

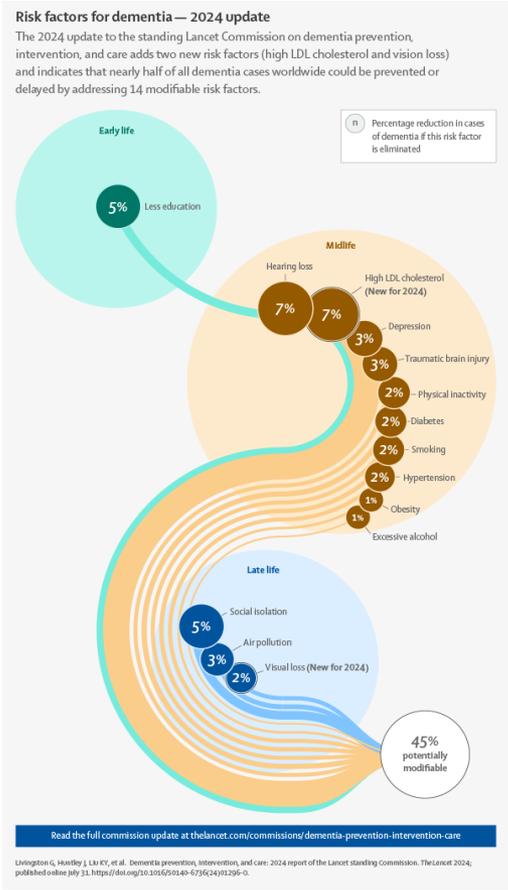
Dementia in Haringey Public Health

Jan 2026

Dementia: Definitions and National Picture

- Dementia is a term used to describe a range of cognitive and behavioural symptoms, including memory loss, problems with reasoning and communication, changes in personality, and reduced ability to carry out daily activities.¹
- The most common types of dementia are: Alzheimer's disease, vascular dementia, mixed dementia, dementia with Lewy bodies and frontotemporal dementia.¹
- The Alzheimer's Society estimates that there are 982,000 people over the age of 65 with dementia in the UK. This is expected to rise to 1.4 million by 2040.²
- Mild Cognitive Impairment (MCI) is characterised by objective cognitive impairment (but not severe enough to merit a diagnosis of dementia), and without a predictable pattern of progression. In general, over a period of three years, one third of people with MCI spontaneously improve, one third stay the same, and one third progress to dementia.³
- In 2023 1.3% of all people aged 65 and over registered with primary care had a diagnosis of MCI, which equates to 142,319 people.³

The Lancet Commission in 2024 highlighted that nearly half of all dementia cases worldwide could be prevented or delayed by addressing 14 risk factors across the life course



