

Living in Gwynedd and

Worried about your memory?

I keep forgetting words or people's names that should really be familiar to me



I keep losing track of things and I feel a bit emotional at the moment

Worried about your memory?

Or do you feel you have difficulties in performing familiar tasks

- Problems with language
- Disorientation to time and place
- Poor or decreased judgement
- Problems keeping track of things
- Misplacing things
- Changes in mood and behaviour
- Challenges understanding visual and spatial information
- Withdrawal from work or less sociable

GO AND SEE YOUR GP

Who will carry out assessments and agree an outcome with you.

OUTCOMES

No Medical treatment needed

Advice about what you can do to live a healthier lifestyle and reduce your risk of dementia and other chronic conditions.

OR

Treat anything else

that may be causing your memory or other issues e.g. urinary infection, medication, stress.

OR

Referral to the Memory Clinic

where you will enter the Memory Support Pathway.

Memory Clinic & the Memory Support Pathway

In the **Memory Clinic** you and a family member / friend will be seen by a specialist who will carry out further assessments. All assessments and further consultations will be carried out in the language you feel comfortable communicating in.

During this process you will have accessed the **Memory Support Pathway**. Through this Pathway you will have the opportunity for free information and advice in your community to ensure that you are supported to live as well as possible before and after any dementia diagnosis.

Still worried but not convinced that now's the time to go and have that chat with your GP?

Contact one of the following for advice:-

Memory Support Pathway
01492 542212

Cyngor Gwynedd Dementia Co-ordinator
07768 988095



What are the benefits of going down this route?

- You will have access to the right services and support at the right time.
- Your family will receive the practical information, advice and guidance as they support you.
- It may lead you to an early diagnosis of dementia which will open the door for you to access emotional and practical support.
- It will help you to plan and make decisions regarding your care, support, financial and legal matters.
- It can help you take control of your condition, plan for your future and **live as well as possible following a diagnosis.**

What people who have received an early diagnosis have told us

I was quite relieved when they told me I had dementia, I knew something was not right. Now I'm having support and my wife and I are having a better social life now than before!

I should have gone sooner to the GP, I am now on medication that can slow down the dementia getting worse but I know this is not available to everyone. If I had gone sooner then this would have benefitted me even more.