

# **Supporting Carers with Peripatetic Specialist Admiral Nurse Clinics in the UK**

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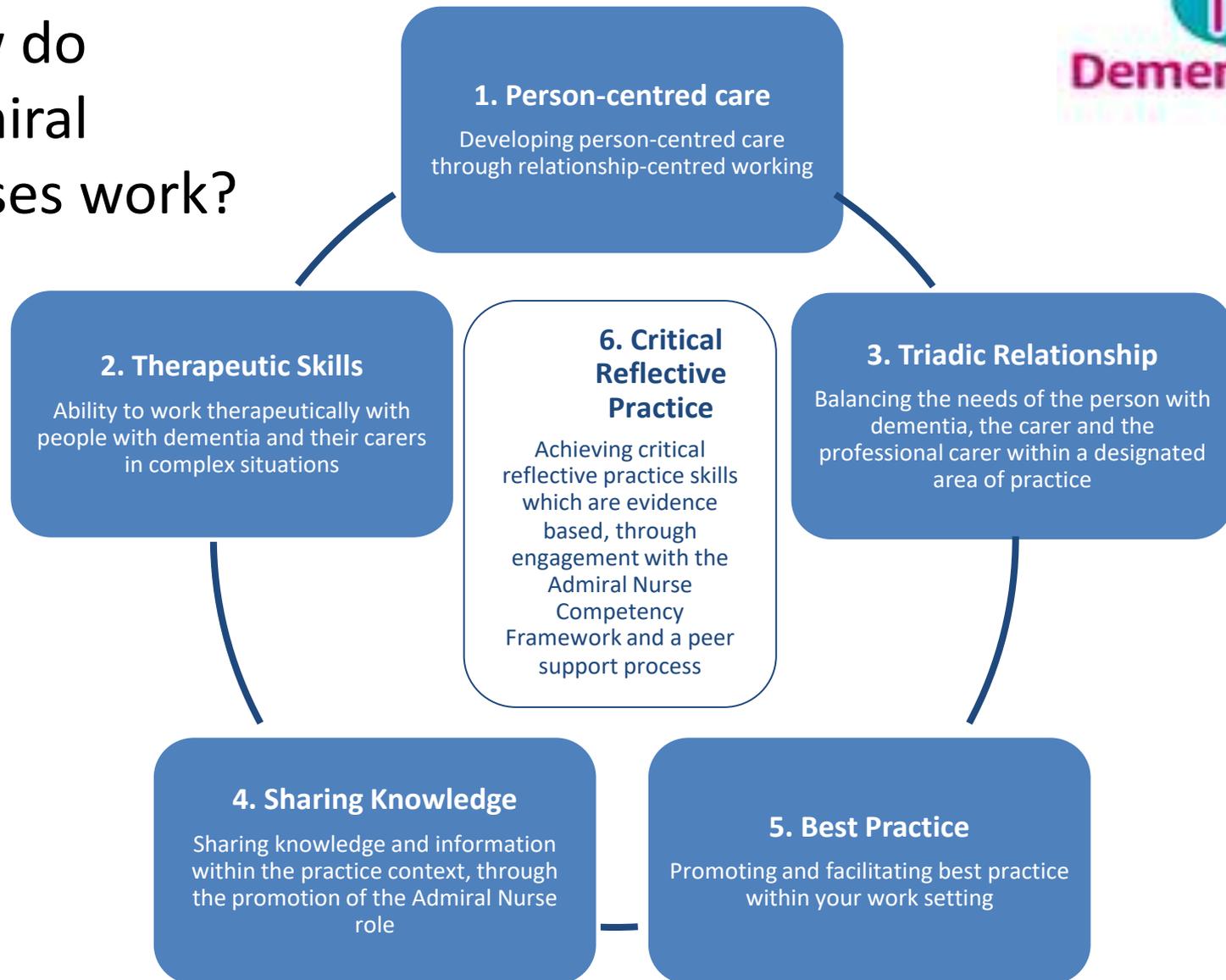
# What are Admiral Nurses?

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, and have significant experience of working with people with dementia before becoming an Admiral Nurse.

Most work for the NHS in communities, helping people with dementia to stay at home for longer. They also work in other settings, including care homes, hospitals and hospices.

