



Central Locality Memory Clinic

# Memory clinic

## Why have I been referred to the memory clinic?

You, your GP or a friend, relative or carer may have noticed that your memory is getting worse than it used to be. You may also be having difficulty with daily tasks such as cooking, dressing, washing or remembering words. You have been referred to the memory clinic for an assessment in order to understand the cause of this.

There are many causes for these types of issues, including depression and dementia. We will often be able to make a diagnosis at the end of your visit. We will provide advice and offer appropriate specific treatment.

## 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.

We encourage you to bring a friend, relative or carer to your memory clinic appointment so that they can hear what happens during the appointment in case you have difficulty remembering all of the details.

Please bring along a list of your current medication and your reading glasses and hearing aid (if used).

## 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 who will usually be accompanied by a nurse or psychologist.

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

To get in touch before your next appointment please contact:

**Central Locality Memory Clinic**  
**Tel: 01865 904 010**

## Concerns and complaints

We aim to provide you with a high quality service at all times. However, if you have any concerns, complaints or comments about your experience of our service then please tell a member of the memory clinic team or contact the Patient Advice and Liaison Service on freephone 0800 328 7971.

If you would like to have information translated into a different language, please contact the Equality and Diversity Team at: [EqualityandInclusion@oxfordhealth.nhs.uk](mailto:EqualityandInclusion@oxfordhealth.nhs.uk)

**Arabic** يُرجى الاتصال بنا إذا كنتم ترغبون في الحصول على المعلومات بلغة أخرى أو بتسيق مختلف.

**Bengali** আপনি এই তথ্য অন্য ভাষায় বা আলাদা আকারে পেতে চাইলে অনুগ্রহ করে আমাদের সাথে যোগাযোগ করুন।  
**Urdu** اگر آپ یہ معلومات دیگر زبان یا مختلف فارمیٹ میں چاہتے ہیں تو برائے مہربانی ہم سے رابطہ کریں۔

**Chinese** 若要以其他語言或格式提供這些資訊，請與我們聯繫

**Polish** Aby uzyskać informacje w innym języku lub w innym formacie, skontaktuj się z nami.

**Portuguese** Queira contactar-nos se pretender as informações noutra idioma ou num formato diferente.

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