

Dementia Carers Zoom Forum

9th June 2020



<p>1</p>	<p>Present</p> <p>Carers 15</p> <p>Carers in Herts Sally Stratford – Involvement and Development Worker Dementia Helen Dearn – Admiral Nurse</p>
<p>2</p>	<p>Welcome</p> <p>All carers were welcomed and explained that it was a busy session with 20 carers booked to attend. Notes will be taken from today’s session and sent out, including my email address so if there are any unanswered questions you can email them in.</p>
<p>3</p>	<p>Admiral Nurse – Helen Dearn</p> <p>Admiral nurses were set up in the 1980’s to support the families who were caring for someone with Dementia. Admiral Nurses were named by the family of Joseph Levy who founded the charity. Joseph had vascular dementia and was known affectionately as “Admiral Joe” because of his love of sailing.</p> <p>We are very lucky in Hertfordshire several Admiral nurses in different settings:</p> <ul style="list-style-type: none"> • One at the Lister Hospital • Two at Hospices • Seven at Carers in Hertfordshire <p>Admiral nurses work to help make a difference to carers lives, helping them to live more positively, access services and problem solve. They will discuss moods, tools and skills, behaviours, refer to other services and most importantly listen. There is no time restriction or discharge from the service, the nurses will work with each case differently depending on need. They are there alongside the carer for the journey.</p> <p>Several carers believe that residential care is inevitable, but this is not the case, with more support and proper planning a person can remain at home. It is important to plan and access support early rather than reacting to a crisis.</p> <p>Admiral Nurses are all qualified nurses, some mental health nurses. We are not prescribing nurses so would access other services regarding medication.</p> <p>We can discuss finances, lasting power of attorney’s but are no experts in these so would refer to other services such as Age UK Hertfordshire for support with this.</p>
<p>4</p>	<p>Questions and comments</p> <ul style="list-style-type: none"> • How do I access an Admiral Nurse? <p>The easiest way is to call Carers in Hertfordshire on 01992 58 69 69 and speak to a carer support adviser who can refer you to the service. Please note that there has been a high demand for our service lately so there maybe a longer waiting time than usual.</p> <p>You can access this service by calling Herts help 0300 123 4044.</p> <ul style="list-style-type: none"> • I do not think that other professionals are aware of Admiral nurses especially in hospital settings, as it took me a week and a half to access them and

	<p>Speak to a doctor recently when my dad was in hospital.</p> <p>Not all wards are aware, especially specialist wards. Carers also mention GP's and thought that their awareness could be improved. Sally Stratford agreed to raise this with commissioners, who would be able to send out so internal professional correspondence to hopefully improve this.</p> <ul style="list-style-type: none"> • What is the importance of getting diagnosed early when there is no medical help available, I do not see the point? <p>There are many benefits to being diagnosed early, you can access support which will enable you to do some planning and preparation for the future including things like lasting power of attorney. There is also lots of research/evidence that social interaction, stimulation, therapy, and engagement are very beneficial to the person with Dementia.</p> <ul style="list-style-type: none"> • Music is extremely beneficial for the person with Dementia – music 24 have many sessions. It is very enjoyable and the person with dementia becomes alive with the music. <p>Music is very beneficial, it can be used at home in many different situations to help to distract the person with dementia from tasks, life mood, improve eating and drinking etc.</p> <p>Links for the groups are at the end of the notes.</p> <ul style="list-style-type: none"> • I have been referred to EMDASS (Early Memory Diagnostic and Support Service) by my GP as my wife has Parkinson's and is now hallucinating during the night, but the referrals have not been accepted. I do not want to trend on my GP's toes and upset them, but we need a diagnosis, all we have been given is medication. <p>Please don't worry about upsetting people, it is important to get a diagnosis. Admiral nurse can help with this and so can the Parkinson's nurse. Please get in touch with us for support. Sally Stratford agreed raise this with commissioners of the service as this has become an issue lately.</p>
7	<p>Closing comments and information</p>
	<p>Carers were thanked for attending. Useful information is below:</p> <p>Carers in Hertfordshire: https://www.carersinherts.org.uk/</p> <p>Herts help: https://www.hertshelp.net/hertshelp.aspx</p> <p>Hertswise: https://hertswise.org.uk/</p>

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Age UK Hertfordshire:

<https://www.ageuk.org.uk/hertfordshire/>

Music24:

<https://www.music24.org.uk/>

Musical Memories:

<https://www.hertsmusicalmemories.org.uk/>

Contingency plans:

https://www.hertfordshire.gov.uk/services/adult-social-services/carers/planning-for-the-future.aspx#DynamicJumpMenuManager_1_Anchor_1

Assistive technology:

<https://www.care-line.co.uk/services/herts-bernie.aspx>

Person at risk of going missing: <https://www.hertfordshire.gov.uk/media-library/documents/adult-social-services/factsheets/missing-persons-form.pdf>

Adult Care Services (how to access help for carers):

<https://www.hertfordshire.gov.uk/services/adult-social-services/carers/carers.aspx#help>

The next session will be with discussing the Dementia coproduction board and what is important to carers in the next year, hopefully with a commissioner from Hertfordshire County Council on **Tuesday 18th August 2pm-3.30pm**. Please call the office and book a place if you would like to attend on 01992 58 69 69.

Sally Stratford

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