



**DementiaUK**

Helping families face dementia

# **Dementia UK & Admiral Nurses**

**Susan Drayton  
Admiral Nurse**

**[www.dementiauk.org](http://www.dementiauk.org)**

**356 Holloway Road.**

**London N7 6PA**

**020 7697 4052**

**[info@dementiauk.org](mailto:info@dementiauk.org)**

**Registered Charity Number**

**1039404**

# What is dementia?

- Dementia is a term that is used to describe a collection of symptoms including memory loss, problems with reasoning and communication skills, and a reduction in a person's abilities and skills in carrying out daily activities.
- There are many different types of dementia including:
  - Vascular dementia
  - Alzheimer's Disease
  - Lewy body dementia
  - Pick's disease.
- It is a progressive condition and there is no cure.



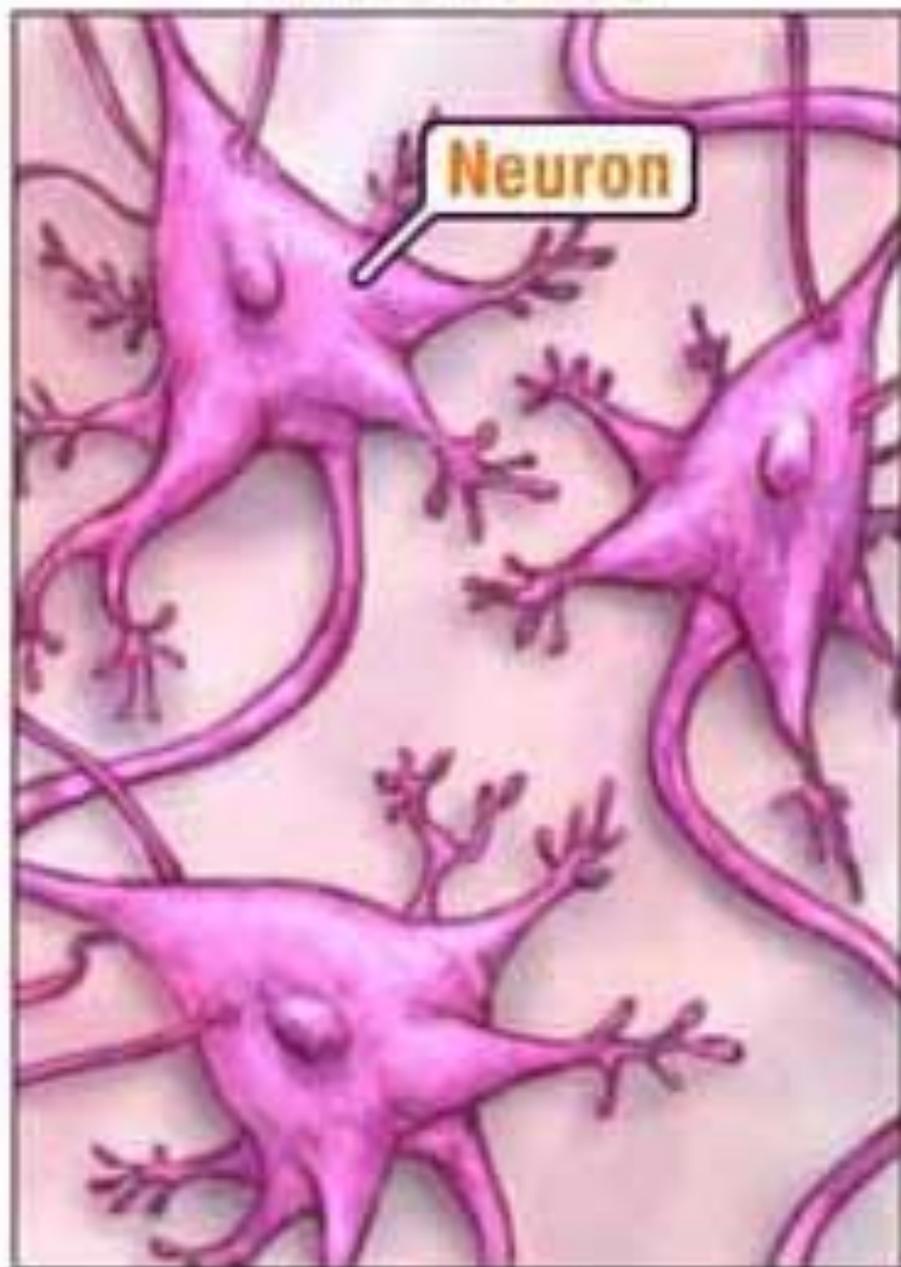
# Dementia

- Chronic or progressive nature
- Disturbance of memory and other higher cortical functions
- Consciousness not clouded
- Commonly accompanied by deterioration in emotional control, social behaviour or motivation

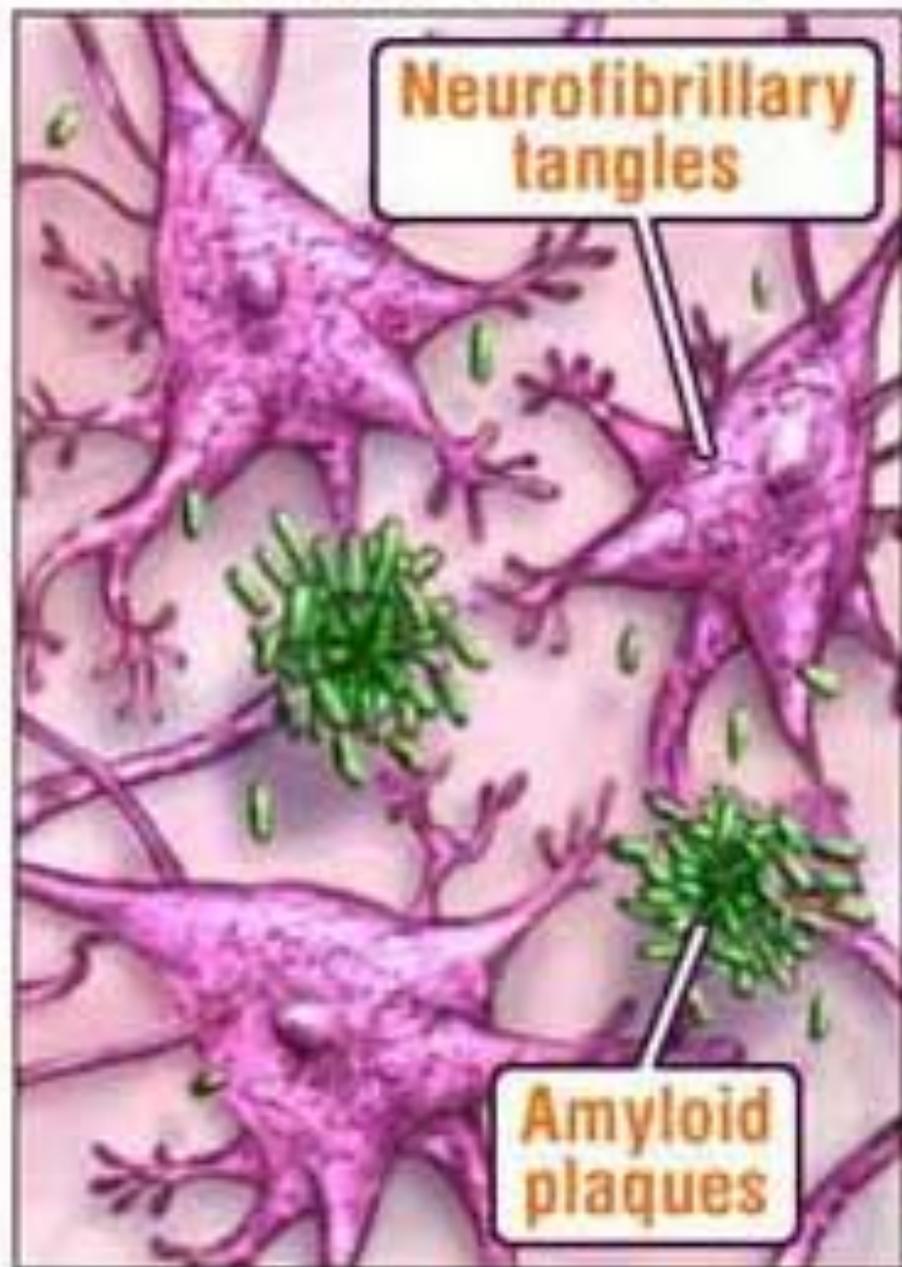
# Alzheimer's disease (about 50%)