14 dementia risk factors

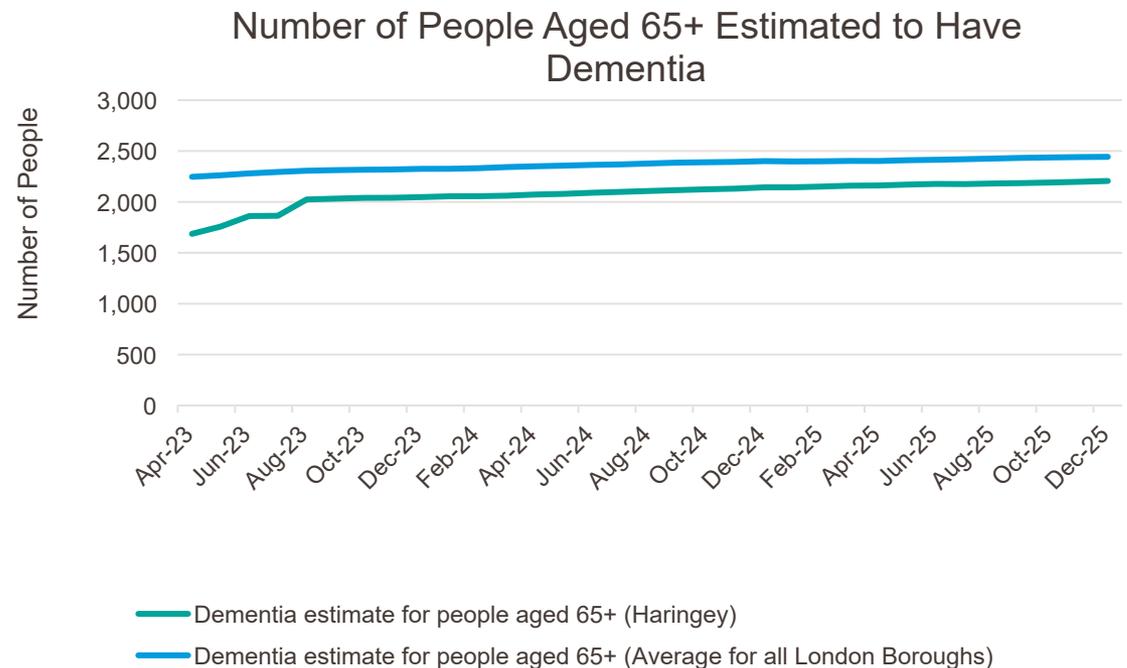
<p>1 Physical inactivity</p>	<p>2 Smoking</p>
<p>3 Excessive alcohol consumption</p>	<p>4 Air pollution</p>
<p>5 Head injury</p>	<p>6 Infrequent social contact</p>
<p>7 Less education</p>	<p>8 Obesity</p>
<p>9 Hypertension</p>	<p>10 Diabetes</p>
<p>11 Depression</p>	<p>12 Hearing impairment</p>
<p>13 High LDL cholesterol</p>	<p>14 Vision loss</p>

Dementia: Key Information in Haringey

- The risk of acquiring dementia increases with age. Dementia mainly affects older people. The likelihood of developing dementia roughly doubles every five years after the age of 65.¹
- 2,206 people aged 65 and over were estimated to have dementia in Haringey in December 2025.² This includes people without a formal diagnosis of dementia.
- 65% of people aged 65 and over living with dementia in Haringey in 2025 were estimated to have a formal diagnosis.³
- By 2045, projections suggest a 61% rise in people over 65 living with dementia - increasing to 3,156 people in Haringey.⁴

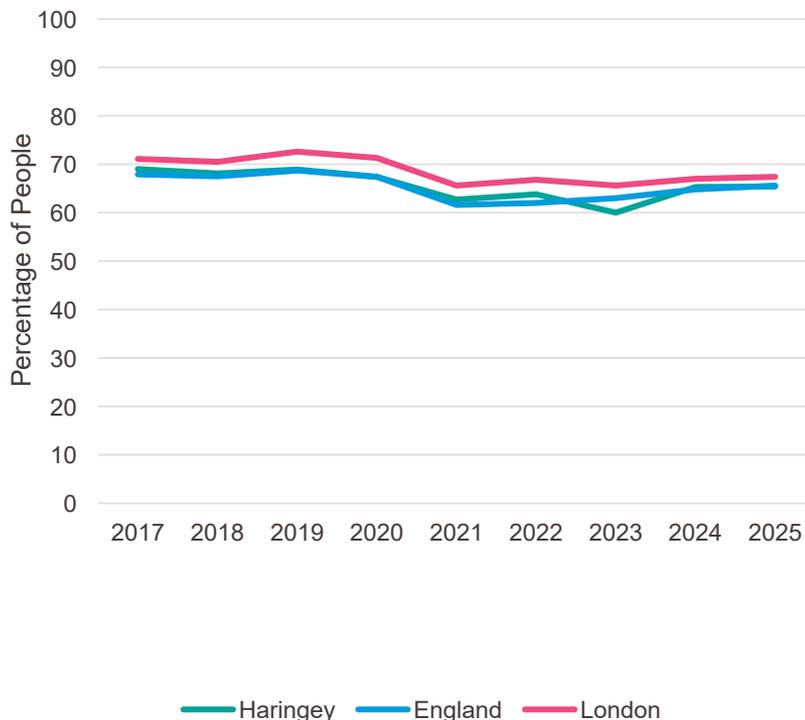
2,206 people aged 65 and over were estimated to have dementia in Haringey in December 2025.

