



DementiaUK



**Rutland
County Council**

Admiral Nurse Annual Report 2023-2024



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Introduction

The Admiral Nurse is based at Rutland County Council and has been established since 2018. The Admiral Nursing Team comprises of two Admiral Nurses, a Dementia Support Worker and an Admiral Nurse Clinical Lead.

Dementia continues to be a priority for Rutland ensuring we make health and social care systems easier for people to navigate. Rutland is one of the only counties in the UK with an in house Admiral Nursing Service covering the whole of the community.

The aim of the Admiral Nurse Service is to promote high standards of clinical specialist Dementia care to patients and their families in the community of Rutland.

They work in partnership with the primary healthcare team and other agencies to ensure that each person receives the best possible care, maximising quality of life. This is achieved by providing direct and indirect services to patients with complex Dementia care needs and their families.

Dementia Facts and Figures

Dementia is an umbrella term for a range of neurological conditions that affect the brain and get worse over time.

One in three people born in the UK today will develop dementia in their lifetime. A [report in 2019](#), commissioned by Alzheimer's Society from the London School of Economics and Political Science (LSE), found there are currently [around 900,000 people with dementia in the UK](#). This is projected to rise to 1.6 million people by 2040.

National Picture: (Alzheimer's Research UK, 2022)

- There are currently 944,000 people estimated to be living with dementia and projected to reach 1.6 million by 2040.
- 1 in 3 people born in the UK this year will develop dementia in their lifetime.
- 1 in 11 people over the age of 65 have dementia in the UK and 1 in 71 in the whole population.

Dementia Diagnosis Rates:

Month	Percentage increase in diagnosis rates (EL Rutland)	National Rates
November 2023	60.7%	64.7%
December 2023	60.7%	64.7%
January 2024	61.3%	64.4%
February 2024	61.2%	64.5%
March 2024	61.4%	64.8%
April 2024	61.7%	64.6%

This data is specific to East Leicestershire and Rutland, and is provided to us monthly from the Integrated Care Board.

There is some Rutland specific data being circulated that is being looked at for accuracy, to enable us to formulate Rutland only data.

Rutland Admiral Nurses support Pre and Peri diagnosis and their carers working with the memory service but are not responsible for the diagnosis of Dementia.

Clinical Activity

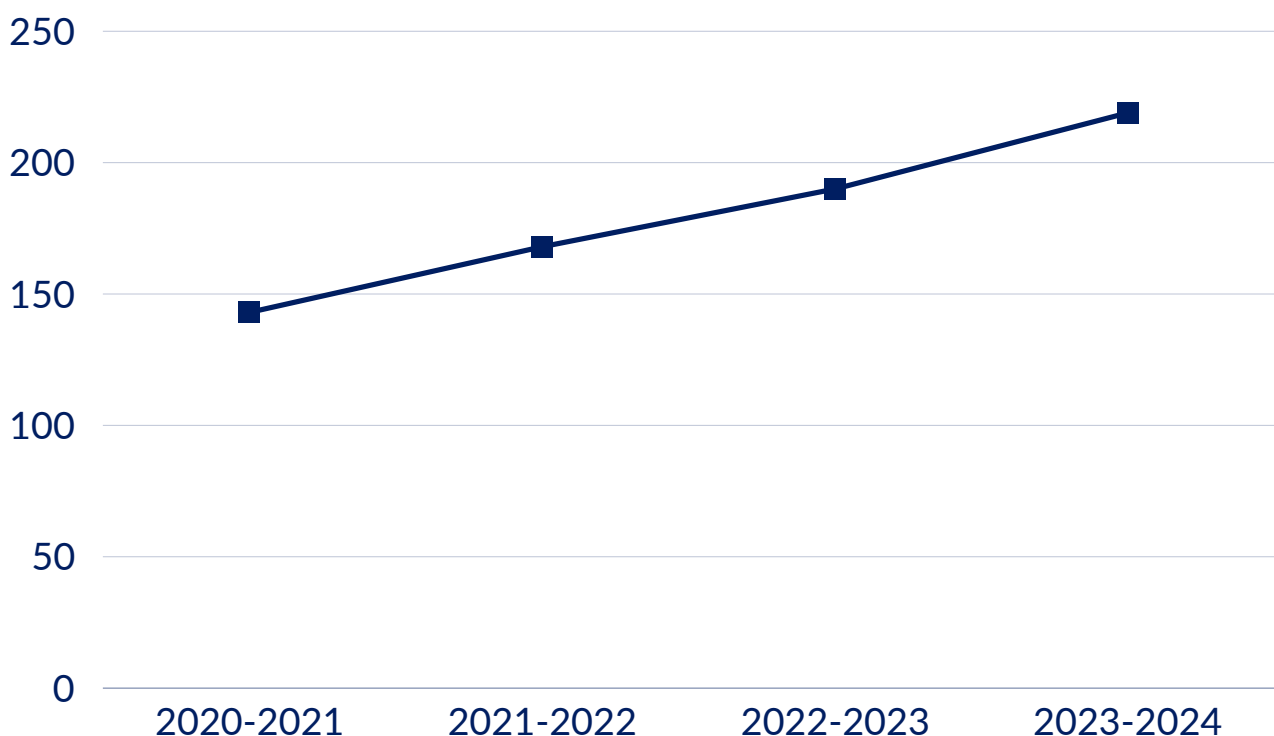
The Admiral Nurses service provides expert knowledge and support to carers of a person living with dementia and their families to manage complex needs within their own homes. We recognise that dementia is a palliative disease, and our role is to support people to live and die well with dementia. Admiral Nurses use a family centred approach and a Bio-Psycho-Social assessment to assess need.