- Most common form
- Characterised by the build-up of plaques and tangles in the brain leading to the death of brain cells.
- Progressive and irreversible. It tends to have a gradual onset and progression.
- Scans show cerebral atrophy and neuropsychological testing tends to indicate global deficits, where all aspects of cognition are impaired.

## Normal



## Alzheimer's



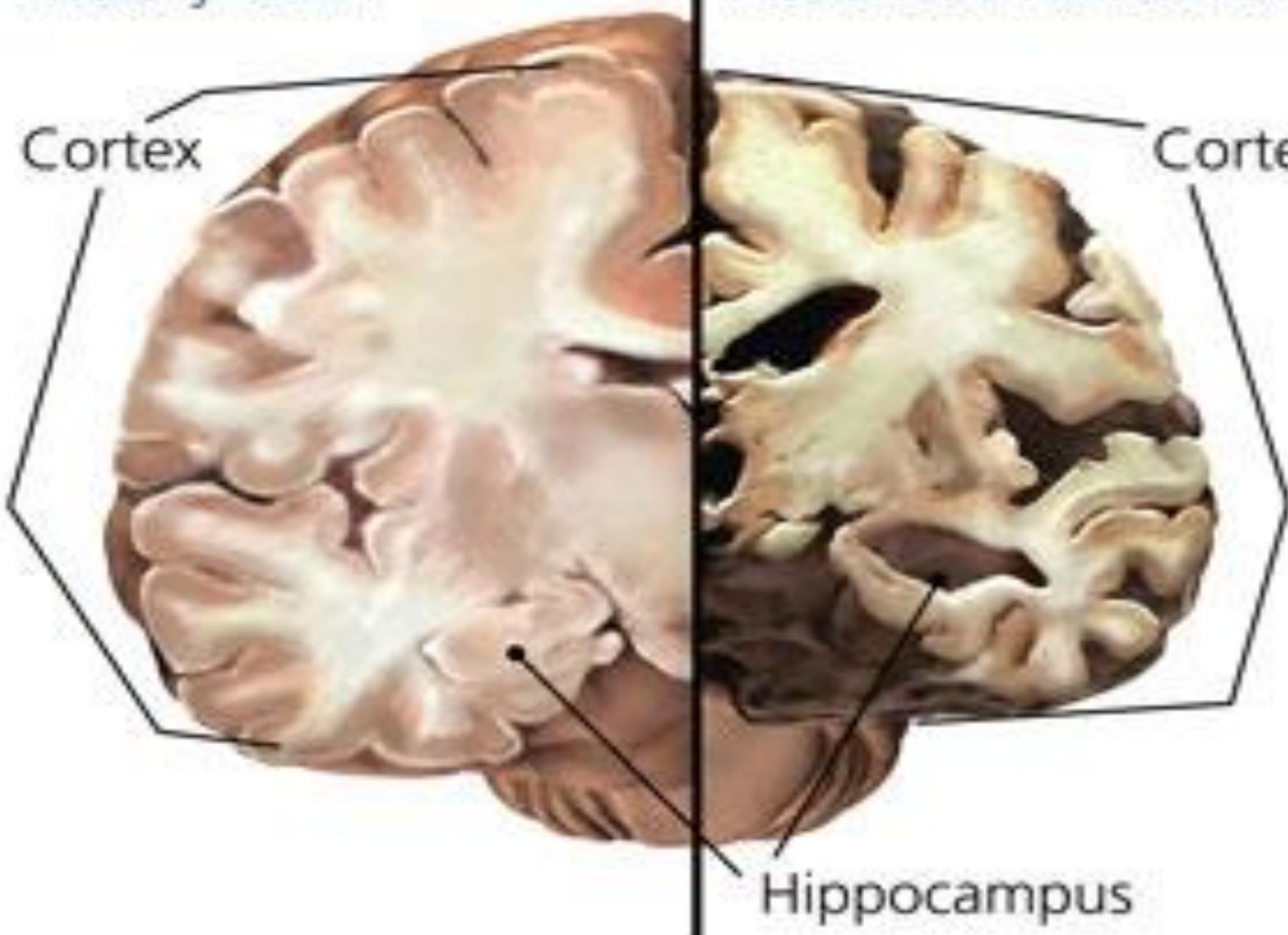
Healthy Brain

Advanced Alzheimer's

Cortex

Cortex

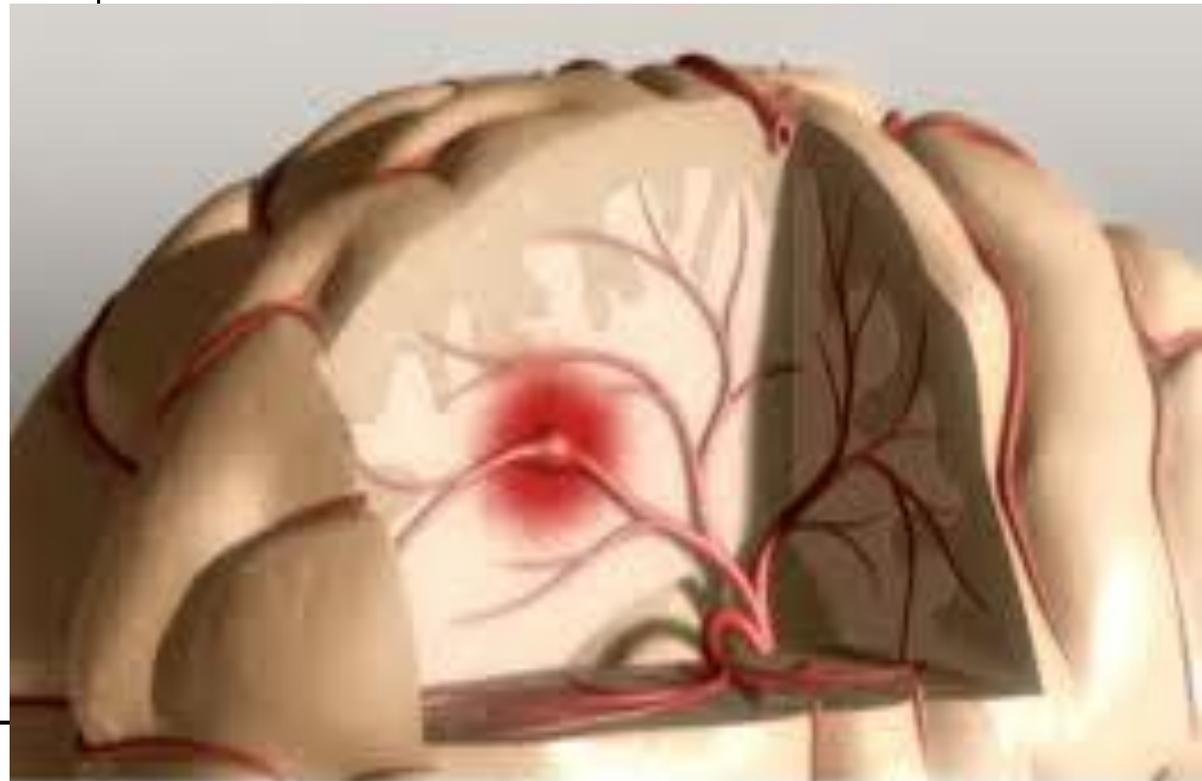
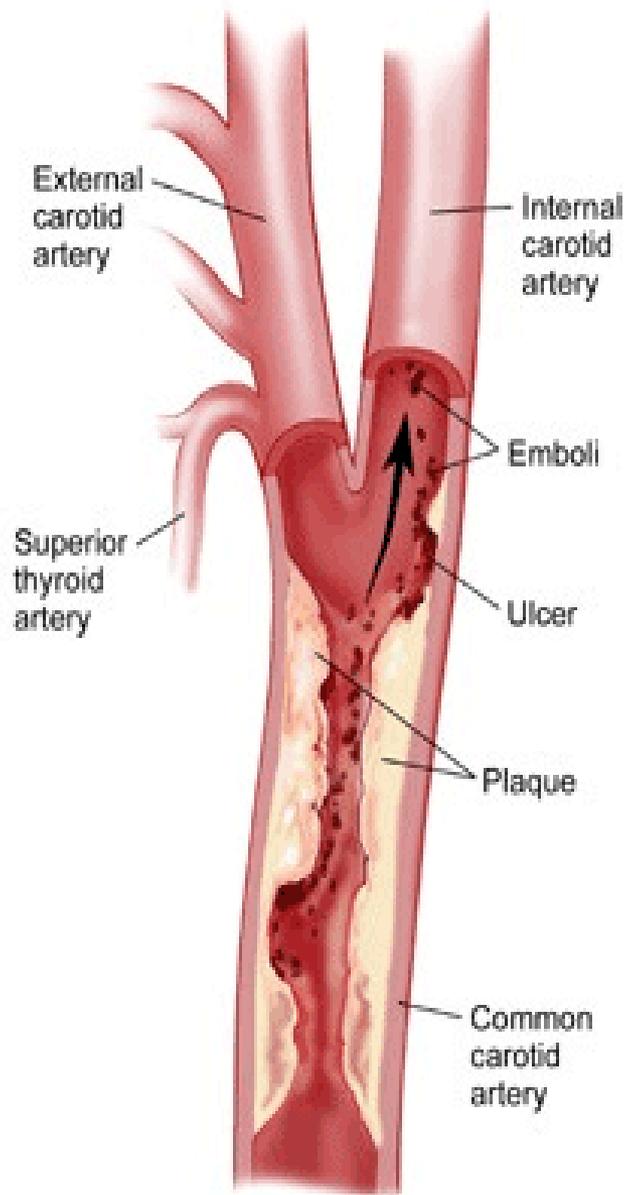
Hippocampus