- This includes people without a formal diagnosis of dementia.
- The number of people aged 65+ estimated to have dementia increased from 1,687 in April 2023 to 2,206 in December 2025, which equates to a 31% increase during this period.
- This reflects the impact of an ageing population on dementia prevalence.



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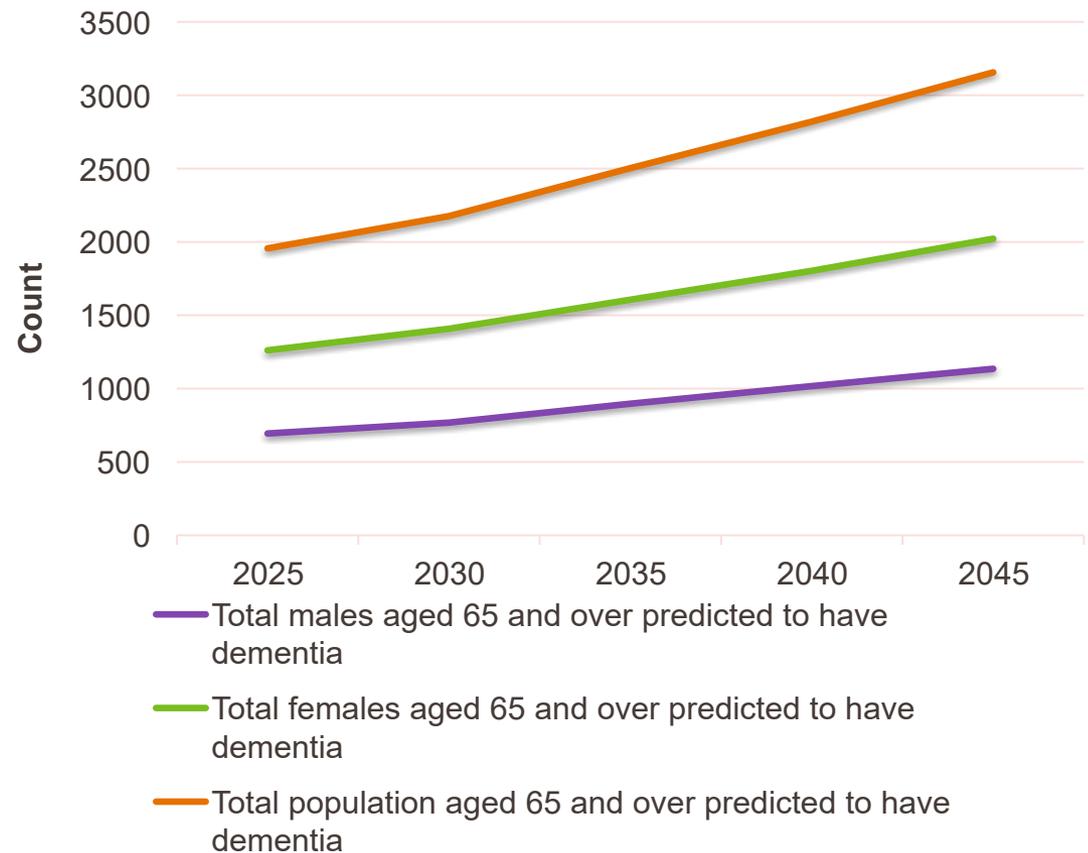
Proportion of People Aged 65+ Living With Dementia Estimated to Have a Formal Diagnosis



- This did not vary significantly from the dementia diagnosis rates for London and England.
- The proportion of people 65 or over living with dementia in Haringey who have a formal diagnosis has remained similar from 2017 to 2025.
- The number of people diagnosed is amenable to change - highlighting the importance of access to diagnostic services to enable early detection and access to support to live well with dementia.

By 2045, projections suggest a 61% rise in people over 65 living with dementia - increasing to 3,156 people in Haringey.

