



Dementia Report

Hammersmith & Fulham

September 2021

Prepared by Hammersmith & Fulham Council Business Intelligence Service to support the review by the Hammersmith & Fulham Dementia Strategy Task and Finish Group.

CONTENTS

Abbreviations	4
1 Data	5
1.1 What data sources were used in this report?	5
2 Background.....	6
2.1 What is Dementia?	6
2.2 What causes Dementia?	6
2.3 Can you cure Dementia?.....	6
2.4 Who is the population under scrutiny?	6
3 Prevalence.....	7
3.1 How many people in the UK have Dementia?	7
3.2 How many people in Hammersmith & Fulham have Dementia?	7
3.3 How many people are estimated to actually have dementia in Hammersmith & Fulham? And will it increase?.....	8
3.4 Who has Dementia in Hammersmith & Fulham?.....	9
3.4.1 The Elderly	9
3.4.2 Women	10
3.4.3 Black, Asian, and Minority Ethnic	11
4 Preventing Well.....	13
4.1 How can we prevent Dementia?.....	13
4.2 What is the prevalence of Risk Factors in Hammersmith & Fulham?.....	13
4.2.1 Coronary Heart Disease	13
4.2.2 Diabetes	14
4.2.3 Hypertension	14
4.2.4 Stroke	14
4.2.5 Depression	14
4.2.6 Lack of Physical Exercise and Obesity	14
4.2.7 Smoking	14
4.2.8 Excessive Alcohol Consumption	15
5 Diagnosing Well.....	16
5.1 How do you diagnose Dementia?.....	16
5.2 How many residents are referred into diagnosis services?	16
5.3 How does Hammersmith & Fulham compare in terms of diagnoses rates?.....	19
6 Living Well	21
6.1 How often are Dementia plans reviewed?	21
6.2 How many people live alone?.....	21
6.3 What about the quality of life for Carers of people with Dementia?.....	21

7	Supporting Well	23
7.1	How is Adult Social Care involved?	23
7.2	How many people with Dementia are in Care Homes?	23
7.2.1	What is the capacity to house people with dementia in Care Homes?.....	23
7.3	How many people with Dementia are admitted into hospital?	25
7.3.1	Emergency Hospital Admissions	25
8	Dying Well.....	27
8.1	How many people die with Dementia?	27
8.2	Do most people with Dementia die at home?	27
8.3	What impact has COVID-19 had?	28

ABBREVIATIONS

Abbreviation	Full term
ASC	Adult Social Care
BAME	Black, Asian, and Minority Ethnic
CCG	Clinical Commissioning Group
CHD	Coronary Heart Disease
CPEC	Care Policy and Evaluation Centre
GP	General Practitioner
LBHF	London Borough of Hammersmith & Fulham
LSE	London School of Economics and Political Science
PHE	Public Health England
RBKC	Royal Borough of Kensington and Chelsea
WSIC	Whole System Integrated Care

1 DATA

1.1 WHAT DATA SOURCES WERE USED IN THIS REPORT?

This Dementia Report for Hammersmith & Fulham is mostly informed by three key data sources:

1. Public Health England's (PHE) Dementia Profile¹
2. Whole System Integrated Care (WSIC) Population Health Overview²
3. Adult Social Care (ASC), Hammersmith & Fulham Council

PHE obtains their data from various different sources, including Clinical Commissioning Groups (CCGs) and Local Authorities. The WSIC Population Health Overview collects data from General Practitioners (GPs) within Hammersmith & Fulham CCG. The ASC data is collected and recorded by Adult Social Care Social Workers who work for Hammersmith & Fulham Council.

It is important to note that various sources of published information do not reflect the full picture H&F, owing to the fact that the patient register for Babylon/GP at Hand (a GP practice in Hammersmith & Fulham CCG) includes a significant number of people who live outside of Hammersmith & Fulham.

¹ Public Health England. Dementia Profile. [Online]. Available from: <https://fingertips.phe.org.uk/profile-group/mental-health/profile/dementia/data>

² Whole Systems Integrated Care, North West London Collaboration of Clinical Commissioning Groups. Population Overview: Dementia. 2021.

2 BACKGROUND

2.1 WHAT IS DEMENTIA?

According to the Alzheimer's Society, Dementia describes a set of symptoms including **memory loss** and **difficulties with thinking, problem-solving or language**. A person with dementia may also **experience changes in mood and behaviour**. These changes often start as very small, but eventually become severe enough to affect daily life³.

There are several **different forms** of **dementia**. The **most common form** of dementia is **Alzheimer's disease** which accounts for 60-70% of all dementia cases. Other forms include vascular dementia, dementia with Lewy bodies, and frontotemporal dementia. Different forms of dementia can co-exist⁴.

2.2 WHAT CAUSES DEMENTIA?

Dementia is caused when the **brain is damaged** by diseases, such as **Alzheimer's disease** or a series of **strokes**.

The strongest known risk factor for dementia is **age** and dementia predominately affect older people. Other risk factors include **coronary heart disease, diabetes, hypertension, stroke, depression, lack of physical exercise, obesity, smoking and excessive alcohol consumption**. Therefore, a healthy lifestyle can help to reduce the risk of dementia³.

2.3 CAN YOU CURE DEMENTIA?

Currently there is **no cure** for dementia. However, much can be done to **support** and **improve the lives** of people with dementia and their carers and families.

2.4 WHO IS THE POPULATION UNDER SCRUTINY?

This report describes people who have clinically diagnosed dementia who are known to local GP practices and/or local adult social care service.

³ Alzheimer's Society. What is dementia?. [Online]. Available from: <https://www.alzheimers.org.uk/about-dementia/types-dementia/what-dementia>

⁴ World Health Organization. Dementia. [Online]. Available from: <https://www.who.int/news-room/fact-sheets/detail/dementia>

3 PREVALENCE

Summary

- 770 (3.5%) people over 65 years have recorded dementia in Hammersmith & Fulham
- This is the second lowest prevalence of recorded dementia of all London boroughs
- 36 (0.01%) people under 65 years have recorded dementia in Hammersmith & Fulham
- The low recorded prevalence of dementia in Hammersmith & Fulham may well reflect low diagnosis rates
- The estimated number of people with dementia in Hammersmith & Fulham is expected to rise from 1,337 in 2021 to 1,900 by 2030
- The sharpest increase is expected among people who have severe dementia

3.1 HOW MANY PEOPLE IN THE UK HAVE DEMENTIA?

It is estimated that there are currently **850,000 people** living with dementia in the **UK**. However, this number is expected to rise to **1.6 million people** in the **UK in 2040** due to accelerated population ageing⁵.

In England, as of July 2021, **423,817 people** above the age of 65 in England have a diagnosis of dementia. This equates to a prevalence of **4.0%** of the population over 65⁶.

3.2 HOW MANY PEOPLE IN HAMMERSMITH & FULHAM HAVE DEMENTIA?

Among people **aged 65 years and over**, **770** people were recorded as being diagnosed with dementia⁶. This equates to a prevalence of **3.5%** of the population over 65⁷. This is **the lowest number** of people with recorded dementia in any London borough, and **the second lowest recorded prevalence**, after Newham, of dementia among the population over 65 of any London boroughs (Figure 1). The **average prevalence** of dementia among people over 65 in **London** is **4.2%** and in **England** is **4.0%**⁶.

We stress the word 'recorded' because many cases of dementia go undiagnosed and the true number of people living with dementia is in excess of the 'recorded' diagnoses.

Among people **aged under 65 years**, dementia is less common. In Hammersmith & Fulham **36 people** under 65 years are recorded as having dementia⁷. This accounts for **4.5% of all recorded dementia cases** in Hammersmith & Fulham. This also equates to a recorded prevalence of **1.2 per 10,000** people under the age of 65 years having dementia. This is the **second lowest recorded prevalence**, after the Royal Borough of Kensington and Chelsea, of dementia in people under 65 years among all **London** boroughs. The **average recorded**

⁵ Alzheimer's Society. How many people have dementia and what is the cost of dementia care?. [Online]. Available from: <https://www.alzheimers.org.uk/about-us/policy-and-influencing/dementia-scale-impact-numbers>

⁶ NHS Digital. Recorded Dementia Diagnoses July 2021. [Online]. Available from: <https://digital.nhs.uk/data-and-information/publications/statistical/recorded-dementia-diagnoses/july-2021>

⁷ NHS digital. Recorded Dementia Diagnoses. [Online]. Available from: <https://digital.nhs.uk/data-and-information/publications/statistical/recorded-dementia-diagnoses>

prevalence of dementia among people under 65 years in **London** is **2.2 per 10,000** people and in **England** is **3.1 per 10,000 people**⁸.

