



# **Dementia Actif Gwynedd : A Value Analysis of Collected Case Stories**

March 2024

# Introduction

Dementia Actif Gwynedd, formerly known as 'Dementia Go' was initially set up with funding from the Integrated Care Fund in 2014. The project was initially part of the National Exercise Referral Scheme but soon developed into a specific service within the Leisure Department of Gwynedd Council before transferring to the Adults, Health and Wellbeing Department and during June 2018 and becoming a part of the Well-being Service.

The original aims of the Dementia Actif Gwynedd were:

- 1.Reducing the risk of dementia: To increase awareness of health related risk factors which can be influenced to help reduce the risk of dementia.
- 2.Living well with dementia: To support people with dementia, their relatives and carers to live well with the condition.
- 3.Dementia friendly communities: To raise awareness and educate communities about dementia and to create opportunities for those people living with dementia to live and thrive in communities.

Dementia Actif is a vibrant and essential part of the Gwynedd "Wellbeing Offer" and works to improve the quality of life for people living with dementia and their carers. Dementia Actif provides group activities including physical exercise classes, online activities and face to face clubs.

Dementia is a progressive syndrome that affects deterioration in cognitive function. The number of people with dementia is growing. The demand for services is also growing. There are over 920,000 in the UK living with dementia and it is estimated that 100,000 people in Wales will be living with dementia by the year 2050.

The recent Bangor University report [1] on Dementia Actif Gwynedd noted a number of studies and supporting evidence for the approach taken by the service to support wellbeing for people living with dementia.

The Bangor University work reported that current evidence consistently supports the benefits of physical activities on wellbeing and physical function and cognition.

The report highlighted the potential of dementia friendly physical and social activities as a community wide and cost-effective intervention that benefits the wellbeing of people living with dementia and unpaid carers.

## People Say that Dementia Actif:

- ...offers people help and improve lives
- ...is social and fun
- ...supports unpaid carer and helps them feel valued
- ...is a good team of skilled professionals
- ...should be supported to grow with long term funding
- ...is valued by people who live across Gwynedd
- ...build activities around people's needs and abilities
- ...listens to people and puts them first.

# A Story of Value

The total cost of dementia in the UK has been estimated as £26.3 billion, with £4.3 billion attributed to health care costs, £10.3 billion to social care and £11.6 billion for the costs of unpaid care [2]. Fostering a “Person Centred” approach to prevention and care seeks to mitigate these costs by preventing, reducing and delaying the need for care and support through increased wellbeing, health, community connection and improved physical function.



Interventions that can evidence the reduction in the use of goods and services clearly demonstrate a fiscal value. Dementia Actif has value that extends beyond resources and financial transactions - it also has a social value. If we want to tell that story we must seek out what is valued by people and organisations and how it can be accounted for. While this analysis refers to money, it only does so as money is an agreed, common unit by which we can usefully convey the story of value.

## A Case Story Approach

The work of Dementia Actif demonstrates how people have been supported to achieve better outcomes and lives are well-led. The work has shown evidence of delaying or avoiding the need for resources to manage the impact of crisis or increasing ill health. The paradox of understanding the impact - and therefore the value - of effective interventions is this: when it works well, the expensive consequences are avoided, and how do you count things that do not happen? While this is not an exact science, it is possible to examine what did happen as a result of the work and compare it to the situation before the involvement and what professionals and others involved believed would have happened if there was no intervention or support.

Using a Case Story approach the fiscal, social and economic costs and benefits can be estimated using well understood and verified financial data [3].

