

## **Minnesmottagning - engelsk version**

# **Hospital´s memory clinic, Uddevalla**

Nu Hospital´s memory clinic is a specialist clinic that investigates impairments of memory and other thinking abilities, where dementia is suspected as the cause of the symptoms. Before a referral to us, a basic dementia assessment must be carried out, usually via your health centre.

### **How does the investigation work?**

Once we have received a referral, we will contact you to arrange an initial visit. This visit takes about two hours. During the visit, we want to meet both you as a patient and someone close to you, to find out more about what difficulties there are and how things have been in the past.

After the first visit, further examinations may be required before you are called to the memory clinic for a doctor´s appointment. If the examination results in a diagnosis of dementia, we also offer a follow-up visit to inform and discuss the diagnosis and provide tips and advice.

Once our investigation is complete, you as a patient will be referred back to your health centre.

We would like you to bring someone close to you to your visits with us.

### **What kind of tests are done during a dementia assessment?**

The assessment is customised for each patient. Investigations that may be relevant include:

- Cognitive screening
- MRI scan of the brain
- Neuropsychological assessment
- Blood test
- Spinal fluid test
- ECG measurement
- Activity assessment

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## Who works at the Memory Centre?

### **Occupational therapist**

If necessary, they carry out functional and activity assessments (mapping of practical functioning in everyday activities), as well as cognitive testing. Occupational therapists also work on assistive technology issues and can advise on strategies for daily living.

### **Counsellor**

When a person is diagnosed with an illness, their life situation often changes in many ways, both for you as a patient and those close to you. The counsellor at the clinic can offer you:

- Counselling and emotional support during the dementia assessment, both for you as a patient and those close to you.
- Information on what support you can get from the community.
- Support in dealing with authorities and liaising with other agencies.
- Help with various applications, such as guardianship and various financial benefits from the social Insurance Agency.

### **Doctors**

The doctor at the centre is responsible for the content of the assessment and for compiling all the elements of the assessment. The doctor makes a diagnostic assessment and informs the patient and accompanying family members of the results of the assessment. If necessary, the doctor will prescribe medication for dementia symptoms or related problems and provide information about the disease. It may also be relevant to discuss how things are going with work, everyday routines, driving and the need for cooperation with the municipality, for example.

### **Medical secretary**

The reception secretary ensures the smooth running of the reception centre's administration, such as booking appointments, handling mail, taking dictation, filing and data entry.

### **Psychologist**

The clinic's psychologist work primarily with neuropsychological assessments of cognitive function (an in-depth mapping of how different thinking abilities work). The psychologist can also meet with patients who need the opportunity to talk about thoughts and feelings about their symptoms or diagnosis.

### **Nurse**

When you call our reception phone, it is usually one of our nurses who answers. They use the phone to provide support and advice to both you as a patient and those close to you. The nurses often take care of initial visits and follow-ups and carry out tests.

### **Contact details for the Memory Centre**

Reception phone: 010-435 61 85

Our telephone hours are Mon-Fri 08.00-12.00

Address: Minnesmottagningen, Uddevalla sjukhus (Memory clinic, Uddevalla Hospital)  
Målpunkt A plan 9 (Target point A level 9)  
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