

MEMORY CLINIC 29-4-02

Recommendations:

- ① CT scan of neck & head
- ② memory review in six months
- ③ Kathryn send handout on tips for improving memory
- ④ ~~to~~ read the book called "Remembering Well"

FAR NORTH COAST DEMENTIA OUTREACH SERVICE

FOR ADVICE ON THE ASSESSMENT & MANAGEMENT OF EARLY STAGE
DEMENTIA. COVERING THE RICHMOND, TWEED & CLARENCE VALLEYS.

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QEEG Quantitative Electrical Encephalograph^G

Measures patterns of brain waves
emitted from different parts of
the brain/skull. Non invasive.

Another alternative is Magnetic Resonance.

Ex Wegen

Memory Issues

- Food Product Names
- People Names
- Computer - keyboard monitor
names/labels
- Calendar day number
- Phone No
- Keys lost / place? ^{1x2, 2x3 + check back}

u

Memory tips

well - "memory loss" / dementia
"google"

At Brunswick Ct

Northern New England

2000
SM Direct P/L

5564-8881

Supporters of Surf

Lifeguarding NSU.

K/Sur Tallow shots etc

BE16-4-02

Memory loss? Help is at hand

If you have concerns about memory loss and how it impacts on your every day life, or if you know someone who is affected by memory problems, then you should attend the memory clinic to be held at the Brunswick Valley Community Centre on April 29.

The clinic is a free and confidential service offered to adults of all ages. Health professionals can make referrals to the clinic if a client has memory loss and community services, specific to memory loss, are not in place.

The Memory Clinic's aims include identifying memory impairment, making suggestions for further assessment, liaison with the person's GP and providing support to the person at an earlier stage in their dementia than they would have otherwise experienced.

The clinics have specialist staff (social worker, clinical psychologist and registered nurse) whose knowledge and expertise are pooled together to give a multidisciplinary assessment, which will be more accurate because of the detailed amount of information gathered.

Some people who attend the Memory Clinic will be the 'worried well' - after assessment, they can be reassured that they do not have a cognitive impairment and can be given advice on memory consolidation. Those people who do have a cogni-

tive impairment are offered referral to appropriate medical and support services. They are offered ongoing contact with the Dementia Outreach Service.

Dementia is a growing health concern in Australia, with predictions that it will increase by three and a half times in the next forty years as the very elderly become the fastest growing segment of the population.

Bookings for the Memory Clinic in Brunswick Heads are essential and can be made by phoning Kathryn Pigott on 6623 3547.

TRM 19th Nov

3 people at 1 time to see 3 staff.
Age Care Ass
of V. Hon his State Govt Dept

"dementia"

"memory gets slower"

1 pm till 3pm - Mar 29

MEDICATIONS

- "ARICEPT" - from Pfizer
"EXELON" - from Novartis
"REMINTYL" - from

all are anti-cholinesterase inhibitors

Hold - Could consider if Gink-bilboa does
not have desired effect
enParepat

Maca - powder! Peru-tula.
1/2 teaspoon serve well being
\$60/kilo + GST