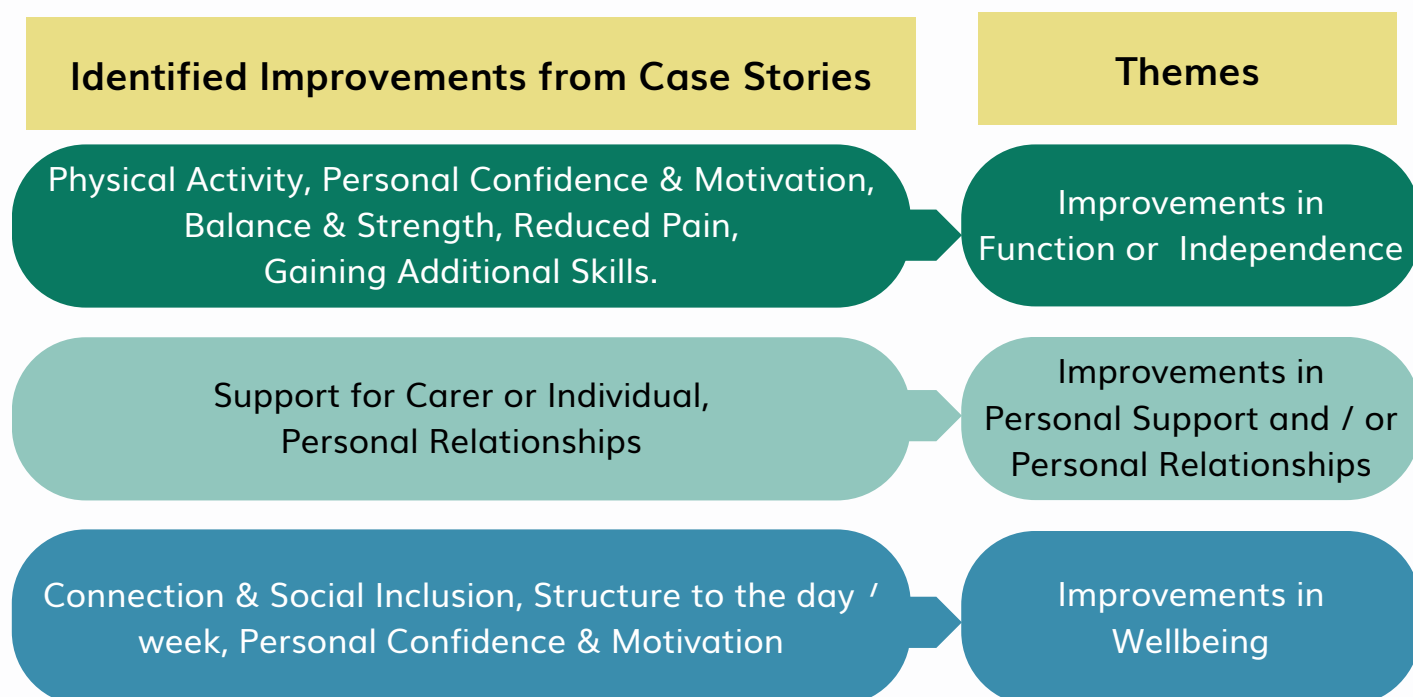
The Case Stories below show an extremely positive view of the work and the value of Dementia Actif which should be rightly celebrated. It is important however that this should not be seen as a complete understanding of the fiscal and economic value of Dementia Actif. The work by Bangor University concludes that to produce findings that are statistically significant robust baselines should be set and outcome measures established that can be informed by validated scales, as well as a set of co-produced bespoke measures that can be co-produced with people living with dementia and unpaid carers.

The Case Stories and extrapolated values are presented here as part of the important story of the effective and vital work of Dementia Actif Gwynedd.

# Themes from Case Stories

A total of 12 Case Stories were examined, all of which clearly indicated themes which were identified as improvements by practitioners and those attending Dementia Actif and their families. There were a total of 95 identified improvements to people's physical, mental or social situation, meaning that each case averaged just under 8 separate identifiable improvements or benefits as a result of attending the Dementia Actif sessions.