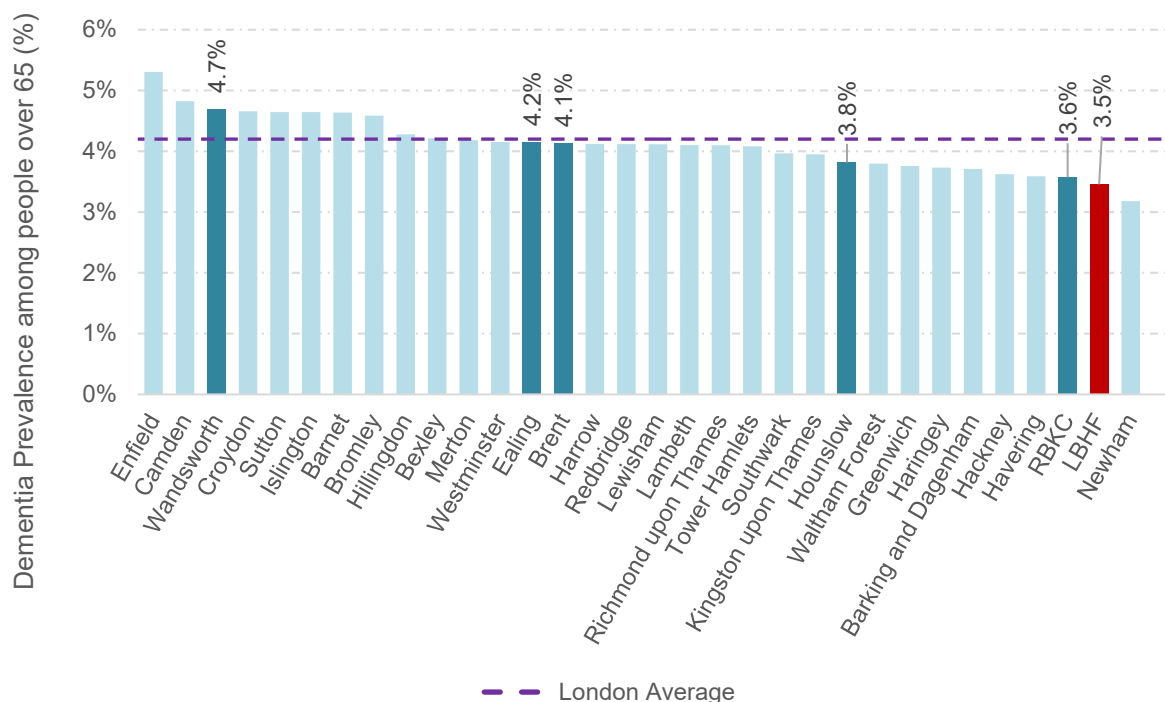


Figure 1: The Prevalence of Dementia Among People Aged Over 65 in Each London Borough. The London average recorded prevalence of 4.2% is marked. Hammersmith & Fulham has a recorded dementia prevalence of 3.5%, which is the second lowest recorded prevalence of dementia of all London boroughs.

3.3 HOW MANY PEOPLE ARE ESTIMATED TO ACTUALLY HAVE DEMENTIA IN HAMMERSMITH & FULHAM? AND WILL IT INCREASE?

As of July 2021, it is estimated that there are **1,337** Hammersmith & Fulham residents aged 65 years and over living with **dementia**⁹. Based on a prediction model for the UK as a whole, the number of people estimated to have dementia in Hammersmith & Fulham is expected to **rise** by **42%** to **1,900 people** living with dementia in **2030**¹⁰.

The **estimated prevalence** of **dementia** in among people aged over 65 in Hammersmith and Fulham is, as of **2020**, **6.63%**. This prevalence is expected to **increase** to **7.33%** of the population over 65 in 2030. This is one of the **sharpest increases** in any London borough⁹. The increase is likely to occur due to an ageing population.

⁸ NHS digital. Recorded Dementia Diagnoses. [Online]. Available from: <https://digital.nhs.uk/data-and-information/publications/statistical/recorded-dementia-diagnoses>

⁹ NHS Digital. Recorded Dementia Diagnoses July 2021. [Online]. Available from: <https://digital.nhs.uk/data-and-information/publications/statistical/recorded-dementia-diagnoses/july-2021>

¹⁰ Wittenberg, R, Hu, B, Barraza-Araiza, L, Rehill, A. Projections of older people with dementia and costs of dementia care in the United Kingdom, 2019–2040. Care Policy and Evaluation Centre, London School of Economics and Political Science. [Online] 2019. Available from: https://www.alzheimers.org.uk/sites/default/files/2019-11/cpec_report_november_2019.pdf

Dementia can be split into 3 categories according to its symptoms: mild, moderate, and severe. Among the estimated dementia population in Hammersmith & Fulham in 2020, the **majority** of people with dementia have **severe dementia**; **58.2% (779/1,337)** of people have **severe** dementia, **27.3% (365/1,337)** of people have **moderate** dementia, and **14.4% (193/1,337)** of people have **mild** dementia¹¹.

The **sharpest increase** of cases is expected to occur among those who are diagnosed as having **severe dementia**. In Hammersmith & Fulham by **2030**, **63.1% (1,199/1,900)** of people will have **severe** dementia, **23.9% (455/1,900)** of people will have **moderate** dementia, and **12.8% (243/1,900)** of people will have mild dementia (Figure 2)¹¹.

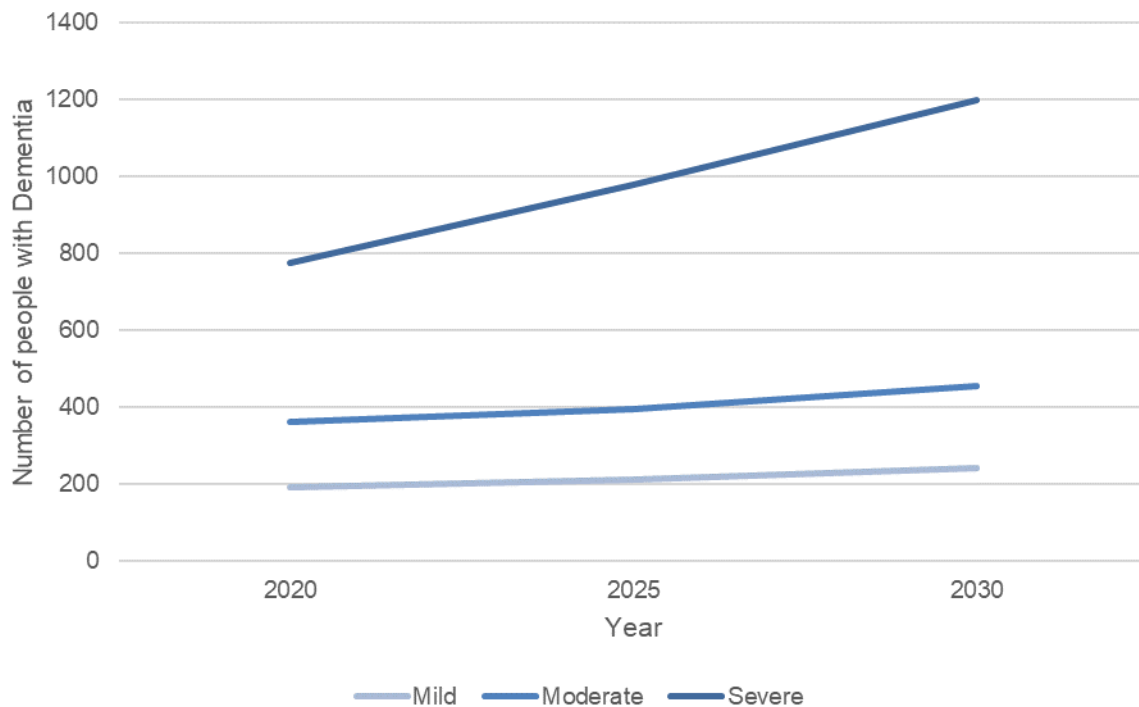


Figure 2: The Estimated Number of People with Severe, Moderate and Mild Dementia in Hammersmith and Fulham between 2020 and 2030. The sharpest increase is expected to occur to among those with severe dementia.