Alongside this our Dementia support worker offers personalised one to one support and group support to enable people living with Dementia and their carer's to live well, maintain independence and focus on their strengths

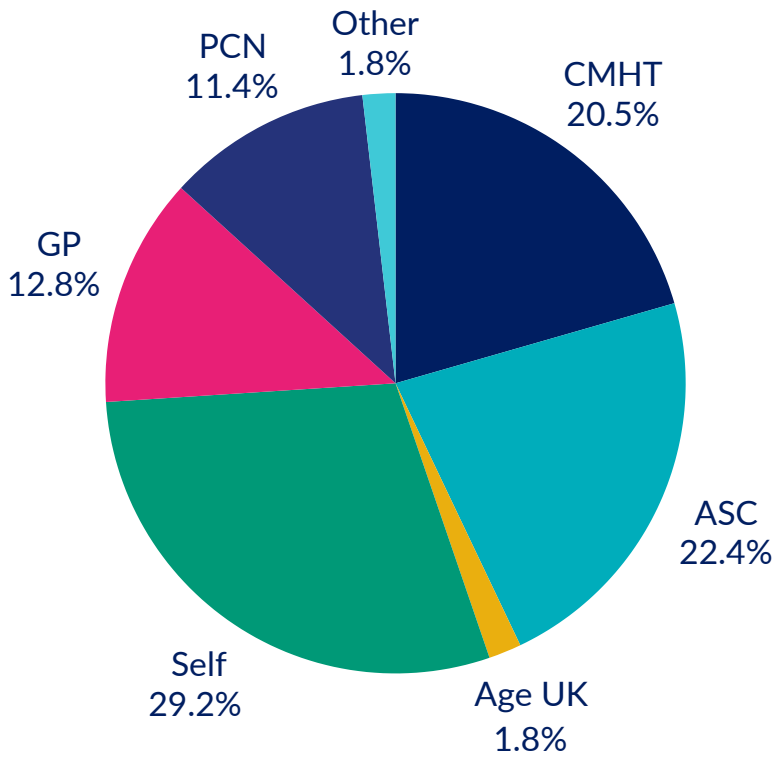
An Admiral Nurse or Dementia Support worker attends a weekly Memory Service clinic at Rutland Memorial Hospital to support patients and their carer's and are offered the opportunity to attend a Multi-Disciplinary Team (MDT) Wraparound Service where they can access a range of wider services tailored to their needs.

