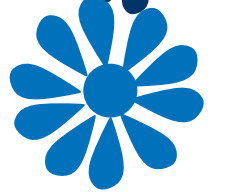


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# Information for people attending a Memory Clinic



## About us

There are many reasons why people experience memory problems. Commonly it 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. The aim of the Memory Clinic, which is part of the Devon Memory Service, is 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.

## Why have I been referred to the Memory Clinic?

You have been referred to the Memory Clinic so that we can assess the concerns that you, or a relative or friend, have about your memory.

## Should I bring someone with me?

Yes. It is important you bring one relative or close friend with you. With your consent we will speak to them to get further information about the problems you have been experiencing. This will assist us in getting a clearer understanding of your circumstances and help us to advise you about the right help and support for you.

## What do I need to bring with me?

Please bring with you a list of any medication you are currently taking. If you wear glasses for reading or you wear a hearing aid, please bring them with you as well.

## How long will the assessment take?

Please allow up to three hours for your overall appointment.

## What happens on the day?

At the Memory Clinic you will see:

- An assistant psychologist who will undertake an assessment of your memory and other areas such as language and concentration.
- A support worker who, with your consent, will talk to your relative or friend while you are with the assistant psychologist. They will ask questions about you and the problems you have been experiencing.
- A doctor or non-medical prescriber (Advanced Practitioner) who will discuss your overall results, the outcome of your assessment and medication if indicated.
- On very rare occasions, we may have to implement changes to the operational side of the clinic, sometimes at short notice. This may result in you not seeing a doctor on the same day.

## What happens after my assessment?

Following your assessment we will write to your GP. A copy of this letter will also be sent to you (unless you decline) and will include:

- The outcome of the assessment and your diagnosis, if applicable
- Information about any medication that may be required and any other treatment that may help you.

If you have been given a diagnosis of dementia you will be given a follow-up appointment with your local Community Mental Health Team within four weeks. Here, you will have the opportunity to discuss the outcome of your assessment and to ask any questions that you might have. A range of support and information will also be offered at this point.

## Who can I contact if I have any questions or concerns?

If you have any questions or concerns, please contact a member of the Devon Memory Service team in your local area (details below).

### **Torbay, South & West Devon Memory Service**

Torbay Hospital  
Haytor Unit  
Loves Bridge  
Torquay  
TQ2 7AA

**t:** 01803 396 520

**e:** [dpt.memoryclinicsouthdevon@nhs.net](mailto:dpt.memoryclinicsouthdevon@nhs.net)

### **Exeter, East & Mid Devon Memory Clinic**

Health & Wellbeing Clinic  
Wonford House  
Dryden Road  
Exeter  
EX2 5AF

**t:** 01392 674 067

**e:** [dpt.memorycliniceem@nhs.net](mailto:dpt.memorycliniceem@nhs.net)

### **North Devon Memory Service**

Health and Wellbeing Clinic  
North Devon District Hospital  
Raleigh Park  
Barnstaple  
EX31 4JB

**t:** 01271 443 231

**e:** [dpt.memoryclinicnorth@nhs.net](mailto:dpt.memoryclinicnorth@nhs.net)

## Your feedback

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 service please contact:

### **Patient Advice and Liaison Service (PALS)**

Devon Partnership NHS Trust  
Franklyn House  
Franklyn Drive  
Exeter  
EX2 9HS

**t:** 01392 675 686

**e:** [dpt.pals@nhs.net](mailto:dpt.pals@nhs.net)