3.4 WHO HAS DEMENTIA IN HAMMERSMITH & FULHAM?

3.4.1 The Elderly

In 2021 over 90% of people who have dementia in Hammersmith & Fulham were over 65 years. As **age increases**, the **prevalence of dementia increases**. The **greatest proportion** of people with dementia are **over 80 years**; people over 80 years account for **64% (482/758)** of all recorded dementia cases in Hammersmith & Fulham (where exact age is known) (Figure 3)¹².

¹¹ Wittenberg, R, Hu, B, Barraza-Araiza, L, Rehill, A. Projections of older people with dementia and costs of dementia care in the United Kingdom, 2019–2040. Care Policy and Evaluation Centre, London School of Economics and Political Science. [Online] 2019. Available from: https://www.alzheimers.org.uk/sites/default/files/2019-11/cpec_report_november_2019.pdf

¹² Whole Systems Integrated Care, North West London Collaboration of Clinical Commissioning Groups. Population Overview: Dementia. 2021

When we only focus on those people over 65 years; among these people **68%** (482/713) were **over 80 years** and **32%** (231/713) were aged between **65 and 79 years**¹³. This **contrasts** with the **age structure** of the over 65 years population in Hammersmith & Fulham; 25.4% are aged over 80, and 74.6% are aged between 65 and 79 years¹⁴. Therefore, the **risk** of having **dementia** is **6.1 times higher** among those who are **over 80 years**, compared to those aged between **65 and 79 years**.

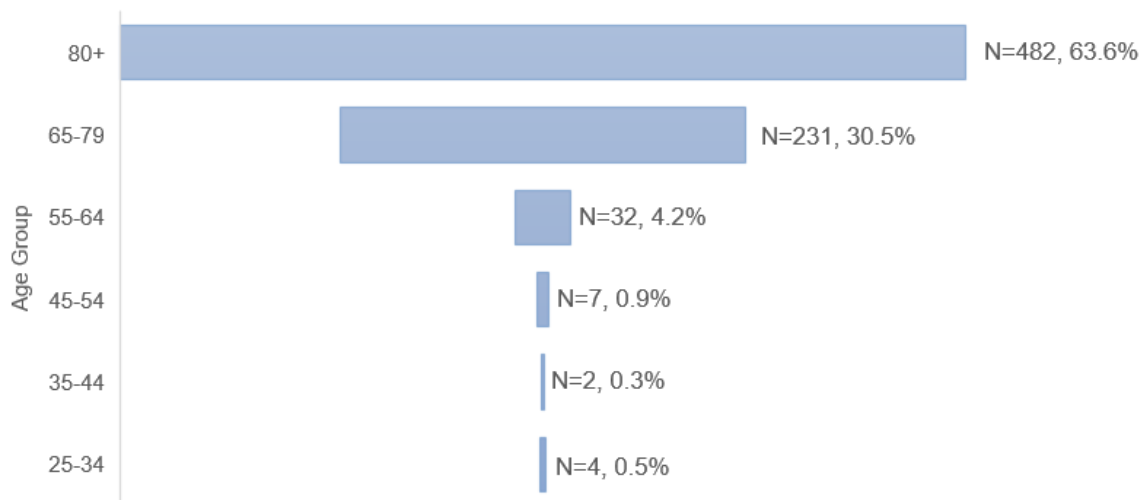


Figure 3: The age distribution of people with recorded dementia within Hammersmith & Fulham. The number of people within each age category, as well as the percentage of the total dementia population in Hammersmith & Fulham, is given for each age category.

3.4.2 Women

Our data tells us that **more women** than men have recorded **dementia** in Hammersmith & Fulham. In 2020 of those where gender is recorded, **61.9%** (469/758) of them are **female**, and **38.1%** (289/758) of them are **male**¹³. This aligns with **UK wide studies** which have found that **65%** of people living with dementia are **female**, and **35%** are **male**¹⁵. One of the main contributory factors for the higher prevalence of dementia among women is that women have a longer life expectancy.

Among both genders in Hammersmith & Fulham, the prevalence of dementia increases as age increases. Among **males 57.8%** (167/289) of all dementia cases occur in those aged **over 80 years**, and among **females 67.2%** (315/469) of dementia cases occur in those aged **over 80 years** (Figure 4). This could in part be explained by there being **more females than males over the age of 65** in Hammersmith & Fulham; **56.9%** of the population over 65 years in Hammersmith & Fulham are **female**, and **43.1%** are **male**. However, even after accounting for the differences in the number of females and males over 65 years, the **risk** of having **dementia** is **1.3 times higher** among **women** than among **men**. This aligns with

¹³ Whole Systems Integrated Care, North West London Collaboration of Clinical Commissioning Groups. Population Overview: Dementia. 2021

¹⁴ Office for National Statistics. Population Estimates. [Online]. Available from: <https://www.ons.gov.uk/peoplepopulationandcommunity/populationandmigration/populationestimates> .

¹⁵ Prince, M, Knapp, M, Guerchet, M, Mccrone, P, Prina, M. Dementia UK: Second edition – Overview. Alzheimer's Society. [Online] 2014. Available from: <http://alzheimers.org.uk/dementiauk>

studies which have found dementia to be more common among elderly females than among males¹⁶.

Among those who are **under 65** in Hammersmith & Fulham, however, the recorded **prevalence of dementia is similar in both genders; 21 men** have dementia, and **19 females** have dementia¹⁷.

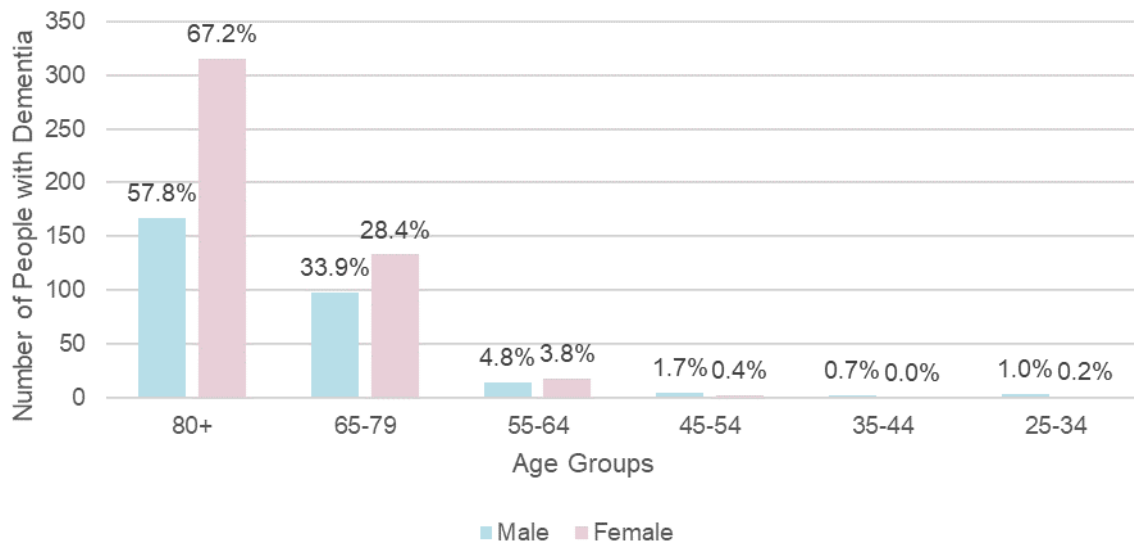


Figure 4: The recorded proportion of dementia among certain age groups by gender. The number and percentage of people with recorded dementia by gender within each age group.

3.4.3 Black, Asian, and Minority Ethnic

Black, Asian, and Minority Ethnic (BAME) patients in Hammersmith & Fulham have a **higher prevalence of dementia** than **White** patients. As of 2019, in Hammersmith & Fulham CCG, **64%** (549/863) patients with recorded dementia were of White ethnicity and **32%** (277/863) of patients were of a BAME ethnicity¹⁸. This is similar to the **ethnic structure** of the borough; in 2018, **65.7%** of the population was from a **White** ethnic background and **34.3%** were from a **BAME** ethnic background¹⁹. **Nationally** in the UK, **3%** of people with dementia are from **BAME** communities, therefore **Hammersmith & Fulham** has a **higher prevalence of dementia** among **BAME** communities.

According to Alzheimer’s Research UK, one possible explanation for the high prevalence of dementia among BAME communities could be due to **cultural differences** in certain **screening tools** which are used to confirm a diagnosis of dementia in memory clinics. Efforts could be made to improve diagnosis among BAME communities by **standardising**

¹⁶ Corrada, M.M, Brookmeyer, R, Berlau, D, Paganini-hill, A, Kawas, C.H. Prevalence of dementia after age 90. Neurology. 2008;71(5): .

