



Your dementia journey





Sutton's Dementia Strategy (2025-2030) sets out how the Council and local organisations will increase support for people living with dementia in Sutton and their carers, enabling them to remain connected, live well and be independent for as long as possible.

The plan has been developed with residents and local health, care and voluntary organisations.

Why is a new Dementia Strategy needed?

There are more than 2,000 people aged 65 and over living with dementia in Sutton, yet only 74% have a diagnosis. The number of people with dementia in Sutton is expected to rise by 40% between 2023 and 2040.

Early symptoms of dementia often go unrecognised as they are thought to have other causes. This can lead to delays in people receiving a diagnosis and receiving the treatment and support they need.

To address this, we are making it easier for people with dementia and their carers and families to access information, services and activities that support them.

Our vision for dementia in Sutton

We will support people affected by dementia to live well throughout their lives, receiving a timely diagnosis and proper support at the right place and time.

Together, we will develop dementia-friendly communities that prioritise the people affected, putting their choices, dignity and what is important to them at the centre. We will achieve this through the Strategy's five priorities.

Our priorities



Preventing well



Diagnosing well



Living well



Caring well



Dying well

Preventing well

An estimated 45% of dementia is preventable and we will work to reduce this in Sutton.

Preventing well means we will work to raise awareness of the causes and risk factors of dementia.

Some things that make dementia more likely include high cholesterol, diabetes, smoking and excessive alcohol intake.

We will promote behaviour that reduces the risk of dementia, as well as highlight support to help residents live healthier lives.

Diagnosing well

Currently, around one in four people in Sutton with dementia do not have an official diagnosis.

The ‘diagnosing well’ priority aims to help residents to recognise the signs of dementia.

Symptoms of dementia include:

- Memory loss
- Difficulty concentrating
- Finding it hard to carry out familiar daily tasks
- Struggling to follow a conversation or find the right word
- Being confused about time and place
- Mood changes

We will work with the NHS and local community groups to help raise awareness of dementia symptoms and how to request or arrange a diagnosis.

We will also work to ensure that the views and observations of family members are respected when seeking a diagnosis.

Living well

We know that every person's dementia journey is different, and that people only want to have to tell their story once.

This is why we have launched a new Dementia Hub, which will provide residents with a single point of contact for support and advice at every step of the way.

We want residents to be able to access dementia-friendly activities and places, as well as care and support that helps people with dementia stay connected to their community and live independently for as long as possible.

We will look at ways to help people living alone with dementia and at risk of social isolation.

By working with local communities we will ensure that 'living well' with dementia also reflects local cultures and is accessible to all.



Caring well

‘Caring well’ is about providing extra resources, training and support for family, friends and unpaid carers who are providing crucial and often complex care to people with dementia.

We have listened to carer feedback and increased the availability of training for carers on topics including how to handle symptoms of dementia, navigating legal documents, planning for the future and looking after personal wellbeing.

As part of the Dementia Hub, Admiral Nurses will provide expert support to residents and their carers during their dementia journey.



Dying well

We aim to support people with dementia, their families and carers to start conversations about preferences for the end of life care early in their dementia journey.

The goal is for these decisions to be known and confirmed before a possible future point where the person with dementia is unable to express them.

People will have access to high-quality end of life care and to provide wellbeing support for those preparing for the loss of a loved one.



Key questions, answered

How can I reduce my risk of dementia?

While not all types of dementia can be prevented, experts agree that a healthy lifestyle can help reduce the risk of developing dementia.

In general, what's good for your heart is good for your brain, so things like being active, eating healthily, stopping smoking and reducing alcohol intake can reduce the risk of dementia.

Search “NHS dementia prevent” for more information.

A loved one is showing some of the signs of dementia, how can I get a diagnosis?

If you are worried or have concerns, make an appointment with their GP. The GP may undertake some basic tests and refer your loved one to the Memory Assessment Service or for a scan at the hospital to see whether there are any visible signs of changes in the brain.

Can I receive support from the Dementia Hub without a diagnosis?

If you do not have a formal diagnosis, you can still contact the Hub for advice and information about dementia.

How do I refer myself or a family member to the Dementia Hub?

Residents can self-refer by calling **020 4551 7337** or emailing **dementiahub@ageuksutton.org.uk**.

I am caring for someone with dementia but I am struggling. How can I access support and advice?

Contact the Dementia Hub who will discuss your circumstances with you and direct you to support services for carers, such as peer groups.

It may also be helpful to ask for a Carer Assessment from Sutton Council. This assessment is completed by a social worker who will discuss your caring role, the impact it has upon you and what support might be helpful to you. The assessment will also help to identify whether you might be eligible for a service from the Council or a carer's direct payment.

I want to find out more about dementia. Where can I find trustworthy sources of information?

You can find information locally through the Dementia Hub or visit the Sutton Information Hub website to find information on services for people with dementia and their carers. The NHS website has a section on dementia and you can also visit national charities, such as Alzheimer's Society and Dementia UK.

Can people with dementia and their carers be involved in implementing the Dementia Strategy?

Yes - the Strategy commits to giving people with dementia, their families and carers the opportunity to help shape the policies, activities and support that impact them.

We will be advertising these opportunities on the Council's website and newsletters, as well as through local community organisations.

Where can I read the full strategy?

The strategy is on our website - visit www.sutton.gov.uk and search for "**dementia strategy 2025**".



www.sutton.gov.uk