



DementiaUK

Helping families face dementia



**Dementia specialist
Admiral Nurse clinics
Chinese Welfare Trust**

**London boroughs of Barnet,
Brent, Camden, Tower Hamlets
and Westminster**



Specialist dementia 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're the only UK charity dedicated to helping families face dementia through our specialist dementia nurses – Admiral Nurses.

Dementia UK offers appointments with these nurses to people who care for someone with dementia who has complex needs. Please see p3 for some examples of 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. They also work in hospitals and hospices, in clinics, and on the free national Dementia Helpline (see p8 for details).

Admiral Nurse clinics

Admiral Nurse clinic appointments give families the opportunity to seek specialist advice, support and clinical guidance about dementia, in confidence. 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
- 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 a 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.

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 at least twice 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



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.

Who can access this service?

The Chinese Welfare Trust Admiral Nurse clinic is available to people with dementia and/or their carers who are of Chinese or South East Asian origin and are experiencing complex needs relating to dementia.

The person with dementia and/or their carer must live in, be

registered with a GP in, or be a member of one of our local community partners in the London boroughs of:

- Barnet
- Brent
- Camden
- Tower Hamlets
- Westminster

The Chinese Welfare Trust clinic's Admiral Nurse is Emily Ka-Hei Lui, who can communicate in Cantonese and Mandarin.

To find out if you meet the referral criteria for the Chinese Welfare Trust Admiral Nurse clinic, please

call **020 3870 9350** or email
CWTANclinic@dementiauk.org

You can also ask your GP, nurse or social worker to refer you.

If you live outside these areas and need support with any aspect of dementia, you can speak to one of Dementia UK's nurses on the free national Admiral Nurse Dementia Helpline. Call **0800 888 6678** or email **helpline@dementiauk.org**

The Helpline is open Monday-Friday 9am-9pm and Saturday and Sunday 9am-5pm.

Alternatively, you can visit **dementiauk.org/closer-to-home** to book a phone or video

appointment with an Admiral Nurse at a time that suits you.

When are Admiral Nurse clinic appointments available?

Appointments are available Monday to Friday 9am-5pm (subject to local variation in hours).

Feedback

If you have any feedback you would like to make following your appointment or about the Admiral Nurse clinic, please email us at **clinicsfeedback@dementiauk.org**

Contact the Chinese Welfare Trust Admiral Nurse clinic:

Call **020 3870 9350**

Email **CWTANclinic@dementiauk.org**

Website: **dementiauk.org/admiral-nurse-clinics/#chinese**



Emily Ka-Hei Lui, Admiral Nurse, Chinese Welfare Trust, London
Emily can communicate in Cantonese and Mandarin



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.

Some of our leaflets are also translated into Chinese:

Chinese (traditional)

What is dementia?

dementiauk.org/what-is-dementia-chinese

Admiral Nurses

dementiauk.org/admiral-nurse-chinese

Chinese (simplified)

What is dementia?

dementiauk.org/what-is-dementia-simplified-chinese

Admiral Nurses

dementiauk.org/admiral-nurse-simplified-chinese

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

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



dementiauk.org • info@dementiauk.org

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Dementia UK is a registered charity in England and Wales (1039404) and Scotland (SCO47429).