¹⁷ Whole Systems Integrated Care, North West London Collaboration of Clinical Commissioning Groups. Population Overview: Dementia. 2021.

¹⁸ Hammersmith & Fulham CCG. Dementia Profiling. 2019.

¹⁹ Office for National Statistics. Annual Population Survey. [Online]. Available from: <https://www.ons.gov.uk/employmentandlabourmarket/peopleinwork/employmentandemployeetypes/methodologies/annualpopulationsurveyapsqmi>

memory and thinking tests, modifying them to be **culturally appropriate** and **translating** tests into the person's primary language²⁰.

²⁰ Alzheimer's Research UK. What dementia means for ethnic minorities in the UK. [Online]. Available from: <https://www.alzheimersresearchuk.org/blog/what-dementia-means-for-ethnic-minorities-in-the-uk/>

4 PREVENTING WELL

Summary

- The risk of developing dementia can be reduced by having a healthy lifestyle

4.1 HOW CAN WE PREVENT DEMENTIA?

As mentioned in Section 2.2, there are various **risk factors** for dementia including:

- Coronary Heart Disease
- Diabetes
- Hypertension
- Stroke
- Depression
- Lack of physical exercise and Obesity
- Smoking
- Excessive alcohol consumption

Whilst dementia **cannot** be directly **prevented**, steps can be taken to **reduce** a person's **risk** of **developing dementia**. Certain risk factors can be avoided and/or minimised. Others are impossible to control. Overall, **managing conditions** such as **diabetes** and **high blood pressure**, having a **healthy diet**, **regular physical exercise**, and **avoiding smoking** and **excessive drinking** can all help to **reduce the risk** of developing **dementia**. The Alzheimer's Society suggests that a clear message of 'What is **good** for your **heart** is **good** for your **head**' is needed throughout preventative public health interventions and campaigns to improve public understanding of how people can reduce their risk of developing dementia²¹.

4.2 WHAT IS THE PREVALENCE OF RISK FACTORS IN HAMMERSMITH & FULHAM?

Hammersmith & Fulham has some of the **lowest occurrence of risk factors** in all of London, including prevalence of conditions such as Coronary Heart Disease, Diabetes, and strokes, and of unhealthy lifestyle activities such as smoking and excessive drinking. Furthermore, the **prevalence** of most of the **risk factors** for **dementia** have been **decreasing** in the population since 2012/2013, with the exception of, physical exercise, depression, and alcohol consumption.

4.2.1 Coronary Heart Disease

In Hammersmith & Fulham, as of 2019/20 **3,906** people have been diagnosed with **Coronary Heart Disease** (CHD), equating to **1.4%** of the population. This is the **second**

²¹ Alzheimer's society. Alzheimer's Society's view on public health, prevention and dementia. [Online]. Available from: <https://www.alzheimers.org.uk/about-us/policy-and-influencing/what-we-think/public-health-prevention-dementia>

lowest prevalence of CHD in any **London** Borough. It is also **lower** than the London prevalence of **1.9%** and less than **half the England prevalence** of **3.1%**²².

4.2.2 Diabetes

Among adults in Hammersmith & Fulham, as of 2019/20 **9,692** were recorded as having diabetes, equating to **3.6%** of the adult population. This is the **second lowest prevalence** of diabetes in any **London** Borough. It is also **lower** than the **London** prevalence of **6.8%** and **lower** than the **England** prevalence of **7.1%**²².

4.2.3 Hypertension

As of 2019/2020, **22,746** people in Hammersmith & Fulham were recorded as having **hypertension**, equating to **7.5%** of the population. This is the **second lowest prevalence** of hypertension in any **London** Borough. It is also **lower** than the **London** prevalence of **11.0%** and **lower** than the **England** prevalence of **14.1%**²².

4.2.4 Stroke

In 2019/2020, **2,529** people in Hammersmith & Fulham had a **stroke**, equating to **0.8%** of the population. This is the **fourth lowest prevalence** of strokes in any **London** Borough. It is also **lower** than the **London** prevalence of **1.1%** and **half the England** prevalence of **1.8%**²².

4.2.5 Depression

Among adults in Hammersmith & Fulham in 2019/20, **17,575** were recorded as having depression, equating to **6.6%** of the adult population. This is the **6th lowest prevalence** of depression in any **London** Borough. It is also **lower** than the **London** prevalence of **8.2%** and **lower** than the **England** prevalence of **11.6%**²².

4.2.6 Lack of Physical Exercise and Obesity

Physical inactivity among adults is defined by engaging in less than 30 minutes of physical activity per week. In Hammersmith & Fulham as of 2019/20, **16.3%** of adults said that they were **physically inactive**. This is the **third lowest prevalence** of physical inactivity in any **London** borough. It is **lower** than both the **London** prevalence of **23.8%** and the **England** prevalence of **22.9%**²³.

The prevalence of adult obesity in Hammersmith & Fulham is relatively low. As of 2019/2020, **12,204** people in Hammersmith & Fulham were recorded as being **obese**, equating to **4.6%** of the population. This is the **second lowest prevalence** of obesity in any **London** Borough. It is also **lower** than the **London** prevalence of **8.5%** and **less than half** the **England** prevalence of **10.5%**²².

4.2.7 Smoking

The estimated number of **current smokers** among the adult population in Hammersmith & Fulham in 2019 is **15,305**, which equates to **10.3%** of the population. This is the **sixth lowest prevalence** of smoking in any **London** Borough. It is **lower** than the **London**

²² NHS digital. Quality and Outcomes Framework, 2019-20. [Online]. Available from: <https://digital.nhs.uk/data-and-information/publications/statistical/quality-and-outcomes-framework-achievement-prevalence-and-exceptions-data/2019-20>

²³ Sport England. Active Lives Adult Survey 2019/20 Report.

prevalence of **12.9%** and the **England** prevalence of **13.9%**²⁴. However, further **efforts** should be made to **reduce the prevalence of smoking** in Hammersmith & Fulham.

4.2.8 Excessive Alcohol Consumption

Excessive alcohol consumption often results in admission episodes for alcohol-related conditions, and admission rate is often used as a proxy indicator for alcohol consumption. In 2018/2019, there were **509 alcohol-related admissions** among 40-64-year-olds in Hammersmith & Fulham, which equates to **97.5 admissions per 10,000** 40-64-year-olds. This is the **2nd highest prevalence** of alcohol-related admission in any **London** Borough. It is **higher** than both the **London** prevalence of **77.3 admissions per 10,000** and the **England** prevalence of **92.9 admission per 10,000**²⁵. Further **efforts** should be made to **reduce excessive alcohol consumption** in Hammersmith & Fulham.

²⁴ Office for National Statistics. Adult Smoking Habits in the UK. [Online]. Available from: [tps://www.ons.gov.uk/peoplepopulationandcommunity/healthandsocialcare/healthandlifeexpectancies/bulletins/adultsmokinghabitsingreatbritain/2019](https://www.ons.gov.uk/peoplepopulationandcommunity/healthandsocialcare/healthandlifeexpectancies/bulletins/adultsmokinghabitsingreatbritain/2019)

²⁵ Public Health England. Public Health Profiles. [Online]. Available from: <https://fingertips.phe.org.uk/profile-group/mental-health/profile/dementia/>

5 DIAGNOSING WELL

Summary

- In 2021, the diagnosis rate in Hammersmith and Fulham is 57.6%
- This is well below the *national diagnosis target of 66.7%*
- Between April 2019 and March 2021, 1,179 patients were referred to the Hammersmith & Fulham Cognitive Impairment and Dementia Service (OPMHS)
- The majority of patients who were referred were female

5.1 HOW DO YOU DIAGNOSE DEMENTIA?

A key step in **obtaining a dementia diagnosis** is to see a General Practitioner (**GP**). They will **ask** the resident about their **symptoms** and other aspects of their health. In order to rule out other causes of memory problems, the GP may perform a **physical examination** and organise a **blood test** and **urine test**. The GP will also give the resident a **memory** or **cognitive test**. If the GP is **unable to draw a conclusion** about the dementia diagnosis, for example if the **symptoms** are **mild**, then they might refer the resident to a **dementia specialist**, such as a psychiatrist, geriatrician, or neurologist. The specialist can then organise further tests including a **CT scan** or an **MRI scan** to determine the diagnosis²⁶.

