

Young Onset Dementia Carers Zoom Forum

12th August 2020



1	Present
	<p>Carers 4</p> <p>Carers in Herts Sally Stratford – Involvement and Development Worker Dementia Helen Dearn – Admiral Nurse Rosemary Willis - Carer support adviser</p>
2	Welcome
	<p>All carers were welcomed to the session, introductions were completed. Carers were encouraged to ask questions during the session as it was a very informal session.</p>
3	Admiral Nurse service – Helen Dearn
	<p>Helen did a short summary of the Admiral nurse service before moving onto carers questions and discussions. Admirals 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. We support the whole family but are not a crisis team. We can also support carers around bereavement, this can be a very difficult time.</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>
4	Carers questions/discussions
	<ul style="list-style-type: none"> • Care home visits – carers are still not able to visit their cared for in the home, the only progress in this is that there is now some garden visits taking place but you have to have your temperature taken on arrive, where a mask, stay 2 metres away and are only allowed 15 minutes. This may work for some people for but carers caring for someone with Dementia this is not working especially when they are bed bound and non-commutative. Carers are finding this extremely distressing as it has been 5 months are there does not seem to be any changes coming that will allow carers into the home and to be able to touch the person they care for. We discussed how difficult this is for carers and agreed that Sally Stratford would keep raising this issue with commissioners at Hertfordshire County Council. Helen agreed that they were able to support carers who cared for was in a care home and carers can be referred to the service.

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	<ul style="list-style-type: none">• Care homes in Hertfordshire have been doing well during the pandemic a large percentage have not had any cases in the home. Sally Stratford to ask commissioners for these figures and to publish them in the next Dementia newsletter which is due in September/October.• How do I make a referral to the admiral nurses? You can call Carers in Hertfordshire on 01992 58 69 69 and speak to one of our carer support advisers or you can call Herts Help on 0300 123 4044. Once referred our triage nurse Julie Ann Lloyd will call you within 2/3 days, once your details have been taken you will be allocated to a nurse who will see you within 2 weeks.• GP's are still not aware of the admiral nurses – carers felt that GP's are not aware of this service so are not referring carers to it even though it would be very beneficial. Sally Stratford to ask commissioners to send out communications to GP's again to remind them about the service.• Sunflower lanyards – these can be purchased and worn by people with dementia if they are finding the face masks too distressing to wear. It just shows that someone has a hidden disability and is therefore unable to wear a mask. They can be found on this website - https://hiddendisabilitiesstore.com/• Contented Dementia - a carer informed the group that she had recently learnt about the contented dementia approach and had found it useful. This technique is not recognised and used by all practitioners. Information can be found here http://www.contenteddementiastrust.org/
5	Closing comments and information
	<p>Carers were thanked for attending. Below is some useful links and information on the next session.</p> <p>Contingency plans: https://www.hertfordshire.gov.uk/services/adult-social-services/carers/planning-for-the-future.aspx#DynamicJumpMenuManager_1_Anchor_1</p> <p>Person at risk of going missing: https://www.hertfordshire.gov.uk/media-library/documents/adult-social-services/factsheets/missing-persons-form.pdf</p> <p>Adult Care Services (how to access help for carers): https://www.hertfordshire.gov.uk/services/adult-social-services/carers/carers.aspx#help</p> <p>The next session will be with the Young Onset Dementia Workers from Hertswise, discussing the service and support they offer for people with young onset dementia and their carers on Wednesday 9th September 2-3.30pm. Please let me know if you would like to attend and I will send you out the zoom link just before the session.</p> <p>Sally Stratford 01992 58 69 69 or sally.stratford@carersinherts.org.uk</p>