

How to become a Dementia Friendly GP Practice.

To be Dementia Friendly, a GP Practice should consider the following:

1) People

The first stage is to give staff some basic information, so invite **ALL** staff to attend a “Dementia Friends” awareness session.



This looks at

- what Dementia is,
- how to recognise it
- and (more importantly) how to manage people with it.

2) Buildings

The practice should consider how they can improve their buildings to make it more Dementia Friendly.

Attached to this document is a summary sheet giving guidance on some of the things to be considered. It's a “jogger” from Bristol DAA which summarises the work carried out on this by Stirling University. Full details are available on their website.

Examples of signage/labelling can also be found on several websites, just enter “dementia friendly signs” into your web browser.

3) Processes & Procedures

The practice should consider how it **communicates** with patients having Dementia and their carers. e.g

- Is the fact that a patient has Dementia marked on their **IT record**?
- Is the carer named?
(assuming the patient has a **carer**, some do not!)
- If the patient does not have a carer, how will the surgery communicate with the patient?
- How are **appointments** made with these patients and carers?
- How will you do your best to ensure the patient can keep the appointment?
- Will you give **reminders**, either by phone or text for example?
- Can you give people with Dementia “**Double appointments**”?

4) Transport

An appointment may be made with a patient, but will they be able to travel to the surgery. Are they able to get a bus, or travel by car or be brought in by a carer, family member, taxi or volunteer driver?

5) Helping People to “Live with Dementia”

On being given a diagnosis of Dementia, the person with the disease and the carer may not be able to cope and wonder what to do next. Bristol DAA has produced a fridge magnet with an explanatory letter advising them of the first four things they should do, A copy of the letter to the carer is appended. Fridge magnets can be obtained from Bristol DAA.

All GP surgeries in Bristol have been given a supply of “packs” containing a fridge magnet and explanatory letter. Further packs can be obtained from Bristol DAA.

6) GP Surgery Toolkit

Appended to this document is a Dementia Toolkit for GP Surgeries.

Although there will be a cost to these suggestions, it is felt that those costs will be minimal. If the surgery becomes “Dementia Friendly”, it will probably be friendly to everybody.