



# Dementia Roadmap

Helping primary care to support people with dementia

The Dementia Roadmap <http://dementiaroadmap.info> is a web based platform that provides high quality information about the dementia journey alongside local information about services, support groups and care pathways to assist primary care staff to more effectively support people with dementia and cognitive impairment, their families and carers.

The platform supports the creation of local Dementia Roadmaps pre-populated with a wide range of nationally relevant resources and groups, organised across the main topics reflecting the dementia journey. Following installation and introductory training local editors populate their roadmap with resources and groups that are relevant to their locality.

The Dementia Roadmap has been developed in a partnership between the Royal College of General Practitioners (RCGP) and the Department of Health (DH). It is hosted by Dementia Pathfinders Community Interest Company (CIC).

The Dementia Roadmaps deliver a range of benefits to GPs, primary health and social care professionals, people worried about their memory problems, people living with dementia, their carers and families.

The Dementia Roadmaps help people to:

- **Introduce questions about memory functioning** in scheduled visits and routine health checks and investigations for people identified as potentially at risk.
- **Assess and identify** patients who present with symptoms suggestive of dementia signposting them to relevant resources or services.
- **Reassure patients** and their carers/families at diagnosis and during the dementia journey by signposting them to local resources, information and support.
- **Promote positive messages** about remaining independent and living with dementia.
- **Prevent unnecessary admission to hospital** for patients with memory problems in crisis.

- **Provide support for carers** to maintain their health and wellbeing and provide opportunities for respite for the person they care for.
- **Support patients more efficiently**, thereby reducing multiple / repeat appointments.
- **Refer patients** onto specialist services where appropriate.
- **Keep accurate records** coding patients who present with memory problems appropriately; improving prevalence impacts positively on practice outcomes
- **Use case finding approaches** in primary care to identify patients with cognitive decline on the practice register in line with DES guidelines.

There has been support for and publicity about the value of having a Dementia Roadmap from Professor Alistair Burns, National Clinical Director Dementia NHS England, and in the Prime Minister's challenge on dementia 2020<sup>1</sup>.

Testimony from Dementia Roadmap users include:

*"We use the information within the Roadmap to reassure patients and their carers by signposting them to local support"*

*"The Roadmap is an incredibly useful resource for anyone wanting to know more about Dementia and the local services available"*

*"It's helping us to provide better support after diagnosis"*

*"I like the Roadmap as it incorporates practical tips, education and useful information in an easy to follow layout. As a carer it feels supportive and provides tools to look out for certain changes."*

To develop a Dementia Roadmap for your locality, please email us at [enquiries@dementiaroadmap.info](mailto:enquiries@dementiaroadmap.info)

Find out more about the Dementia Roadmap and keep in touch with progress via

- <http://dementiaroadmap.info/>
- [twitter.com/dementiaroadmap](https://twitter.com/dementiaroadmap)
- [facebook.com/dementiaroadmap](https://facebook.com/dementiaroadmap)
- [youtube/dementiaroadmap](https://youtube.com/dementiaroadmap)

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<sup>1</sup> Department of Health (2015) [Prime Minister's challenge on dementia 2020](#). London: DH.