

What happens when my memory assessment is complete?

A follow-up appointment will be arranged with you to discuss the outcome of the assessment.

If it is possible to make a diagnosis of dementia at this stage we will discuss any treatment options with you, or you and a family member if you prefer. We will inform your GP of the outcome of your assessment.

You will receive a dementia information pack and be given the opportunity to attend local support groups.

If you are prescribed medication, a nurse will be in touch with you to make sure you are settling well and are coping with your medicine. Once the correct dose has been established you will be periodically checked.

Sometimes a diagnosis of dementia will not be made at the end of your initial assessment because there is no evidence that your memory and other thinking problems are caused by dementia.

In some instances, a diagnosis of Mild Cognitive Impairment may be made. This is where memory and thinking problems are very mild and they do not affect your ability to carry out everyday activities. Your GP may suggest you have a re-assessment after a period of time so we can see if there have been any changes.

Sometimes memory problems can be caused by other factors such as anxiety or mood. We will give you advice on how to manage these issues.

Please call your local Memory Assessment Service on:

Coventry: 024 7670 7968

Nuneaton: 0300 200 2008

Rugby: 01788 513712

Stratford upon Avon: 01789 415440

Leamington Spa: 01926 450660

For out of hours emergencies please contact your GP.

If you require this publication in a different format or language, please contact the Equality and Diversity Department on 024 7653 6802.



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NHS

**Coventry and
Warwickshire Partnership**
NHS Trust

Memory Assessment Service



Information for patients

What is the Memory Assessment Service?

We are a team of clinicians from different professional backgrounds who specialise in the assessment and identification of memory problems and changes in other thinking skills (known as cognitive difficulties).

We also provide post diagnostic information and other support for people who have just been given a diagnosis of dementia.

Where are we based?

We cover the Coventry and Warwickshire area. There are team bases in Coventry, Nuneaton, Rugby, Leamington and Stratford upon Avon.

Our assessments are carried out in clinics, depending on where you live. If you have difficulties in getting to a clinic, perhaps due to physical health or mobility issues, then the assessment can take place in your own home.

Why have I been referred?

There are many reasons why you may have been referred to us. It may have been that you, or a family member or friend, has noticed some memory changes. Your GP has referred you to us to carry out a detailed assessment to help identify why this is happening.

What causes changes in memory and other thinking skills?

Memory problems are very common and they can be caused by many different factors. Normal age related changes, physical health problems, tiredness, anxiety, depression, work and life related stress, or side effects of some medication, can all lead to our memory and other thinking skills becoming less reliable than usual. In some cases these changes can be a sign of dementia.

A comprehensive assessment will be needed to help establish the probable cause of your difficulties so that you can be offered any necessary treatment or support.

What happens during the assessment and how will this help me?

At the first appointment we will:

- explain the assessment process in detail
- ask you about your personal, social, family and medical history
- ask you how you manage at home or work

You may also be asked to have some blood tests and a brain scan, although your GP may have already organised these.

You will also be asked to do some practical pen and paper tasks, so that we can see whether there has been any change in your memory and thinking skills over and above what we would expect from someone of your age.

If you have brought a family member or friend along with you to the appointment, we will ask them to complete some questionnaires regarding any changes they have noticed in your memory and day-to-day functioning.

It is important that you bring any spectacles or hearing aids you might need and a list of your medication.

It might be helpful to write down any questions or concerns you have, so that you can discuss these at your appointment. We recommend that your partner or someone you trust is with you during the assessment, but you can be seen alone if you prefer.

This initial assessment usually takes about two hours.

Who will carry out the assessment?

This depends on your individual circumstances. Most people are seen at a clinic by a Memory Assessment Clinician. You may be booked in to see a Consultant Psychiatrist or Clinical Psychologist first.

Once your initial assessment is carried out your results will be discussed with the team. If we need further information then you will be given a follow-up appointment with a Clinical Psychologist who will do some more in-depth paper and pencils tests with you; or an Occupational Therapist who will visit you at home to assess how you are functioning in everyday life.

