



Referral Process

IMH Memory Clinic accepts referrals from healthcare professionals that fulfill the entrance criteria. Healthcare professionals can make an appointment through our appointment hotline 6389 2200. IMH Memory Clinic will inform the healthcare professional on the outcome of the referral.

Charges

Appropriate charges apply. Financial assistance is available subject to financial assessment.

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Memory Clinic



INSTITUTE
of
MENTAL
HEALTH

Loving Hearts, Beautiful Minds



About the Memory Clinic

Becoming forgetful does not necessarily mean that a person has dementia. As part of the ageing process, some people may notice some mild slowing in their memory and thinking. This is normal. If, however the changes become progressively more obvious and begin to impact on your everyday life, you should consider going for an assessment of your memory and thinking.

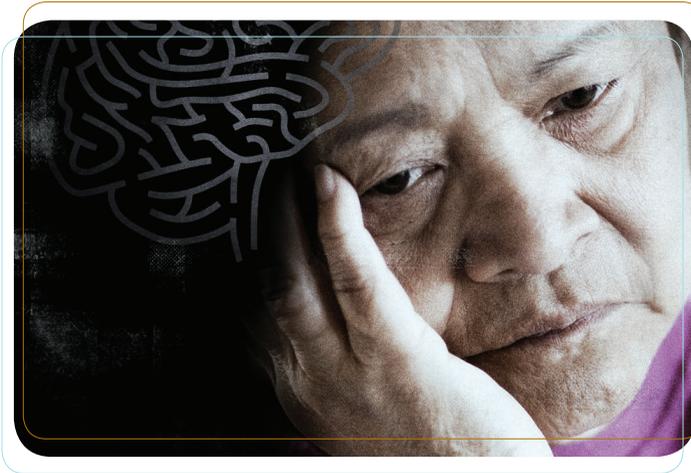
Diagnosing dementia is often difficult, particularly in the early stages, so family doctors may refer you to a Memory Clinic for assessment.

What causes memory loss or changes to thinking?

There are many causes of cognitive impairment and memory loss, including:

- Anxiety / stress / depression
- Dementia – of any type, for example, Alzheimer's Disease
- Stroke
- Other neurological disorders, such as Multiple Sclerosis and Parkinson's Disease
- Traumatic brain injury
- Alcohol
- Side effects of medication
- Vitamin deficiency

Accurate diagnosis is vital so that appropriate treatment can be recommended.



Symptoms of memory loss and changes in thinking

- Rapid forgetting
- Repeated questions or conversations
- Losing items frequently or regularly, for example a wallet or keys
- Forgetting appointments, birthdays or social commitments
- Frequently getting lost whilst driving
- Regular problems finding words during conversations
- Difficulties learning new skills
- Reduced ability in doing familiar tasks (e.g. bill paying or cooking)
- Feeling overwhelmed or confused by new situations



The Institute of Mental Health's (IMH) Memory Clinic offers assessment, support, information and advice to those with memory problems and their caregivers. This specialty clinic involves patients and caregivers going through a series of structured interviews for the diagnosis of dementia.

Typically, a patient will undergo an assessment to determine the cause of his memory loss and, depending on the outcome of these assessments; the psychiatrist may refer the patient for a neuropsychological assessment by a psychologist, order blood investigations or a brain scan. The doctor may also prescribe the patient with medication for dementia.

This clinic is run by a multidisciplinary team consisting of a psychiatrist, memory clinic nurse, psychologist, occupational therapist and medical social worker.



Criteria

This clinic takes in referrals and sees individuals of all ages presenting with signs and symptoms of cognitive impairment, such as, memory problems or personality change.

Exclusion Criteria

This Memory Clinic service is not for individuals who have already been diagnosed with dementia or who have unstable pre-existing psychiatric or medical conditions or are in states of delirium that may interfere with cognitive testing.