

FORGETFULNESS AND NORMAL AGEING

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 everyday life, an assessment of memory and thinking would be appropriate.

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 & Parkinson's Disease.
- Traumatic brain injury
- Alcohol
- Side effects of medication
- Vitamin deficiency

Accurate diagnosis is vital so that appropriate treatments and information can be recommended.

SYMPTOMS OF MEMORY LOSS AND CHANGES IN THINKING CAN INCLUDE:

- Rapid forgetting
- Repeated questions or conversations
- Losing items frequently or regularly for example a wallet or keys.
- Forgetting appointments, birthdays, social commitments
- Becoming lost while driving
- Regular problems finding words during conversations
- Difficulties learning new skills
- Reduced ability in doing well known tasks for example bill paying or cooking
- Feeling overwhelmed or confused by new situations.

REFERRALS TO CAULFIELD CDAMS

Referrals can be made by your local doctor, community agencies or you can refer yourself or a family member.

Phone: 9076 6776
Fax: 9076 6773
Email: access@cgmc.org.au

COGNITIVE DEMENTIA & MEMORY SERVICE (CDAMS)

**Entry Gate 2
1st floor Consulting Suites
260 Kooyong Road
Caulfield 3162**

**Ph: 9076 6010
Fax: 9076 6435**

www.cgmc.org.au

WHAT IS CDAMS?

The Cognitive Dementia & Memory Service (CDAMS) is a specialist diagnostic clinic which aims to assist people with memory loss, or changes to their thinking, and those who support them.

CDAMS provides diagnosis and assessment of the psychological, medical and social difficulties associated with memory loss. It aims to provide information and advice on management and referral to other services as appropriate.

CDAMS does not provide ongoing treatment or case management.

CDAMS SPECIALISTS INCLUDE:

- Geriatrician
- Neurologist
- Psychiatrist
- Neuropsychologist
- Occupational Therapist
- Social Worker
- Community Nurse.

WHAT IS INVOLVED IN A CDAMS ASSESSMENT?

A CDAMS assessment will include medical and allied health consultations.

- **Home Visit**

An Occupational Therapist, Social Worker or Community Nurse usually completes an initial home visit to discuss the history of the problem and the impact this is having on daily activities.

All subsequent appointments are held in the clinic which is located in the consulting rooms (first floor) at 260 Kooyong Rd, Caulfield.

- **Medical Assessment**

Depending on your situation an appointment is made with either, our Neurologist, Geriatrician or Psychiatrist. This may include a thorough physical examination, testing of memory and thinking and assessment for any mood problems. This appointment will take approximately 1½ hours.

- **Neuropsychology Assessment.**

If additional testing is required then our neuropsychologist will complete further specialised tests of memory, clear thinking and reasoning which are compared to expected levels of ability for age and educational background. This appointment takes approximately 2 hours.

- **Feedback Session**

Once all assessments are completed a “feedback” session is held to discuss the results and provide advice regarding any recommended treatment and supports.

Family members are encouraged to attend throughout the assessment process.

Interpreters are arranged for all appointments if English is not your first language.

FEEES

Some medical appointments may be bulk billed through Medicare however there are no out of pocket expenses for attendance.

You have the option to elect not to use Medicare and will still be seen. (As a public outpatient).

Please bring your Medicare card with you to your appointments together with your glasses and hearing aid if used.