# How do Admiral Nurses work?



# Reason for Peripatetic clinics?

- Further development from successful national Alzheimer's Show Admiral Nurse 1:2:1 clinics
- Opportunity for host organisation to improve support for workforce and carers needs
- Support local fundraisers by offering clinics in rural communities
- Pilot new Admiral Nurse model in the workplace, and through Rural clinics
- Identify carers within workplace
- Provide on site Dementia care Admiral Nurse access
- Opportunity to understand carers needs better within workplace
- Reduce carers need to take time off for external appointments
- Extend Admiral Nurse clinics access to public in local environments
- Help identify long term strategy for host organisation in supporting carers
- Liaise with other potential host organisations to develop services

# Peripatetic clinic-The workplace-How it works....

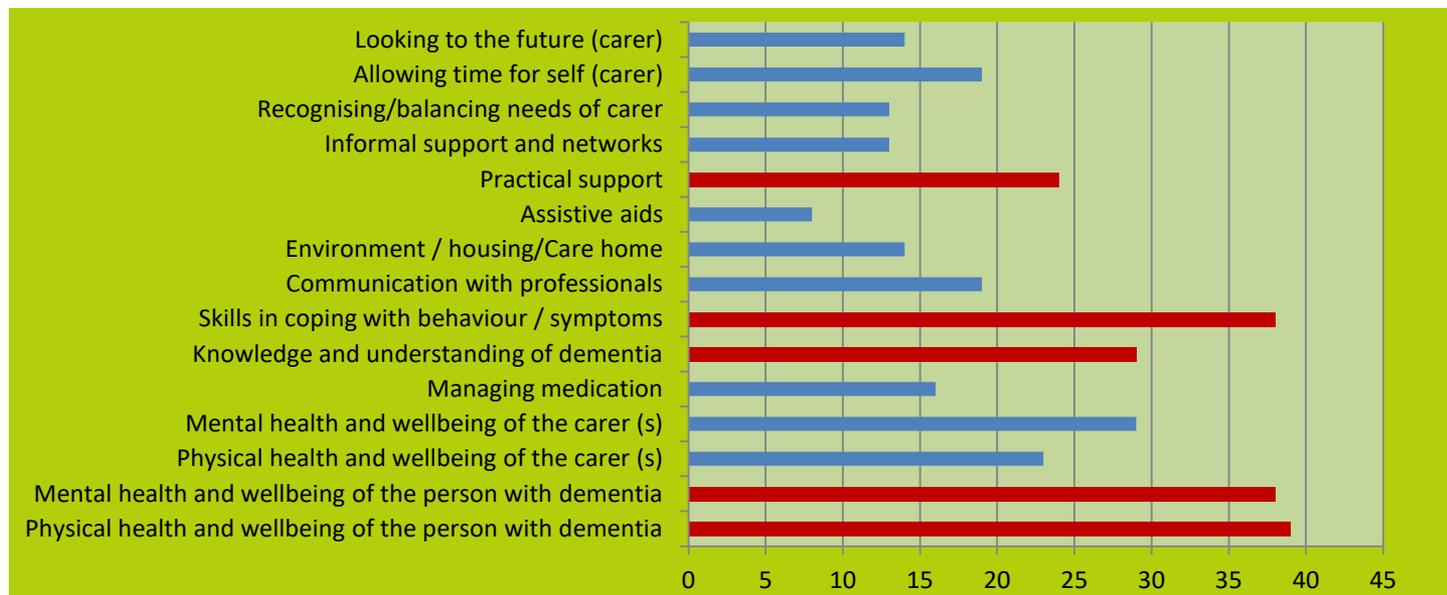
- Host organisation contacts employees offering appointments with Admiral Nurse on specific day
- 5 clinics held in Newcastle/Liverpool  
71 appointments-80 people attended
- 2-3 Admiral Nurses provide clinic
- 30-45 minute appointments throughout day
- Ongoing support from hosts area manager (CCS)
- Simple feedback and evaluation after every clinic during pilot
- Option for follow up appointment at next clinic in pilot
- Further follow up option via Admiral Nursing DIRECT national helpline
- All personal details kept in helpline database to facilitate ease of telephone contact if carer rings helpline
- Clinics are paid for by host organisation, but are free to carers