- As Haringey will see an increase in the number of older people over the next decade, the number of people affected by dementia is also expected to increase.
- The figure opposite shows that in 2045, 1,135 males are projected to have dementia compared to 2,022 females.

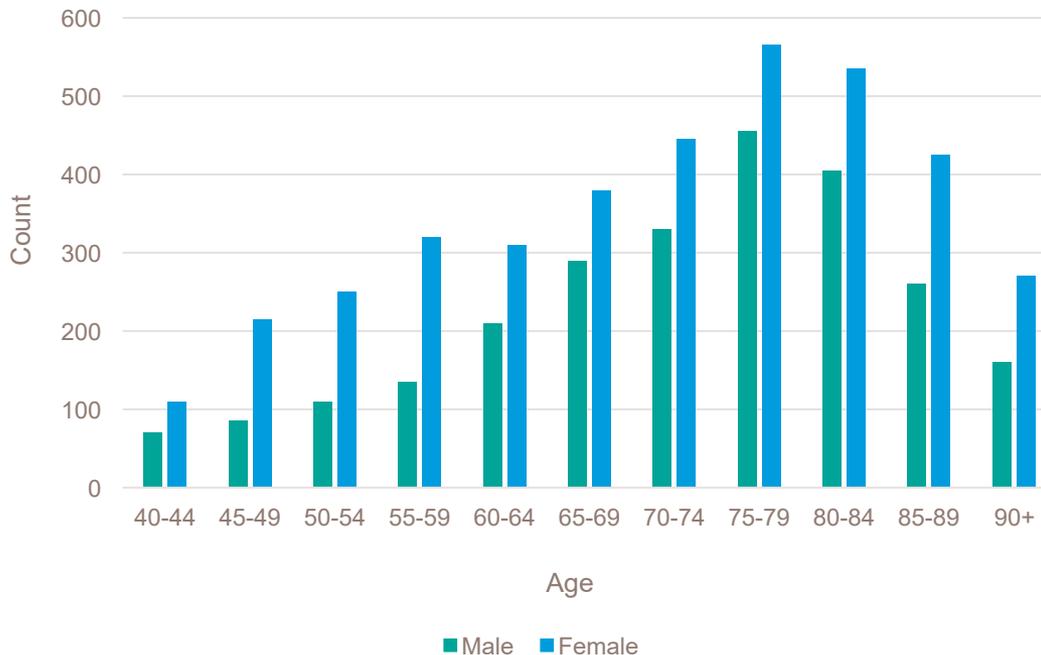


Why this matters for Haringey now!

- Dementia prevalence in Haringey is already increasing, driven by a growing older population, with a 61% projected rise by 2045.
- Dementia is a system-wide issue, impacting adult social care, primary care, community health services, voluntary sector support and unpaid carers.
- Later diagnosis is associated with higher levels of crisis, unplanned hospital admissions and increased reliance on formal care.
- Dementia has a significant impact on families and carers, with increased emotional, physical and financial pressures.
- Haringey's population profile means dementia intersects with inequalities, deprivation and long-term conditions, influencing outcomes and access to support.
- Early identification, coordinated pathways and community-based support are critical to helping people live well with dementia and reducing avoidable escalation.

Mild Cognitive Impairment: North Central London GP Practices

Mild Cognitive Impairment prevalence broken down by age and gender for North Central London ICB, December 2025



- GP practices also record the number of patients who have a diagnosis of mild cognitive impairment (MCI) without a recorded diagnosis of dementia.
- This information has been available for patients aged 40 and over since April 2024.

Mild Cognitive Impairment (MCI) – why it matters

- Mild Cognitive Impairment (MCI) describes measurable changes in memory or thinking that do not yet meet the threshold for dementia.
- MCI is a key early intervention point:
 - Some people remain stable
 - Some improve
 - Some progress to dementia
- Early identification of MCI enables monitoring, prevention activity and timely support, rather than crisis-led responses.
- Evidence shows that addressing modifiable risk factors (e.g. physical activity, cardiovascular health, social connection) can delay or reduce progression.
- MCI aligns strongly with the prevention and “ageing well” agenda, linking public health, primary care and community services.
- Focusing on MCI supports earlier planning, better outcomes for residents and reduced long-term system pressure.