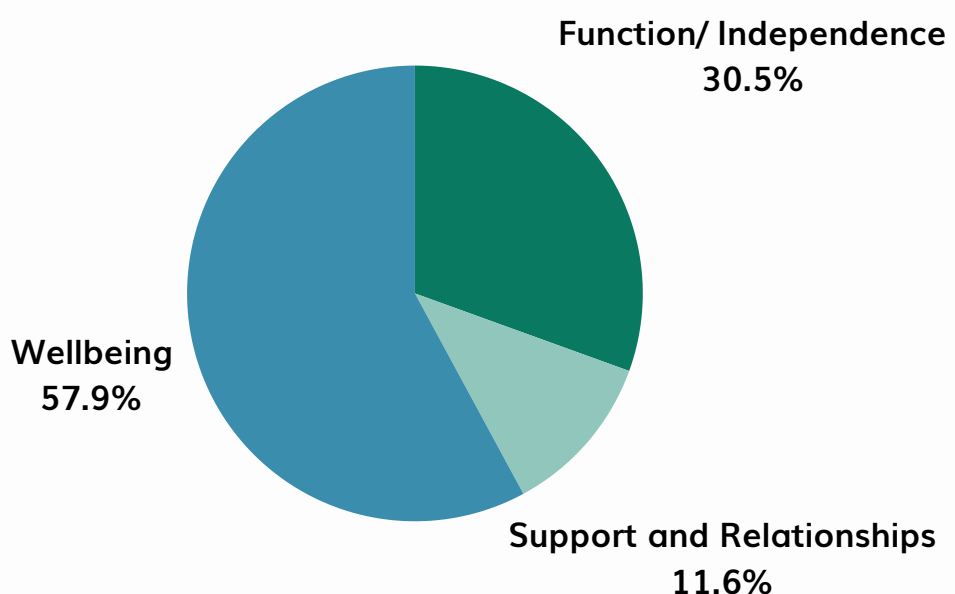
The identified improvements were categorised as follows:



Each of the 12 Case Stories showed improvements related to each category with one exception.

Cases averaged:

- 2.4 Improvements related to a persons Function or Independence per case story.
- 1 Improvement related to a persons Support and or Personal Relationships per case story.
- 4.5 Improvements related to a persons Wellbeing per case story.



Graph to show the 95 identified improvements by theme over the 12 case stories (n=95).



# Value Analysis

The Case Stories here have an economic value either by adding and enhancing opportunities and capabilities for people, and thereby by avoiding crises or other avoidable decline. As a result of which the use of resources in wider care and support which would have been needed can be said to be avoided or mitigated. By using trusted data sources [4] we can put an estimated value on the outcomes of the work. We are looking for evidence of:

**Fiscal value:** costs or savings that fall to public sector agencies, and relate to public expenditure.

**Economic value:** costs or savings that fall to individuals.

**Social value:** wider gains to individuals and/or society, such as improvements in health and wellbeing; better access to transport or public services.

## Improvement Themes and Values

### The Value of Wellbeing.

Good wellbeing leads to good health and in turn good health leads to better wellbeing. Wellbeing creates a sense of choice and control and means we cope better if we and when we have health issues, good health and wellbeing enables us to play our part in society and reduces our reliance on health and care services. The Government Green Book, which advises on how to appraise programmes and projects puts a median value of a 1 point change in an individuals wellbeing (on the WELBY scale) at £14,170 per person per year [5].

### Function, Independence and the cost of Falls.

Evidence has shown a link between physical activity and reducing dementia risk. The work of Dementia Actif shows an effect on improved function and confidence of people, which in turn has prolonged the independence or current care levels of those involved. The value of this is calculated by estimating any marginal increases in care that would accompany a further loss of mobility and function such as increases in support by family carers or by services. Where Case Stories have reported a positive impact on people with risk or previous falls we have used the average cost of an injurious fall to identify value. The cost to the NHS and Integrated Care system is calculated as £4829 per injurious fall incident [6], as such the reduction in the risk or incidence of falls has a significant value.

### Increased Support and Better Relationships.

The Case Stories also show how family members and those providing unpaid care have benefitted from the work of Dementia Actif for example, giving opportunities to take some much needed personal time or creating structure and a positive activity in the week. Any opportunity to enhance support to anyone living with Dementia or to support a Carer to continue in their role is of significant value also. According to a report in 2021, unpaid carers in England and Wales saved the public purse an enormous sum of money - £31 billion - with the unit cost for replacement care is taken as £25 per hour in 2021 [7], which, accounting for inflation, is £31 per hour today.

## Case Story 1:

### Mr.D: motivated, safer & better connected

#### Background

Mr.D is an 85 year old widower. He was a lecturer at Coleg Menai and misses the social interactions that work provided. Mr.D has a number of health issues including arthritis and feeling unsteady on his feet and often lost his balance. As a former footballer, badminton coach and active individual, Mr D. was attracted to Dementia Actif's Sporting Memories session. He was also looking for ways to incorporate more gentle activity into his week.

#### Outcomes & Impact

##### Increased Wellbeing (Reported):

- Sense of connecting with others / Sense of belonging / Sense of inclusion.
- Sense of support / Social Support / Less isolated / Increased social interaction.
- Increased motivation/ Increased physical activity - Feeling Safer

##### Crisis or Service Avoidance:

- Danger / Risk of injurious fall mitigated.
- Adaptations / Telecare increased ability to live longer independently at home.

