

MEMORY CLINIC INFORMATION SHEET

What is our Memory Clinic?

Our Memory Clinic is a specialised service for adults over the age of 18 presenting with potential cognitive difficulties, including dementia. The service is led by Consultant Psychiatrists and Clinical Psychologists specialising in memory, cognition, dementia, neuropsychology and neuropsychiatry, our Memory Clinic delivers expert assessment and follow up care.

Why do people attend the Memory Clinic?

A Memory Clinic consultation may be helpful to consider if you may have noticed a change in yourself or a loved one, in one or more of the following areas:

- Altered states of consciousness
- Attention
- Language abilities
- Problem solving skills
- Visuospatial abilities
- Cognitive difficulties following a head injury
- If you think you or a loved one may have dementia

What does our Memory Clinic involve?

Part 1 – Memory Clinic Consultation

Upon reviewing your referral, we can offer a 90-minute Consultation with our Consultant Psychiatrist. This appointment will include discussing your concerns to try and better understand you or your loved one's experiences. Our Consultant will take a detailed history of your difficulties, gather collateral information from someone who knows you well and we will ask you to complete some tasks in session to formally assess your cognition. The Consultant will then gather all of this information together and consider what the next best steps are for you/your loved one.

The Consultant Psychiatrist may then be able to provide you with a diagnosis, if appropriate, and suggest potential medical and/or psychological treatment options. You will also be provided with a report summarising the assessment and future recommendations.

Alternatively, you may require further in-depth assessment, such as neuropsychological assessment and brain scanning to determine the underlying cause of cognitive impairment. Please find more information about further assessment explained below.

Part 2 – Neuropsychological Assessment with a Clinical Psychologist

If you require more in-depth assessment and/or a brain scan, you will meet with one of our Clinical Psychologists to carry out a detailed neuropsychological assessment and we will arrange for fast access to any brain scans that may be required. Our Consultant Psychiatrist will let you know if one or both of these will be required.

What is a Neuropsychological Assessment?

A neuropsychological assessment is a way of looking at how different parts of the brain are functioning. This is done carrying out a number of mental tasks or puzzles which look at different thinking skills, for example, memory, concentration, language and problem solving.

Why do people have a Neuropsychological Assessment?

A neuropsychological assessment is often completed because you and/or someone you know is worried about a change in their abilities. This may include; word finding difficulties, difficulties concentrating and memory memory.

What happens during a Neuropsychological Assessment?

1) *Meeting with the Clinical Psychologist*

One of our Clinical Psychologists will ask questions about your memory and any other difficulties that you may have on a day-to-day basis. This will usually take place over 1 or 2 appointments. It can be helpful to bring a family member or a close friend, as they sometimes notice changes that you might not be aware of or have forgotten about.

2) *Informed Consent*

When you meet with the Clinical Psychologist you can ask any questions you might have. You will also be given the opportunity to decide whether you would like to continue with the neuropsychological assessment (complete the tasks/puzzles) or stop the assessment at this stage. You will be asked how much you would like to know about the results of the assessment and if you would like anyone else to be told of your results. Please note that if you are still driving, you may need to inform the DVLA of the outcome of your assessment.

3) *Assessment tasks/puzzles*

It will take approximately 3-4 hours to complete the tasks, and this will usually be split between 2 appointments. However, we can be flexible to suit your needs. For example you preferred 1-hour appointments we can offer 1-hour appointments rather than longer appointments.

You will be asked a range of questions and be asked to complete some written assessments and practical tasks. Practical tasks may include puzzles that involve pictures and words. You will not need to write very much and may find that some tasks are interesting, and others may be tricky. If you need glasses or use a hearing aid, it is recommended you bring these along with you to your appointments. You can decide to stop at any time during the assessment or to ask for a break.

4) *Feedback appointment*

Once you have completed all the tasks/puzzles, you will have a feedback appointment to discuss your results. This appointment may be with the Clinical Psychologist, Consultant Psychiatrist, or both in some cases. You will be told how the results from the assessment are likely to affect you on a daily basis, and you will have an opportunity to ask questions. It may be helpful to bring a family member or close friend with you to this appointment.

There are 3 possible outcomes from your assessment:

- Your skills are what we would expect.
- There are a few problems with some aspects of your memory and other skills, but we are not sure what has caused the changes. A recommendation may be made to reassess your memory in 6-12 months.
- There are definite problems that are causing you difficulty. The reasons why you have these problems will be discussed with you.

A written report will be provided. You can opt to not receive this, or for someone you know well to receive this instead. A full report will also be sent to your GP.

Will I have a brain scan?

If you require a CT or MRI brain scan our Consultant will advise you of this and we can arrange this for you. We have a separate information sheet detailing the costs and process of CT and MRI scans. Please ask our team if you would like this information.

What if the results are inconclusive?

If following a comprehensive assessment, the results are inconclusive we may recommend that you to return for further testing at a later date, for example in 6-12 months time. At this stage we will have your 'baseline' assessment results, and we will be able to offer to repeat the assessment to compare how your functioning may have changed over time.

How much will it cost?

- 90-minute Memory Clinic Consultation with Consultant Psychiatrist: £560
- MRI brain scan: £470
- CT brain scan: £650
- Comprehensive Memory Clinic Assessment: £2500. This includes a 90-minute Memory Clinic Consultation, Neuropsychological Assessment, CT or MRI brain scan, a feedback session and a written report to yourself and your GP.