

Brain Health Tips

- ❖ Stay active and exercise.
A healthy heart=A healthy brain



- ❖ Following a Mediterranean diet: fish, vegetables, fruit, nuts and olive oil. All contribute to good brain health!



- ❖ Drink plenty of water every day.

- ❖ Challenge your brain every day.

Crossword puzzles, sudoku, take up new hobbies, read books.



- ❖ Stay sociable and engaged with your family, friends and local community.



CLINIC LOCATIONS

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PRIMARY CARE MEMORY SERVICES

*Timely diagnosis,
treatment and support for persons
with memory concerns*



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Alzheimer Society
D U R H A M R E G I O N

In collaboration with:



What is Primary Care Memory Services?

Primary Care Memory Services (PCMS) is a multidisciplinary approach for early diagnosis, treatment and support of daily challenges associated with memory loss.

PCMS team members include:

- Social Workers
- Nurses
- Occupational Therapists
- Physicians

After your assessment, the team members work with your family physician in providing comprehensive care for conditions involving memory loss. For many of these conditions, early diagnosis and treatment can help to maintain and support cognitive health and your quality of life.



This model of care was developed by Dr. Linda Lee, an Ontario family physician. Dr. Lee's team has assisted physicians all across Ontario to establish primary care memory clinics in their communities.

What can I expect?

- In the Memory Clinic, you and your family members will meet with a team of health care professionals for a comprehensive assessment that will provide you and your family doctor with a better understanding of your cognitive health.
- The team will provide you with a care plan setting out steps you can take to enhance your care.
- Each appointment will take up to 2.5 hours, so it is best not to book other appointments on this day.
- We encourage you to bring along a family member or someone who knows you well to help ensure a thorough assessment
- Before your appointment, the Memory Clinic team will send you a package with detailed information that will help you and your family prepare for your appointment.
- A team member will call you the week before your appointment to confirm and answer any questions you may have.



How do I get an appointment?

If you would like an assessment by the Memory Clinic please ask your family physician for a referral. You will be contacted directly by the team with an appointment.



On the day of your appointment, you will receive:

- a thorough assessment and recommendations on many aspects of your memory function, including tests that may be required, available treatments, driving safety, caregiver needs and community supports
- a comprehensive, individualized treatment plan to help your family doctor provide the best care for you

