

# Dementia specialist Admiral Nurses



### What is an Admiral Nurse?

Admiral Nurses are specialist dementia nurses who are supported and developed by Dementia UK. They support families affected by all types of dementia across all age groups, including young onset dementia (where symptoms develop before the age of 65).

Admiral Nurses focus on supporting the family as a whole, including any children or young people who are connected with the person with dementia.

Admiral Nurses are all registered nurses, and work in a variety of different settings including:

- Dementia UK's free Helpline (please see p4)
- virtual clinic appointments by phone or video call (please see p4)
- local communities
- hospitals
- hospices
- care homes

Admiral Nurses host Dementia UK's free online sessions, 'Dementia: what next?' – please see p4. They also help create every piece of dementia information on our website: please visit [▶ dementiauk.org/information-and-support](https://dementiauk.org/information-and-support)

### How can an Admiral Nurse help?

Admiral Nurses provide tailored emotional and practical support with all aspects of dementia. They make sure carers have the strategies and skills they need to support the person living with dementia, for example:



- communication skills and techniques
- support with preventing or managing changes in behaviour
- advice on understanding and applying for financial benefits
- emotional and psychological support
- planning for the future
- signposting to other services like support groups and respite care
- choosing care and support and managing transition into a care home

Admiral Nurses can help families build links with other health and social care professionals and coordinate the different services that may be involved in supporting the person with dementia.

In addition, Admiral Nurses support other health and social care professionals to develop their dementia skills and knowledge so they too can better support the people they work with.

## 4 Dementia UK

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### How to contact an Admiral Nurse

#### **‘Dementia: what next?’ online sessions**

If you are caring for someone with dementia or living with the condition yourself, you can register for our free online sessions, ‘Dementia: what next?’ These are hosted by Admiral Nurses and cover topics like types of dementia, symptoms, financial and legal issues and planning for the future. Sign up at [▶ dementiauk.org/dementia-what-next](https://dementiauk.org/dementia-what-next)

#### **Dementia UK Helpline**

Our national Helpline is run by Admiral Nurses. It is ideal if:

- you need immediate support
- you would like to speak to an Admiral Nurse in the evening or at the weekend

All calls are free and confidential.

Call: 0800 888 6678

Email: [▶ helpline@dementiauk.org](mailto:helpline@dementiauk.org)

Opening hours: Monday to Friday 9am–9pm; and Saturday, Sunday and bank holidays 9am–5pm (except 25<sup>th</sup> December).

Our Helpline can be busy, so if you cannot get through, please leave a voicemail message and an Admiral Nurse will return your call as soon as possible.

#### **Virtual clinic appointments**

Our virtual clinic offers pre-booked appointments with an Admiral Nurse by phone or video call on Microsoft Teams or Zoom. Virtual clinic appointments last 45 minutes and are ideal if:

- you have a more in-depth question

- you wish to arrange a call at a time that is convenient to you, for example when someone else can sit with the person with dementia
- family members or other people who care for the person would like to attend the appointment together, even if they are not near each other geographically

Book at [dementiauk.org/book](https://dementiauk.org/book)

### **Consultant Admiral Nurses**

Consultant Admiral Nurses have specific expertise in certain aspects of dementia. They offer expert advice, support and education to people living with dementia and their carers who have complex needs that fall within their area of specialism.

Dementia UK has Consultant Admiral Nurses for:

- Children and Young People
- Frailty
- Lewy Body Dementia (in association with the Lewy Body Society)
- the LGBTQ+ Community
- Sport and Dementia
- Young Onset Dementia

They also provide specialist advice and education to other Admiral Nurses and health and social professionals. They are ambassadors for their area of specialism and undertake research to inform and shape dementia care.

If you would like the support of a Consultant Admiral Nurse, please contact our Helpline for more information and to find out if you meet the referral criteria.

### **In your area**

Community Admiral Nurse services support families with complex needs relating to dementia. Appointments may take place in your own home or in a setting like a GP surgery.

Your GP or social worker can tell you if there is an Admiral Nurse service in your area and discuss whether you or your family meet the referral criteria. You can also contact the Helpline to find out if there is an Admiral Nurse service local to you.

### **In hospital**

Please ask the nurse in charge of the ward if there is an Admiral Nurse service within the hospital, or phone the Helpline for information.

### **In a care home or hospice**

The care home/hospice manager will be able to tell you if there is an Admiral Nurse linked to the home or hospice.

### **Why Admiral Nurses?**

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



## Sources of support

If you are caring for someone with dementia or living with the condition yourself, you can register for our free online sessions, ‘Dementia: what next?’ at

➤ [dementiauk.org/dementia-what-next](https://dementiauk.org/dementia-what-next)

To speak to an Admiral Nurse on our free Helpline, call **0800 888 6678** (Monday-Friday 9am-9pm, Saturday and Sunday 9am-5pm, every day except 25<sup>th</sup> December) or email ➤ [helpline@dementiauk.org](mailto:helpline@dementiauk.org)

If you prefer, you can book a phone or video call with an Admiral Nurse at a time to suit you: please visit ➤ [dementiauk.org/book](https://dementiauk.org/book)

## Dementia UK resources

### Information and support resources

➤ [dementiauk.org/information-and-support](https://dementiauk.org/information-and-support)

### Advice leaflets to read online, download or order

➤ [dementiauk.org/our-leaflets](https://dementiauk.org/our-leaflets)

### About dementia

➤ [dementiauk.org/about-dementia](https://dementiauk.org/about-dementia)

### Looking after yourself as a carer

➤ [dementiauk.org/looking-after-yourself-as-a-carer](https://dementiauk.org/looking-after-yourself-as-a-carer)

### Support around a diagnosis

➤ [dementiauk.org/specialist-diagnosis-and-support](https://dementiauk.org/specialist-diagnosis-and-support)

**To speak to a dementia specialist Admiral Nurse  
about any aspect of dementia:**

Contact our Helpline:  
**0800 888 6678** or [👉 helpline@dementiauk.org](mailto:helpline@dementiauk.org)

Book a virtual appointment:  
[👉 dementiauk.org/book](https://dementiauk.org/book)

**Our charity relies entirely on donations to fund our  
life-changing work. If you would like to donate to help us  
support more families:**

- Call **0300 365 5500**
- Visit [👉 dementiauk.org/donate](https://dementiauk.org/donate)
- Scan the QR code

**Thank you.**



**DementiaUK**  
Helping families face dementia



**dementiauk.org • info@dementiauk.org**

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