Over the last 4 years, we have seen an increase in those with memory issues/cognitive impairment being referred to the service

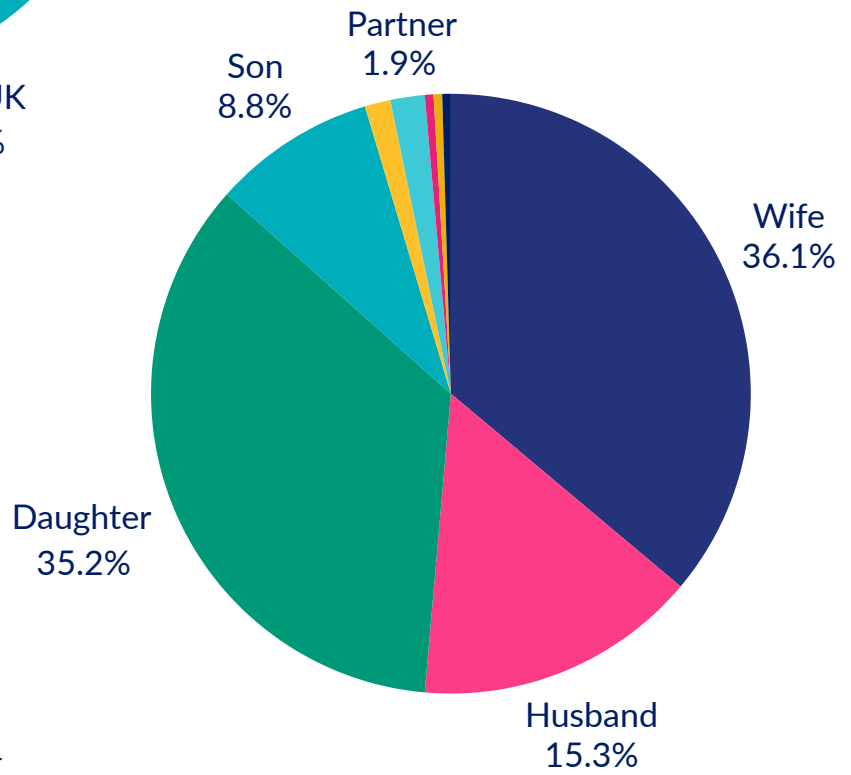
The graph below shows the number of referrals our Admiral Nurse Service has received year on year. This shows a 53% increase since May 2021.



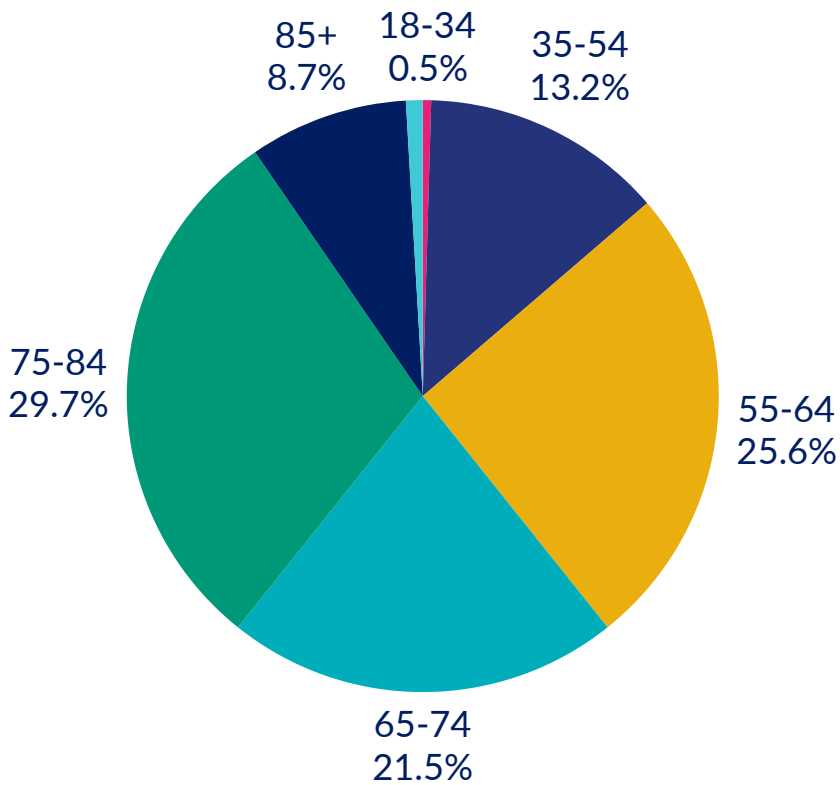
Below you can see the source of referrals:



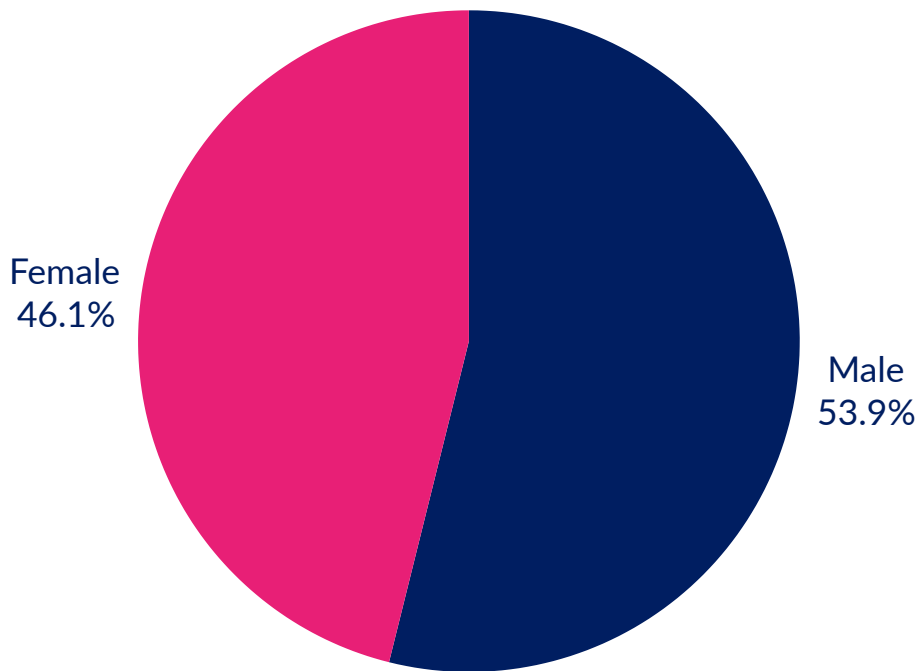
Carers by role::



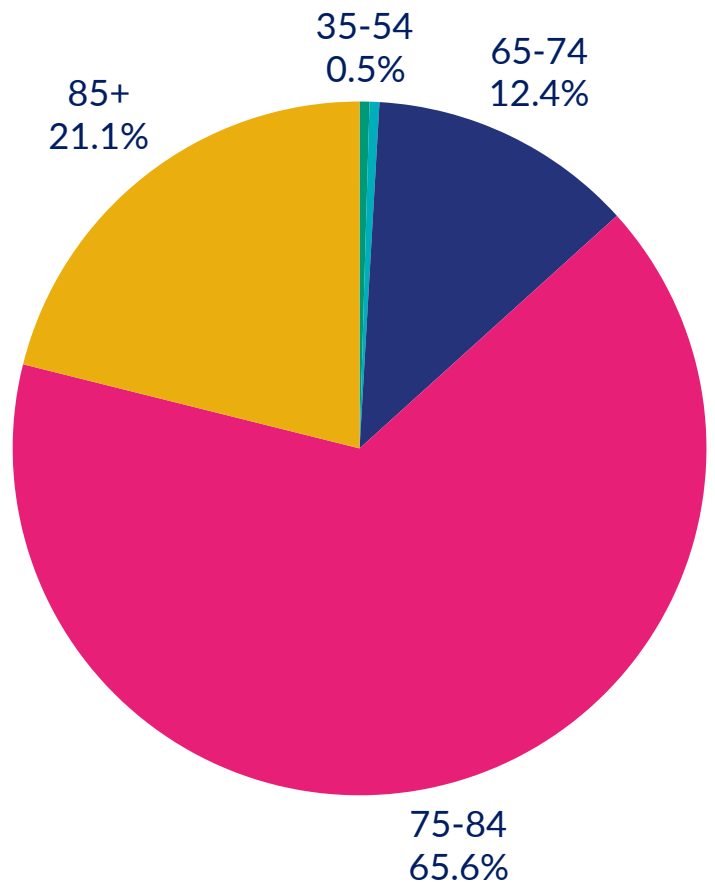
Age Range of carer:



Gender of person living with Dementia:



Age range of person living with dementia:



Dementia Support Worker (DSW)

The Dementia Support Worker role aims to support people living with dementia in Rutland to enable them to live well. The role oversees the provision of a range of group support that is designed with and for people who are living with dementia and informal carers.



