



DementiaUK
Helping families face dementia

Dementia specialist Admiral Nurses



What is an Admiral Nurse?

Dementia UK is the only charity dedicated to caring for the whole family of a person with dementia, through our dementia specialist Admiral Nurse service.

We know that living with dementia can sometimes be a hard and lonely experience. When things get challenging or difficult for people with dementia and their families, Admiral Nurses work alongside them, giving the compassionate one-to-one support, expert guidance and practical solutions that can be difficult to find elsewhere. They're a lifeline - helping families to live more positively with dementia in the present, and to face the challenges of tomorrow with more confidence and less fear.

Admiral Nurses work in the community, visiting families at home, as well as in care homes, hospitals, GP surgeries, hospices, and on the Admiral Nurse Dementia Helpline.

How can an Admiral Nurse help me?

Admiral Nurses are all qualified nurses with a professional specialism in dementia. Their extensive clinical knowledge and experience means they can support families and people with dementia through the most complex of situations.

Admiral Nurses start with an assessment of the needs of each family, to get a full picture of what help and support they need. They then offer personalised and flexible support, from advising families on all aspects of dementia, such as managing symptoms including distressed behaviour and sleep disturbance, to giving advice on improving family communication and relationships. Admiral Nurses can also help families manage other health care issues such as frailty and end of life care.

Admiral Nurses can help co-ordinate a person's care, due to their understanding of the health and social care systems. They can advocate for families who might not know the best questions to ask, or who to ask them of, and can help families prepare for complicated

processes such as continuing healthcare assessments or finding suitable long term care.

Admiral Nurses focus on the family as a whole, including making sure carers have the support and skills they need. They equip carers with stress management techniques and coping strategies, and can help them to make contact with local respite services. They also provide specialist carer education and training.

Where can I find an Admiral Nurse?

Ask your GP if there is an Admiral Nurse service in your area, or look on our website to find local Admiral Nurse services:

dementiauk.org/get-support/find-an-admiral-nurse/

Anyone who has a question or concern about dementia, including Alzheimer's disease, is welcome to call the Admiral Nurse Dementia Helpline, for free, seven days a week on **0800 888 6678** or by email on: helpline@dementiauk.org

The Helpline is open from Monday to Friday, 9am-9pm, and at weekends, 9am-5pm.

Dementia UK was founded by the family of Joseph Levy CBE BEM. Joseph had vascular dementia and was known affectionately as Admiral Joe because of his love of sailing. Admiral Nurses were named in his honour.

We believe passionately that everyone who needs the support of an Admiral Nurse should have one, so increasing the number of Admiral Nurse services across the UK is our biggest priority. To help us, or to get support, visit dementiauk.org

The information in this booklet is written and reviewed by dementia specialist Admiral Nurses.

We are always looking to improve our resources, to provide the most relevant support for families living with dementia. If you have feedback about any of our leaflets, please email feedback@dementiauk.org

We receive no government funding and rely on voluntary donations, including gifts in Wills.

For more information on how to support Dementia UK, please visit dementiauk.org/donate or call **0300 365 5500**.

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If you're caring for someone with dementia or if you have any other concerns or questions, call or email our Admiral Nurses for specialist support and advice.

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Open Monday – Friday, 9am – 9pm

Saturday and Sunday, 9am – 5pm



dementiauk.org • info@dementiauk.org

Dementia UK, 7th Floor, One Aldgate, London EC3N 1RE
Dementia UK is a registered charity in England and Wales (1039404) and Scotland (SCO47429).