"I'm getting better with my balance and coordination since starting the classes and the neck alarm has changed my life; I feel so much safer" Mr.D.

#### Analysis

- Increased Wellbeing for Mr.D is estimated at 0.5 WELBY.
- Risk of Injurious Fall is reduced, Severity of Fall is reduced, Consequences of Fall are reduced: estimated at 70% reduction from full cost.
- Increased independence at home estimated as marginal avoidance of care of 1 x 1 hour care call per week over next 12 months at a care cost of £31 per hour.

#### Value

- Increased Wellbeing: @ 0.5 WELBY = £7085.00 in 12 months.
- Reduced Risk / Severity of Injurious Fall: £1,448.70
- Increased independence at home: 52hrs of Care in 12 Months = £1,612.00

The total estimated economic value as a result of Dementia Actif involvement is estimated as £10,145.70 over 12 months or around £845.48 per month.

## Case Story 2: More Support for Mr. & Mrs. G.

### Background

Mr.G is 82 years of age a retired electrician. He lives at home with his wife of 60 years they have two children. Mr.G was diagnosed with vascular Dementia in August 2022. Mrs.G, who is the main Carer, brought her husband to one of the Dementia Actif classes as she felt Mr G would enjoy the exercising and the social side of the session as they were not getting out much and were beginning to feel more and more isolated.

### Outcomes & Impact

#### Increased Wellbeing (Reported):

- Sense of connecting with others. Sense of belonging. Sense of inclusion
- Sense of support. Feeling less isolated - increased social interaction.

#### Improved Function:

- Increased motivation and Increased physical activity

#### Increased Support to Carer and Family:

- Increased sense of support.

**"Dementia Actif is our 'Go To' place, we can share experiences, solve problems in total confidence." Mr & Mrs G.**

### Analysis

- Increased Wellbeing estimated at 0.5 WELBY per person
- Increased support to unpaid Carer: estimated as as marginal avoidance of care of 1 x 0.5 hour care call per week over next 12 months.

### Value

- Increased Wellbeing: @ 0.5 WELBY X 2 = £14,170
- Increased Support to Carer: 26 hours @ £31 per hour = £806.00

**The total estimated economic value as a result of Dementia Actif involvement is estimated as £14,976 over 12 months or around £1,248 per month.**



## Case Story 3: HJ: Active Grandparenting

### Background

HJ is 69 years of age and lives with her husband in a very isolated part of the Llyn Peninsula. HJ is awaiting hip replacement surgery, and lives with type 2 diabetes, osteoarthritis, hypertension and asthma. HJ has been in chronic pain for the past few years. This has had a significant impact on HJ's life. Her balance was rapidly deteriorating, which knocked her confidence and she became unwilling to attend as many social activities as she previously would. The Falls Practitioner felt that HJ would benefit from the level and intensity of the Dementia Actif 'keep agile' class.

### Outcomes & Impact

#### Increased Wellbeing (Reported):

- Increased confidence. Sense of connecting with others
- Sense of support, Increased social interaction

#### Improved Function:

Improved balance. Less pain. Increased motivation Increased physical activity

#### Increased Support to Caring role and Family:

- Increased sense of support and ability to support Grandchildren

**"I feel that I have more confidence and I'm glad to socialise. My movements are better following the exercises we work on weekly, and the balance improves from week to week" HJ.**

### Analysis

- Significant improvements in mood and wellbeing. NB: Support as a Grandparent. Estimated WELBY Score of 1.
- Risk of Injurious Fall is reduced: estimated at 30% from 60%.

HJ's daughter reports that since attending the class, the difference in her Mother is unbelievable. She is much jollier and her mood has improved, she is more ready to take her granddaughters to take part in their swimming and gymnastics activities in her car – something she had stopped doing as much before attending.