5.2 HOW MANY PATIENTS ARE REFERRED INTO DIAGNOSIS SERVICES?

Between April 2019 and March 2021, a total of 1,179 patients were referred to Hammersmith & Fulham Cognitive Impairment and Dementia Service, to be assessed for concern over cognition and for a potential dementia diagnosis²⁷.

The average number of referrals per month is 49 and has remained relatively consistent between April 2019 and March 2021 (Figure 5)²⁷. However, the number of referrals decreased to 5 referrals in both April and May 2020, which coincides with the beginning of the COVID-19 pandemic in the UK.

²⁶ NHS. How to get a dementia diagnosis. [Online]. Available from: <https://www.nhs.uk/conditions/dementia/diagnosis/>

²⁷ West London NHS Trust. Hammersmith & Fulham Cognitive Impairment and Dementia Service. 2021.

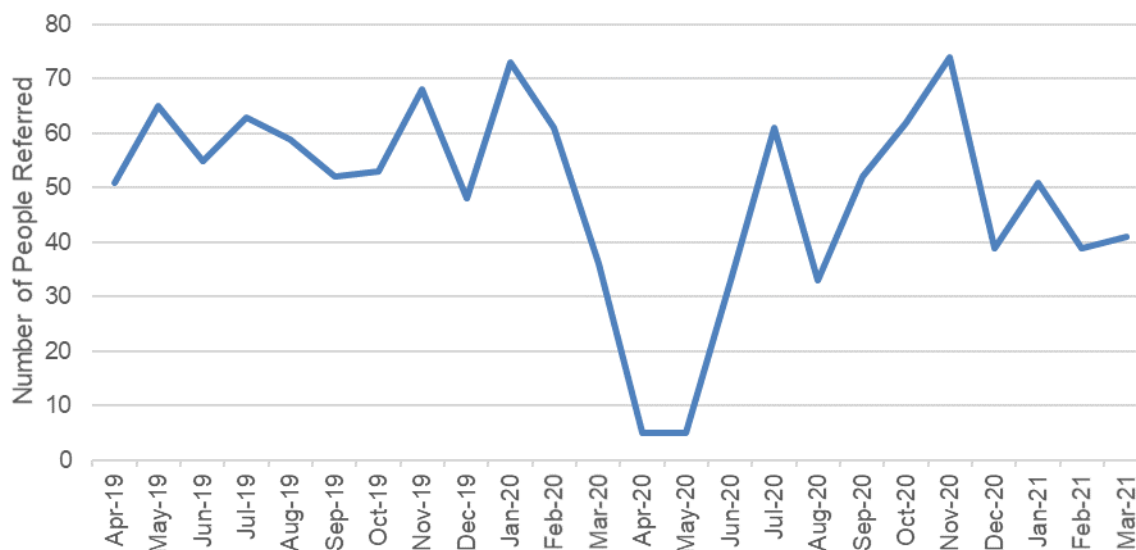


Figure 5: The number of patients referred to Hammersmith & Fulham Cognitive Impairment and Dementia Service, between April 2019 and March 2021.

The majority of patients referred were female; 62.5% (737/1,179) of patients were female, while 37.5% (442/1,179) of patients were male. The majority of patients referred were also over the age of 70; 82.4% (971/1,179) of patients referred were over 70, and of those people aged over 70 almost half (47.6%; 462/971) of them were aged between 80 and 89 years (Figure 6)²⁸.

²⁸ West London NHS Trust. Hammersmith & Fulham Cognitive Impairment and Dementia Service. 2021.

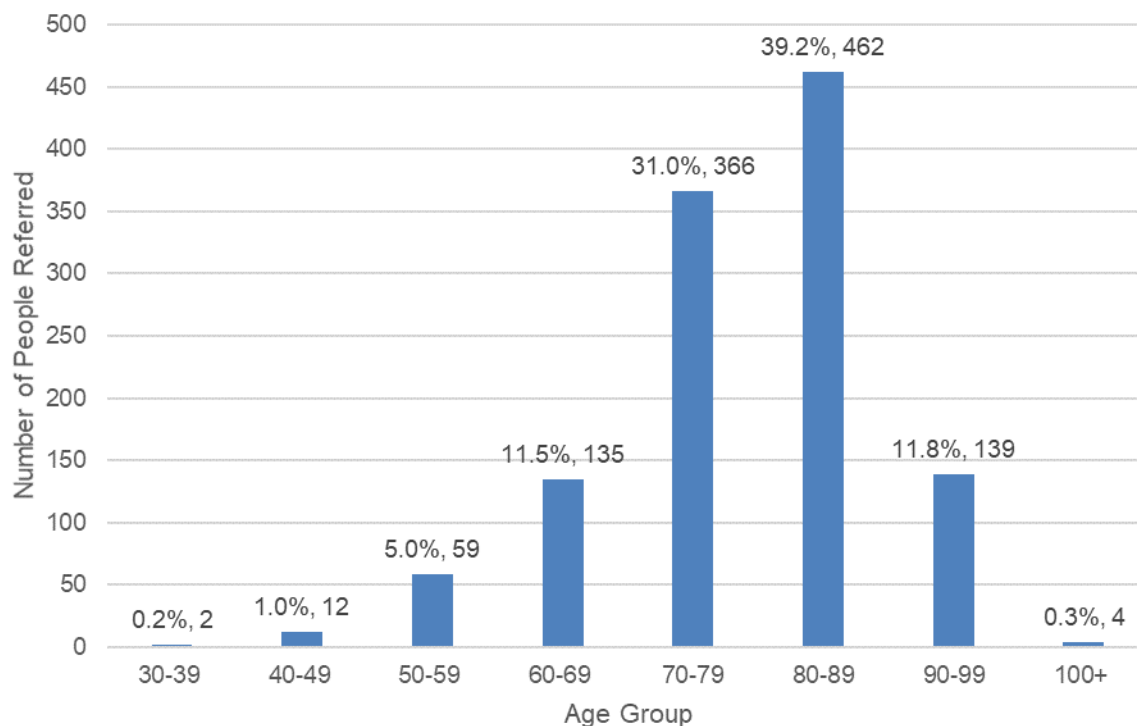


Figure 6: The Age Groups of residents Referred to Hammersmith & Fulham Cognitive Impairment and Dementia Service between April 2019 and March 2021.

In terms of ethnicity, the largest number of patients referred to Hammersmith & Fulham Cognitive Impairment and Dementia Service between April 2019 and March 2021 identified as British; 35.5% (419/1,179) of patients identified as being of British ethnicity. This was followed by patients who identified as being from any other White background, excluding British or Irish, (16.7%; 197/1,179) and patients who identified as being from a Caribbean background (8.5%; 100/1,179) (Figure 7)²⁸.

