



DementiaUK

Helping families face dementia

**Dementia specialist
Admiral Nurse clinics
Victoria Medical Centre
Eastbourne**



Dementia specialist nurse clinics

Living with dementia can be challenging and confusing. The person with the diagnosis might feel afraid about what they may have to face in the future. And the people around them might be unsure how best to support them, and where to turn for help.

This is where Dementia UK comes in. We're the only UK charity dedicated to helping families face dementia through our dementia specialist nurses – Admiral Nurses.

Dementia UK are offering appointments with Admiral Nurses to people who care for someone with dementia who has complex needs.

What is an Admiral Nurse?

Admiral Nurses provide the specialist support that families need to face dementia. When things get challenging or difficult, our Nurses work with families and carers to support people with dementia, their families and carers: giving the compassionate one-to-

one support, expert guidance and practical solutions that can be hard to find elsewhere.

Admiral Nurses are continually trained, developed and supported by Dementia UK. Families that have their support have someone truly expert and caring by their side - helping them to live more positively with dementia in the present and to face the challenges of tomorrow with more confidence and less fear.

Admiral Nurse dementia clinics

Admiral Nurse clinic appointments give families the opportunity to seek specialist advice, support and clinical guidance about dementia, in confidence. The Admiral Nurses have the skills, knowledge and experience to talk about:

- understanding the diagnosis and advice on next steps
- practical tips and advice for caring for a loved one with dementia
- feelings of loss and grief
- exploring work/life balance when caring for someone



Gary Burnham-Jones,
Eastbourne Clinic
Admiral Nurse

- advice on complex issues, such as dealing with false beliefs, distressed behaviour, and family conflict
- managing changes in personality and behaviour
- exploring strategies to improve the carer's mental and physical wellbeing
- signposting to further services
- guidance with finance, legal and benefits matters
- planning for the future and decision making
- transition into nursing or residential home
- hospital/care home concerns
- supporting the carer in identifying risk and keeping the person with dementia safe

This list is by no means exhaustive. There are as many different circumstances as there are families facing dementia. Admiral Nurses take the time to truly listen to a family's situation, and suggest methods to deal with symptoms and coping strategies for the challenges dementia can bring.



How do you define complex care needs?

- Where there is a high risk of carer breakdown/stress and lack of support services involved
- When the person with dementia has been admitted to hospital twice within the last six months, or is at high risk of needing to go into hospital because of their dementia
- Where there is a conflict between the needs and wishes of the carer and person with dementia
- Where the carer is struggling to understand or come to terms with the diagnosis, and how this affects the person with dementia and themselves
- Where the carer is finding it hard to understand the needs of the person with dementia

- Where the family affected by dementia doesn't have family or friends close by who can help, or when the family needs help to identify what support they need and how to access it
- Where the carer would benefit from training, information and advice, and emotional support for dealing with issues such as carer fatigue, loss, changes in their role and relationships, understanding and managing challenging symptoms and behaviour etc.
- Where the family needs support making decisions about advance care planning or end of life care

Dementia UK has advice and information about dementia, symptoms and coping strategies at: dementiauk.org

Who can access this service?

You can access this service if you're a carer supporting someone who is living with dementia and you've registered with Victoria Medical Centre in Eastbourne.

If you're not registered with an eligible GP Practice, but you have any questions or concerns about dementia, you can speak with one of Dementia UK's nurses on the free Admiral Nurse Dementia Helpline.

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

The Helpline is open seven days a week, Monday-Friday 9am-9pm and at weekends 9am-5pm.

When is the Admiral Nurse service available?

Clinic appointments will typically be available Monday to Friday 9am-5pm. However, it may be possible to book an appointment outside of these core hours to meet the needs of family carers.

Feedback

If you have any feedback you would like to make following your appointment, or about this service please email us at clinicsfeedback@dementiauk.org

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By engaging with the service you are agreeing to our terms and conditions and privacy notice, both of which can be found on our website. If you have any difficulty accessing these, you must tell us before your clinic appointment.

Dementia UK registered in England and Wales with company number 02944156 and charity number 1039404. Registered office: 7th Floor, 1 Aldgate, London EC3N 1RE

Contact the Eastbourne Admiral Nurse clinic:

Victoria Medical Centre

Call **01323 407 837**

Email sussexanclinic@dementiauk.org

Sources of support

Dementia UK produces leaflets on many different aspects of living with dementia, from practical advice on finances and planning for the future, to understanding symptoms such as Sundowning, delirium, and false beliefs and delusions.

Visit our website at dementiauk.org/get-support/our-leaflets to read, download or order these, or ask your Admiral Nurse for those relevant to your situation.



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).