

# **Bolton Dementia JSNA Summary**

May 2024



Bolton's JSNA project on dementia has been developed in partnership with key organisations including, Bolton Council and Bolton Integrated Care Partnership who have worked with Dementia United and the Alzheimer's Society.

The aim of this summary is to support the JSNA and to raise the awareness of the main risk factors.

## What is Dementia?

Dementia is not only about memory loss. It can also affect the way you speak, think, feel and behave.

**It's also important to remember that dementia is not a natural part of ageing.**

Dementia is a syndrome (a group of related symptoms) associated with an ongoing decline of brain functioning. There are many different causes of dementia, and many different types.

People often get confused about the difference between Alzheimer's disease and dementia. [Alzheimer's disease](#) is a type of dementia and, together with [vascular dementia](#), makes up the majority of cases.

<https://www.nhs.uk/conditions/dementia/about-dementia/what-is-dementia/>

**Dementia can affect a person at any age, but it's more common in people over the age of 65.**

There are over 200 subtypes of dementia. The most common are Alzheimer's disease, vascular dementia, Lewy body dementia, frontotemporal dementia and mixed dementia.

## Diagnosing Well / Bolton Context

- If you suspect that you, or someone else you care about, is showing symptoms of dementia, you should contact your doctor as soon as possible.
- In Bolton your family doctor will refer you to the [Memory Assessment Service](#), provided by Greater Manchester Mental Health (GMMH) NHS Foundation Trust, where you will be assessed and diagnosed, and offered support for you and your carer. As well as a wide range of medical professionals, a trained dementia advisor is also on hand to help.
- Getting a diagnosis will also ensure timely access to advice and information and allow you and your carers to plan and make arrangements for the future.



There are estimated to be **3,274** people aged over 65 living with dementia in Bolton

Source: NHS Digital (February 2024)



The latest dementia diagnosis rate for people over 65 in Bolton is **71.6%**

Source: NHS Digital (February 2024)



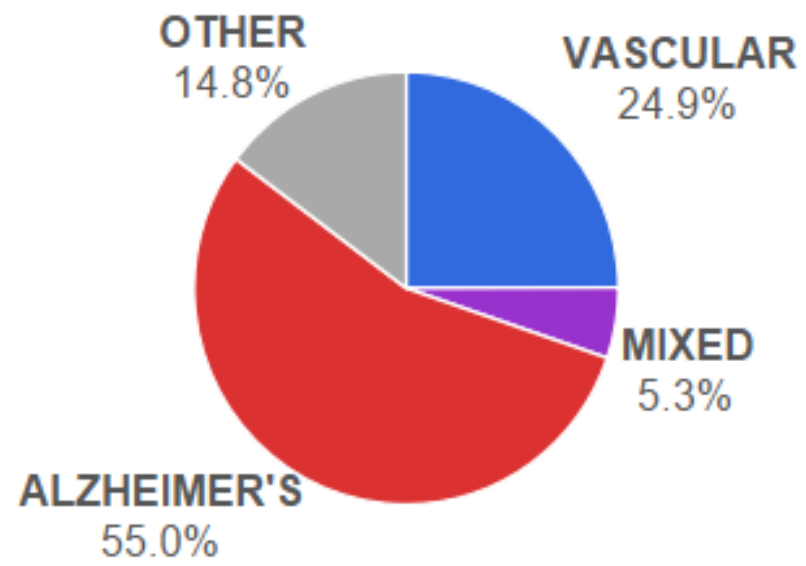
There are currently **2,343** people over 65 living in Bolton with a dementia diagnosis

Source: NHS Digital (February 2024)



**4,089** people over 65 will be living with dementia in Bolton by 2030

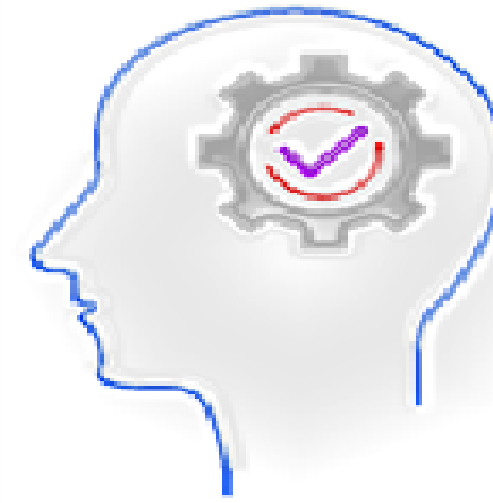
Source: Poppi (April 2023)