Dementia Friendly Haringey

Clare Davies, Dementia Coordinator



DFH Overview

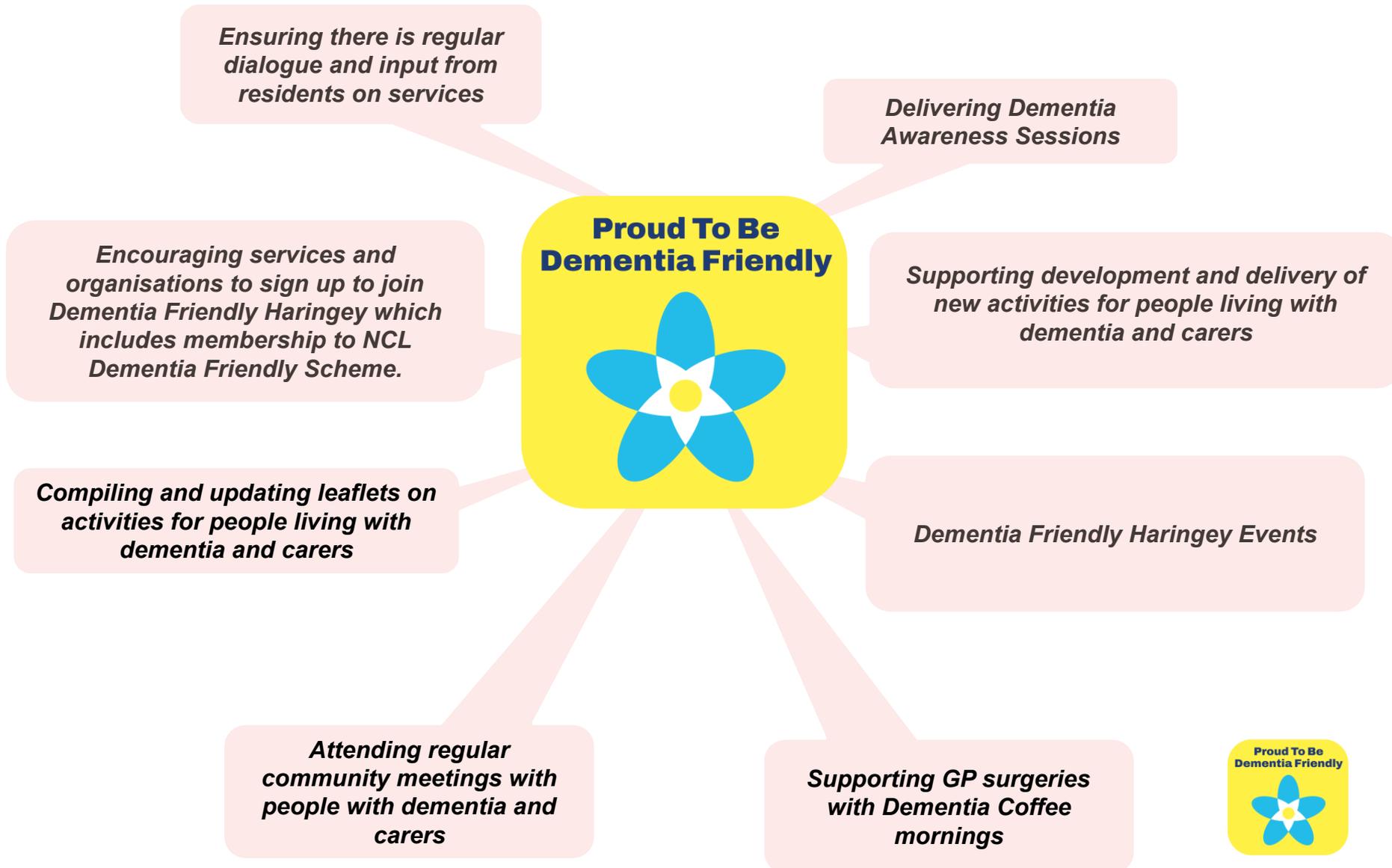
Dementia Friendly Haringey aims to make Haringey a place where people with dementia are understood, respected and supported.

