

First Steps...

GP Appointment

Your GP may carry out some simple tests. These might include something called the 'six item cognitive impairment test'. They will also ask about your general health and may do blood tests to help them exclude any underlying causes and rule them out – these are called screening bloods. Depending on these results the GP may refer you to the Memory Service and you will receive an appointment in the post.

Memory Service Appointment

It can be helpful to prepare for the memory service appointment by making notes about your story and what led up to this appointment. It can also be helpful to have someone with you, particularly if you are experiencing difficulties with your memory; this might be a partner, relative or friend who knows you quite well.

At the appointment with the memory service you will be seen by a specialist nurse who will talk through your specific problems and will carry out some more tests. At this appointment the nurse will explain in more detail the process of obtaining a diagnosis for your symptoms.

We strongly recommend that you talk to your GP about any concerns you have about confusion or memory loss, but if you prefer you can call your local helpline at Dementia Forward at any point to discuss your concerns with a trained Dementia Support Advisor.

Consultant Appointment

After your appointment with the specialist nurse the results will be shared with a consultant. You will receive an appointment with the consultant. At this appointment the consultant may order further tests, for example a scan. You may receive a diagnosis at this appointment or the decision might be made to monitor your condition a while longer.

Diagnosis

It may be that you are diagnosed with mild cognitive impairment and for now there will be no further action needed. This will be explained to you at an appointment. If you are diagnosed with a dementia your treatment will depend on the type of dementia. With some types of dementia you may be offered medication.

Ongoing Support

Following your diagnosis your care will be handed back to your GP. In addition we are able to offer support of a specialist dementia support service provided by Dementia Forward. They will be able to provide you with any dementia related information or advice and provide ongoing support. This is available from pre diagnosis and does extend to people diagnosed with mild cognitive impairment.

D.A.V.E.

Concerned about confusion or memory problems?

Ask DAVE



When someone experiences confusion or memory problems it can be for a variety of reasons and no two people are the same

For that reason it is not possible to predict what will happen next, but this leaflet has been given to you so that you have a framework to guide you through the next steps and answer some of your questions

Who can give me support and advice



How will I get a diagnosis?

Who will I see?

Who can I talk to?

What can I expect?

Useful Contact Numbers:

Dementia Forward: 03300 578592

www.dementiaforward.org.uk | info@dementiaforward.org.uk

EDCCA: 01347 822875

www.edcca.org.uk | info@edcca.org.uk

Providing a free and confidential local helpline and access to information, advice and support



Care and Support for Life



Are you or anybody you know worried about their memory or about getting confused?

Easingwold is working towards being a dementia friendly town.

We are taking action in the town and surrounding villages to explain how you can get help if you need it.

We can suggest local services available to improve the quality of life for people.

WHAT?

Singing for All

RUN BY?

SFA Group

WHERE?

Methodist Church, Chapel Street

WHEN?

Mondays: 11.00am – 12.30pm

CONTACT?

Jessa Liversidge

T: 01347 823684

M: 07740 596869

E: jessaliversidge@googlemail.com

Singing in a group is proven to be therapeutic. SFA are a friendly, encouraging group, with over 30 people attending regularly. New members are very welcome. Ease into the week with singing, friendship... and cake.

Other Activities in Easingwold welcome people with memory problems such as;

• Tuesday Tea and Tarts

- Regular events throughout the year
- Free tea/coffee and cake
- Meet friends old and new
- Galtres Centre 10am to 12noon

• Friendliness Initiative

- Last Friday of the Month
- The George Hotel, Easingwold
- 3pm – 5pm

Easingwold has a long way to go, but there are **four services** in particular which welcome people with memory problems. Modest charges are payable in most circumstances.

For further details on the information in this leaflet please contact:

Dementia Forward

T: 03300 578592

E: info@dementiaforward.org.uk



WHAT?

Hub Club

RUN BY?

Easingwold District Community Care Association (EDCCA)

WHERE?

Easingwold Football Club, Stillington Road

WHEN?

Tuesdays and Fridays:
10.00am – 3.00pm

CONTACT?

EDCCA Office

T: 01347 822875

E: info@edcca.org.uk

The service is run by qualified staff and open to people with a dementia diagnosis and includes chat, activities, games and lunch.