

## Contacting us



Telephone us on  
**0800 694 8800**



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

**Managing Memory 2gether to help people live well with Dementia.**

For more information about 2gether NHS Foundation Trust visit  
**[www.2gether.nhs.uk](http://www.2gether.nhs.uk)**

If you would like further information, additional copies or would like to receive this leaflet in another language, large print or on audio format please contact the Trust Communications Team at Trust Headquarters, Rikenel, Montpellier, Gloucester, GL1 1LY. You can email us at [2gether.comms@glos.nhs.uk](mailto:2gether.comms@glos.nhs.uk) or call us on 01452 891604.



## Information about Gloucestershire 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 relative or friend.

Your appointment letter tells you the time and place of your memory assessment. However if you would prefer to be seen somewhere else please let us know.

You can be seen at:

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

### **What will happen at my first appointment?**

At your first appointment we will ask about you and your medical history. You will be asked lots of questions and asked 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 ask you about:

- other illnesses you have had before
- illnesses you have now
- medications which you are taking at the moment

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.

The first appointment usually lasts between one and two hours.

### **What should I bring**

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?**

You are given some initial advice and guidance and 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

These people will need to see you on another day, either at home or at the clinic.

After you have seen other members of the team we will arrange an appointment for you to see our Specialist Doctor who will make a diagnosis. They explain in detail what we have found and make a plan of how to help you.

The Doctor will also refer you to an information and signposting service called Managing Memory 2gether. This team will contact you to offer information and advice. The appointment is also an opportunity for you to ask questions and express any worries and concerns that you may have regarding a possible diagnosis of dementia.

### **What happens after my diagnosis?**

About four weeks after your appointment, we 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.

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:

### **Managing Memory 2gether**

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