



# **LANCASHIRE AND SOUTH CUMBRIA INTEGRATED CARE SYSTEM DEMENTIA STRATEGY 2025 – 2030 SUMMARY VERSION**

This document provides a summary of the Lancashire and South Cumbria Integrated Care System dementia strategy 2025 – 2030.

## Contents

Contents .....	1
A note about this document .....	2
Foreword .....	2
Introduction .....	2
Our vision .....	3
Current situation .....	3
Our plan for the next five years .....	3
Delivery of this strategy .....	4
Next steps .....	4

## A note about this document

This document is a summary version of the Lancashire and South Cumbria Integrated Care System dementia strategy 2025 – 2030 which sets out the intentions and commitment to improving the lives of people living with dementia and their carers across Lancashire and South Cumbria. You can read the full strategy [here](#).

## Foreword

Dementia is a growing challenge worldwide, affecting millions of people. In the UK, around 850,000 people have dementia, and this number is expected to rise. Dementia mainly affects older people, but it can also develop earlier. There are around 540,000 carers of people with dementia in England. This strategy aims to improve the lives of people living with dementia and their carers in Lancashire and South Cumbria.

In Lancashire and South Cumbria, we are committed to improving the lives of those living with dementia and their carers. This strategy outlines our vision and plans to transform the way we support those affected by dementia. We recognise the importance of collaboration, therefore the strategy has been developed by the following organisations:

- Blackpool Teaching Hospitals NHS Foundation Trust
- East Lancashire Hospitals NHS Trust
- Lancashire Teaching Hospitals NHS Foundation Trust
- Lancashire and South Cumbria NHS Foundation Trust
- NHS Lancashire and South Cumbria Integrated Care Board
- Blackburn with Darwen Borough Council
- Blackpool Council
- Lancashire County Council
- Age UK Blackburn with Darwen
- Age UK Lancashire
- Alzheimer's Society
- Carers Link Lancashire
- Dementia Action Alliance
- Trinity Hospice.

Our approach has been guided by national policies and frameworks, making sure our efforts are aligned with broader health and social care priorities. Our strategy is not just a plan, it is a commitment to action. We will monitor our progress through a detailed action plan, holding ourselves accountable for the improvements we aim to achieve over the next five years. By working together, we can make a significant difference to the lives of people living with dementia and their carers in Lancashire and South Cumbria.

## Introduction

The term ‘dementia’ is an umbrella term used to describe a set of symptoms that include loss of concentration and memory problems, mood and behaviour changes and problems with communicating and reasoning. These symptoms occur when the brain is affected and damaged by certain diseases, such as Alzheimer’s disease, a series of small strokes, predisposing to vascular dementia, or other neurological conditions such as Parkinson’s Disease.

Dementia is a complex and progressive neurological condition and the specific symptoms experienced by people with dementia will vary from person to person. There are over 200 subtypes of dementia. Around 60-70 per cent of people with dementia have Alzheimer’s disease, which is the most common type of dementia. Another major form of dementia is vascular dementia, which results from problems with the blood supply to the brain.

Throughout this document, the term dementia will be used as shorthand for this broad range of conditions. However, we recognise that no two people with dementia or their carers are the same and people will have unique and differing needs and experiences.

## Our vision

We want to create a supportive and inclusive community for people with dementia and their carers. Our strategy focuses on five pillars of the dementia well pathway.

1. Preventing well
2. Diagnosing well
3. Supporting well
4. Living well
5. Dying well

We aim to raise awareness, improve diagnosis and care, and ensure high-quality support throughout their journey.

## Current situation

In Lancashire and South Cumbria, around 15,477 people over the age of 65 have been diagnosed with dementia. However, there is still a gap between the estimated number of people with dementia and those receiving support. We need to improve diagnosis rates and care plan reviews to ensure everyone gets the help they need.

## Our plan for the next five years

- **Raising awareness and understanding:** we will promote healthy lifestyles and behaviour change programmes to reduce the risk of developing dementia. We aim to raise awareness that dementia can be prevented or delayed and reduce inequalities, or differences, in dementia care.
- **Improving diagnosis and care:** we will make sure people receive an accurate diagnosis of dementia in a timely way along with personalised care and support.

We will work to improve the experience of receiving a diagnosis, living with dementia, and dying with dementia.

- **Supporting people with dementia and their carers:** we will provide ongoing support for people with dementia and their carers, making sure they have access to the necessary services and resources. We will also focus on reducing social isolation and improving the quality of life for people with dementia.
- **Championing innovation and research:** we will encourage participation in dementia research and make sure people with dementia and their carers are aware of the opportunities available. We will also support the development of new treatments and interventions.
- **Ensuring high-quality end-of-life care:** we will prioritise dementia as a life-limiting condition and make sure everyone has the same access to integrated palliative dementia care. We will invest in community and primary care closer to home and support research in palliative dementia care.

## Delivery of this strategy

To achieve our goals, we need appropriate governance processes, improved data collection and to make better use of that data, and greater engagement of people affected by dementia. We will establish a clear implementation plan, monitor progress, and make sure the voices of people with dementia and their carers are heard throughout the process.

## Next steps

We will monitor the progress of our strategy through a detailed action plan and obtain feedback from people with dementia and their carers. This will tell us if we are making a real difference in their lives and identify any areas that need further improvement.