



North 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:

Aylesbury North Memory Clinic
Tel: 01865 901 280

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

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

আপনি এই তথ্য অন্য ভাষায় বা আলাদা আকারে **Bengali** 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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