



# WHAT HAPPENS IN A MEMORY CLINIC?

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*Memory Services National Accreditation Programme (MSNAP) ~ Accredited as  
Excellent (2015)*



# Why a Memory Clinic?

- 2009: A National Dementia Strategy
  - 800,000 people with dementia, £23 billion/yr
  - By 2040 Number will double/costs treble
  - boost research, improve care and raise awareness
  - Increase diagnosis rates to 2/3 by 2015
- 2012: PM's challenge on Dementia
  - 94% of Primary care trusts to have a dedicated Memory Service for Dementia



# What is a Memory Clinic?

*Specialised assessment and management of memory problems:*

- Diagnose or exclude dementia
- Pre- and post-diagnostic counselling
- Interventions for memory problems
- Advice and signposting to other services



# Referrals to memory clinic

- Referral from a GP
  - Patient or relative may be worried about memory or confusion.
- Referral from another doctor/nurse
  - E.g. Geriatrician, Neurologist.



# What happens in memory clinic?

- First appointment 60 – 90 minutes
- Assessment by nurse, doctor or psychologist
  - Current symptoms
  - Past medical history
  - Social circumstances
  - Cognitive and memory testing
- Collateral history e.g. from family/friend
- NB. glasses, hearing aids and medication list



# Assessment

- Conversation about memory and current difficulties
- Structured tests of memory and mood
- May also include:
  - Blood tests
  - Physical examination
  - Referral for brain scans
  - More detailed memory tests



# Treatments

- Anti-dementia medication
- Group work
- Holistic assessment of care needs
- Post-diagnostic counselling



# Group Work

- Memory Group
- Cognitive Stimulation Therapy (CST)
- Wellness Recovery Action Plan (WRAP)
- Education Group





# Not just about diagnosis...

- Support for carers
- Swift access to Young Onset Dementia team, CMHT, Challenging Behaviour team
- Links to research studies



# Some good news

- Greater recognition and improved understanding about dementia.
- Effective treatment and support is available.
- New treatments are being developed.
- 2020: Prime Ministers Challenge on Dementia
  - Best country in world for dementia care
  - Best country in world to conduct dementia research



# Any Questions?

