

Memory Clinic



UHN

Krembil Neuroscience Program

Information for people concerned about changes in their memory or the memory of someone they care about

As we get older, many of us notice some changes in memory. For most people this is mild forgetfulness that does not interfere with their daily lives.

However, if memory loss is starting to interfere with your daily activities and routines, or those of someone you care about, you should speak to a doctor.

What are the symptoms of memory loss?

- Changes in performing daily activities and/or changes in job performance.
- Becoming more forgetful: that is, having trouble with short-term memory.
- Needing more reminders.
- Forgetting recent conversations.
- Asking the same question over and over again.
- Forgetting appointments, special occasions, and/or forgetting to take medications.
- Difficulty finding the right word or losing one's train of thought in mid-sentence.
- Regularly misplacing items, such as keys or wallet.
- Difficulty looking after finances (writing cheques, banking or investing money).
- Getting lost in familiar areas.
- Changes in personality. For example, feeling sad, irritable or less interested.

This information is to be used for informational purposes only and is not intended as a substitute for professional medical advice, diagnosis or treatment. Please consult your health care provider for advice about a specific medical condition. A single copy of these materials may be reprinted for non-commercial personal use only.

© 2011 University Health Network. All rights reserved.

Author: Krembil Neuroscience Program

Created: 02/2004

Form: D-3374 (02/2011)



University Health Network
Toronto General Hospital Toronto Western Hospital Princess Margaret Hospital

What do you do if you have these symptoms?

There are treatments for memory loss. If you or someone you know has symptoms of memory loss, please see a doctor. He or she may refer you to a specialized centre, like the UHN Memory Clinic.

What is the UHN Memory Clinic?

The UHN Memory Clinic at Toronto Western Hospital is a specialized service for people with memory loss and dementias. The Ontario Health Insurance Plan (OHIP) covers the costs of services provided by the clinic.

You will need to be referred to the clinic by a medical doctor. **The information that doctors need to contact the clinic is at the end of this brochure.**

The UHN Memory Clinic provides:

- Diagnosis and treatment.
- Monitoring of the patient's condition and ongoing care.
- Information and support to understand and cope with memory changes.

Our team includes:

- A geriatric psychiatrist (a doctor trained in the diagnosis and treatment of mental disorders in older adults).
- A geriatrician (a doctor trained in the care of older adults).
- A behavioural neurologist (a doctor trained to care for people with memory loss and dementia).
- A social worker (a health care professional trained to deal with the impact of memory loss on people, their relationships and ways to provide support).
- An occupational therapist (a health care professional that aims to enable individuals to maximize their functional independence in activities of daily living).
- A nurse (a health care professional that can assess for cognitive and memory changes as well as to provide information regarding medications).

What happens at the first appointment?

The appointment usually lasts for about 3 hours. The patient is seen by several members of the team. Memory tests and physical and neurological (brain function) examinations are performed. The family member or friend who comes in with the patient will also meet with the doctors and the social worker.

What should you bring to the first appointment?

- A family member or friend who knows the concerns about memory and can discuss them with the medical team.
- All of the current medications you take (prescription, non-prescription, vitamins, natural, herbal).
- Your glasses, hearing aid, walker, etc., if you use them.
- Copies of any X-rays (CT or MRI) of the brain—ask the doctor who referred you to the clinic about this.
- Your OHIP Card.

What happens after the first appointment?

A follow-up visit will be arranged to discuss the diagnosis and the recommendations. If indicated, further appointments will be made for ongoing care.

For patients who choose to, there are opportunities to participate in research, including clinical drug trials.

How can your doctor make a referral?

Primary care physicians or specialists can refer patients. Ask them to contact the Memory Clinic for a referral form:

Phone: 416-603-5232

Fax: 416-603-6402

UHN Memory Clinic

Krembil Neuroscience Centre
Toronto Western Hospital
West Wing 5th Floor
399 Bathurst Street
Toronto, ON M5T 2S8
Telephone: 416-603-5232

A partnership with The Centre for Research in Neurodegenerative Disease at the University of Toronto.