

## Dementia specialist Admiral Nurse service

## Transition of Care service, St James's University Hospital

In collaboration with Leeds and York  
Partnership NHS Foundation Trust

  
The Leeds  
Teaching Hospitals  
NHS Trust



## Dementia specialist nurse clinics

Living with dementia can be challenging and confusing. The person with the diagnosis might be worried 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 are the only UK charity dedicated to helping families face dementia with support from our specialist dementia nurses – Admiral Nurses.

These nurses offer appointments for people who care for someone with dementia who has complex needs.

## What is an Admiral Nurse?

Admiral Nurses are specialist dementia nurses. They provide life-changing support for families facing dementia, helping to prevent or manage complex issues. They can give tailored health advice and emotional support and help build links with other health and care professionals. For many

families, they can be a lifeline.

Admiral Nurses work in local communities, including making home visits to families who meet the referral criteria (see p4). They also work in GP practices and NHS hospitals, care homes, and hospices. They run our Dementia Helpline and clinics, offering appointments by telephone or video call – please see p5 for details.

## Admiral Nurse dementia services

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

- practical tips and advice on caring for a loved one with dementia
- coping strategies for families who are finding caring difficult
- feelings of loss and grief
- work/life balance when caring for someone

- coping with complex issues such as false beliefs, distressed behaviour, and family conflict
- managing changes in personality and behaviour
- strategies to improve the carer's mental and physical wellbeing
- signposting to other local and national dementia support services
- planning for the future and decision-making
- transition into a nursing or residential home
- support during and after a stay in hospital
- identifying risk and keeping the person with dementia safe

This list is by no means exhaustive. Every family living with dementia has its own unique circumstances. Admiral Nurses take the time to truly listen to each family's situation, and suggest methods to deal with symptoms and coping strategies for the challenges dementia can bring.

### Who can access this service?

The St James's University Hospital Transition of Care Admiral Nurse service is available to carers of people with dementia who are experiencing complex needs. Please see p5 for some examples of complex needs.

Carers of a person living with dementia who is an inpatient in St

**Carla Rogers and  
Debbie Foster,**  
Admiral Nurses





James's University Hospital can refer themselves to the Admiral Nurse service by email, or can be referred by their GP or another health or social care professional working in dementia care and support.

People living with dementia who are an inpatient at St James's University Hospital can be referred via email by any member of the multi-disciplinary team (MDT) involved in their care.

## Referral criteria

The person must have either a confirmed diagnosis of dementia or a highly likely diagnosis, and meet one or more of the following referral criteria:

- significant difficulty for the person with dementia and/or their carer in accepting the diagnosis, which may result in psychological stress and affect their wellbeing
- significant other physical or mental health conditions in the carer or the person with dementia, leading to the needs of the carer or person with dementia not being met
- pre-existing or newly diagnosed mental health conditions which are being exacerbated by the caring role
- changes in behavioural and psychological symptoms in the person with dementia resulting in carer stress, for example

agitation, disinhibition and anxiety

- complex family dynamics affected by the diagnosis
- need for Advance Care Planning (making plans for future care and treatment)

The St James's University Hospital Transition of Care Admiral Nurse service is available to people with

dementia who are inpatients at St James's University Hospital.

## What to do if you don't meet the referral criteria

If you don't meet the referral criteria for the Admiral Nurse service at this time but you have questions or concerns about dementia, you can speak to an Admiral Nurse on Dementia

### What are complex needs?

Every family has its own experience of dementia, but here are some examples of complex needs.

- The person with dementia has been admitted to hospital in the past six months
- The person is at high risk of needing to go into hospital because of their dementia
- The carer is struggling to understand the diagnosis of dementia and how it affects the person
- The carer is under significant stress and at risk of a breakdown
- The carer needs support with managing challenging behaviour in the person with dementia
- The family needs support with Advance Care Planning
- The person with dementia and their carer disagree about the person's care and treatment
- The person with dementia is approaching the end of life



UK's national Helpline. Call **0800 888 6678** or email [helpline@dementiauk.org](mailto:helpline@dementiauk.org)

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

Alternatively, you can visit [dementiauk.org/closer-to-home](https://dementiauk.org/closer-to-home) to book a phone or video appointment with an Admiral Nurse at a time that suits you.

You can also find advice and information about dementia, symptoms and coping strategies at [dementiauk.org](https://dementiauk.org)

If you are unsure whether you meet the referral criteria, please contact the Admiral Nurse service for advice, using the details below.

Please be aware that as your needs and the needs of the person you care for change, you may become

eligible for the service. In this case, please contact your GP again or get in touch with the Admiral Nurse service using the details below.

## When is the Admiral Nurse service available?

Appointments and/or visits will typically be available Monday-Friday 8am-4pm.

If you or the person you care for would like more advice about the St James's University Hospital Transition of Care Admiral Nurse service, including whether you meet the referral criteria, please email [admiralnurseteam.lypft@nhs.net](mailto:admiralnurseteam.lypft@nhs.net)

**If we are unable to support you at this time, we can signpost you to other local and national dementia support services that may be able to help.**





**Contact the St James's University Hospital Transition of Care Admiral Nurse service:**

Email [admiralnurseteam.lypft@nhs.net](mailto:admiralnurseteam.lypft@nhs.net)

## **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](https://dementiauk.org/get-support/our-leaflets) to read, download or order these.

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: February 2023**

**Review date: February 2025**

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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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Dementia UK is a registered charity in England and Wales (1039404) and Scotland (SC 047429).