

Supporting you to live well

Worried about your own memory or someone else's?

How the Devon Memory
Service 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 dementia - such as Alzheimer's disease.

What does the 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 can discuss the options available and organise a referral to the service if 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 and who will I see?

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

- Wonford House in Exeter
- North Devon District Hospital in Barnstaple
- Torbay Hospital in Torquay.

At the Memory Clinic you will usually see:

- An assistant psychologist, who will undertake a neuropsychological assessment, which will assess your memory and other areas, such as language and concentration.
- A support worker who, with your consent, will talk to your relative or friend about you and the problems you have been experiencing.
- A doctor or nurse prescriber who will feedback the results of your assessment and if applicable your diagnosis. They may also discuss medication with you. You will also have the opportunity to ask questions about the results of the assessment and to discuss the next steps.

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.

Who can I contact for further information?

If you have concerns about your memory or someone else's memory, please make an appointment with your GP to discuss a referral to the Devon Memory Service.

Useful information and websites

Alzheimer's Society

t: 0300 222 1122

www.alzheimers.org.uk

Age UK

t: 0800 169 6565

www.ageuk.org.uk

Devon Dementia Support Service

Devon – t: 0300 123 2029

www.alzheimers.org.uk

Devon Carers Service

t: 03456 434 435

e: info@devoncarers.org.uk

www.devoncarers.org.uk

Torbay – Signpost for Carers

t: 01803 666 620

www.tsdfc.uk/carers

Devon Memory Cafe Consortium

www.dmcc.org.uk

Contact information

If you require this leaflet in a different format or language please ask a member of our staff.

If you would like to provide feedback about our services please contact:

Patient Advice and Liaison Service (PALS)

Devon Partnership NHS Trust
Wonford House
Dryden Road
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www.dpt.nhs.uk