### Value

- Increased Wellbeing: @ 1 WELBY = £14,170
- Risk of Injurious Fall is reduced to 30% from 60%: £1,488.70

**The total estimated economic value as a result of Dementia Actif involvement is estimated as £16,198.70 over 12 months or around £1,349.89 per month.**

## Case Story 4:

### Mrs B - Gaining Balance & Confidence

#### Background

Mrs B is 80 years old and was born in Bangor where she worked in Ysbyty Gwynedd until she was 76 years old! Mrs B lives independently with additional help from paid carers and support from the community connectors. Mrs B suffered from three strokes during lockdown after she was furloughed, which affected her physically - strength, balance and stamina. Mrs B was unable to continue with her walking group as her leg strength & balance had deteriorated after the strokes. Mrs B was finding the situation very difficult and started to feel isolated.

#### Outcomes & Impact

##### Increased Wellbeing (Reported):

- Sense of connecting with others, sense of belonging and inclusion.
- Greater sense of support and feeling less isolated with more social interaction.

##### Improved Function:

Increased motivation and increased physical activity.

"I'm getting better with my balance and confidence since starting the classes... I wouldn't see or speak to anyone all day if I didn't attend the sessions" Mrs B.

#### Analysis

- Improved wellbeing WELBY SCORE of 1.
- Improved physical fitness. – independence. Avoidance of care 1 x 1 hour call per week x 6 months.
- Risk of minor fall reduced from 40% to 20%.

"During the first few weeks Mrs. B needed a lot of support to get up from the chair to participate in the balancing exercise, but by now she can manage on her own."

**Dementia Actif Staff Member.**

#### Value

- Improved Wellbeing: @ 1 WELBY = £14,170
- Avoidance of additional care call: 26 hours @ £31 per hour = £806.00
- Risk of Minor Fall is reduced from 40% to 20%: £965.80

The total estimated economic value as a result of Dementia Actif involvement is estimated as £15,941.8 over 12 months or around £1,328.48 per month.

## Case Story 5:

### Mrs C & Daughter - Making new friends

#### Background

Mrs C is aged 92 years. She was a nurse until she started a family, but returned to nursing at the age of 50 until she retired age 65. Mrs C was a keen member of the WI and enjoyed knitting and sewing. Mrs C was diagnosed with Mixed Dementia (Vascular and Alzheimer's) at the age of 85 but was able to care for her husband who also had Dementia until he passed away.

After the death of her father, Mrs C's daughter noticed a decline in her mother's health and her memory, and decided to move to Wales to support her mother in 2019.

#### Outcomes & Impact

##### Increased Wellbeing (Reported):

- Sense of connecting with others and Sense of belonging & inclusion.
- Less isolated and Increased social interaction for Mrs C and daughter.

##### Improved Function:

- Improved Strength

##### Increased Support to Carer and Family:

- Increased sense of support.

"Our involvement with Dementia Actif has been beneficial to both of us. My Mum has benefitted physically by taking part in the strength and balance exercises and mentally through the social aspect of the sessions. I have benefitted from the support network offered and have made new friends."

Mrs C's daughter.

#### Analysis

- Increased Wellbeing estimated at 0.5 WELBY per person
- Increased support to unpaid Carer: estimated as a marginal avoidance of care of 1 x 0.5 hour care call per week over next 12 months.

"After attending Dementia Actif, Mrs C's mood improves and she sleeps much better. Her physical function assessment outcomes have shown some improvements [...] however, the main impact of the sessions has been the positive effect of socialising with others and getting involved with different activities."

Dementia Actif Staff Member.

#### Value

- Increased Wellbeing: @ 0.5 WELBY X 2 = £14,170
- Increased Support to Carer: 26 hours @ £31 per hour = £806.00

The total estimated economic value as a result of Dementia Actif involvement is estimated as £14,976 over 12 months or around £1,248 per month.



## Case Story 6:

### DE: Not just a Carer, but a valued individual!

#### Background

DE is aged 73 years and is living with mixed dementia. He was diagnosed in 2018 after being referred to the Memory Clinic by his GP. He lives with his partner, who is his full time unpaid Carer, and their two daughters.

DE's partner reported that it was becoming increasingly difficult to motivate him to leave the house and said that it was no longer possible to enjoy activities that they'd always done together as they longer seemed to enjoy doing the same things. This situation was causing time at home to be stressful for all the family.