## Peripatetic clinics-in the community-How it works....

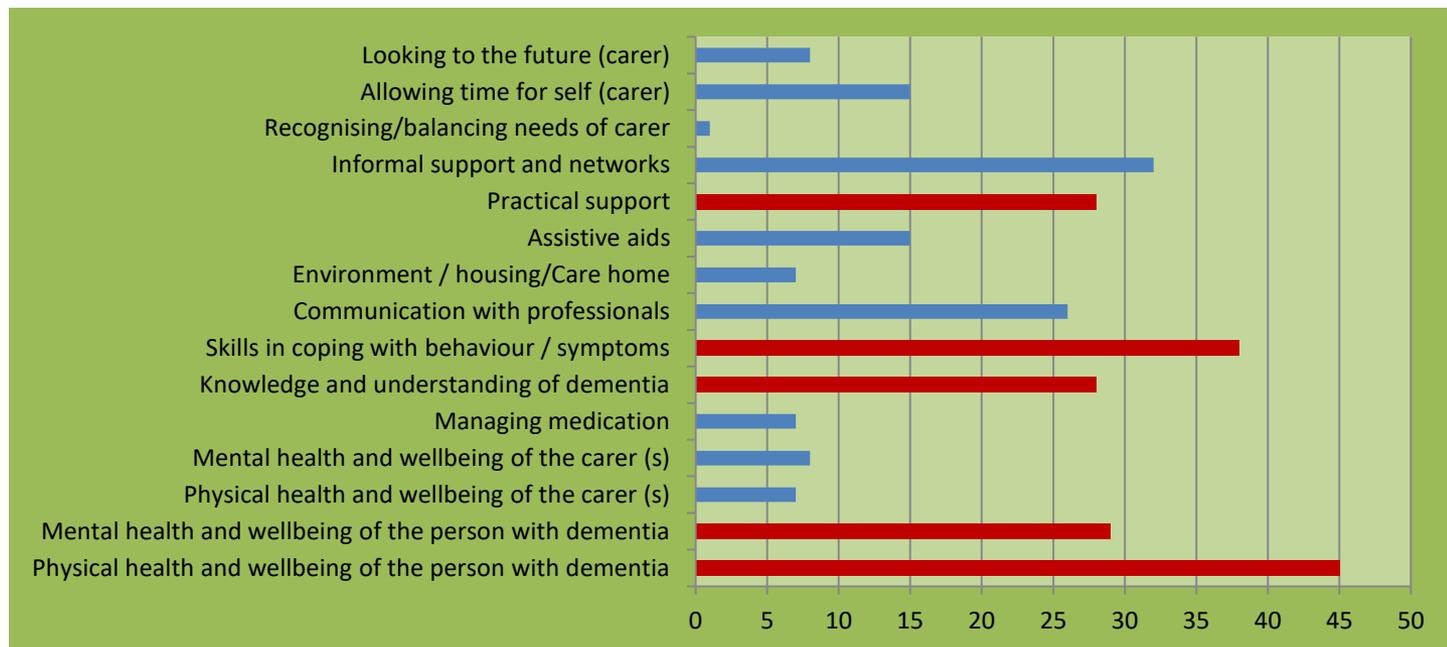
- Local fundraisers arrange venue and advertise locally offering appointments with Admiral Nurse on specific day
- 2 Admiral Nurses provide clinic
- 30-45 minute appointments throughout day
- Simple feedback and evaluation after every clinic during pilot
- 2 rural communities in East Sussex identified
- Further follow up by Admiral Nursing DIRECT national helpline one to 2 weeks later
- All personal details kept in helpline database to facilitate ease of telephone contact if carer rings helpline
- Clinics are paid for by fundraising, but are free to carers