The DSW works with the people who are using social and group support to co-design activities that meet local need and ensures that the support provided is person-centred, culturally appropriate, and inclusive. The DSW has been actively involved in the following activities within the last year:

Preventative Support: During the last year there has been a rise in pre and peri cases and being able to join the wrap around clinic ensures that early contact is made, and support offered at a very early stage.

Time in Nature has continued, and guests are enjoying the natural surroundings offered at Rutland Water.

The regular **Maintenance Cognitive Stimulation Group** continues to meet weekly with 2 sessions each Tuesday, we have covered a variety of activities, including music, games, art, bowling, table tennis and discussions on various topics.

The **Carers group** continue to offer a chance for carers to chat to others in similar circumstances, and occasional speakers have also been enjoyed.

Memory Café offers another opportunity for carers to meet others in similar circumstances and to participate in activities.

Coffee & Chat, there is now a weekly session in either Oakham or Uppingham.

In collaboration with Leicester **Memory Music Box**, a regular music session is held at the Old Butter Cross in Oakham.

This role has been important in the development of further activities and dementia support services. At present it is a fixed term post but discussions are ongoing as to whether this can be extended. None of these activities would be possible without the assistance of our small group of volunteers, more are needed to support other activities including Memory Joggers and a Walk in the Park.

Case Study - Penelope and Jason's Story:

Penelope had moved in to live with her son, Jason, after concerns about Penelope's ability to live alone. Jason had already had an appointment with Penelope's GP regarding concerns about Penelope's memory.

The GP had made a referral to the NHS Memory Services. This is the first step towards getting a diagnosis of dementia and can be quite daunting as people can be apprehensive about how a diagnosis of dementia can negatively affect their lives, for example having to give up work or driving, may lose independence or may have to move to a care home.

However, by seeking a timely diagnosis it can help rule out other potential causes for their symptoms or could allow them to begin treatment early to slow the progression of their dementia, although these treatments are not suitable for all people with dementia.

At the initial meeting, using a holistic approach, the Admiral Nurse assessed the current physical, psychological and social needs of both Jason and Penelope, and began to look at how best to support them using a triadic working relationship.

Jason was finding it difficult to provide physical care for Penelope due to an increase in her personal care needs. The Admiral Nurse was able to refer to social care colleagues to complete a Social Care Needs Assessment which in turn could result in them being provided with care and support arranged in the home environment, therefore reducing carer strain.

The Admiral Nurse discussed the various challenges that Jason faced within the home. Penelope was at risk of leaving the home without Jason being aware if he was in another room. The role of assistive technology was discussed and how this can help reduce carer strain and enable more independence for the person living with dementia.

Assistive technology were able to assess the situation and provided a door sensor on the front door to alert if the front door was opened, a dementia clock to orientate Penelope to time and place, as well as a white board that could be used to leave reminders for Penelope.

Alongside this they also provided automatic lights on the stairs to reduce the risk of falling if Penelope was to not turn the lights on.

On the Admiral Nurses following visit Sarah has been seen in the memory clinic where a comprehensive assessment had been completed and she had received a brain scan and was awaiting a follow-up appointment.

This visit allowed the Admiral Nurse the opportunity to discuss the needs of Jason and ensure he was feeling supported. She was then able to refer him for a Carers Assessment with the local authority. There were some behaviours that Jason required advice and support around and the Admiral Nurse was able to offer him guidance on how to reduce the intensity of these behaviours and provide suggestions for coping strategies.