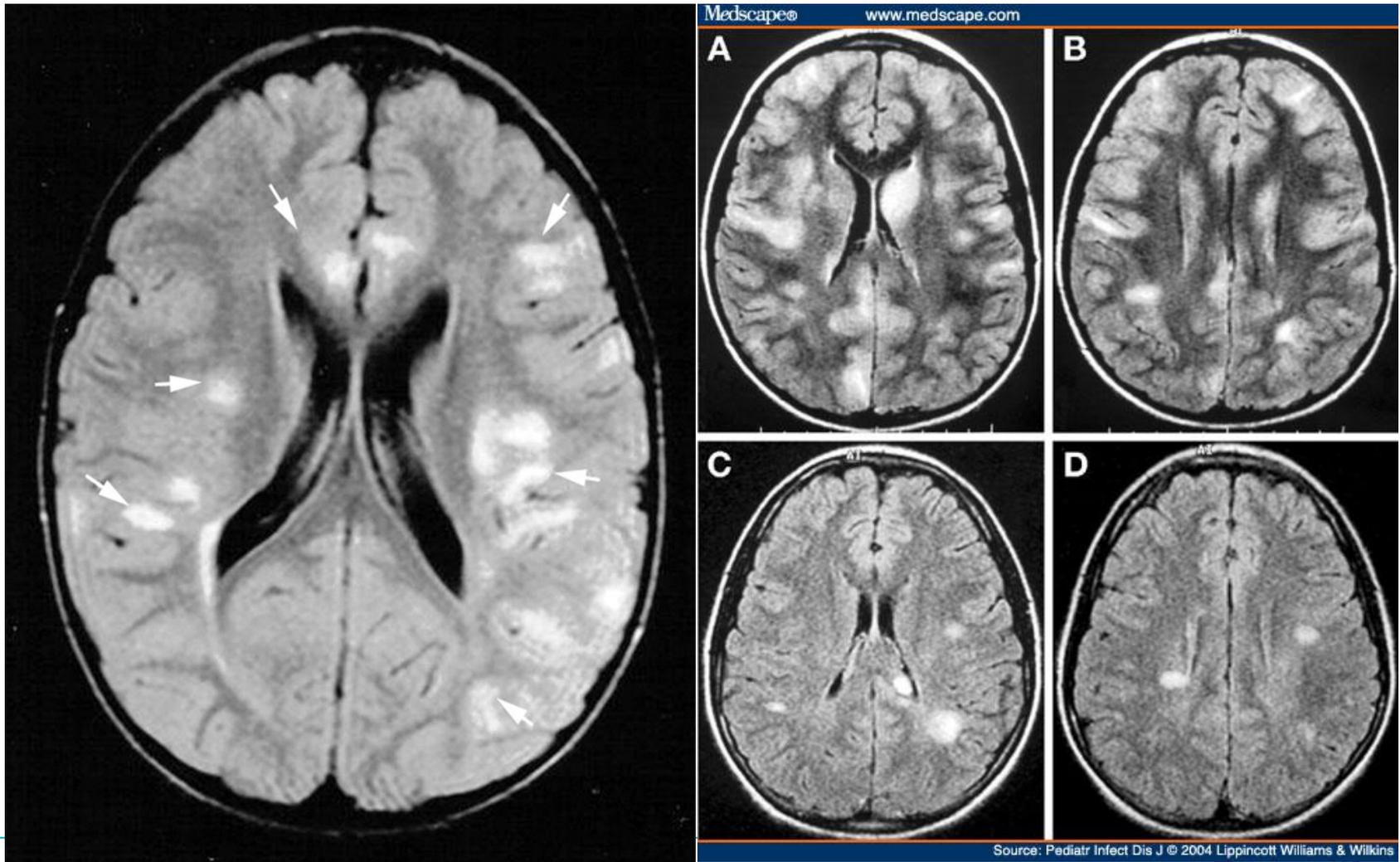
# Vascular dementia (about 25%)