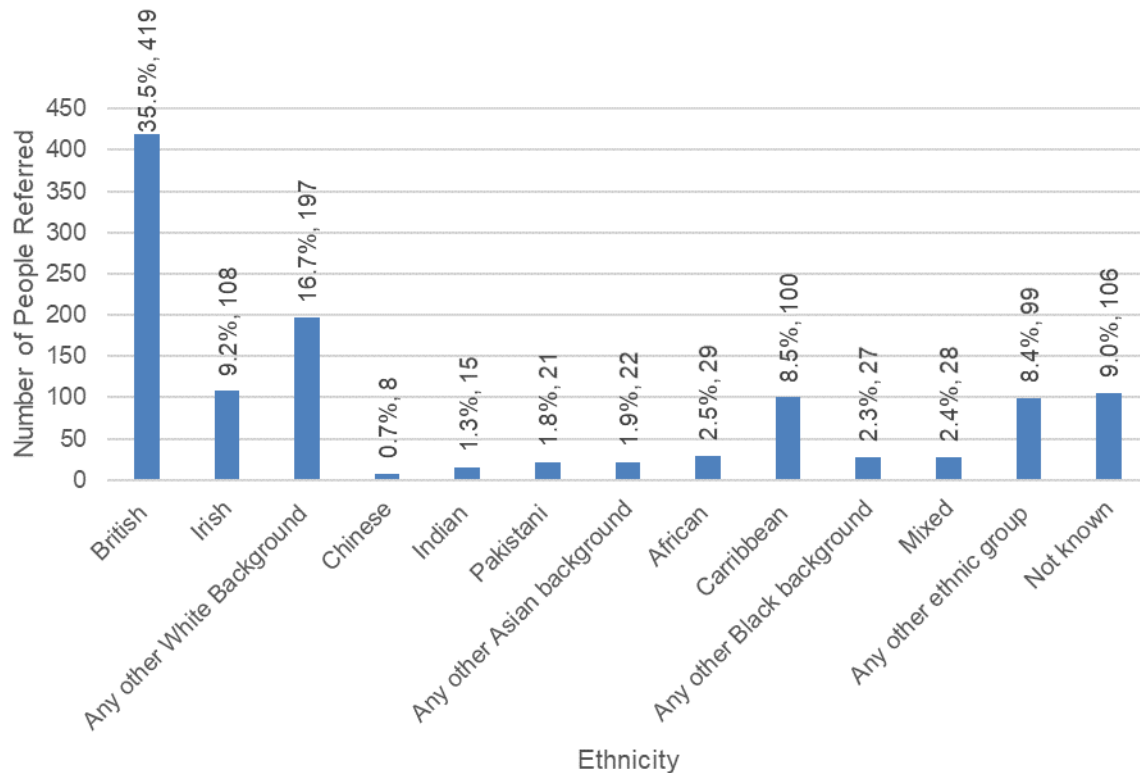


Figure 7: The number of patients referred to Hammersmith & Fulham Cognitive Impairment and Dementia Service between April 2019 and March 2021, by ethnicity.

5.3 HOW DOES HAMMERSMITH & FULHAM COMPARE IN TERMS OF DIAGNOSES RATES?

In Hammersmith & Fulham, the **dementia diagnosis rate** in the population over 65 years is **57.6%** as of July 2021. This is **lower** than both the **London** rate of **66.2%** and the **England** rate of **62.1%**²⁹. It is also **lower** than the **national diagnosis target** for dementia which is **66.7%**³⁰. In order to reach the national target, Hammersmith & Fulham would need to **diagnose 121 more people**. This diagnosis rate is the **second lowest** of all London boroughs. To **maintain the national diagnosis target** on a per annum rate, Hammersmith & Fulham would need to **diagnose 153 people per year with dementia**^{31,32}.

²⁹ NHS Digital. Recorded Dementia Diagnoses July 2021. [Online]. Available from: <https://digital.nhs.uk/data-and-information/publications/statistical/recorded-dementia-diagnoses/july-2021>

³⁰ NHS digital. Dementia diagnosis rate and prescription of antipsychotic medication to people with dementia. [Online]. Available from: <https://digital.nhs.uk/data-and-information/data-tools-and-services/data-services/general-practice-data-hub/dementia-diagnosis-rate-and-prescription-of-antipsychotic-medication-to-people-with-dementia>

³¹ NHS digital. Recorded Dementia Diagnoses. [Online]. Available from: <https://digital.nhs.uk/data-and-information/publications/statistical/recorded-dementia-diagnoses>

³² Office for National Statistics. Deaths registered in England and Wales. [Online]. Available from: <https://www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/deaths/datasets/th-e21stcenturymortalityfilesdeathsdataset/current>

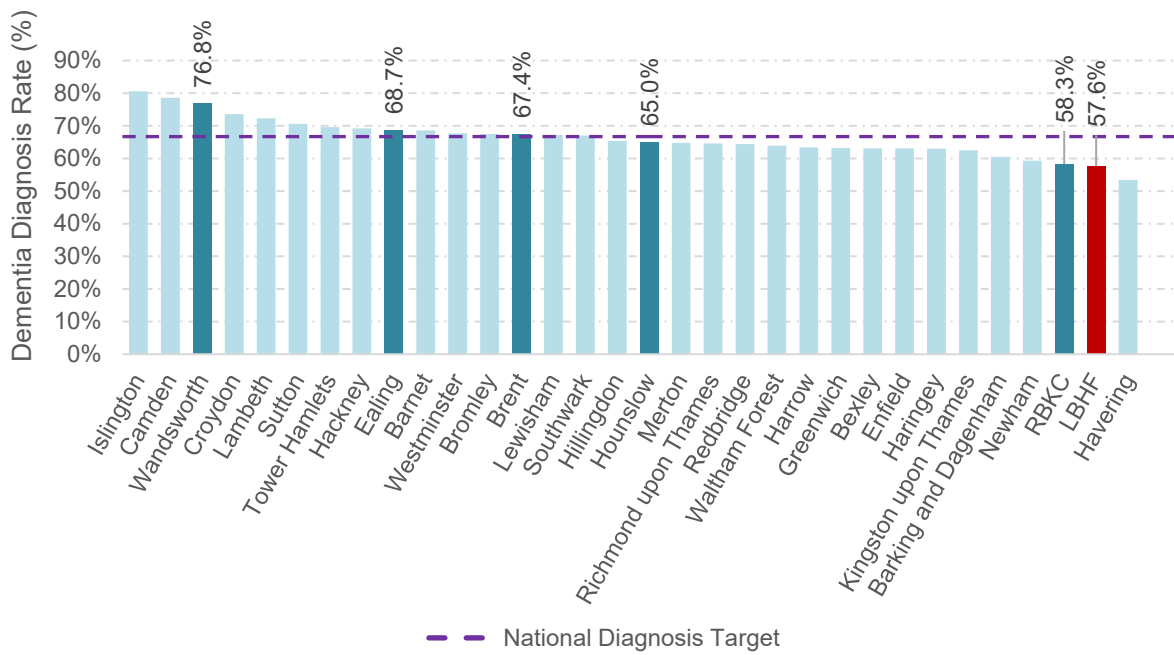


Figure 8: The Dementia Diagnosis Rates in Each London Borough. The national diagnosis rate target (66.7%) is marked. Hammersmith & Fulham has a diagnosis rate of 57.6%, which is 9.1% below the national diagnosis target.

6 LIVING WELL

Summary

- In 2019/2020, 71.5% of dementia plans were reviewed in a 12-month period
- This is lower than the London and England average
- In 2020, it is estimated that 6,744 residents over the age of 65 were living alone, and it was approximated that 435 residents with dementia were living alone
- Adequate social interactions and quality of life scores for carers in 2018/19 were below the London and England averages in Hammersmith & Fulham

6.1 HOW OFTEN ARE DEMENTIA PLANS REVIEWED?

Dementia Care Plans should be reviewed at least once a year by either a GP or a suitably qualified clinician in order to personalise dementia care and better support the needs of the resident and their carer. In 2019/2020, **71.5%** (629/880) of **dementia care plans** were **reviewed** in Hammersmith & Fulham. This is **below** the **London average** of **76.8%** and **below** the **England average** of **75.0%**³³. In order to **meet the England average**, Hammersmith & Fulham would have to review the plans of **31 more people** with dementia.

6.2 HOW MANY PEOPLE LIVE ALONE?

As of 2020, it is estimated that 6,744 residents of Hammersmith & Fulham who are over the age of 65 years live alone, which equates to 32% (6,744/21,100) of the total population over 65 years old. This number is expected to increase to 11,943 by 2040 due to an ageing population³⁴.

6.3 WHAT ABOUT THE QUALITY OF LIFE FOR CARERS OF PEOPLE WITH DEMENTIA?

To provide optimal care, the carers of people with dementia should also be supported and have a good quality of life. However, in 2018/19, **25.8%** (85/329) of **carers** in Hammersmith and Fulham reported having **as much social contact as they would like**, thereby implying that the other **74.2%** (244/329) of carers live in **social isolation**. This percentage of carers reporting adequate social contact in Hammersmith & Fulham is **lower** than both the London average of **33.2%** and **lower** than the **England average** of **32.5%**³⁵.

Similarly, when carers were asked to provide a score concerning their **quality of life**, with 0 indicating the lowest quality of life, and 12 indicating the highest quality of life, the average score for carers in Hammersmith and Fulham was **6.9**. This is **lower** than both the **London average** of **7.2** and the **England average** of **7.3**³³.

³³ NHS digital. Quality and Outcomes Framework, 2019-20. [Online]. Available from: <https://digital.nhs.uk/data-and-information/publications/statistical/quality-and-outcomes-framework-achievement-prevalence-and-exceptions-data/2019-20>

³⁴ Projecting Older People Population Information System. Living Alone. [Online]. Available from: <https://www.poppi.org.uk/>

³⁵ NHS Digital. Personal Social Services Survey of Adult Carers in England. [Online]. Available from: <https://digital.nhs.uk/data-and-information/publications/statistical/personal-social-services-survey-of-adult-carers/england-2018-19>

Therefore, **efforts** should be made to **improve** the proportion of carers who have **adequate social contact** and to improve the **quality of carers lives** in Hammersmith & Fulham. This could be achieved through making carers aware of and offering them the opportunity for respite, education, training, emotional and psychological support.

