



DementiaUK
Helping families face dementia

Dementia specialist Admiral Nurses



What is an Admiral Nurse?

Admiral Nurses are specialist dementia nurses who are supported and developed by Dementia UK. They provide life-changing support for families affected by all kinds of dementia, including Alzheimer's disease.

We know that when you're facing dementia, life can feel overwhelming. Our nurses are here to help when you need it most. They help people living with dementia stay independent for longer, and give the people who care for them the confidence to face the future.

If you're struggling, our Admiral Nurses can help you take back control. They can support you in caring for the person with dementia so you have the strength to cope with the bad days, and the energy to enjoy the good days.

They have the time to listen, and the knowledge to solve problems. They are a lifeline for family and friends who care for people with dementia.

Our nurses work in the community, supporting people with dementia and their families at home. They also work in NHS hospitals and GP surgeries, and run our 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, advising families on all aspects of dementia, from managing symptoms, including distressed behaviour and sleep disturbance, to 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?

On our Helpline

Our Dementia Helpline is run by Admiral Nurses and is free to call on **0800 888 6678**. The Helpline is open on Monday to Friday between 9am and 9pm, Saturday and Sunday between 9am and 5pm, and on all Bank Holidays except Christmas Day.

All calls are confidential, and there's no time limit: you can talk for as long as you need.

You can also email our Admiral Nurse Dementia Helpline at helpline@dementiauk.org.

In your area

If you would like the support of one of our nurses in person, you can ask your GP if there is an Admiral Nurse service in your area, or look on our website to find services near you: dementiauk.org/get-support/find-an-admiral-nurse.

You can also ring our Helpline nurses, who will be able to help you find your nearest Admiral Nurse service.

Why are your nurses called Admiral Nurses?

Our nurses were named by the family of Dementia UK founder 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.

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.

Call **0800 888 6678** or email helpline@dementiauk.org

Open Monday – Friday, 9am – 9pm

Saturday and Sunday, 9am – 5pm



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Dementia UK is a registered charity in England and Wales (1039404) and Scotland (SCO47429).