- Problems in the blood supply to the brain.
- Risk factors; high blood pressure, heart problems, high cholesterol and diabetes.
- Two main types of vascular dementia: caused by stroke, and caused by small vessel disease.
- Characterised by a sudden onset (after a vascular event). Progression is sometimes 'step-wise'
- Scans show ischemic changes.  
Neuropsychological assessments reveal patchy deficits, where different parts of cognition are affected, depending on the location of damage.

# Mechanisms of cerebrovascular disease and vascular dementia



# MRI Scans – Vascular Dementia



Medscape® www.medscape.com

A B

C D

Source: *Pediatr Infect Dis J* © 2004 Lippincott Williams & Wilkins

# Frontotemporal Dementia

- Around 10% of dementias
- **Pick's Disease**
- Cause: protein changes , pick bodies
- Early issues: changes in interpersonal awareness, emotional control, egocentricity, problem solving, motivation
- Course: insidious onset, gradual deterioration
- Treatment: medication for emotional and behavioural difficulties, psychosocial interventions

# Frontal Lobe Impairments

- Attention: difficulties focusing, switching and selecting, memory problems
- Emotion and Personality: lability, apathy, euphoria, inability to empathise with others, unable to pick up social cues, disinhibition
- Language: unable to start up conversation, lack of fluency, range and responsiveness
- Judgement: impulsivity, lack of creativity, poor abstract thinking, inability to self monitor or use feed-back, difficulty applying logic
- Planning: inability to organize, difficulty planning ahead, inability to plan or follow sequence of steps

