

Who is the Memory Assessment service for?

The Memory Assessment Service is a specialist assessment service for people who are concerned about changes in their memory and how these changes may be impacting on their day-to-day life.

Memory loss may become a concern when a person struggles to remember events or information they would normally be able to recall. In some cases, people can struggle to find the right words, remember people's names or to learn new tasks. Memory loss can occur suddenly (e.g., after a head injury) but more often tends to gradually develop over time.

**Older Adult
Mental Health Service**
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Memory Assessment Service



Early assessment, diagnostic and treatment services for people with memory problems

Information on how the Memory Assessment Service works

How can the Memory Assessment Service help?

The Memory Assessment Service aim to offer good quality, early diagnosis for people experiencing memory problems or possible dementia. Although there is currently no cure for dementia, medical treatments may be available as well as practical support and guidance that can help people maximise their level of functioning. These options will be explained to you during the assessment process. Receiving a timely diagnosis is important to allow people and their families to plan for the future.

What to expect when attending the Memory Assessment Service

You have been referred to the Memory Assessment Service by your GP because it has been noticed by either yourself or a significant other that you may have been experiencing problems with your memory.

Your GP will have undertaken some basic blood tests. This is to determine if there are any underlying conditions treatable that may be affecting your memory. You may also be referred for a CT scan (head) to rule out other causes of memory impairment.

An ECG may be arranged to check your heart rhythm.

What we do

The Memory Assessment Service is run by the Older Adult Community Mental Health Team, based at the Oberlands Centre at the Princess Elizabeth Hospital.

Following a referral from your GP, a member of the Memory Assessment Service will contact you and arrange to see you at your home or in the clinic.

If possible, it would be helpful if someone who knows you well attends the assessment with you to offer support.

During your appointment we will explain the assessment process to you, and you will have an opportunity to discuss your current memory problems, your physical health history, your medications and how you manage to carry out day-to-day activities. We can also provide information about any extra support you may need. With your permission, your family member/significant other will also be able to share their views.

During the appointment we will also complete a formal memory test, such as the Addenbrooke's Cognitive Examination.

After your assessment is completed, it will be discussed with the Specialist Medical Team, we will then offer you a further appointment to explain the probable cause of your memory problems.

What happens after you have been assessed?

If a diagnosis of dementia is evident, and you want to be told the diagnosis, this will be delivered sensitively by a member of the Memory Assessment Team at your home or in clinic. You will be offered information regarding your diagnosis and about support and practical help that is available if needed. If you give permission, it is usually helpful to have a family member present at this stage for support.

We can signpost you to voluntary sector support groups that exist in Guernsey if required.

We can discuss the option of starting medication to help your memory. If you do start a medication, we will also monitor your response to these medications over the next few months.

After a period of post-diagnostic support is completed, and in collaboration with you and your family you may be discharged from the Memory Assessment service.

However, if further support is required this will be reviewed at the point of discharge.