7 SUPPORTING WELL

Summary

- In 2020 Adult Social Care documented providing support to up to 972 people with recorded dementia or difficulty with memory
- In 2020, there were 404 beds in care homes which are suitable for people with dementia, equating to 52.4 beds per 100 people with dementia
- In 2020, 97 (24.0%) beds were rated as good or outstanding
- This is below the national target of 75% of beds being rated as good or outstanding
- There were 970 emergency hospital admissions of residents with recorded dementia in 2019/20
- This is higher than the London and England average

7.1 HOW IS ADULT SOCIAL CARE INVOLVED?

Adult Social Care (ASC) provides support to many people with dementia. ASC data and NHS data are not formerly aligned and hence it is difficult to determine how many residents with a clinical diagnosis of dementia are supported by ASC. However, in 2020, **491 people** known to ASC have '**dementia**' cited in their case notes. A further **481 people** known to ASC have '**memory**', '**forget**' or '**remember**' mentioned in their case notes. *Therefore, it is estimated that 972 people known to ASC have dementia or symptoms of dementia*³⁶.

7.2 HOW MANY PEOPLE WITH DEMENTIA ARE IN CARE HOMES?

In 2019 there were **192 people** with dementia in **care homes** in Hammersmith & Fulham³⁷. This accounts for **23.8%** of the **dementia population** in Hammersmith & Fulham.

7.2.1 What is the capacity to house people with dementia in Care Homes?

It is estimated that **70% of people with dementia** may eventually **require long-term residential care**, therefore safe and high-quality care services should be available to people with dementia³⁸.

In Hammersmith & Fulham in 2020, there were **404 residential care and nursing home beds** which are **suitable** for people with **dementia**³⁹. This equates to **52.4 beds per 100 people with dementia**. However, it is **higher** than the **London average of 51.9 beds per 100 people with dementia** but is **lower** than the **England average of 75.3 beds per 100 people with dementia**. In order for Hammersmith & Fulham to **reach the England average**, Hammersmith & Fulham would **need to provide 176 more beds** which are suitable for people with dementia.

³⁶ Hammersmith and Fulham Council. Adult Social Care. 2020

³⁷ Hammersmith & Fulham CCG, Dementia Profiling. 2019.

³⁸ Alzheimer's Society. Fix Dementia Care NHS and care homes. 2016.

³⁹ Care Quality Commission. Care Directory. [Online]. Available from: <https://www.cqc.org.uk/files/cqc-care-directory-zip>

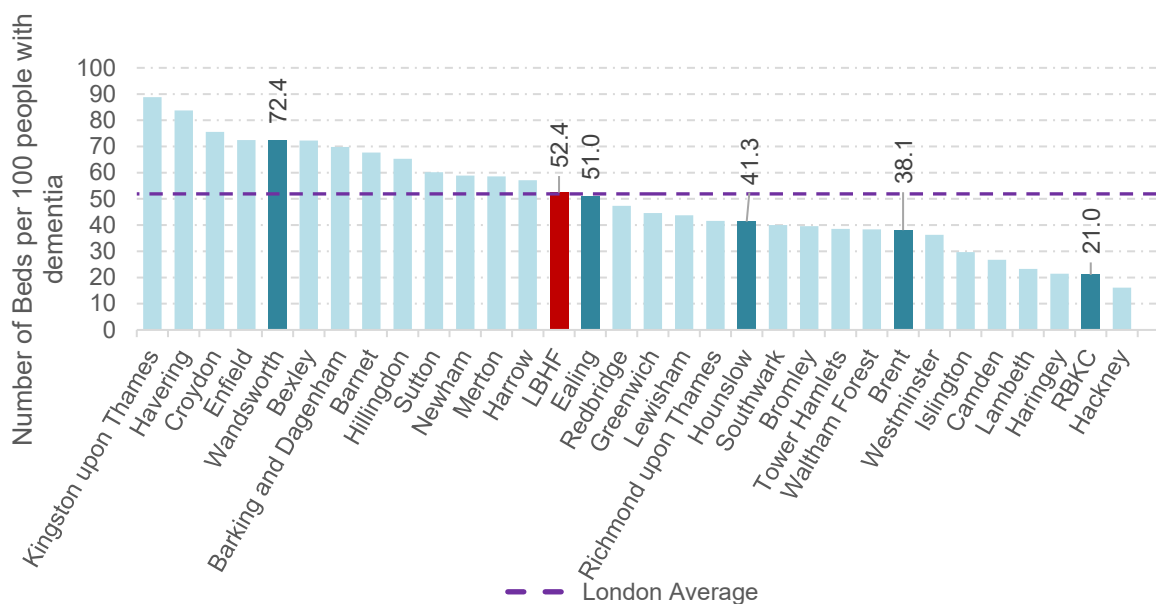


Figure 9: The Number of Beds in Residential Care and Nursing Homes per 100 People with Dementia in Each London Borough. The London average of 51.9 beds per 100 people with dementia is marked. Hammersmith & Fulham has 52.4 beds suitable for people with dementia per 100 people with dementia in the Borough. This equates to there being 404 residential care and nursing home beds which are suitable for people with dementia in the borough.

Out of the 404 residential care home and nursing home beds, **97 (24.0%)** are **rated as good or outstanding** by the Care Quality Commission in 2020 (Figure 10). This is the lowest proportion of beds rated as good or outstanding across all London Boroughs. This percentage is **lower** than the **London average of 73.2%**, and the **England Average of 74.1%**⁴⁰. In order to **reach the England average**, Hammersmith & Fulham would **need to provide an additional 144 beds of good or outstanding quality**.

This data in part reflects Hammersmith and Fulham provision requiring improvement and in part out of borough historical residential care homes requiring improvement.

⁴⁰ Care Quality Commission. Care Directory. [Online]. Available from: <https://www.cqc.org.uk/files/cqc-care-directory-zip>

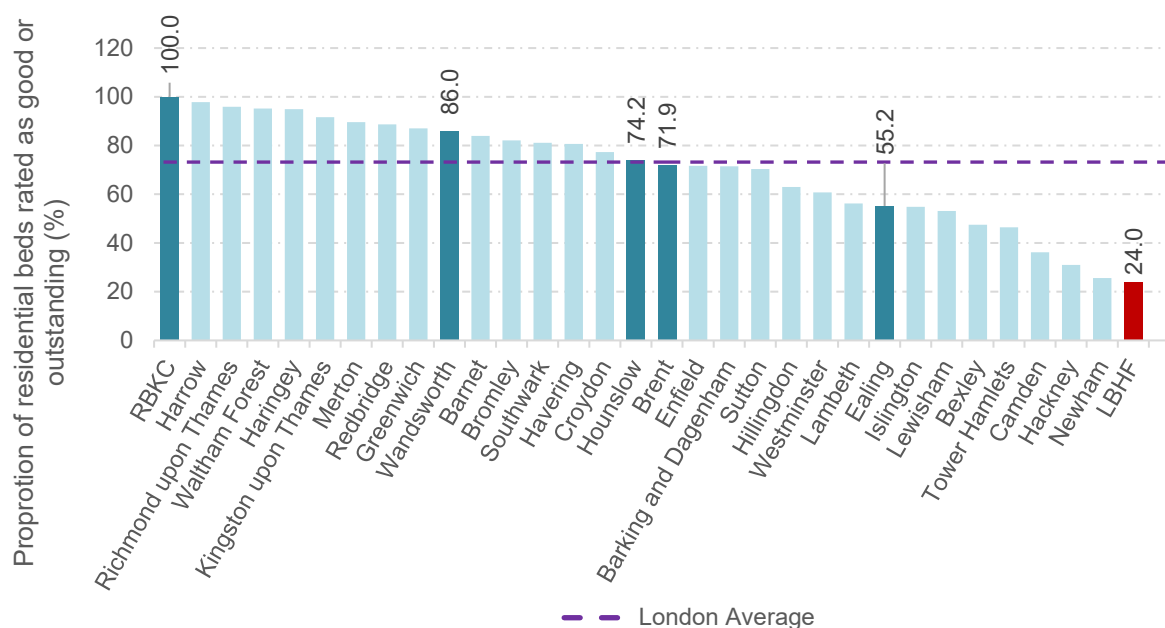


Figure 10: The Proportion of Beds in residential Care and Nursing Homes, which are Suitable for People with Dementia, and are Classified as Good or Outstanding. London average of 73.2% of beds being classified as good or outstanding is marked. Hammersmith & Fulham has 97 beds which are classified as good or outstanding, equating to 24.0% of all suitable beds.

