

## Contact your local Admiral Nursing service

Central Norfolk Admiral Nurse Service

01603 679693

[norwichccg.norfolkadmiralnurses@nhs.net](mailto:norwichccg.norfolkadmiralnurses@nhs.net)

### Advice and Support

For advice and support, contact our Admiral Nurse Dementia Helpline on **0800 888 6678**, or email [helpline@dementiauk.org](mailto:helpline@dementiauk.org)

### Contact Dementia UK

356 Holloway Road, London N7 6PA  
0207 697 4160  
[info@dementiauk.org](mailto:info@dementiauk.org)  
[www.dementiauk.org](http://www.dementiauk.org)

### Support Admiral Nursing

We rely on voluntary donations to fund our vital work. By making a donation you will help ensure families receive the specialist dementia care and support they need. Thank you.

Please call **0300 365 5500**  
or visit [www.dementiauk.org/donate](http://www.dementiauk.org/donate)

# Admiral Nurses

The specialist dementia  
support that families need

## Admiral Nurses

We know that living with dementia can sometimes be a hard and lonely experience.

Admiral Nurses work together with families to provide the one-to-one support, expert guidance and practical solutions they need to live more positively with dementia each and every day.

Most Admiral Nurses work in the community for the NHS, and others work in care homes, hospitals and hospices.

## How can an Admiral Nurse help me?

- If communication gets hard, an Admiral Nurse is on hand with skills and techniques to help you stay connected to the person you love.
- If someone with dementia is showing signs of fear or distress, an Admiral Nurse will work with you to find the best ways of preventing or managing this.
- If your family is struggling to cope, an Admiral Nurse will be there to help you get the best possible additional care and support.
- If you have questions you can't get answered an Admiral Nurse will take the time to really understand the problem, and give you the expert support you need to tackle it.

*Admiral Nurses were named by the family of Joseph Levy CBE BEM, who founded the charity. Joseph had vascular dementia and was known affectionately as "Admiral Joe" because of his love of sailing.*

Admiral Nurses are continually trained, developed and supported by Dementia UK. Each Admiral Nurse service is operated as a partnership between Dementia UK and a host organisation, which can include the NHS, local authorities, and other charities.

Dementia UK puts together a programme of training and development so that the nurses can be at the forefront of the latest education and research in dementia care. We can be sure that families that have their support have someone truly expert and caring by their side.

We believe passionately that everyone who needs the support of an Admiral Nurse should get one, so increasing the number of Admiral Nurses across the UK is our biggest priority. To help us, or to get support, visit [www.dementiauk.org](http://www.dementiauk.org).

*"Like a lighthouse in the storm, my Admiral Nurse stands by me every step of the way, reassuring me and directing me to the help I need." - Mike, who cares for his wife, Chris*