Dementia-Friendly Haringey brings together people from across the council, health services, voluntary and community sector as well as residents committed to making the borough a friendly and accessible place for people living with dementia and their carers.

Dementia-Friendly Haringey's priorities are to create a place where people with dementia and their carers will:

- Be respected and experience a greater level of dementia awareness in the community
- Have greater access to health and social care support services
- Have access to a range of local social activities

How this is delivered



Proud To Be
Dementia Friendly



Haringey
LONDON

WEST

Tom's Club
Haynes

Hildene Court
Memory Cafe

Park Theatre
Dementia Friendly
Groups

Dementia Friendly
Wellbeing Walk

CENTRAL

Cognitive
Stimulation
Therapy
Cypriot Centre

TWPA Dementia
Awareness Group

Winkfield Memory
Cafe

EAST

Tom's Club
Chestnuts
Community
Centre

Singing for the
Brain
at Spurs

Sensing A Place
Bruce Castle
Museum



Dementia Friendly Haringey



Events,
Coffee mornings,
Meetings &
Activities

Further Information

Dementia Friendly Haringey Leaflets: Please see below links to our leaflets with full listings on groups and services for Dementia Activities, Dementia and Carers Support and Safeguarding and dementia.

[Dementia activities leaflet](#)

[Dementia and carers support leaflet](#)

[Safeguarding and dementia leaflet](#)

Dementia Reference Group Update for Health & Wellbeing Board Feb 2026

020 3196 1900
info@publicvoice.london
www.publicvoice.london

Dementia Reference Group – Who We Are



- The Dementia Reference Group (DRG) brings together:
- People living with dementia, mild cognitive impairment, or memory concerns
- Carers of people living with dementia
- Admiral Nurses and Memory Service staff
- Community Mental Health Teams and Specialist Dementia Service
- Haringey Dementia Co-ordinator and Haynes Dementia Hub Manager
- Dementia Lead Nurses from the Whittington and North Mid
- Reach & Connect Community Connectors
- Voluntary and community partners including the Cypriot Centre, Grace Centre and Community Hub
- Carers First and the Age Well team at the Integrated Care Board
- Spurs Foundation – Active Memories Team

- The DRG was established in 2022 and initially co-chaired by Paul Allen.
- Early objectives focused on improving dementia services and strengthening support for patients and carers following diagnosis.
- Initial priorities included:
 - 1. Early diagnosis and tackling social isolation through improved awareness.
 - 2. Developing community support including Carers' Coffee Mornings with Carers First.
 - 3. Encouraging self-care and positive lifestyle changes.
 - 4. Raising housing concerns including welfare checks for older residents.

Dementia Reference Group – Post-Diagnosis Support



- Key areas of focus beyond diagnosis include:
 - Strengthening early diagnosis pathways and reassessment support via district nurses
 - Establishing the Living Well Group for post-diagnosis support (Memory Service & Reach & Connect)
 - Expanding Memory Service support from diagnosis to end-of-life
 - Accelerating assessments for access to day services at Haynes Hub, Grace and Cypriot Centres
 - Rolling out Cognitive Stimulation Therapy (CST) and CST Maintenance sessions across Haringey

- The DRG has also worked on:
 - Safeguarding: addressing risks highlighted by carers, leading to a multi-agency meeting and new safeguarding leaflet
 - Providing feedback on the Dementia-Friendly Parks Audit
 - Suggesting improvements to primary care dementia reviews
 - Raising the need to fast-track joint tenancy processes for people with dementia

Dementia Reference Group – Current Issues in Care



- Carers now face increasing challenges with loved ones in hospital and care homes.