7.3 HOW MANY PEOPLE WITH DEMENTIA ARE ADMITTED INTO HOSPITAL?

7.3.1 Emergency Hospital Admissions

There were **970 emergency admissions** into hospital in 2019/2020 where dementia or Alzheimer’s is mentioned in the diagnosis code. This equates to a **rate** of **4,893** dementia admissions per 100,000 population. This is **higher** both the **London** rate of **4,013** per 100,000 and the **England** rate of **3,517** per 100,000. This emergency admission rate is also the **sixth highest** of all London Boroughs (Figure 11)⁴¹. Further investigation is needed to understand the factors contributing to this rate of emergency hospital admissions.

⁴¹ NHS digital. Hospital Episode Statistics. [Online]. Available from: <https://digital.nhs.uk/data-and-information/data-tools-and-services/data-services/hospital-episode-statistics> [Accessed 6 September 2021].

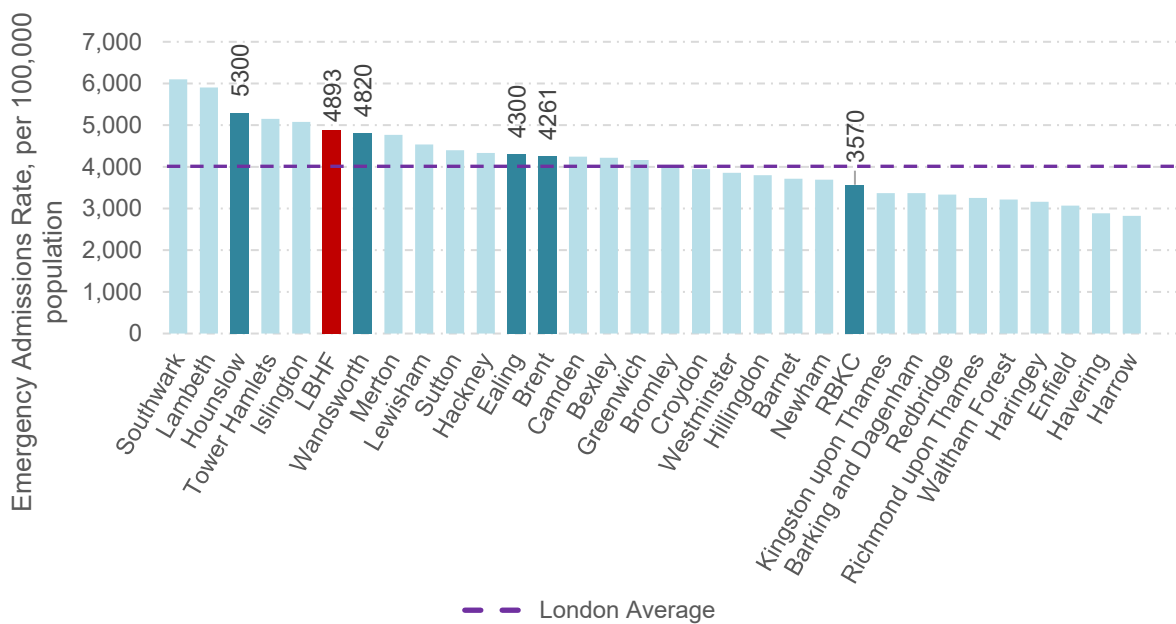


Figure 11: The Rate of Emergency Hospital Admissions Among People with Dementia per 100,000 Population in Each London Borough. The average London rate of 4,013 per 100,000 population is marked. Hammersmith & Fulham has a dementia emergency admission rate of 4,893 per 100,000 population, which is the sixth highest emergency admission rate in London.

8 DYING WELL

Summary

- In 2019, 124 residents with recorded dementia passed away, equating to a rate of 625 deaths per 100,000 population
- This is lower than the London average and the England average
- 61.3% (76/124) of residents with recorded dementia died in their 'usual place of residence'
- This is higher than the London average and lower than the national average
- The majority of residents with dementia passed away in care homes

8.1 HOW MANY PEOPLE DIE WITH DEMENTIA?

In 2019, 124 people with **dementia** in Hammersmith & Fulham **passed away**. This equates to a rate of **625 deaths per 100,000 population**. This is **lower** than the **London average of 722 deaths per 100,000 population**, and the **England average of 849 deaths per 100,000 population**⁴². Further investigation is needed to determine any factors which could explain the death rate among people with dementia.

8.2 DO MOST PEOPLE WITH DEMENTIA DIE AT HOME?

To understand whether people with dementia die in their preferred place of death, the 'usual place of residence' is used as a proxy indicator for preferred place of death. Of the 124 people who died with dementia, **76 (61.3%)** of them **died** in their **usual place of residence** (Figure 12). This is **higher** than the **London average of 60.0%**, but **lower** than the **England average of 70.3%**⁴⁰. *Further investigation is required to determine how Hammersmith & Fulham can accommodate more people dying in their usual place of residence.*

Of the 124 people with dementia who passed away in 2019, **41.9% (52/124)** died at a **care home**, **37.9% (47/124)** of them died at **hospital** and **16.9% (27/124)** of them died at **home**⁴⁰ (Figure 12).

⁴² Office for National Statistics. Deaths registered in England and Wales. [Online]. Available from: <https://www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/deaths/datasets/the21stcenturymortalityfilesdeathsdataset/current>

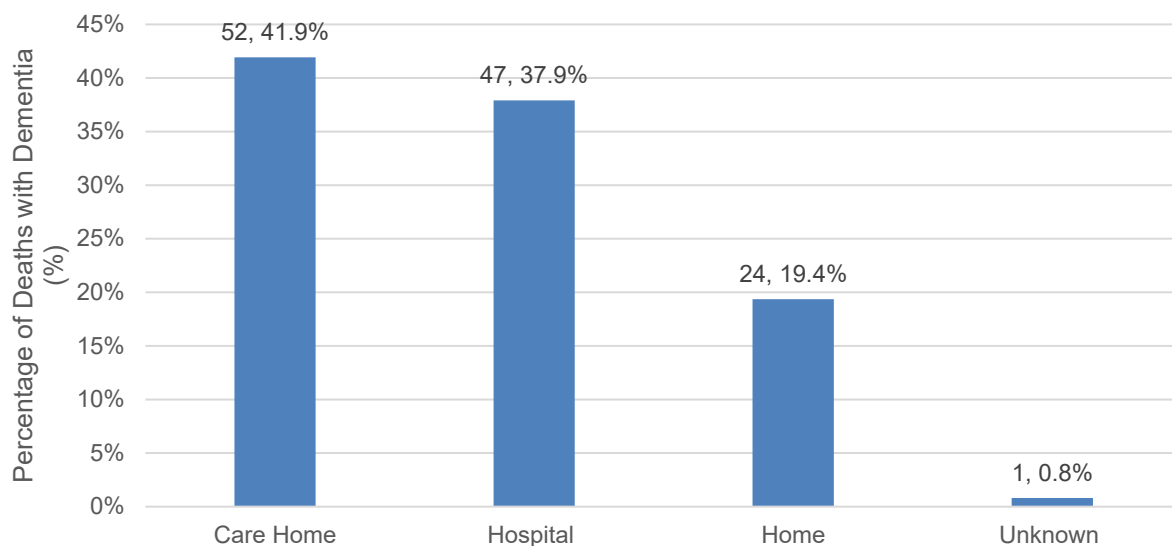


Figure 12: The Percentage of Total Deaths in each Location in Hammersmith & Fulham. The number of deaths in each location is also provided. This data is for 2019.

8.3 WHAT IMPACT HAS COVID-19 HAD?

The Covid-19 pandemic has had a significant impact on Hammersmith & Fulham residents, including residents with dementia. People with dementia are at a higher risk of getting severe Covid-19 illness, and Covid-19 has been showed to worsen dementia⁴³. As of January 2021, 15% (57/388) of people who died from Covid-19 illness in Hammersmith & Fulham had dementia⁴⁴.

⁴³ Alzheimer's society. COVID-19 and dementia. [Online]. Available from: <https://www.alzheimers.org.uk/get-support/coronavirus/about-coronavirus>

⁴⁴ West London Coroner Court – Hammersmith & Fulham. Coroner's Report. 2021.