Admiral Nurse

What is an Admiral Nurse?
Admiral Nurses are specialist dementia nurses who give expert practical, clinical and emotional support to families living with dementia, to help them cope.

They are registered nurses with significant experience of working with people with dementia before becoming an Admiral Nurse.

They work in communities, helping people with dementia to stay at home for longer. In North Tyneside the Admiral Nurse works within the Dementia Services team at Age UK North Tyneside.

How can an Admiral Nurse help me?
If you have a diagnosis of dementia or you are a carer/relative of someone who does, an Admiral Nurse can:

- Provide specialist practical advice, and emotional & psychological support from diagnosis to post bereavement, helping you deal with your feelings and learn coping strategies
- Be your single point of contact, helping to join up different parts of the health & social care system and meeting your needs in a coordinated way
- Give you the knowledge to understand dementia and its effects, and the skills to improve how you communicate with someone living with dementia
- Offer advice on referrals to other services and liaise with health & social care professionals on your behalf, sharing best practice with them so that you get the best care possible. This could include referral to other members of Age UK North Tyneside’s Dementia Services team
- Support you at difficult times in your dementia journey, including when the condition progresses, or when tough decisions need to be made, such as moving a family member into residential care

How can I speak to an Admiral Nurse?
If you live in North Tyneside call Rachel Watson, Admiral Nurse at Age UK North Tyneside on 0191 280 8484

If you live outside of the area call Admiral Nursing Direct, Dementia UK’s national helpline 0800 888 6678 or email direct@dementiauk.org
Phone lines are open Monday to Friday 9.00 a.m. to 9.00 p.m.
Saturday and Sunday 9.00 a.m. to 5.00 p.m.