### Bolton Dementia register breakdown by type of dementia (aged 65yrs+)

Alzheimer's is the leading type (55%) followed by vascular (25%)

NHS Digital (Feb 2024)



There are currently **485** people in Bolton over 65 diagnosed with mild cognitive impairment

NHS Digital (Feb 2024)



**1,715** people on the dementia register in Bolton have one or more comorbidity

(Diabetes, Stroke, Hypertension and Coronary Heart disease)

NHS Digital (Feb 2024)



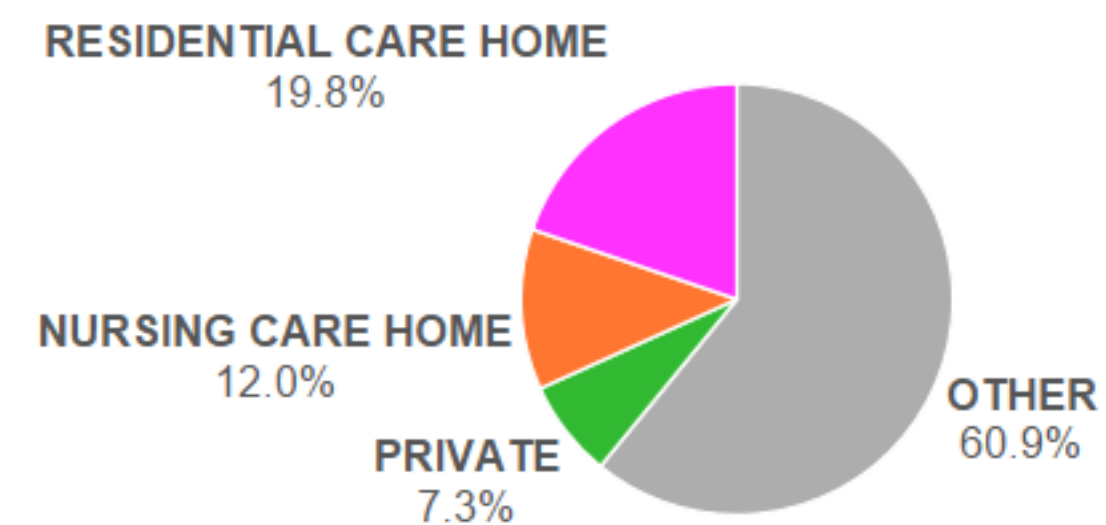
There are currently **210** people in Bolton diagnosed with young onset dementia

NHS Digital (Feb 2024)



In Bolton, there are currently **315** people with dementia receiving palliative care

NHS Digital (Feb 2024)



Bolton Dementia register breakdown by residence type (aged 65yrs+)

'Other' is the most common location (61%) followed by residential care home (20%) and nursing home (12%)

NHS Digital (Feb 2024)

- Dementia is not an inevitable part of ageing.

The 6 main risk factors in developing dementia are:

- ▶ High blood pressure **43,000** (2023 BHF)
- ▶ Blocked arteries **32,000** (2023 BHF)
- ▶ Being overweight/ physically inactive  
**27% Obese, 40% Physically Inactive** (2023 BHF)
- ▶ High cholesterol **152,765** (NHSE HSE 2021)
- ▶ Type 2 diabetes **19,940** (21/22 NDA)
- ▶ Brain health/ strokes **71,000 MH** (MHIST)  
**6,100 Stroke Survivors** (2023 BHF)

(Numbers in **red** indicate the number of Bolton residents affected by these conditions)

On [Census day 2021](#), 29% of the Bolton population (86,200 people) were aged 55+; 12% were aged 70+ (36,900 people). **The number of older adults in Bolton is predicted to increase to one third of the population by 2042.**

## Preventing Well

### **Love your heart**

What's good for your heart is good for your brain

### **Stay sharp**

Take time for your mental wellbeing, sleep well & regularly challenge your brain

### **Keep connected**

Social isolation is linked to an increased risk of dementia

### **Opportunities in Bolton:**

- **Let's Keep Bolton Moving:** Five ways to wellbeing – connect, keep learning, be active, take notice  
[www.letskeepboltonmoving.co.uk](http://www.letskeepboltonmoving.co.uk)
- **Primary Care Health Check:** Healthy lifestyle advice – delivered by your GP practice for most people aged 40 to 74 including dietary and physical activity advice
- **Stop smoking:** service in community pharmacy
- **Community events:** across the borough delivered by all partners including the voluntary and community sector

<https://www.alzheimersresearchuk.org/brain-health/brain-health-basics/>

# What support is available?



## Bolton Dementia Support

Living well with dementia.