#### Outcomes & Impact

##### Increased Wellbeing (Reported):

- Increased social interaction & increased confidence.
- Increased structure to the week

##### Improved Function:

- Acquired new skills
- Motivation to be physically active

##### Support as a Couple and in Caring Role:

- Reignited old interests
- Increased interaction as a couple

"The Dementia Carers group makes me feel valued in so many ways. I can share how I feel with people who understand. I have received such great information [...] I had the opportunity to feedback about the new Carers Assessment information leaflet- this made me feel valued as an individual not just as another over-worked carer! " - DE's Partner.

#### Analysis

- Increased Wellbeing estimated at 0.5 WELBY for Carer.
- Increased support to unpaid Carer: estimated as as marginal avoidance of care of 1 x 0.5 hour care call per week over next 12 months.

"The exercise sessions have had a positive effect on our physical and mental health, and one of the best things is that they have given us the opportunity to do something we both enjoy – we benefit as a couple and enjoy each others company"

DE's Partner.

#### Value

- Increased Wellbeing: @ 0.5 WELBY = £7085.00 in 12 months.
- Increased Support to Carer: 26 hours @ £31 per hour = £806.00

The total estimated economic value as a result of Dementia Actif involvement is estimated as £7891.00 over 12 months or around £657.58 per month.

## Case Story 7: HD - Strength and Connection

### Background

HD is an 85-year-old man living independently with Dementia in a rural area of Wales. He was referred to Dementia Actif Gwynedd after he reported feeling isolated. HD was the Chairman and flag bearer for the North Wales Royal Welsh Fusiliers for over 20 years, but as his Dementia progressed he found this role more challenging. A shoulder injury made flag bearing on parades increasingly difficult too. He eventually made the decision to stand down from both rolls. As soon as he stood down from these roles HD reports that he felt he lost his sense of purpose, identity and isolated. They hoped that the activity sessions would help ease HD's back & neck pain as well as increase social interaction.

### Outcomes & Impact

#### Increased Wellbeing (Reported):

- Sense of connecting with others. Sense of belonging. Sense of inclusion. Less isolated & Increased social interaction.
- Sense of support

#### Increased Function:

- Increased motivation & Increased physical activity. Increased muscle strength. Reduced pain

"The physical exercises each week really have helped my spine. Movement is a lot easier, strengthening my muscles has helped my back [...] I enjoy helping and being part of a group, but being able to reconnect with the veterans is really special" - HD

### Analysis

- Increased Wellbeing estimated at 0.5 WELBY
- Continued Independence.

The exercises have helped HD maintain his strength in his spine and shoulders, and reduce his muscle pain. He feels that his shoulder is stronger and he hopes that he closer to being able to regain his title as [North Wales Royal Welsh Fusiliers] Standard Bearer.

**Dementia Actif Practitioner**

### Value

- Increased Wellbeing @ 0.5 WELBY = £7085.00 in 12 months.

The total estimated economic value as a result of Dementia Actif involvement is estimated as £7085.00 over 12 months or around £590.42 per month.

## Case Story 8:

### HT - Making a connection with a friendly Voice

#### Background

HT is 76 years of age and lives with Dementia and Parkinson's disease. HT and his wife would attend Dementia Actif's weekly activity class as well as sessions on Zoom. When HT's physical condition deteriorated in 2022 HT moved into a residential home in Anglesey in June 2022.

HT has no friends or family who live close by on the island. His wife, JT, reports that he has good and bad days, and describes the bad days as 'non-responsive days'- where HT will not interact, eat, or take his medication.

JT thought that by joining Dementia Actif's online class, he would maybe get some stimulation from the class and hear the instructors familiar voice in the hope that he would recognise it and respond.

#### Outcomes & Impact

##### Increased Wellbeing:

- Increased social interaction.
- Sense of support for JT.
- Increased physical activity.
- Engaging with staff.
- Taking Food and Medicines.

The stimulation from the class; mental, physical and social, meant that HT had completely switched from his 'non-responsive' state and had benefitted from an hour of physical and social activity.

Dementia Actif Practitioner

#### Analysis

- Improved Wellbeing for Carer.
- Engaging with Food and Medicines, preventing further health deterioration and complications.

"It was very beneficial for him, but for me too. It's horrible seeing him when he's not responding. It's very emotional [...] it shows that stimulation, contact with a memory, and a sound of voice is so beneficial for people with dementia" - JT (HT's Wife)

#### Value

- Increased Wellbeing for Carer @ 0.5 WELBY = £7085.00 in 12 months.

