

Older people and getting old in a healthy way – changing the way some mental health services run in Harrow

(Version 2 – 23 September 2013)



An easy read booklet

Who we are



We are in charge of services and health care in Central and North West London.

We are part of the National Health Service or **NHS** for short.



The **NHS** is in charge of health services like hospitals.

Your **GP** and other people that look after things to do with your health, work with us.

What we do

We give healthcare to people with

- mental health problems
- **addictions** – **addictions** means things like drinking too much alcohol and taking recreational drugs
- learning disabilities



- older people with mental health problems

We give healthcare and support to different people from different places

What this leaflet is about

We want to help older people live a safe and healthy life. We want to set up the right services for them.

We want to help them get support for things like

- **Dementia** – is when you have problems with your memory. It can mean you forget things and get confused
- **Anxiety and depression** – is when you worry about things and can feel very low

Things we want to do

Memory services in Harrow

We want to move some of the services for older people in Harrow. This will help people who have **memory** problems get the right help and support. Our **memory** is important for our daily living.

At the moment, some people are waiting a long time to be seen and get treatment. Moving the services means we can follow the NHS rules on



how we support and treat people with memory problems.

Day services in Harrow – what happens now

Older people can go and use the day services in Harrow. They can be seen and a care plan is written to make sure they get the right care and support. The plan can help some people get better quicker.



The day services need to meet the needs of older people. For example, it can help older people to

- get help closer to where they live
- get more choice in how they want to get care

This will help to stop people having to go into hospital or a care home.

The Harrow day service is run by mental health professionals and other support staff. They can also get in touch with other services if people need them.

They can help people get

- support in the community where they live
- a visit at home if they need one

Day services in Harrow – what happens next



We think we should close the day service unit in Harrow. There are only a few people using it. If we do this, we are sure that these people can still get the support they need. We can do this by making sure



- people get the support they need from other mental health services
- people get the support they need from social services
- we set up a full memory assessment service for older people with memory problems



We closed the Stanley Day Assessment Unit in Hillingdon a few years ago. We know that none of the patients had a bad time. They all got the right support from different places.

Things we are doing (or planning)

We are doing everything we can to make services better for people with dementia and memory problems.

We are planning to set up a memory service that will give the best care to people who need it. If we move the day service to the memory service we can

- Find out early what kind of help people need



- Stop people going into hospital or a care home if they do not have to
- Talk to people and give them advice – this might be on things to do with money and where they live
- Get help with money they get from the government to pay for care
- Give help on extra things that give support
- Set up one place where they go to for help and advice instead of lots of different places
- Tell people about groups and other people who can give them support



We have worked in this way in other areas. We know it works well.

The future – what we want to happen

We want to have the best mental health services for everyone who lives in Harrow. We want to make sure that

- everyone has the best chance to get better and lead a good life
- older people get the services they need in the community where they live





We might need to have more people working for us to make this happen.

How we will make this happen

If people think our plans will work, we will close the day services and set up the memory services. The memory services will be run by a team of people but each patient will have one person they know is taking care of them.

The team will be able to help every patient find the services they need and get the right support. Patients will still be able to get support from other people in the mental health team if they need this.

We know some people might be worried about what happens if we close the day services. Before we decide what to do, we want to know what you think.

We want to do our best for all the older people who live in the area. We know we can make things better for them if we make these changes.

Asking you what you think

We are holding a **consultation**. A **consultation** is when we ask you what you think about our plans. We are holding the consultation from

1 November 2013 to 31 January 2014



We want you to get in touch with us to tell us what you think. You can do this by



Going to a public meeting. We plan to hold two public meetings:

Monday, 21 October 2013 at 1.00 pm

Thursday, 28 November 2013 at 7.00 pm

Both meetings will be held in

By email

olderpeopleandhealthyageingslm@nhs.net

Write to



Claire Murdoch
Chief Executive Officer
Executive Office
Central & North West London NHS
Foundation Trust
1st Floor Stephenson House
75 Hampstead Road
London, NW1 2PL

You need to send us your comments by

31 January 2013



We will read all the comments received during the consultation period and respond to these and to any questions raised. At the end of the consultation period, we will ask an independent

company to evaluate the consultation before we decide what will happen next.



Thank you to Raincharm for the words

www.raincharm.co.uk

Thank you to Photosymbols for the pictures

www.photosymbols.com