**Supporting everyone in the Bolton area who has been diagnosed with any form of dementia, and anyone who cares for them**



An Alzheimer's Society initiative

**Dementia Friends help people living with dementia by taking actions - both big and small.**



supporting you... because we care

**Bolton Carers Support is a charity that provides confidential information and support to unpaid carers over the age of 18.**

### Our Services



#### Memory Cafes

We currently host 2 Memory Cafes each week – one in Astley Bridge on Tuesday afternoons and one in Blackrod on Wednesday afternoons.

Our only criteria for attending the cafes are that the member should have a diagnosis of dementia (or be in the process of being assessed), should live in Bolton, and members with dementia must be accompanied when they attend.



#### BDS @ Home

BDS@home is a service that will come to your home and provide therapeutic activities for your loved one living with Dementia. We will look at previous hobbies and interests and develop a programme to promote stimulation.



#### Dementia Care Officer

The Dementia Care Officer is here to help you navigate the support and care available for those living with Dementia in the Bolton Borough, you are not alone.



**Life Opportunities for older adults and people living with Dementia**



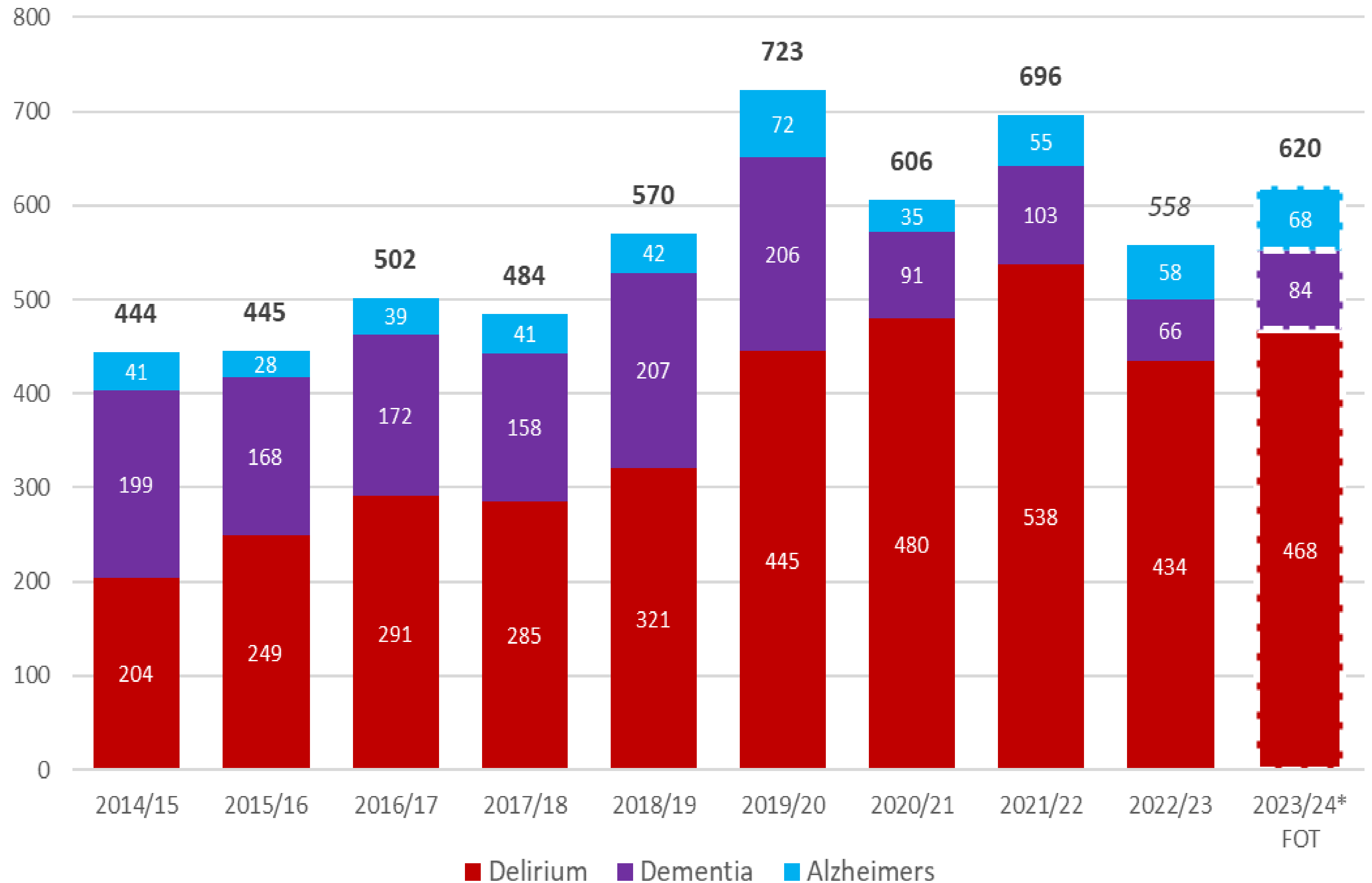
helping you stay connected to people living with dementia