# Comparison of carer information needs

**Alzheimer's show  
Admiral Nurse  
1:2:1 clinic**

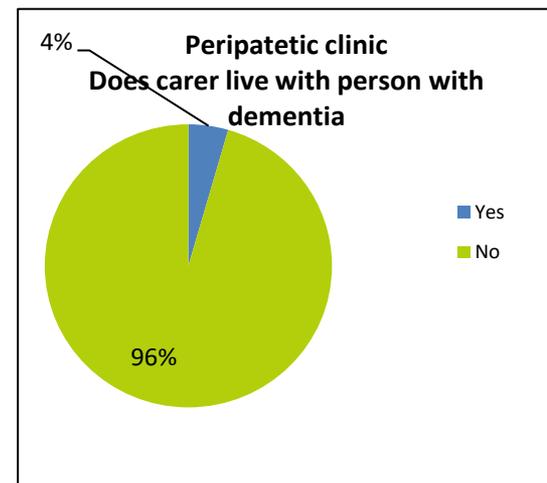
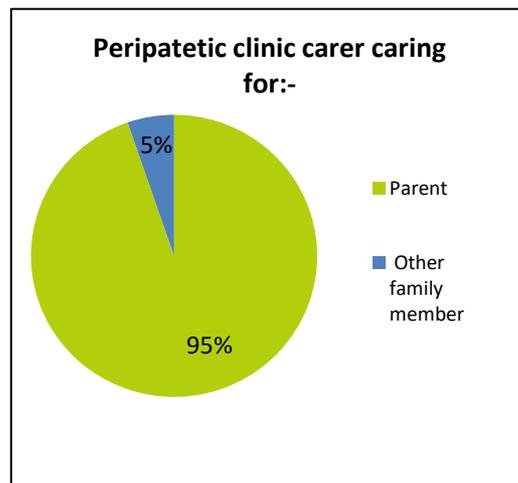
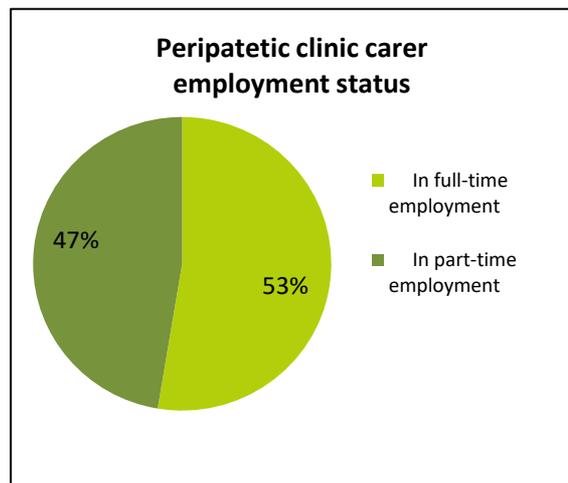
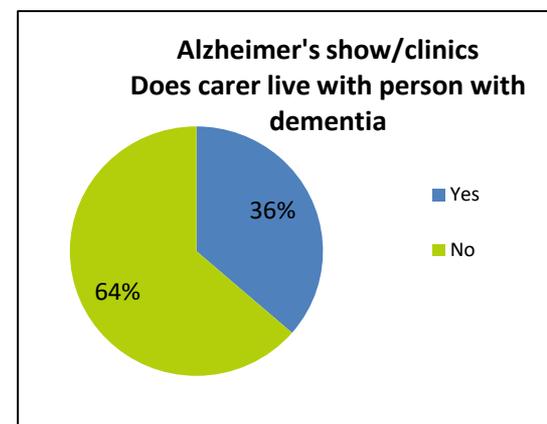
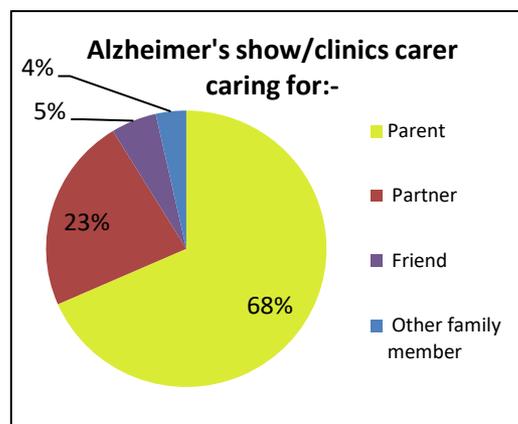
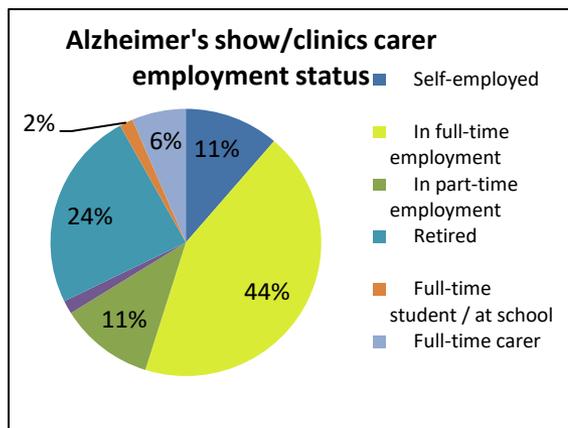


**Peripatetic  
workplace  
clinic**



15 points identified from  
Admiral Nursing Needs assessment Schedule

# Clinic employment and relationship comparisons



## Some feedback.....

- After our session I felt a lot more comfortable in the decisions I have made in respect of Mum's care and also given me the confidence to act in the future
- **The session was all I could have hoped for.**
- There is a book I can get for my 11 year old to help her understand dementia.
- **I got far more than I expected from this session. It was a wonderful opportunity.**
- So much practical advice to put into practice.
- **My outlook has changed and will therefore change the way I react to situations**
- I was given easy to implement practical advice
- **I am more aware of behaviours and am now doing things differently as a result**
- Yes I will follow the advice given about improving my Dad's well-being through utilising the 5 senses.
- **I now approach my dad more openly. I have learnt that certain situations are very difficult for him and I now feel more able to support him.**
- So many practical tips! I have tried to stop correcting dad and I feel like we are more able to communicate. **I feel like I have got a piece of my old dad back, for the first time in years.**
- Yes instead of just saying to my mum 'no you just sit there' I now get her involved in helping make the tea and doing the dishes. When I am doing things around the house and she asks can she help I gave her some small task to do along side me. I gave her squash in her water so she can see it and also I try very hard not to correct her and get annoyed with her as her life is bad enough without her being reminded that she cannot do the things she used to do.  
THANK YOU FOR YOUR HELP AND FOR LISTENING TO ME !

## Next steps.....

- Working with Association of Charitable Organisations
- Full evaluation of carer feedback
- Further clinic options across different venues
- 2 further clinics in Sussex planned

# Thank you

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