**INTRODUCTION**

In June 2018, NICE issued dementia guidelines named “Dementia: assessment, management and support for people living with dementia and their carers”. (NICE guideline [NG97]) Includes:

1. evidence based best practices regarding overall management of people living with dementia.
2. provided recommendations to support carers of these people.

**AIMS AND OBJECTIVES**

1. Ensure that memory teams across South East Wales, working under Aneurin Bevan University Health Board, are following the latest guidelines when it comes to providing support to the carers.
2. To identify areas of improvement.

**METHODOLOGY**

- Questionnaire based on NICE guideline [NG97] was designed by the audit lead. Distributed (December 2018) among the seven memory team managers across five boroughs who responded in timely manner and
- No problem was encountered during data collection.

### Memory teams Location Borough

<table>
<thead>
<tr>
<th>Memory team</th>
<th>Location</th>
<th>Borough</th>
</tr>
</thead>
<tbody>
<tr>
<td>Community Hospital</td>
<td>Chepstow</td>
<td>Monmouthshire</td>
</tr>
<tr>
<td>County Hospital</td>
<td>Pontypool</td>
<td>Torfaen</td>
</tr>
<tr>
<td>Ystrad y’r Tri</td>
<td>Ebbw Vale</td>
<td>Blaenau Gwent</td>
</tr>
<tr>
<td>St Cadoc’s Hospital</td>
<td>Caerleon</td>
<td>Newport</td>
</tr>
<tr>
<td>Monnow Vale Hospital</td>
<td>Monmouth</td>
<td>Monmouthshire</td>
</tr>
<tr>
<td>Maudiford Court Hospital</td>
<td>Abergavenny</td>
<td>Monmouthshire</td>
</tr>
<tr>
<td>Ystrad Fawr</td>
<td>Ystrad Ystwyth</td>
<td>Caerphilly</td>
</tr>
</tbody>
</table>

**RESULTS**

1.11.1 Offer carers of people living with dementia a psychoeducation and skills training intervention that includes:

- education about dementia, its symptoms and the changes to expect as the condition progresses- (100%)
- developing personalised strategies and building carer skills- (100%)
- training to help them provide care, including how to understand and respond to changes in behaviour- (100%)
- training to help them adapt their communication styles to improve interactions with the person living with dementia- (100%)
- advice on how to look after their own physical and mental health, and their emotional and spiritual wellbeing- (100%)
- advice on planning enjoyable and meaningful activities to do with the person they care for-(100%)
- information about relevant services (including support services and psychological therapies for carers) and how to access them- (100%)
- advice on planning for the future- (100%)

1.11.2 Ensure that the support provided to carers is:

- tailored to their needs and preferences and to what they want it to achieve (for example, providing information on carer's employment rights for carers who work or want to work)- (71.4%).
- designed to help them support people living with dementia- (85.7%)
- available at a location they can get to easily- (83.3%)
- provided in a format suitable for them (for example individual or group sessions, or online training and support)- (66.7%)
- available from diagnosis and as needed after this - (66.7%)

1.11.3 Be aware that carer interventions are likely to be most effective when provided as group sessions:

- Memory teams offer carer interventions in person (100%) and in groups (85.7%)

1.11.4 Advise carers about their right to the following and how to get them:

- a formal assessment of their own needs (known as a 'Carer’s Assessment'), including their physical and mental health- (85.7%)
- an assessment of their need for short breaks and other respite care- (100%)

1.11.5 be aware that carers of people living with dementia are at an increased risk of depression. For guidance on identifying and managing depression, see the NICE guideline on depression in adults. (42.8%).

**CONCLUSIONS**

- It is evident from the data collected that the memory teams are following most of the evidence based best practices surrounding provision of psychoeducation.
- However, when it comes to a carer centred approach, inconsistencies were noted in provision of 1.11.2.
- Also, it is important to note that only 3 out of 7 memory clinics are screening the carers for depression.

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