**Empowered Conversations for information on Greater Manchester dementia carer offer.**

# Hospital Admissions related to Dementia/Delirium

## Dementia Related Emergency Admissions

Based on Most Dominant Primary or 1st Secondary Diagnosis  
Bolton GP Registered Patients Admitted at all Provider Trusts



\*Forecast out-turn

## What is Delirium

Delirium is a condition which causes a short-term confused state and develops over hours and days. It causes short term problems with memory, concentration, attention and personality. It occurs when a person is medically unwell and can be caused by several things, such as infections, pain or constipation. People living with dementia are more likely to experience delirium. People may go on to develop delirium, whether they are in hospital, in a care home or living at home.

For further information –

<https://dementia-united.org.uk/delirium/>



## The Bolton Integrated Partnership Cares Vision:

*Bolton people will be involved in their own health and wellbeing with the aim of staying well for longer and in their own homes, as part of a strong, connected and engaged community.*



### DEMENTIA LEADING CAUSE OF DEATH IN 2022

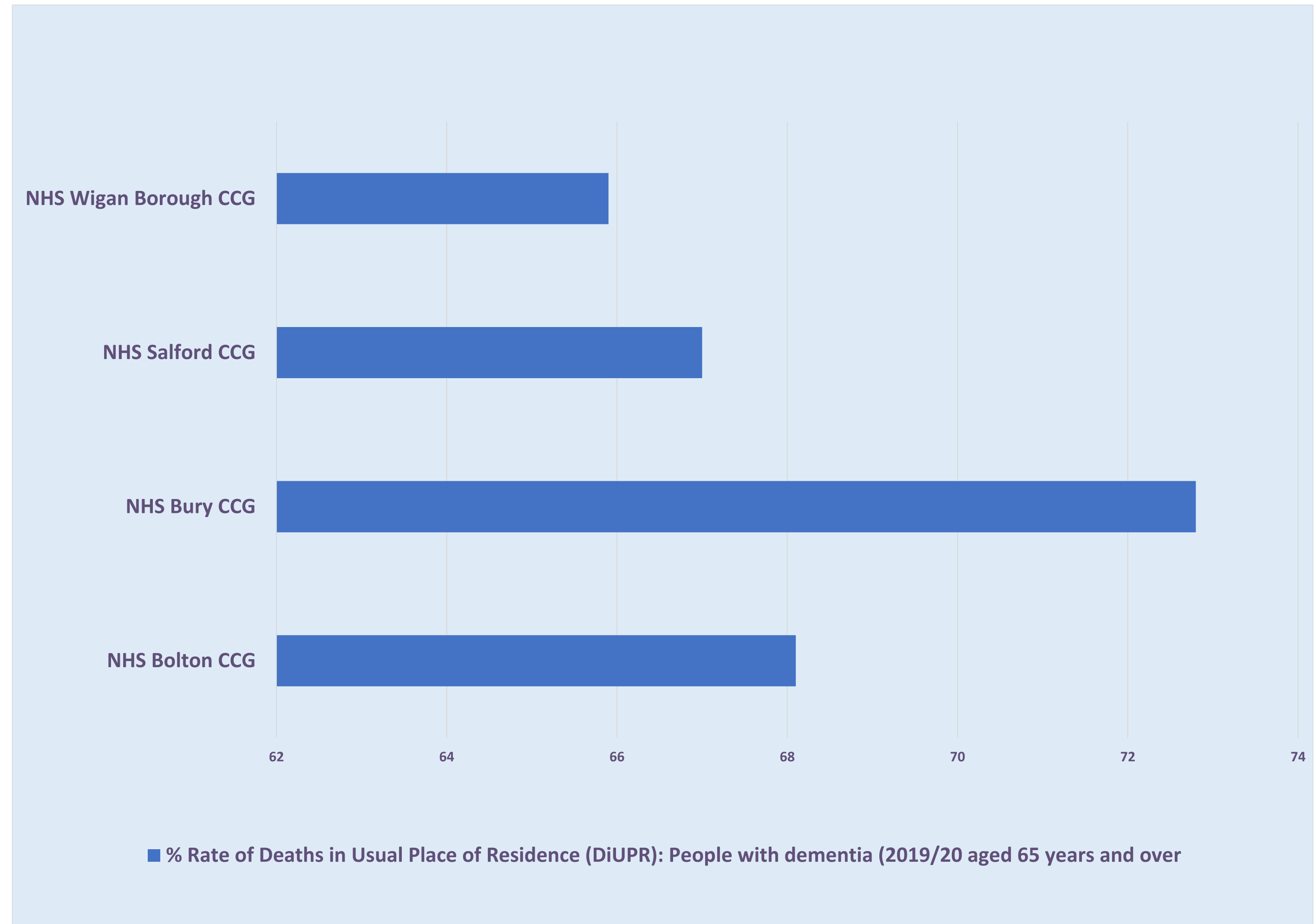
12 April 2023

The office for National Statistics (ONS) data shows “dementia and Alzheimer's disease” were the leading cause of death in 2022.

### The Impact of Dementia

“Our most recent survey shows that 2 in 10 people are unaware that dementia is even a cause of death, yet last year it claimed nearly 66,000 lives in England and Wales alone.”

Samantha Benham-Hermetz, Director of Policy and Public Affairs at Alzheimer's Research UK





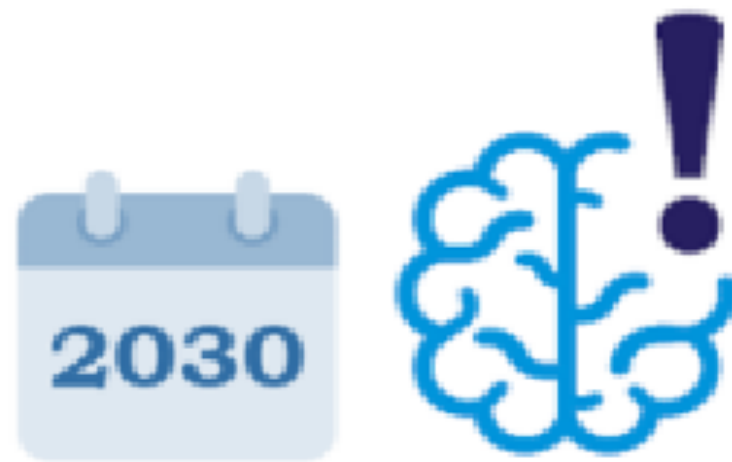
Currently, the annual cost of dementia care in Bolton is **£135m**

Source: Alzheimers Society (July 2021)



