



Lewisham

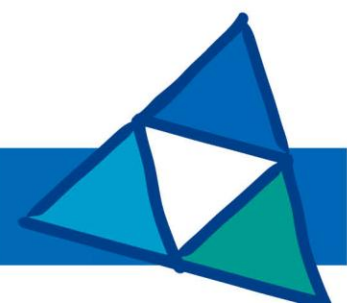
Clinical Commissioning Group

Growing for Mental and Physical Wellbeing – Commissioners' Point of View



 **Better health, best care**
for Lewisham people

Commissioning Cycle



Strategic Planning



- Needs Assessment
 - Gap- Analysis
- Existing Provisions
- Setting Priorities

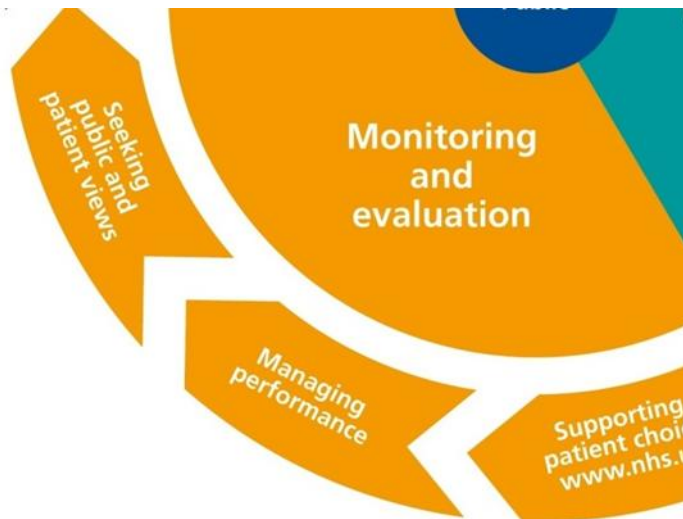


Procuring Services

- Capacity and Demand
- Evidence base
- Developing Services to meet local needs



Monitoring and Evaluation



- Quarterly Reports
- Annual Evaluation
 - Questionnaires
 - Case Studies
- Outcome Measures



Sydenham Garden

- Not commissioned but organic....
- What we now commission:
 - Sow & Grow (dementia)
 - Garden (adult mental health)



Why do we continue to commission services from Sydenham Garden?

- Measurable outcomes – healthy living
- Service user feedback – PROMS and PREMS
- Garden and De Frene – links to an extra step in the adult mental health pathway
- Alternatives to talking therapies
- Sow and Grow - highly rated by service users and their carers



Sow and Grow – Cognitive Stimulation Therapy (CST)

- CST helps the memory and thinking (cognitive) skills of people with mild to moderate dementia
- people with dementia who took part in CST said that there was an improvement in the quality of their daily life
- CST offers value for money (is cost effective)
- National Institute for Health and Care Excellence (NICE) and Social Care Institute for Excellence (SCIE) guidance (2006) recommends that people with mild to moderate dementia should be given the opportunity to take part in a CST programme.



Evaluating outcomes

- Examples of real life (as well as clinical) outcomes
 - Case studies can be powerful
- Tools for measurement of outcomes in adult mental health – some suggestions = Recovery Star + Work & Social Adjustment Scale
- Dementia is different
- Further collaborative work?