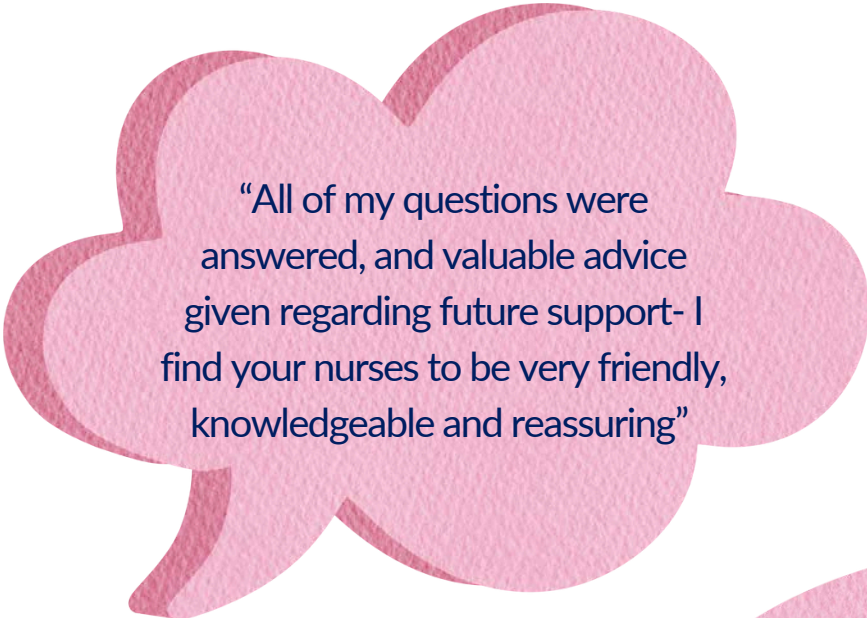
Penelope was then seen again in Memory clinic and a diagnosis of Alzheimer's was given.

Service User Feedback

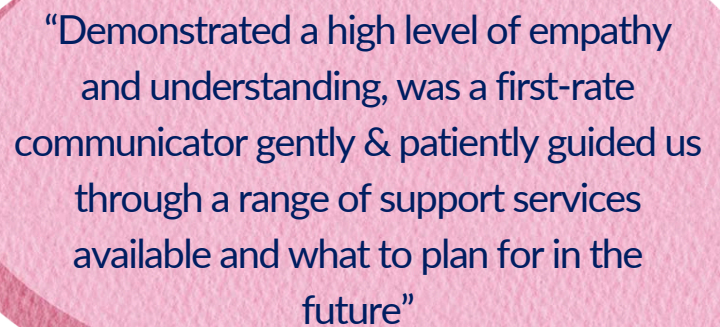
"My husband definitely benefited from all that he has done with you in your groups, I cannot thank you and your helpers enough, you have been my lifeline"

"Thank you for your continued support, you have showed such empathy and Kindness which I know has helped ease the pain of such a horrible disease which she has been living with for some time now"


"Thank you for taking the time to listen to me. It is really reassuring to know that I am not dealing with my husband's dementia alone"



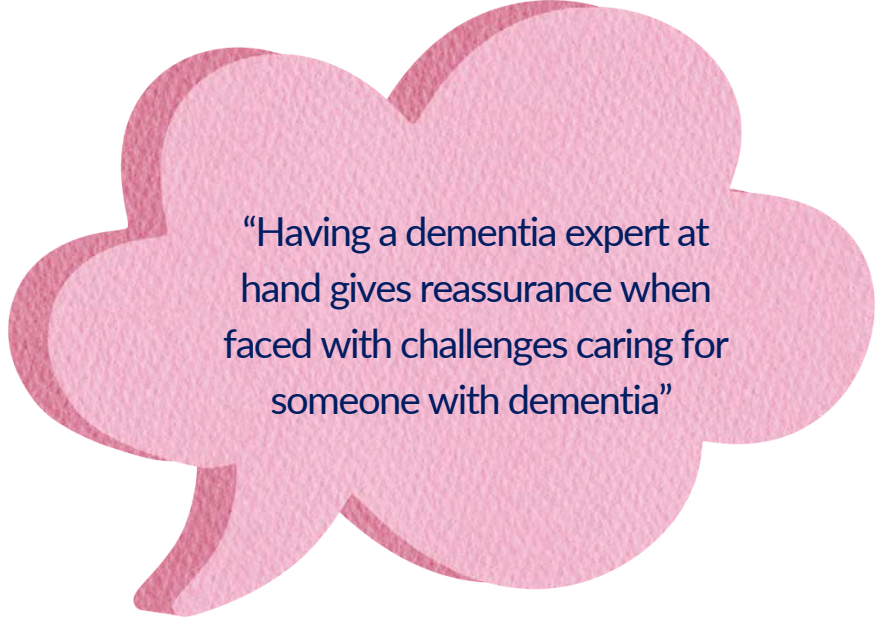
“All of my questions were answered, and valuable advice given regarding future support- I find your nurses to be very friendly, knowledgeable and reassuring”