Hospital Care:

- Worked with Dementia Lead Nurses at Whittington and North Mid to highlight patient needs
- Staff shortages and inconsistent training contribute to poor patient experiences
- A DRG carer produced a report on poor A&E experience with recommendations

Care Homes:

- - Concerns over quality of care and activities offered
- - Quality Assurance team will attend next DRG meeting to discuss monitoring

Outstanding issues include:

- Following up on the NCL Dementia Review and borough-level disparities
- Increasing Admiral Nurse provision in Haringey
- Improving access to home adaptations and tenancy support
- Developing a Dementia Charter
- Improving support for Mild Cognitive Impairment (MCI)
- More support for young-onset dementia, including rare early cases
- Proposing a dementia hotline and support option on Social Services phone lines

**Haringey
Older Peoples
Dementia Services**

Victoria Unit
St Ann's Hospital

Haringey Memory Service

- The memory service accepts referrals for those over 65 for the assessment and diagnosis of dementia.
- Mainly a clinic-based service with some provision for home visit assessments if required.
- Most assessments are completed by doctors with some home visit assessments completed by the clinical specialist nurse.
- Mild Cognitive Impairment – discharged though contacted in a year and re-referral to service facilitated if appropriate.

Haringey Older Peoples Community Mental Health Team (CMHT)

- Referrals for people with a diagnosis of dementia and behavioural and psychological symptoms of dementia are seen in the CMHT.
- Specialist dementia service within the CMHT support patients with dementia with complex difficulties both living at home and in care homes.

Diagnosis to end of life model

- Camden and Islington have a diagnosis to end of life model in their memory service providing support to people with dementia living at home until the end of life. Service for those in care homes only includes assessment and diagnosis without longer term follow up.
- Work has been taking place since 2024 to provide longer term support for people with dementia within Haringey memory service.
- Quality Improvement project commenced in July 2024 with a target to have 50% of people with dementia living at home on the memory service caseload by April 2026. This target has been met.

Memory Service Transformation

- There has been a review of caseloads in the OPCMHT and some patients with dementia living at home requiring low level support have been moved to the memory service.
- Using existing funding, B7 clinical specialist nurse role created for the memory service and transfer of some B6 nurse time from OPCMHT to the memory service alongside movement of dementia caseload.
- Since August 2025, patients with dementia are no longer being discharged from the memory service and any dementia patients ready for discharge from OPCMHT are being transferred to the memory service rather than discharged to GP.
- Referrals also being taken from MACCT and SALT at point of discharge.

Post Diagnostic Reviews

- Telephone follow up 6 weeks post dementia diagnosis. If taking cognitive enhancer, further reviews arranged according to need until medication dose stabilised.
- Referrals made for cognitive stimulation therapy and other post diagnostic support (Toms Club, START, carers sessions)
- Patients on antipsychotics or with high need are offered a 3 monthly review with a nurse.
- Offer of nurse or OT led 6 monthly or annual reviews either face to face or on telephone, in clinic or at home according to patient and carer choice being offered. Some families supported by Admiral nurse.
- Patients will be stepped up to the specialist dementia service in Older People's Community Mental Health Team or in the future to the Older Adults home treatment team if unable to be managed within memory service due to increasing needs and risk and crisis.

Post Diagnostic Support

- One dementia navigator working in the memory service prioritises providing practical support to the most vulnerable with high social needs.
- No dementia advisors available through Voluntary Community Sectors for routine signposting is a gap in Haringey compared to other boroughs in North Central London.
- Expectation of the model would be for the annual reviews to be carried out by dementia navigator/advisors rather than qualified staff.
- Currently one B4 mental health practitioner available to carry out these reviews.
- 3-4 additional B4 level dementia advisors would be required to provide a similar service to Camden Memory Service.
- Insufficient capacity to support all patients living at home with dementia in Haringey without additional staff.

Post Diagnostic Interventions

- Toms Club – drop in for person with dementia and carers.
- Cognitive Stimulation Therapy – 10 weekly sessions running 3 to 4 times a year
- Living Well with Dementia Group – 2 introductory sessions for carers.
- Living with Memory Changes Group – for early dementia.
- START – 8 sessions for carers with psychology team
- Post diagnostic adjustment sessions with psychologist

Q&A