

New England Memory Assessment Program and Support Services (MAPSS)

What is the program all about?

The aim of the memory assessment program is to link people with memory difficulties and their families to local services and enhance their quality of life.

The program has been designed to:

- Refer you to local specialist services.
- Provide a clear assessment and referral process for you and your carer/ support person.
- In some instances use services of a Clinical Psychologist to carry out comprehensive memory assessment, which allows us to provide you with individualised care.

For more information please contact:
New England Division of General Practice

Program Co-ordinator

Memory Assessment Program
& Support Services (MAPSS)
213 Rusden Street
PO Box 1321

Armidale NSW 2350
Phone: (02) 6771 1146
or

Northern Region Program Manager

142 West Avenue
Glen Innes NSW 2370
Phone: 6732 4189



New England Division of General Practice (NEDGP) is working towards

- Maintaining and improving standards of General Practice;
- Bringing General Practitioners closer to the community;
- Identifying the health care needs of the community within its boundaries and facilitating programs and services to meet those needs;
- Providing educational and practical support for the optimal delivery of primary health care in the Division area;
- Facilitating links between General Practitioners and other health care professionals throughout the Division; and
- Promoting research programs which focus on issues relating to rural General Practice

213 Rusden St, Armidale, 2350 NSW
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Patient Information

HUNTER NEW ENGLAND
NSW HEALTH



Private Clinical Psychologist





New England Memory Assessment Program and Support Services

How will this program benefit me and my family?

- You will be provided with a coordinated approach to the diagnosis and management of your memory difficulties.
- The program will encourage and support you to maintain your independence and plan ahead.
- You will be provided with guidance to enable you to cope with your daily activities with more confidence.



A doctor's referral is necessary to participate in MAPSS.

Concerned about your memory?

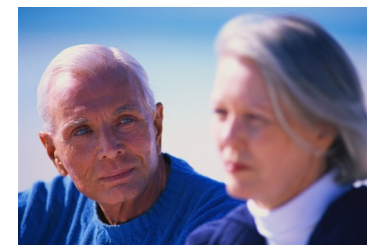
If you have noticed changes in your memory that are causing you concern, the best thing is to speak with your GP. They may decide to refer you into the Memory Assessment Program where you can access the Geriatrician to further investigate your concerns.

Changes in memory can occur with age. When we are busy we may not be concentrating on where we have placed things or when we are being introduced to someone.

Most of us experience occasions where we have misplaced something or forgotten someone's name.

Memory Strategies to try:

- Focus your attention when being introduced to someone and repeat their name back to them.
- Use the same place each time to place your keys/handbag/ wallet/glasses when not in use.
- Use a diary, whiteboard or calendar to write your appointments on.
- Keep a notepad near the phone to write messages on.
- Park your car in the same place each time you are down town.
- Carry a notepad to write down where you park the car
- Avoid distractions and do one task at a time.
- Label main contents of cupboards and drawers.
- Use a docette box or speak with your Pharmacist about a Webster Pak for medications.



(Some of these strategies taken from "My Memory Toolbox" St Vincent's Hospital, Lismore)