# Lewy Body Dementia

- Unclear incidence, 5-20%
- Cause: protein changes
- Early issues: hallucinations, movement disorders, perceptual difficulties
- Course: Stepwise on / off pattern
- Treatment: Cognitive Enhancers; psychosocial interventions

# What might we notice?

- Concentration problems
- Working memory problems
- Decision making problems
- Changes in: communication, behaviour and mood, performance
- Appearance
- Isolation

- There are currently over 850,000 people with the condition in the UK.
- 40,000 with young onset dementia
- This figure is expected to rise to 1.1 million by 2025 and 2 million by 2050.
- 225,000 people will develop dementia in 2016 - one person every three minutes.



# Implications

- Rise in population with dementia
- Majority live in their own homes
- Family members save the nation £17.4 billion by providing care
- Multiple health and social care needs
- Patchy services

# Who are Dementia UK?

- Dementia UK offers specialist one-to-one support and expert advice for people living with dementia through Admiral Nurses.
- They 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.
- We passionately believe that everyone who needs the support of an Admiral Nurse should get one.



*Admiral Joe*

# What is Admiral Nursing?

- Admiral Nurses are specialist nurses who work very closely with families affected by dementia.
- Admiral Nurses help families to live more positively with dementia in the present; and to face the challenges of tomorrow with more confidence, and less fear.
- Admiral Nurses work hand in hand with families, helping them cope with the fear, uncertainty and difficult everyday reality of dementia every step of the way.



# What do Admiral Nurses do?

- Family & relationship centred approach
- Work in partnership
- Specialist assessment & evidence based intervention
- Promote and implement best practice
- Provide supportive education
- Provide psychosocial support for the carer and person living with dementia
- Liaison with other professionals and organisations
- Work in consultancy and supervisory role

# Where do Admiral Nurses work?

Admiral Nurses work with families, carers and professionals in the community:

- Care homes
- With families at home
- Hospitals



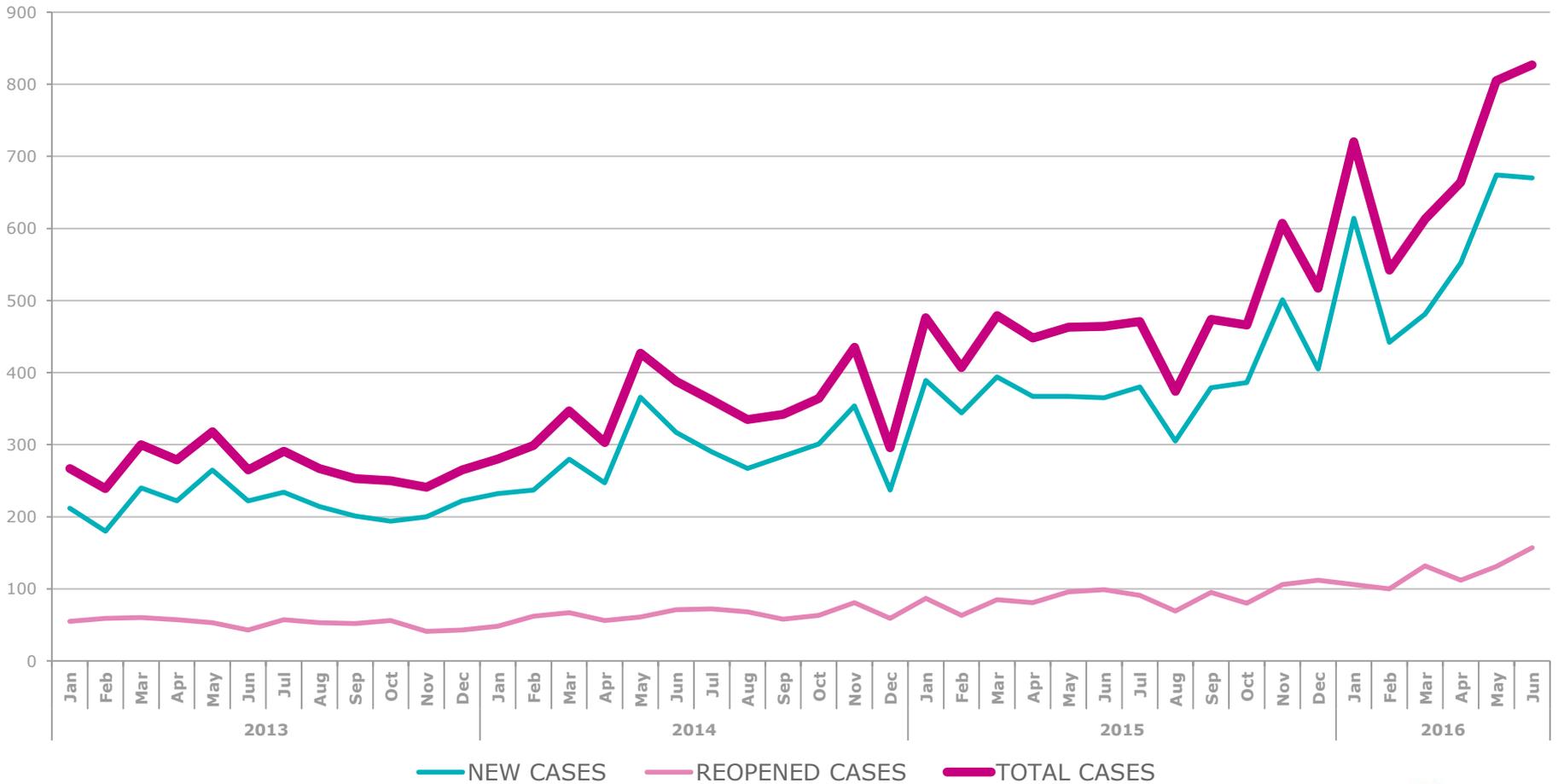
They also work on **Admiral Nursing Direct**  
– our national telephone and email helpline.

# Admiral Nursing Direct

- Admiral Nursing Direct is the only nurse led dementia helpline in the country.
- Admiral Nursing Direct is open to families and carers for people with dementia, professionals and people living with dementia who have questions or concerns.
- The helpline is open **seven days a week**
  - [direct@dementiauk.org](mailto:direct@dementiauk.org)
  - **Tel: 0800 888 6678**

# Admiral Nursing Direct

## Contacts per month



# Kelly and Ian's Story

"I've gone from him being my best friend, the person who gives me advice on things to caring for him. Nothing can prepare you for something like that.

It's like I've become a single parent to two children overnight."

Kelly and her family are supported by Admiral Nurse, Jody.



[Watch their story to see the impact that Jody has had on their lives](https://www.dementiauk.org/kelly-and-ians-story)

<https://www.dementiauk.org/kelly-and-ians-story>

# Your Story

---

04/07/2017

# Prevention

- What's good for the heart is good for the head!
- Nutrition
- Reduce or stop smoking
- Exercise
- Active social life & mental stimulation
- Alcohol in moderation
- Stress management
- Quality sleep

# How can you help?

We currently have 180 Admiral Nurses across the country – but we need more to ensure that there is one for every family who needs one.

- Donate
- Volunteer
- Tell 3 people about Admiral Nurses and Dementia UK – you never know who might need their support



**THANK YOU FOR LISTENING  
ANY QUESTIONS?**

**Admiral Nursing Direct: 0800 888 6678**

**Email: [direct@dementiauk.org](mailto:direct@dementiauk.org)**

**[www.dementiauk.org](http://www.dementiauk.org)**

**356 Holloway Road. London N7 6PA**

**020 7697 4052**

**[info@dementiauk.org](mailto:info@dementiauk.org)**

**Registered Charity Number 1039404**



**DementiaUK**  
Helping families face dementia