It is predicted that the annual cost of dementia care in Bolton by 2030 will be **£217m**

Source: Alzheimers Society (July 2021)



By 2030, it is estimated that there will be **2,630** people over 65 living with severe dementia in Bolton

Source: Alzheimers Society (April 2023)



Up to **40.0%** of cases of dementia are linked to modifiable (adjustable) risk factors

Source: Alzheimers Research UK (September 2023)

- **We want everyone to maintain their independence and quality of life for as long as possible and this information has been shared to raise your awareness.**
- Dementia is not inevitable - there are positive steps everyone can take to reduce the risk of developing dementia. There are also many things we can do to improve the lives of people who do live with dementia and their families and friends.

Further information can be found on the JSNA website <https://www.boltonjsna.org.uk/ageingwell>

Data extracted from POPPI. POPPI is a view-only systems developed by the Institute of Public Care (IPC) for use by local authority planners and commissioners of social care provision in England, together with providers. The programmes are designed to help explore the possible impact that demography and certain conditions may have on populations and provide population data by age band, gender, ethnic group, and tenure. POPPI (Projecting Older People Population Information) covers aged 65 and over - [Projecting Older People Population Information System \(poppi.org.uk\)](https://www.poppi.org.uk)

[Alzheimer's research uk](https://www.alzheimersresearchuk.org/)

[Dementia united](https://www.dementia.org.uk/)

<https://empowered-conversations.co.uk/>

During 2024 we will be developing our action plan, this will outline what we intend to do about the challenges highlighted by the JSNA.