Introduction

For many of us, signs of a lapse in memory are nothing to worry about, just frustrating. We lead busy lives and do not always fully concentrate on one task at a time. However, for some people lapses in memory can be a sign of something more serious.

There are many different causes for memory problems and confusion. It is therefore essential that you visit your GP, who will arrange for you to have blood tests to ensure all causes are investigated. Your GP, if appropriate, will also refer you to the Memory Service.

There are over 700,000 people in the UK who have memory problems, and by the year 2025, it is estimated there will be over a million.
What does the Memory Service do?

- The service is responsible for completing detailed assessments to establish a cause for the memory problems.
- The service offers advice and information on the different types of memory problems.
- It provides support for the person experiencing memory problems and their relatives.
- It will prescribe medication for certain types of memory problems.
- It will provide regular reviews while you are receiving medication.
- It will refer to other appropriate services.

Who is involved in the Service?

Staff involved in the Memory Service will include an occupational therapist, nurse prescribers, consultant psychiatrists, a psychologist, and administration support. We also have access to physiotherapists, speech and language therapists, social workers, the community mental health team and voluntary organisations.

What are the assessments?

For the patient

The baseline cognitive assessment is a detailed assessment, which looks at several areas, such as memory, concentration, reasoning skills and mood.
For your spouse / relative / friend

In order to get a full picture of your abilities and problem areas, the person who accompanies you will be asked to complete some questions about how you manage at home. He / she will also be asked some questions about aspects of your behaviour which have been affected by your memory problem.

Unless you specifically wish to be seen together during the assessment, you will be seen separately, as this seems to help people to concentrate more readily on the questions. At the end of each session you will be given the opportunity to ask questions and will be given some written information that you can take away with you.

The following three appointments will be made for you: (unfortunately we will not be able to complete these on the day of your assessment).

**CT head scan**

A CT (Computerised Tomography) head scan is a painless test that uses a special X-ray machine to take images of the brain.

**ECG**

An ECG (Electrocardiogram) is a painless test which records the electrical activity of the heart.
A consultant psychiatrist will see you in the Outpatient Department once these tests have been completed and we have received the reports from the above tests. You may be given a probable diagnosis. Treatment options, which may include medication, will be discussed with you.

A Memory Service follow-up appointment may initially be for post-diagnosis support and a medication review, if this has been prescribed by the consultant. Other care options will also be discussed, as well as any concerns you may have about your memory problems.

**Monitoring reviews**

The first review after your initial visit will be three monthly, six monthly or annually, depending on your treatment.

The review will consist of a much shorter memory and concentration assessment. The person who accompanies you will repeat the same questionnaires that were done at assessment. This is why it is helpful to always have with you the same person who knows you well. You will again be seen separately and given the opportunity to ask questions.
Access to health records

The Trust produces a leaflet that informs you of what you need to do if you wish to access your health records and gives a brief explanation of what to expect. You can get this leaflet from the Memory Clinic.

Confidentiality

All staff are required to follow a strict code of conduct on confidentiality.

Sharing of information

Please be aware that the information we obtain from your assessment may need to be shared with certain members of the health care team. This is done on a need-to-know basis to help improve your care. This could be with your GP, social worker, or others who are involved with your care.

This will only be done if you give permission for the information sharing. You have the right to withhold permission for this and your wishes would be respected. However, in certain exceptional circumstances, information may have to be shared, even without your consent.
We hope you have found this information helpful and that your visits to the Rotherham Memory Service will be a positive experience.

If you have any queries before your next appointment, please do not hesitate to ring the Memory Service on the number below.

Rotherham Memory Service
Howarth House
Brinsworth Lane
Brinsworth
Rotherham
S60 5BX
Tel: 01709 302955
Fax: 01709 830213

Compliments and complaints

The Trust welcomes advice and suggestions about how services might be improved. Many problems can be easily resolved by talking to your named practitioner, but if you feel there is any cause for complaint, all correspondence should be sent to:

Chief Executive
Rotherham Doncaster and South Humber NHS Foundation Trust
Woodfield House
Tickhill Road
Balby
Doncaster
DN4 8QN
We are a smokefree organisation. Please provide a smoke free environment for your healthcare provider.

get it write

This information is correct at the time of publishing

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