The total estimated economic value as a result of Dementia Actif involvement is estimated as £7085.00 over 12 months or around £590.42 per month.



## Case Story 9: Mrs. P- Improved Mood and Sleep.

### Background

Mrs P is 83 year old retired Nurse who was diagnosed with Dementia in 2016. Mrs P's husband brought her to the Dementia Actif classes.

Mrs P interacts with the rest of the group and enjoys sharing stories. She takes part in all activities with great enthusiasm. She loves to sing and dance so she particularly enjoys the chair-based activities which are done to music and includes exercises to improve strength, balance, mobility and stamina. Mrs P shows improvement to her physical health and is able to help around the house more than she used to prior to attending the Dementia Actif classes.

While Mrs P is in the class, her husband utilises the opportunity for some 'time out' to take the dog for a walk. Mr P says this short respite helps him continue to support Mrs P at home – something which he wants to continue doing for as long as possible.

### Outcomes & Impact

#### Increased Wellbeing:

- Sense of connecting with others. Sense of belonging and sense of inclusion. Sense of support for Mr and Mrs P. Less isolated and more structure to week. Increased social interaction

#### Increased Function:

- Increased motivation
- Increased physical activity

**"I feel fantastic after class. I love coming here!" – Mrs P**

### Analysis

- Improved Mood and Wellbeing. 1.5 Welby for Mr & Mrs P.
- Support to Carer / Break / Respite.
- Ability to care – avoidance of increased support (6 months)

**"Mrs P is in a better mood and sleeps well after her session. These sessions are priceless for both of us" – Mr P**

### Value

- Increased Wellbeing: @ 1.5 WELBY = £21,255.00 in 12 months.
- Increased Support to Carer: 26 hours @ £31 per hour = £806.00

**The total estimated economic value as a result of Dementia Actif involvement is estimated as £22,061.00 over 12 months or around £1,838.42 per month.**

## Case Story 10:

### Mr. J - More Active and Greater Confidence.

#### Background

Mr J is 88years old and retired police sergeant, police dog handler and Snowdon warden living with Vascular Dementia. He lives at home independently with additional daily help from his 3 daughters. Whilst Mr J was starting to show symptoms of dementia he began to lose confidence and stopped going out, this got worse once he'd had the diagnosis. There was also concern that he was becoming increasingly less mobile and losing his balance. At first he attended accompanied by one of his daughters, which allowed the Dementia Actif instructor the opportunity to talk to them both and ensure he was comfortable in a new environment. Within 2 weeks he was happy and settled enough for his daughter to leave him so she could have a break and go for a coffee with her husband.

#### Outcomes & Impact

##### Increased Wellbeing:

- Connecting and reconnecting with others. Inclusion and Decreased isolation. Increased socialisation and stimulation.
- Structure to the week for Mr J and daughters.

##### Increased Function:

- Improved strength and balance and Increased activity

"I really enjoy coming here each week and I look forward to it. The staff are nice and I've enjoyed meeting new people and old friends. I like the exercise and the music" - Mr J

#### Analysis

- Wellbeing for Mr J & Support to Carer (0.5 WELBY x2).
- Falls prevention.
- Maintaining Independence

"His strength & mobility movements visually improved [...] He has gained confidence with his balance exercises and will attempt all standing balance exercises; whereas before he would prefer to stay seated. From a social aspect Mr J has thrived. He has discovered that he has past connections with other members of the group and this has helped his motivation to attend each week."

#### Value

- Improved Wellbeing: @ 1 WELBY = £14,170
- Avoidance of additional care call: 26 hours @ £31 per hour = £806.00
- Risk of Minor Fall is reduced from 40% to 20%: £965.80

The total estimated economic value as a result of Dementia Actif involvement is estimated as £15,941.8 over 12 months or around £1,328.48 per month.

## Case Story 11:

### VH & Daughter - Enjoyment and lifted spirits

#### Background

VH is 84yrs old and is a very jolly lady who was diagnosed with Dementia in 2022. She is very outgoing & sociable and has always enjoyed singing. She was previously part of a choir but as her leg strength & balance deteriorated, she found that she could no longer join in with groups that she had done previously. VH is cared for by her son with whom she lives and also by her daughter who lives nearby. During the first few sessions VH was not keen to perform the standing exercises as she was unable to do so without support. As she gained confidence she now tries to get up and move with assistance as often as she can. In the seated position VH joins in with every dance step and sings along to all songs.

