



Oxford Health
NHS Foundation Trust



Bucks Memory Assessment Service

What to expect at your memory appointment

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Introduction

You, your GP, or a friend, relative or carer may have noticed that your memory might be worse than it used to be.

You may also be having difficulty with speech, or with daily tasks such as cooking, dressing, washing, or remembering words.

You have been referred to the Memory Assessment Service to determine the cause of this.

There are many causes for these types of experiences, including depression and dementia.

We may be able to make a diagnosis at the end of your visit, however, in some instances we may need to discuss your visit with the wider team or request further tests/ investigations. We will provide advice and offer appropriate specific treatment.

Before your appointment

Your GP (or other healthcare professional) will have already undertaken some tests.

If we need anything further before your appointment with us, for example, a blood test, an ECG, or a head scan, then we will request these.

These are normally carried out by other clinics, who will make the appointment with you directly, but will send the results to us.

Your referral

The referral will be processed by the Gateway Team who will review your details. They may contact you to confirm these details, or to seek further information.

This helps to make sure that your referral goes to the correct team.

At your appointment

We encourage you to bring a relative, friend or carer to your appointment so that they can support you.

They can help you to provide information, but also to remember the details that are discussed during the appointment.

What to bring

Please bring along a list of your current medication, your reading glasses and hearing aid (if used). Forms that we have asked you to complete before the appointment.

Getting there

Allow extra time before your appointment to find suitable parking and arrive at your appointment in plenty of time. Many of the sites that we use are pay and display car parks (or similar)

What will happen

Your appointment will usually last about 1.5 hours but may take longer. In this time, we will talk to you and carry out some memory tests.

We will ask you questions about your memory, medical background, current medication, family life, driving and how you are coping with day-to-day life.

We will look at the results from any tests and other relevant medical information that we have received before your appointment.

Next steps

We will agree a plan with you at the end of the appointment. This will include any follow up or referrals to other services that we may make. We will also give you useful information that may be relevant.

Sometimes medication can help memory problems. If we think that these may benefit you then we will discuss them with you. However, medication is not appropriate for everybody.

You may be referred to a local dementia advisor who can put you in touch with many of the care and support services in your local area.

Contact us

To get in touch before your next appointment please contact:

Email BucksMemoryService@oxfordhealth.nhs.uk

Phone 01865 901 296

Find us

Saffron House

Easton Street
High Wycombe
HP11 1NH

The Whiteleaf Centre

Bierton Road
Aylesbury
HP20 1EG

Accessibility

Patient information leaflets are available on our website:
www.oxfordhealth.nhs.uk/leaflets

Get in touch

Address Oxford Health NHS Foundation Trust
Trust Headquarters
Littlemore Mental Health Centre
Sandford Road, Oxford OX4 4XN

Phone 01865 901 000
Email enquiries@oxfordhealth.nhs.uk
Website www.oxfordhealth.nhs.uk

Feedback

Our Patient Advice and Liaison Service (PALS) provides advice and support to patients, families, and carers, helping to resolve any problems, concerns, or complaints you may have.

Phone 0800 328 7971
Email PALS@oxfordhealth.nhs.uk

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