better understand the needs of people across the locality.

The Trust is also implementing a programme of service transformation within the York locality, aimed at improving service user experience and service user outcomes by redesigning the way that services are provided. These services are within scope of that work.

In this context the Trust does not consider that a Scrutiny Review is currently indicated; we believe that working with both Local Authority and voluntary sector partners we are well placed to develop a range of services that offer people choice and self determination in how they wish to manage and live life well when experiencing a mental health problem.

We will of course ensure that the Health Overview and Scrutiny Committee is fully informed of our service redesign plans as they develop.