

# Supporting former professional footballers and their families in managing the complexities of dementia

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Admiral Nurses are specialist dementia nurses who provide practical and emotional support to families affected by dementia. Visit [dementiauk.org](http://dementiauk.org)



## Aim

There is an increasing prevalence of neurodegenerative diseases in former professional footballers in the UK, and an associated increased risk of mortality.<sup>1</sup>

The Professional Footballers' Association (PFA) collaborated with Dementia UK to create an Admiral Nurse service providing specialist advice and support to members with dementia or suspected dementia.



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## Methodology

An Admiral Nurse clinic was piloted one day a week offering telephone or online consultations to PFA members. Dementia UK undertook the evaluation.

## Results May-Oct 2022

98 appointments offered  
81 appointments completed  
50 video calls; 31 telephone calls  
671 interventions; 280 signposting to pre- and post-diagnostic support



"The PFA support being there as and when needed **just feels like being wrapped in a warm blanket**, because there really is no light at end of the tunnel" – Family carer

## Discussion

- Ex-footballers of all ages are living with different forms of dementia
- More likely to affect players in defence/centre-forward positions
- Delays in getting a formal diagnosis
- Multi-component intervention can offer families the support they need

Overall, how was your experience of our service?



- Very good
- Good

## Conclusions

- The virtual clinic model is versatile and flexible in the field of brain injury
- Through our partnership, we can offer different skills, knowledge and experience to support PFA members
- The pilot was considered successful and will continue

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