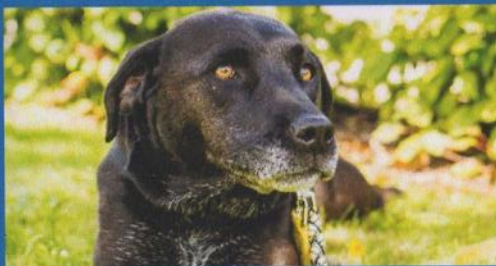




Norfolk and Suffolk
NHS Foundation Trust

Community Memory Assessment Service

Ipswich and East Suffolk



Call CMAS on 01473 296194

Working together for
better mental health

What is the Community Memory Assessment Service?

The Community Memory Assessment Service (CMAS) is commissioned to provide an assessment and diagnosis of mild to moderate memory problems, for individuals worried about their memory.

CMAS is designed to be delivered locally and conveniently for patients, often in a GP surgery. The CMAS team includes specialist doctors, practitioners, psychologists, support workers and our admin team.

The assessment process

Your GP will have arranged some blood tests and other tests as required prior to referring you to CMAS. You will be seen by a practitioner in a local clinic who will ask about your memory problems and will perform a memory test. They will arrange any further tests such as a head scan or onward referral to other specialist teams if necessary.

We would normally ask that you attend with a family member or someone who knows you well.

You will be offered a consultation following your initial assessment and investigations at a clinic, to discuss your diagnosis, management and possible treatment.

What are the benefits of the Community Memory Assessment Service?

You and/or your family may have been worrying about your memory for some time. CMAS will be able to assess your difficulties and address these concerns. This will be done in a community-based setting reducing the need for you to be seen in a hospital.

The Community Memory Assessment Service will ensure that after referral you will be seen and assessed. This means that any advice, support and treatment can be provided in a timely way.

The benefits of early diagnosis are wide-reaching and include:

- Better mental wellbeing for you and your family
- Earlier planning of your treatment and access to support
- Earlier access to medication, if appropriate, where this may help slow memory loss
- Helps family and friends to help you
- Helps to give you a better understanding of your condition
- Helps you to better plan for your future and allows you to take charge of your condition

Further information

Further information about the service is available on the Norfolk and Suffolk Foundation NHS Trust website. For updates please visit:

www.nsft.nhs.uk

Need help and advice?

Contact the customer service team for confidential advice, information and support, helping you to answer any questions you have about our services or about any mental health matters.



If you would like this leaflet in large print, audio, Braille, alternative format or a different language, please contact us.


Tel: 01603 421486

Email: customer.service@nsft.nhs.uk

Norfolk and Suffolk NHS Foundation Trust values and celebrates the diversity of all the communities we serve. We are fully committed to ensuring that all people have equality of opportunity to access our service, irrespective of their age, gender, ethnicity, race, disability, religion or belief, sexual orientation, marital or civil partnership or social and economic status.

Trust Headquarters:

Hellesdon Hospital, Drayton High Road, Norwich, NR6 5BE

 01603 421421

 nsft.nhs.uk

 @NSFTtweets

 NSFTTrust

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