Working Relationships with Allied Services

Most referrals into the YOD Service come via the Cardiff Memory Team. However younger people with dementia often have a more convoluted route to diagnosis and so may be known to Adult Mental Health Services before the reasons for their cognitive impairment become apparent. Or in some cases diagnosis is provided through Neurology Services.

Ty Hapus / Alzheimer’s Society – Ty Hapus is a Barry based charitable status service commissioned with the Alzheimer’s Society, providing a Drop-in Cafe and a Day Care Service for people with younger onset dementia.

Cardiff City Council and The Vale of Glamorgan Local Authorities – If a client needs assessment for a package of community care a referral is made to the relevant Local Authority for assessment.

MHSOP Community REACT Service – If a client needs crisis intervention support to avoid admission to acute mental health inpatient care a referral to Community REACT is made. Time limited support is provided until the care giving situation stabilises.

MHSOP Assessment and Recovery Unit – If a client needs an assessment period within a day hospital environment with access to multidisciplinary support a referral is made to the Assessment and Recovery Unit (The University Hospital Llandough).

MHSOP Acute Assessment Inpatient Services – If a client needs admission for acute mental health assessment this is facilitated by the YOD Service and the Consultant and Care Coordinator provide in-reach support for the duration of the inpatient stay.

MHSOP Extended Assessment Inpatient Service – If a client requires ongoing highly specialist care and treatment and is assessed as meeting NHS Continuing Healthcare eligibility, they will be transferred to the 10 bedded Younger Onset Dementia Inpatient Unit at St Baruc’s ward, Barry Hospital.

Referral criteria and contact details

The Younger Onset Dementia Service is happy to receive referrals from any service regarding patients living within the Cardiff and Vale UHB catchment area who have been given a primary progressive dementia diagnosed before the age of 65 years.

Tel - 02920 715779
Email - Yod_Service@wales.nhs.uk
Post - Younger Onset Dementia Service, c/o MHSOP Admin (off East 18), University Hospital Llandough, Penlan Road, Penarth CF64 2XX

The overarching aim of the Service is to ensure that people experience continuity in the support they receive. People are assessed and introduced to the YOD Service shortly after diagnosis. Support is initially provided through Outpatient clinic reviews. Whenever appropriate a Care Coordinator from within the Service is allocated to oversee the development of a more intensive support package.

Team Members

Dr Simon Donovan, Clinical Lead
Dr Dragana Turic, Consultant Psychiatrist
Mark Jones, Dementia Care Advisor
Tim Nicholls, Community Mental Health Nurse
Gafyn Blake and Sue Gallagher, Family Support Workers
Holly Davies, Clinical Psychologist
Gail Pickford, Occupational Therapist
Philip Addicott, Dietician
Claire Hardcastle, Speech and Language Therapist
Julie Rees, Physiotherapist
Jay Coakley, Therapies Technician
Karen Warlow, Team Secretary
In process of appointing — Information and Support Officer with the Alzheimer’s Society

The Younger Onset Dementia Service

Information for Professionals.
In 2013 there were 42,325 people with younger onset dementia (onset before the age of 65 years) in the UK. For Wales the figure is 2200. The Dementia UK report (2014) estimate for Cardiff and Vale is 289 people at any one time with a diagnosis of younger onset dementia.

Developing the Younger Onset Dementia Service.

In 2011 The National Dementia Vision for Wales prioritised “creating a new young onset dementia service for Wales” and allocated a sum of money to each Health Board to kick-start service developments.

The remaining team resource for the service was identified through a Health Board supported repatriation programme of clients from external high cost Continuing Healthcare funded placements to a newly developed younger onset dementia in-patient unit at St Baruc’s ward, Barry Hospital.

YOD Service Components

Outpatient Clinic - clients under 65 yrs of age with diagnosed primary progressive dementia are referred to the YOD Service after they have gone through the diagnostic pathway with Cardiff Memory Team or Neurology Services. The YOD Service runs monthly outpatient clinics which provide a review opportunity with individuals and families on a 6 monthly basis, or more frequently as required.

Care Coordination – clients who experience significant risk or vulnerability issues, are allocated a Care Coordinator under the Mental Health Measure (Wales) and a Care and Treatment Plan is formed with the multidisciplinary team.

Therapeutic Support - Access to designated therapists including Clinical Psychologist, Physiotherapist, Occupational Therapist, Dietician, and Speech and Language Therapist.

Family Support Worker – two Family Support Workers (Male / Female) are available to provide community based individualised sessions with clients. The focus is upon social activity and recreation as well as carer respite.

Post Diagnosis Support Group – clients are offered access to a closed programme of support involving 7 weekly sessions. The group meetings enable newly diagnosed clients to meet and share thoughts, feelings, and experiences in confidence. At the conclusion of the course clients are offered ongoing contact through the monthly ‘Keep in Touch’ group. The Group is facilitated by the Psychologist, Dementia Care Advisor and Alzheimer’s Society Information and Support Officer.

The Friendship Groups – weekly Cognitive Stimulation Therapy Groups which follow the Dementia Services Development Centre ‘Making A Difference Programme’ are held at The University Hospital Llandough and Barry Hospital. Sessions comprise of introductions, orientation, reminiscence materials involving themed music and film clip quiz, physical or creative activity, relaxation session and shared meal opportunity for mutual carer support). The groups are facilitated by YOD Service Staff.

Carers Support Group - a monthly meeting is hosted in a local public house. The group is attended by husbands, wives, partners, and provides opportunity to share experiences and gain mutual support. The group is facilitated by the Dementia Care Advisor and Alzheimer’s Society Information and Support Officer. Periodic input from outside guest speakers to discuss specific topics of interest to the group is also arranged.

The Sons and Daughters (Carers Support Group) – a monthly evening meeting is held for adults who have a parent or grandparent with younger onset dementia. The group provides an opportunity for mutual support and aims to provide timely information and education centred upon managing the practical and emotional challenges of being a younger carer.

Making a Difference’ – Cognitive Stimulation Therapy Group – this weekly community based group of 14 sessions delivers an evidence based programme offering cognitive stimulation therapy as recommended in the 2016 NICE guidelines.

The Walk and Talk Group – monthly opportunity for clients, carers, family members, friends. (the dog!) to gather for a local walk and gain the benefits of mutual support and sharing experience. The group is open to everyone in contact with the YOD Service and seeks to address feelings of social isolation and exclusion.

The Cycle Club - A monthly Cycling group led by Physiotherapy staff from The Younger Onset Dementia Service and using the services of ‘Pedal Power’ takes place in Bute Park, Cardiff. The group meets monthly across the spring, summer and autumn. ‘Pedal Power’ has a variety of bikes for hire which makes cycling accessible for