“Demonstrated a high level of empathy and understanding, was a first-rate communicator gently & patiently guided us through a range of support services available and what to plan for in the future”



“The Admiral Nurse went above and beyond to make me feel comfortable with dealing with my sisters’ problems, giving excellent ongoing advice and support”



“Having a dementia expert at hand gives reassurance when faced with challenges caring for someone with dementia”

Professionals Feedback

“When I have worked with Jane and her team, it has always been clear that the patients and their families are at the forefront of everything they do. They're is a real passion for improving the service they offer in ways that will benefit their patients and those around them.”

“I would rate the Admiral nurse service 10/10. It is undoubtedly a valuable service that I know I can turn to if I require more specialist information for patients with dementia and their Carer. They are always professional, approachable, and very knowledgeable.”

“I have contact with patients and their families who are fortunate enough to have had support from your service. All feedback is hugely positive and the service is invaluable to our service users. For such a small team, it is remarkable how much support the team are able to provide”

“The Admiral Nurse service in Rutland offers a timely and holistic support service to families of those with dementia. There service is essential in ensuring families are equipped with the knowledge on how to support their family members and to prepare for disease progression, future planning.”

Outcomes

Dementia Action Week (13th – 17th May)

Dementia Action Week was a very busy week starting off with the Falcon Hotel, Uppingham hosting a Dementia Information event organised by Uppingham Rotary, Uppingham Surgery and their Patient Participation Group. Rutland County Council's Admiral Nurses, RISE and Expert by Experience Participation group along with Age UK, Citizens Advice, Healthwatch Rutland, Longhurst Assisted Technology, Rutland Saleability and Rutland Musical Memory Box to name but a few as well as other valuable support services to for carers and those living with Dementia were at the event.

Maintenance Cognitive Stimulation Therapy (MCST) Oakham. Free taster sessions for those living with mild to moderate dementia.

Memory café Taylor House, an afternoon of reminiscence over a cup of tea and cake. Open to those living with dementia and their carers.

Time in Nature Volunteer Training Centre. Oakham Road. Hambleton. A chance to enjoy the natural outdoor environment. Walk on the reserve (weather permitting).

Dementia Information Stand at the Co-op, Burley Road, Oakham, LE15 7AA. People came along to find out more about Age UK services and the Admiral Nurse Team based in Rutland.

Training and shadowing opportunities

The team has responded to requests for ad hoc and bespoke training to provide education to health & social professional and voluntary organisations

Time has also been given to student nurses and health & social care staff via opportunities to shadow the Admiral Nurses to offer them insight into the role.

The Clinical Lead for Admiral Nurse Service has completed the Emergency First Aid at Work (TQUK Level 3) and Award in Education & Training (TQUK Level 3) to enable the delivery of First Aid to the wider teams within Adult Social Care as part of a mandatory training programme.

Rutland Wraparound Service

The Memory Clinic returned to Rutland Memorial Hospital in July 2023. Working collaboratively with LPT, the MDT Wraparound Service commenced at the same time to complement the work of the Memory Clinic.

Following their memory assessment (or follow-up appointment) at the Memory Clinic, held at Rutland Memorial Hospital, patients and their carers are offered the opportunity to attend an MDT Wraparound Service where they can access a range of wider services tailored to their needs. The service is supported by:

- Rutland PCN Care Coordinator
- Admiral Nurses
- RISE representative

Patients and their carers have the opportunity, within an informal setting to discuss any concerns or questions they may have.

Dependent on their specific needs, they may be signposted or referred to a support service or group, and leaflets are provided for reference, for information or future self-referral.

