

Who can I contact for further information?

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If you have concerns about your own memory or someone else's, please make an appointment with your GP to discuss the situation. Time can be an important factor, so please do this as soon as you think there might be a problem.

Useful information and websites

Alzheimer's Society

0300 222 1122

www.alzheimers.org.uk

Age UK

0800 169 6565

www.ageuk.org.uk

Devon Dementia Support Service

Devon – Telephone: 0300 123 2029

Torbay – Telephone: 01803 669216

www.alzheimers.org.uk

Devon Carers Service

08456 434 435

www.devoncarers.org.uk

Torbay – signpost for carers

01803 666620

Torbay Carers Forum

www.torbaycarersforum.co.uk

Devon Community Directory

www.directory.devon.gov.uk

Search Memory Café

Devon Partnership NHS Trust

Patient Advice and Liaison Service (PALS)

0800 0730741

www.devonpartnership.nhs.uk

Tell us what you think

If you would like to know more about us, need information in a different language or format or have a concern, compliment or complaint, then please contact our PALS Team:

PALS Team

Devon Partnership NHS Trust

Wonford House

Dryden Road

Exeter EX2 5AF

Freephone: 0800 0730741

Email: dpn-tr.pals@nhs.net

You will also find useful information about our services and issues related to mental health and wellbeing on our website at www.devonpartnership.nhs.uk



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Worried about your own memory or someone else's?

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How a Memory Clinic can help



Introduction

Many people become forgetful as they get older and find that they:

- Lose things more often
- Have difficulty recalling names
- Cannot find the word they want
- Forget what they were about to do.

There are many reasons why people experience memory problems. Commonly this is simply due to age, but sometimes it can be caused by other conditions. These can include stress or the early stages of a dementia - such as Alzheimer's disease.

What does our service provide?

Memory Clinics are part of the Devon Memory Service. The clinics aim to discover the cause of your memory problem and to provide you with the appropriate information, support and treatment that you need to help you to live well and independently.



How are people referred to the service?

Please make an appointment with your GP, who will discuss the options available with you and organise a referral to the service if it is required.

What happens after a referral is made?

Following receipt of your referral, you will be seen either by your local Community Mental Health Team or be asked to attend an appointment at one of our Memory Clinics.

What happens at a Memory Clinic?

Depending on where you live, you and a relative or friend will attend a Memory Clinic at one of the following hospitals:

- Royal Devon and Exeter Hospital in Exeter
- North Devon District Hospital in Barnstaple
- Torbay Hospital in Torquay.

The reason we hold them in a hospital is so that we can do everything we need to do in one appointment. This includes a CT scan (a type of head scan) and a memory assessment. At the end of your appointment, you will be given feedback and, if applicable, a diagnosis. You will also have the opportunity to ask questions about the results of the assessment and to discuss the next steps.

Who will I see at the Memory Clinic?

At the Memory Clinic you will see:

- An assistant psychologist, who will undertake a neuropsychological assessment, which will assess your memory and other areas, such as language and concentration.
- A nurse or occupational therapist who, with your consent, will talk to your relative or friend about you and the problems you have been experiencing.
- A doctor, who will talk to you about your CT scan results, the outcome of the assessment and, if applicable, your diagnosis. They may also discuss medication with you.

What if I am diagnosed with dementia?

Being diagnosed with dementia can come as a shock and be upsetting. If you are given this diagnosis, we will work closely with you, your family and other organisations to help you get all the support that you need.

We have a range of support and courses available, at any time, and they include:

- Introduction to your local Memory Café
- Access to Memory Matters sessions – a five week programme
- Access to Living Well with Dementia groups
- Referral to specialist local dementia support
- Referral to local voluntary services such as Age UK and the Alzheimer's Society
- Information for carers about accessing Devon Carers Service.