



**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.

Admiral Nurses provide families with tailored clinical advice and psychological support.

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

Admiral Nurses work in a variety of different settings including local communities, hospitals, hospices and care homes. Admiral nurses also work on Dementia UK's Helpline and in virtual clinics, offering appointments by phone or video call.

## 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 people with dementia and their families through the most complex of situations.

They start with a personalised assessment of each family, and then provide tailored support with all aspects of dementia, from dealing with symptoms like distressed behaviour and sleep problems to stress management and coping strategies.

They focus on the family as a whole, including making sure carers have the support and skills they need. They can provide specialist carer education or training programmes, and help families access respite care and vital support services.

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

They can advocate for families who are navigating complex care systems and help them prepare for complicated processes such as applying for funding and benefits.

## Where can I find an Admiral Nurse?

### On our Helpline

Our national Dementia Helpline is run by Admiral Nurses and is free to call on **0800 888 6678**. The Helpline is open Monday to Friday between 9am and 9pm, Saturday and Sunday between 9am and 5pm, and on all Bank Holidays except 25<sup>th</sup> December.

All calls are confidential. You can also email [helpline@dementiauk.org](mailto:helpline@dementiauk.org)

### In Closer to Home virtual clinics

Our virtual clinics offer appointments with an Admiral Nurse by phone or Zoom. Appointments last 45 minutes and can be booked at [dementiauk.org/closer-to-home](https://dementiauk.org/closer-to-home)

### In your area

Community Admiral Nurse services support families with complex needs relating to dementia.

If you would like the support of one of our nurses in person, you can ask your GP or social worker if there is an Admiral Nurse service in your area and if you or your family member meet the referral criteria, or ring our Helpline for information.

### 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.

The information in this leaflet is written and reviewed by dementia specialist Admiral Nurses. We hope you find it useful. If you have feedback, please email [feedback@dementiauk.org](mailto:feedback@dementiauk.org)

**Publication date: August 2022**

**Review date: August 2024**

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**We want to ensure no one has to face dementia alone – and we can only do this because of our generous supporters. If you would like to help, please consider making a kind gift.**



To donate: call **0300 365 5500**,  
visit [dementiauk.org/donate-to-support](https://dementiauk.org/donate-to-support)  
or scan the QR code.  
Thank you.S



If you have questions or concerns about any aspect of dementia, please contact our Admiral Nurses.  
Helpline: **0800 888 6678** or [helpline@dementiauk.org](mailto:helpline@dementiauk.org)  
Virtual clinics: [dementiauk.org/book-a-clinic-appointment](https://dementiauk.org/book-a-clinic-appointment)



**[dementiauk.org](https://dementiauk.org) • [info@dementiauk.org](mailto:info@dementiauk.org)**

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