#### Outcomes & Impact

##### Increased Wellbeing:

- Sense of connecting with others, belonging & inclusion & increased social interaction. Sense of support – Feeling less isolated

##### Increased Function:

- Increased motivation & Increased physical activity
- Increased mobility & muscle activity

"I just wanted to express mine & Mom's gratitude [Dementia Actif] has made an enormous difference to my Mom! She looks forward to seeing everyone in the group every week & thoroughly enjoys every minute! It's very unusual for her to remember anything short term but that's the one event she remembers & looks forward to every week! The exercises do her the world of good & the social side meeting lots of lovely people lift her spirits enormously! I truly believe there should be more groups available like this." - VH's Daughter.

#### Analysis

- Connection and Wellbeing estimated at 1 x WELBY.
- Physical Activity – independence and avoidance of marginal increase of care.
- Support to Carer to maintain caring duties and avoidance of marginal increase of care.

"The class has normalised dementia for VH, which has opened it up for her and her daughter to have conversations about dementia." - Practitioner.

#### Value

- Improved Wellbeing: @ 1 WELBY = £14,170
- Independence avoidance of care: 26 hours @ £31 per hour = £806.00
- Carer support avoidance of care: 26 hours @ £31 per hour = £806.00

The total estimated economic value as a result of Dementia Actif involvement is estimated as £15,782.00 over 12 months or around £1,315.17 per month.



## Case Story 12:

### PC & SC: Connected and better Supported

#### Background

PC is 76-year-old and his wife SC, age 75, live in a small community in an isolated part of Meirionnydd. PC occasionally experiences shortness of breath on exertion due to atrial fibrillation but suffers no other ill effects and his general health is good. SC has memory loss and has difficulties communicating. PC is SC's sole carer. PC and SC found it difficult talking about SC's memory issues and their lives became more difficult and isolated. PC felt confused about the process of getting SC diagnosed and how to access any help that could be offered to them. A friend suggested they both attended the Dementia Actif Gwynedd classes where PC could meet other carers, they could both socialise, do activity in an environment for people with cognitive impairments and receive advice and support from the group.

#### Outcomes & Impact

##### Increased Wellbeing:

- Sense of connecting with others, a sense of belonging and inclusion. Increased social interaction. Supported and less isolated

##### Increased Function:

- Increased motivation & Increased physical activity

"Because of the effects of the dementia, it is sometimes difficult to persuade SC to speak about her experiences of the Friday morning sessions. However, her non-verbal actions would strongly suggest she enjoys the activities, the banter and rapport we share together within the group sessions." - PC.

#### Analysis

- Connection and Wellbeing estimated at 1 x WELBY.
- Physical Activity – independence and avoidance of marginal increase of care.
- Support to Carer to maintain caring duties and avoidance of marginal increase of care.

The facilitator was able to sit with, chat to, advise & help PC access services that they are entitled to, while SC sat with others in the Dementia Actif group. SC is happy, and PC received the help he needed to access a GP without upsetting SC. The facilitator helped PC to chat to the health centre to clarify his understanding and confusion, which has helped to reduce his stresses. PC & SC are less isolated, have support from the group and have help accessing care from Dementia Actif.

#### Value

- Improved Wellbeing: @ 0.5 WELBY = £7,085.00
- Independence avoidance of care: 26 hours @ £31 per hour = £806.00

The total estimated economic value as a result of Dementia Actif involvement is estimated as £7,891.00 over 12 months or around £657.58 per month.

# References

- [1] Gwynedd Local Authority: Dementia Actif Evaluation - Dr Ceryl Teleri Davies (Bangor University, September 2023)
- [2] The Alzheimer's Society, 2013.
- [3] Unless otherwise stated, data is taken from the GMCA Unit Cost Database. Used under creative commons international licence.
- [4] Ibid.
- [5] Wellbeing Guidance for Appraisal: Supplementary Green Book Guidance (HM Treasury / Social Impacts Task Force, 2021)
- [6] A return on investment tool for the assessment of falls prevention programmes for older people living in the community, PHE (2018)
- [7] Valuing Carers 2021, Dr Maria Petrillo & Professor Matt Bennett (2021)



