

Who's who in dementia care?

If your loved one has dementia, you might be feeling overwhelmed. Who do you contact if their symptoms get worse? How can you make their home safer? Where can you turn in a crisis?

Chief Admiral Nurse and Dementia UK CEO Hilda explains some of the people you could meet on your dementia journey. Join the dots in dementia care below.



The GP

Your loved one's GP is always the first person to contact if their symptoms or general health change in any way. Their doctor can set up a referral to a specialist, review any medication or talk to the person with dementia about their health issues.



Memory specialists

If the person with dementia is referred to a memory clinic, you could meet a specialist memory nurse, a consultant, a neurologist, a psychiatrist with experience in dementia or a doctor who specialises in elderly care. The specialist you see will depend on the person's age, their dementia symptoms and local availability.



Carers

As the person's dementia progresses, they may need extra help, for example with washing, dressing or eating. A carer can visit them at home every day, a few days a week or provide 24-hour care. They can take on some of your caring responsibilities, making the time you spend with your loved one more enjoyable.



Social services

Social services can carry out a free needs assessment to identify what financial or practical support the person may need, like home equipment or carers.

Social services can also carry out a carer's assessment. This is to work out how caring affects **your** life and what could make it easier. Contact the GP or [local adult social services](#) to arrange either assessment.



Occupational therapist (OT) or physiotherapist

An OT or physiotherapist works with the person to identify any activities they find difficult and recommend ways to make them easier, such as making adaptations to their home. Ask the GP for a referral or talk to social services.



Nurses

A number of nurses can be involved in dementia care – GP practice nurses, specialist memory nurses, community psychiatric nurses, and us: dementia specialist **Admiral Nurses**. As experts in dementia, we're here to support you, by providing expert advice to help you cope.



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