

We will also refer you to further sources of support and help including:

### **Managing Memory 2gether Information and Education Service**

This service provides specialist information and advice to people who are worried about memory, people with dementia and carers of people with dementia.

The service also coordinates a countywide programme of education sessions on a range of topics relating to memory loss and dementia.

### **Dementia Adviser Service**

This service is provided by the Alzheimer's Society. The dementia adviser service will give you the information you need to make the right decisions.

They will also tell you about the services available in your area which can support you and your family.

If you are diagnosed with Dementia the adviser will remain point of contact for you throughout your dementia journey.

For more details contact Alzheimer's Society 01452 525222

## **About Managing Memory 2gether**

Managing Memory 2gether provides community based services for people worried about memory, people with Dementia and carers of people with Dementia.

Our services include:

- Memory Assessment
- Memory Monitoring
- Information and Education service
- Group information sessions
- Short term support for people with Dementia and carers when they need extra support
- Specialist dementia support to GP surgeries
- Care Home Support Team
- Supporting Dementia Awareness and training in care homes and hospitals

### **How do I find out more?**

For help and advice and to register for information sessions contact us now:



Telephone us on **0800 694 8800**



Email us at **managingmemory@glos.nhs.uk**

You can also find out more by visiting [www.2gether.nhs.uk/managing-memory-2gether](http://www.2gether.nhs.uk/managing-memory-2gether)



## **About your appointment** Memory Assessment Services



Gloucestershire's Memory Assessment Service provides specialist assessment, diagnosis and treatment services to people who are worried about memory as well as providing support to their carers.

There are many possible causes of memory loss – including the normal changes which occur with old age.

The service aims to identify the cause of memory loss and if necessary discuss any possible treatments with you and your family member/carer/friend.

Early diagnosis and support is important for any memory problem, particularly Dementia. If you are worried about your appointment and want to talk about it before you see the team please get in touch.

Usually your appointment will take place in one of our clinics. In some circumstances we will arrange to see you in:

- your own home or
- a relative or friend's home

Your appointment letter will tell you the time and place of your memory assessment.

## What will happen at my first appointment?

At your first appointment we will ask you to describe the difficulties or problems you are having and how these affect you day to day.

Some people find it useful to write their thoughts down before hand. You are welcome to bring a friend or relative with you.

We will also ask you about:

- Other illnesses you have had before
- Illnesses you have now
- Medications which you are currently taking

You may be asked to do some tests which will help us to find out what you find easy and what you find hard.

These are part of a group of tests that allow the team to find out more about your memory problems.

There will also be some time for you to ask us questions about the things that are bothering you.

The first appointment usually lasts between one and two hours.

It is important for you to bring:

- your reading glasses
- your hearing aids if these are used
- a list of the medicines you take
- a list of any past and current illnesses

## What happens after my first appointment?

Following your first appointment it may be necessary for you to have a scan and/or appointments to see other members of the team such as a:

- Psychologist
- Occupational Therapist
- Speech & Language Therapist
- Physiotherapist

Once all the assessments are completed and we have the results we will arrange an appointment for you to see a member of the Memory Assessment Team.

They will discuss the results of the assessment with you and where appropriate will offer a diagnosis. They will also advise on any treatments available and answer any questions you may have.

## What happens after diagnosis?

About four weeks after your diagnosis appointment, we will arrange to meet with you again to see how you are getting on and whether you need more help.

This is an opportunity to talk about anything that may be worrying you and to see how much the advice and/or medication you were given has helped you.

At this visit we can provide information on:

- the diagnosis
- the course and prognosis of the condition
- what happens next including details of any follow up appointment