
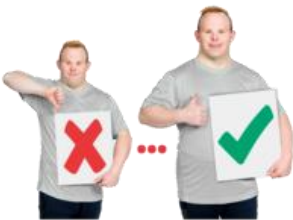



# A Dementia Strategy for West Wales

## Easy Read version

 <p>Bwrdd Partneriaeth Rhanbarthol Gorllewin Cymru</p> <p>West Wales Regional Partnership Board</p>	<p>The West Wales Regional Partnership Board looks after health and social care in our area.</p>
	<p>The members of the Partnership Board are Councils, the Health Board and the Third Sector. Their job is to make health and social care better.</p>
	<p>They have made a <b>Dementia Strategy</b>.</p>

### What is a strategy?

A strategy is a plan of action to make something happen.

## What is dementia?

- Dementia is a condition where a brain starts working less well
- There are many different causes of dementia, and many different types.
- Symptoms of dementia can be
  - Memory loss
  - Being slower at thinking
  - Having trouble with words
  - And understanding things
  - Mood changes
  - Trouble moving and doing everyday things
- Things usually get worse over time
- And people may need more care
- There's no simple answer to what causes dementia
- Living a healthy life may help to prevent it



The West Wales Regional Partnership Board used an organisation called Attain to help make the strategy.



Money for this is from Welsh Government.



People with dementia are living longer.



So they need more support.



The strategy is about getting better care for people with dementia and their families.



They talked to people with dementia and their families.



And carers and experts.



More people are being diagnosed with dementia.

**Diagnosed** means a doctor has done tests that show you have an illness or condition.



People with dementia need more support.



Llywodraeth Cymru  
Welsh Government

The Welsh Government has a **Dementia Action Plan**.

**The vision is for Wales to be a ‘dementia friendly nation that recognises the rights of people with dementia to feel valued and to live as independently as possible in their communities’.**



They set standards for dementia care.



They say care should be about Kindness and Understanding.

**Standards** measure of how good things are.



So, a **Dementia Strategy for West Wales** has been written.



It says what people need.

Now and in the future



People with dementia have rights.

“We have the right to continue with day-to-day and family life, without discrimination or unfair cost, to be accepted and included in our communities and not live in isolation or loneliness.”

### **What's in the Strategy?**



It's about  
**Supporting everyone to live well and independently with dementia for as long as possible.**

	<p>Expert care and support – in the community and in hospital.</p>
	<p>Expert care to support people when they need more help - home if possible.</p>
	<p>Making sure there are plans to help less people get dementia.</p>
	<p>Education in our communities.</p>
	<p>Making dementia friendly communities.</p>
	<p>Making dementia everybody's business.</p>
	<p><b>What's important:</b></p>



Everyone gets fair access to care.



Everyone is seen as an individual.



People work together to give care.



All staff are prepared to care.




The Strategy has made a **Dementia Pathway**


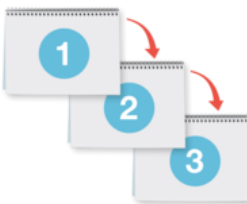

A **Pathway** is the way someone moves through care and support.



This pathway puts the person with dementia and their carers at the centre of support.

	<p>It makes services work together better.</p>
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**What's next?**

	<p>Agree money to make the plan happen.</p>
	<p>Make an action plan.</p>
	<p>Make sure the plan is checked, and updated often.</p>

**To find out more:**

	<p>Call 01267 228765</p>
	<p>Email <a href="mailto:wwcp@carmarthenshire.gov.uk">wwcp@carmarthenshire.gov.uk</a></p>  <p>Bwrdd Partneriaeth Rhanbarthol Gorllewin Cymru West Wales Regional Partnership Board</p>