

## Part A - General Information

### Organisation/Individual Name

Dementia Support

### Organisation Type/Structure

Charitable Company (Limited by Guarantee)

### Theme/Nature of Project

Medical, Health and Social Care

### Charity Registration Number (if applicable)

1158640

### Company/CIC Registration Number (if applicable)

9044373

### Project Name (if same as Organisation Name, please leave this blank)

Dementia Support Night Breaks

### Name of Lead Contact

James Lovell

### Email

[james.lovell@dementiasupport.org.uk](mailto:james.lovell@dementiasupport.org.uk)

### Phone / Mobile

01243958460

### Website

<https://www.dementiasupport.org.uk/>

### Social Media Handles (Twitter, Facebook, LinkedIn, Instagram etc):

Facebook: /dementiahub

Instagram: @dementia\_support

LinkedIn: <https://www.linkedin.com/company/11081414/>

## Part B - Project Proposal

### Project Mission: A snapshot of the project's intention (50 words max)

Piloting a new Night Breaks service- providing specialist overnight respite care for people living with dementia.

### Situation (250 words)

Dementia can cause significant problems with sleep for those affected. It is estimated that 25% of people with mild dementia may be affected by sleep disturbance, rising to 50% of people with severe dementia. This can be due to damage to their body clock- meaning they sleep more in the day, and less at night, reduced melatonin production or through lack of activity and cognitive stimulation during the day. In some instances, hallucinations caused by certain types of dementia can leave people with dementia scared to sleep.

Darkness, or dark evenings, can also cause confusion and anxiety for people with dementia- leaving them too distressed to sleep. This has a knock on effect for their carers- leaving them unable to sleep at night as the person they are caring for is awake and restless.

Feedback from our Day Breaks customers reinforces the need for support at night. Carers report being

awake all night as their loved one is awake and pacing, or trying to leave the house at night. This leaves carers exhausted, particularly where it occurs night after night. We already have enough expressions of interest from our Wayfinding and Day Breaks customers to fill the capacity of the service.

### **Complication (250 words)**

Across West Sussex there are 17,000 people living with dementia and this is expected to increase by 16% by 2025, and 36% by 2030, as the population ages - leaving more people in need of support.

Dementia is a terminal condition and has a devastating impact, often causing difficulties completing simple tasks or maintaining relationships. The cost of care can also be prohibitive and a cause of great concern for families affected. Dementia Support helps people to live independently, at home, for longer.

As carers reach exhaustion, they can be at risk of breakdown, leaving them needing more intensive support from an overwhelmed social care system or costly private care. By supporting carers to have access to affordable, night-time respite care, we can reduce exhaustion, enable carers to rest, and reduce breakdown.

From the research we have carried out, we have not found any other single night respite care provision available in the UK currently. Current provision is focused on day care or respite care over a few nights or weeks in a row. Whilst this provides a great short term break for carers, once it is over the problem will re-occur. These also do not cater for people who do not sleep at night as the offer is focused around providing a bed to sleep.

Our solution is to therefore provide specialist dementia care, overnight but planned to cater for people with dementia who do not sleep- giving carers respite the opportunity to sleep.

### **Solution (250 words)**

Our proposal is to expand our specialist dementia Day Breaks service to run at night.

Our Day Breaks service provides specialist day care for people living with dementia. The service not only benefits the individual with dementia but provides a much-needed break for carers and families. Each day is different with meaningful activities planned to promote cognitive stimulation. We help people with dementia learn techniques to manage emotions and improve their wellbeing.

We plan for our night service to follow a similar format- with meaningful activities, and food provided. Carers will drop their loved ones off in the early evening, and collect them the following morning, enabling them to get a nights rest. This will be targeted at people who do not sleep at night, allowing their loved ones to know they are in a safe place, being looked after.

Our expert staff, who are all trained in dementia care, will run the service. We will provide reclining chairs for people who do want a short sleep during the night, but our research suggests that most people will either not sleep, or only for a very short time. Therefore providing activities and a comfortable environment will better meet their needs than trying to force people to sleep.

To date, we have consulted our existing Day Breaks members, and carers who use our advice service. From this we have identified the need and already have enough expressions of interest to fill the service.

## **Part C - Wider Support**

### **How would the Stephen Lloyd Award network of partners' support be beneficial to your project? (250 words max)**

We feel our project could benefit from the Stephen Lloyd support network to assist us identify the outcomes and impact of this project, evaluate its effectiveness and be able to communicate the value of this innovative work across the wider health and social care system. Our aim would be to encourage others to trial a new and innovative approach to supporting people living with dementia, and their carers, and help us sustain the future viability of this important work.

## **Part D - Financial Justification**

### **In general terms, please explain how the winning funds would be used to carry out your project. (50 words max)**

Initial funds would be used to pilot the project. Using a small group of existing Day Breaks customers, we will trial night-time sessions and gather feedback on the impact. This will be used to upscale and further develop the project.

## Part E - Supporting Information

**Governing Documents:** Where relevant, please upload any recent charity accounts and governing documents as attachments.

- [Dementia-Support-Memo-Arts-of-Association-2015-Final1.pdf](#)

**Team:** We would like to learn a little more about the individual or team invested into the project. What are your individual credentials? Is there a story behind how you or your team all came together to support the project? (75 words max)

Dementia Support was founded by a group of people in West Sussex who had experienced dementia in their own families and felt passionately that people affected deserved better. They set about raising the funds needed to open a purpose-built dementia hub that provides a full range of services in one location.

Our CEO and COO have a combined 50 years' experience of older people's services including commissioning, service management, quality assurance and service design.

### YouTube Video

<https://www.youtube.com/watch?v=iziPTtBEbrQ>

**Additional References:** You are welcome to provide a list of up to 5 links with any relevant supporting material or visuals, as further reference

Annual Accounts: <https://register-of-charities.charitycommission.gov.uk/charity-search/-/charity-details/5048162/accounts-and-annual-returns>

About Sage House model: <https://www.dementiasupport.org.uk/start-a-hub>