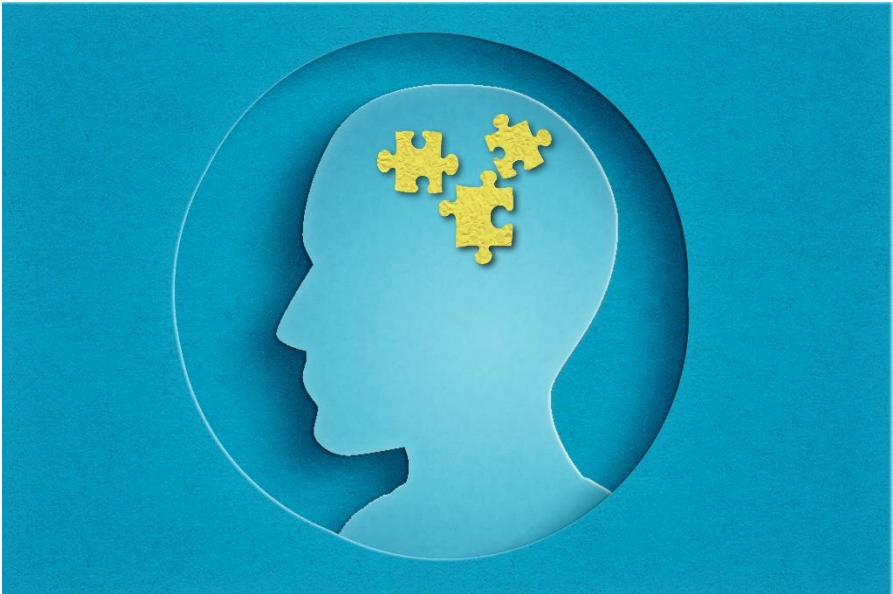




Oxford Health
NHS Foundation Trust



Central Oxfordshire Memory Clinic

Memory clinic

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Why have I been referred to the memory clinic?

Most people are referred to the memory clinic because they, or someone else, is concerned about their memory.

However, some people come with other problems for example, problems with language, thinking or spatial sense.

These abilities together are known as cognitive functions (this can be a useful term to know).

We will often be able to make a diagnosis at the end of your visit. We will provide advice and offer appropriate specific treatment.

The aims of assessment at the memory clinic are:

- to confirm whether you have a memory or other cognitive problem.
- to identify the cause - this may be a type of dementia but could also be due to a different cause such as depression.
- to start any medical treatment which might help your symptoms.
- to make sure that you and your family have all the information and advice you need.

Before your appointment

Before your appointment it may be helpful to have a brain scan at your local hospital (unless you have already had one recently).

We will arrange this for you, and you will receive a scan appointment letter from your hospital.

The scan results will be shared with you at your assessment appointment.

On rare occasions there is a more urgent finding on the scan, in which case we will contact you directly to discuss what needs to happen.

It is important that you come to the clinic with a relative, friend or carer who knows you well.

It is helpful to hear their account of the reasons you were referred to the Memory Clinic.

It can also be useful for them to hear what happens during the appointment; in case you have difficulty remembering all the details.

If you have them, please also bring:

- reading glasses
- hearing aid
- a list of your medications

What happens at your appointment?

Please arrive to your appointment in plenty of time as you may be asked to fill in some forms to give the clinicians more information on your memory difficulties.

You will then be seen by a doctor or specialist clinicians.

Your appointment will usually last about one hour, during which 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 brain scans and other relevant medical information given to us by your GP.

We will discuss with you a general treatment plan that addresses your medical, social and care needs.

Sometimes medication can help memory problems; sometimes people can manage better at home with a bit of advice and support.

We will answer questions you may have about any aspect of your diagnosis or treatment plan, and you will be given useful written information.

If appropriate, 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

It is normal to feel anxious about coming to the memory clinic. If you have any questions before your appointment, then please ring us on **01865 904010** and we will try to answer them.

Students

As we are a teaching service, there may sometimes be a student present at memory clinic. If you do not want a student in your appointment, then please let us know.

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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