Evaluation of the pilot was that:

- Rutland residents were enabled to receive diagnosis and support closer to home.
- Patients, carers and their families were supported to access holistic support in the ways they were comfortable with
- One to one conversation for patients and carers contribute to a positive experience of care.
- strong relationships within the MDT members were developed

LLR Living Well Dementia Strategy (2024 -2028).

The Living Well Dementia Strategy has been developed and agreed by the three Local Authorities, Integrated Care Board (ICB) and NHS providers and is to be implemented early 2024. The strategy will run until late 2028 and sets priorities across LLR for ways Social and Healthcare can support people living with Dementia, their families and carers.

The focus of the strategy is to create a Health and Social care system that works together so that people with dementia and their families move towards personalised and integrated care to support them, not only prior to diagnosis but post diagnosis through to end of life care.

The Strategy considers the impact that dementia has on people's lives and as a partnership there is commitment by professionals to minimise the impact of dementia by providing the best possible care.

The Strategy will aim to promote dementia awareness and understanding across society to ensure inclusivity of all people living with dementia and their carers to enable equal access to services.

The Strategy and the delivery plans support priorities 3, 4 and 5 and their commitments outlined in the Rutland Adult Social Care Corporate Strategy. Each organisations delivery plan will feed into the high-level priorities identified in the strategy and will identify responsibility for delivering the actions. .

Across the three Local Authorities a formal consultation took place from 17th July-22 September 2023

Leicester City Council hosted the consultation on their website – Rutland's voice was heard and represented, through public consultation and was available in various accessible formats (paper and digital surveys).

Support Groups/Activities

Following the success of a new Memory Joggers group earlier this year, a new venue has been sourced, and the group will resume in September 2024.

In January, a group of carers and people living with dementia were able to visit Market Harborough theatre to see the film Calamity Jane, this was a result of joint working with Leicester Memory Musical Box.

The visit was enjoyed by all attendees especially the ice cream

Some feedback /comments from the session were



"I have never seen P have such a smile on her face so much and singing"

"D needed no invitation to get up and join the ladies at the front, singing and dancing to ABBA. Thank you"

"My husband did not want to attend but ended up tapping his feet and enjoying himself. This has given me the courage to try other events"



Future Plans

Dementia Strategy delivery plan

To deliver the agreed action plan and ensure systems are in place to implement, monitor and report on the strategy from a local neighbourhood to the Dementia Programme Board.

Residential Care home

Following several requests from residential care homes in Rutland for training and support for both professional carers and family members, a scoping exercise will be carried out to look at what Admiral Nurse support is required.

The Admiral Nurse Service will look to empower and upskill the care home workforce to work with residents with complex dementia care needs, building on the expertise that's already available within the care homes and ensuring staff feel supported in their roles.

Lived experience participation group

To commence a Lived experience participation group for people living with dementia and their carer's. To empower and promote co-production and gain feedback from them to ensure their voices are heard. Dates have been set to commence August 2024.

Training & Education

The Admiral Nurse will extend the reach and impact of their skills and expertise by working alongside, role modelling and providing education sessions to health and social care colleagues increasing competence and confidence in dementia care within the locality. We are able to offer training and education to various health professionals and students to support their knowledge and understanding in dementia care.

Future Plans

Other service/support group activities

Ongoing community engagement events will take place in various venues as well as appropriate communication channels being utilised to promote the Admiral Nurse Service.

The team will continue to explore new innovative ways of promoting the Service.

Intergenerational projects are still being explored with a view to commencing some interaction in September. Students from Oakham School are going to join some group sessions in July and if successful we would look to build on this, with the aim Linking older adults with younger people which can be advantageous for both age groups, Through reducing social isolation in of older adults, help young people to understand and accept the ageing process and to help keep family stories and history at the forefront to enable us to develop a greater sense of community and social cohesion.

Following an offer from the Rutland Care Village regarding a film afternoon, to be potentially held on a Friday once a month, we are looking at the practicalities of supporting this alongside a volunteer and activity coordinator from the Care Village.

We will continue to explore joint working with the Leicester Memory Music Box and hope to have access to some of their Christmas activities.

Should you wish to make a referral for Admiral Nursing Support please contact us through the [RCC Website](#) or via admiralnurse@rutland.gov.uk.

We are also actively seeking new volunteers to support our various community groups through the [Volunteer Plus website](#).