



Ageing Issues and Memory Clinic Bexley Specialist Learning Disability Services

This leaflet is for older people with learning disabilities. It is also an information leaflet for family carers, residential and nursing staff who support individuals with learning disabilities to attend an Ageing Issues and Memory Clinic.

Ageing Issues and Memory Clinic

Who is the clinic for?

The clinic assesses people with learning disabilities who are:



- getting older
- having difficulty remembering
- having difficulties with day to day activities.

This includes people with Downs syndrome who are more likely to experience this type of difficulty.

Where is the clinic held?



The clinic is held at the:

Adult Learning Disability Service

Queen Mary's Hospital

Frogna Avenue

Sidcup

Kent DA14 6LT



Telephone: **020 8269 3300**

The clinic is held once a month.



Ageing Issues and Memory Clinic

What happens in the clinic?

You will be seen by members of the team. We will:



- talk to you.
- carry out a physical health check
- If needed we will ask for tests to be carried out after the clinic.

What happens next?



At the end of the clinic:

- You will be told about the help that you will have.
- You will be asked to tell us about the clinic.

Ageing Issues and Memory Clinic

Who is in the team?



Sue Charman
Challenging Behaviour Specialist



Wendy Francis
Occupational Therapist



Julie Steel
Clinical Psychologist



Jane Hart
Community Nurse



Jenny Fletcher
Speech and Language Co Worker



Claire Hough
Psychology Support Worker

Ageing Issues and Memory Clinic

What happens before the appointment?



You will receive an appointment letter.



You will be asked to fill in a questionnaire about yourself.



You can ask a relative, carer or friend to help you fill in the questionnaire.



You or your carer need to bring the questionnaire with you to the clinic.



You should come to the clinic with someone who has known you for at least 6 months.

Ageing Issues and Memory Clinic

What you should bring to the clinic?



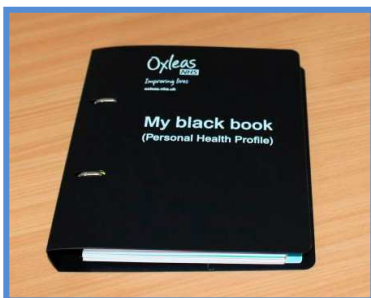
Spectacles (reading glasses)



Hearing aid



A list of your current medicines



Information about your health
For example: your 'black book'
(PHP)

Ageing Issues and Memory Clinic

If you have any questions



If you have any questions about the clinic please telephone **020 8269 3300**. Someone will help you.



You could ask someone you know well, to help you.

