

Freedom of Information Request

Reference Number: EPUT.FOI.24.3800

Date Received: 31/10/2024

Information Requested:

1. Does your organisation provide or contract out cognitive interventions, including Cognitive Stimulation Therapy (CST), as part of post-diagnostic services for dementia patients?

West Essex & Day Treatment Team

EPUT provide CST to any patients who meet the criteria as part of the post-diagnostic support. The CST is delivered as group therapy as well as individualised iCST if more appropriate and suitable, as well as signposting on to maintenance CST which is delivered by non-statutory services.

North East Essex

Yes, the NE Essex Dementia Service provides Cognitive Stimulation Therapy as part of the post diagnostic support. This is delivered for those over 65 and separate groups take place for adults of working age. There is also a digital dementia neighbourhood online CST maintenance group

MID – No

South (Day Treatment Team) - No

- a. If you contract this out please can you confirm the provider(s)?

This is not contracted out

2. What is the current waiting period for patients to access cognitive interventions including CST at your organisation?

West Essex - Current waiting times for CST are approximately 3 - 8 months.

Day Treatment Team (South) – 10-12 months

North east Essex - There is an average of 6 months waiting for groups to commence

MID – N/A

3. How many psychologists currently work in services delivering cognitive interventions to dementia patients in your organisation?

West Essex & Day Treatment Team

CST is delivered as a Multi-Disciplinary team of which 1 psychologist assistant is involved with 1 group as they have other clinical roles within the service as well as delivering CST. The group are also occasionally supported by psychology trainees.

North East Essex

Neuropsychological assessments and psychological therapies for people with dementia are delivered by the psychology team. The team consists of

4 x qualified psychologists, 2x Assistant Psychologists and 2 Clinical Associate Psychologists (CAPs). The psychology team do not deliver CST as the OT team deliver all CST groups.

4. Are there other healthcare professionals, allied health professionals or support staff who deliver cognitive interventions specifically CST to dementia patients in your organisation?

West Essex & Day Treatment Team

The MDT is made up of OT's, OT assistants, psychology trainees, and nurses as well as the psychologist assistant as above. The service is led by the OT's.

North East Essex

Within the NE Essex Dementia Service the groups are facilitated by

1 x Qualified OT

1 x Occupational Therapy Assistant

(Additional staff may support for example in the Young onset dementia groups)

MID – N/A

South – Day Treatment Team - The AHP's who provide CST from Older Adults Community Mental Health Team are as follows – Psychologists, Band 6 Nurse, Band 5 & Band 6 SLT, Band 5 & Band 6 OT's.

5. Regarding Cognitive Stimulation Therapy specifically:

- a. How many CST groups does your organisation currently run concurrently?

West Essex are currently running 8 groups concurrently.

Day Treatment Team South – 8 total- 7 face to face, 1 online

North East Essex - In North East there are 4 groups running at the same time

2 x Colchester (Over 70's)

1 x Colchester (Young onset)

1 x Harwich

MID - None

- b. How many CST sessions have been delivered in the 2024/25 financial year to date?

West Essex - 1st April 24 – 8th Nov 24 Completed sessions = 209

West Essex - 9th Nov 24 – 31st March 25 Planned sessions = 123

Day Treatment Team South – 18 have been completed

North East Essex - Since April 2024 (groups recommenced in 2023)

Colchester x 2 = 60 sessions

Harwich = 15 sessions

Colchester Young onset = 18 sessions

MID - None

- c. What is the average size of a CST group in your organisation?

In west Essex 6-8 people

Day Treatment Team South- 6.5 average

In North East Essex - Average group size is maximum of 8 people per session

MID N/A

d. Is there currently a waiting list for CST groups? If so, how many patients are on it?

West Essex - Current waiting list of 112 patients, next course is due to start week commencing 3rd February 25. Some of the 112 patients have yet to be screened & assessed to ascertain suitability for the group and to determine their motivation to attend the group.

Day Treatment Team South – yes in total for all 4 areas = 296

North East Essex - As from end of October 2024, across all groups there are 124 patients on waiting list for CST

MID – N/A

6. Does your organisation offer online CST services? If so:

a. How many online CST groups do you run per year?

West Essex - We no longer run virtual CST groups as there is currently no demand.

North-East – CST Maintenance programme offered weekly for 1 hour. Yearly = 48 sessions. (Digital dementia neighbourhood)

Day Treatment Team South – yes one group a week

MID - No

b. What is the average size of an online CST group?

West Essex - When we were delivering online groups our average size was 4-5 people.

Day Treatment Team South - 5

North East Essex – 2 – 8 people per week

MID – N/A

7. What was the budget allocation for CST in your organisation for the 2024/25 financial year?

There is no allocated Budget in West Essex for CST, the intervention is delivered as part of Specialist Dementia and Frailty Service which delivers the Dementia Care Pathway and post diagnostic support pathway.

North East Essex – Staffing allocated to CST from within the OT team

South – None

MID - None

8. Please provide the budget allocations for CST in your organisation for the financial years 2021/22, 2022/23, and 2023/24.

West Essex & Day Treatment Unit -As Above

North East Essex - CST does not have a specified budget and MAS is commissioned to identify and offer CST to those who would benefit from this. The groups are included as part of the memory assessment pathway and supported by MSNAP (Memory Service National Accreditation Programme)

South – As Above

MID – As Above

9. What recorded plans or strategies does your organisation have to expand access to CST? For clarity this may be a dementia strategy including any consultations, a planned response to the Memory Services Spotlight Audit National Report 2023/24 or clinical service development plans.

EPUT have streamlined the CST service to ensure we are offering maximum interventions within the commissioned service. The NAD MAS audit and internal audits show an increased demand for CST. EPUT has identified a significant increase in demand since 2020 for the first 10 months of 2024. This will be discussed with commissioners in respect of planning for 2024-25 and future years.

Day Treatment Team South –

1- offer a young onset dementia group in Thurrock 3 times a year.

2- invite clients to base for pre group assessments, hoping to minimise drop outs then to gauge accessibility and desire to complete.

3- expand after care of CST to continue establishing the living well with dementia peer support group.

North East Essex - Highlighted in Memory Service Spotlight Audit that CST groups are beneficial in NE Essex in supporting those patients diagnosed with a dementia. As part of the development plan from the Spotlight Audit the groups are to be delivered by the NE Essex Dementia Service team. Plans also for group to commence in Clacton area

Publication Scheme:

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<https://eput.nhs.uk>