Brighton and Hove Memory Assessment Service

You have been referred to the Memory Assessment Service. This leaflet provides you with information about the service and what to expect.

What is the Brighton and Hove Memory Assessment Service?

There are lots of different causes of memory problems. Memory loss can be caused by low mood, poor sleep and a variety of conditions including dementia. The aim of the Memory Assessment Service is to understand the cause of your memory problems and ensure that you get appropriate support, advice, and treatment to help you lead an active and fulfilling life.

The Brighton and Hove Memory Assessment Service is an integrated specialist clinical and support service, providing assessment, treatment, and support. The service delivered by Specialist Nurses, Doctors, Consultants, and Memory Support Workers.

The first appointment you have with us will be a telephone call with a Memory Support Worker.

What will happen in my assessment?

Your initial assessment will be an appointment with a Specialist Nurse and will last about an hour and a half. The Specialist Nurse will carry out some tests to measure how you perceive, register, store, retrieve, and use information. These are verbal and written tests, not a physical examination. These appointments usually take place via video or face to face consultation.

If possible, please have someone with you for your appointment. If you would like a chaperone to accompany you to your face-to-face appointment, please let us know by calling **0300 555 0175**.

Where will my assessment be?

Our first offer for this assessment will be via a video consultation, however if you are not able to engage remotely, we can offer an appointment at a number of primary care (GP surgeries) and secondary care locations in Brighton and Hove. Our team will arrange the most convenient appointment type, or location, for you when they book your appointment. If you feel unable to engage in remote or a clinic-based appointment the service can consider a home visit where appropriate.

What will happen after my appointment?

At the end of your appointment, the Specialist Nurse will discuss the initial results with you and may feel a brain scan may be required. Please note that a CT or MRI scan in isolation should not be used to diagnose dementia. We use scans as part of the assessment process, and we see imaging as a helpful part of the process. The need for a scan is a clinical decision and is not always required to make a high quality and confident diagnosis. If we feel that a scan is clinically required, the Memory Assessment Team will arrange these appointments for you. After this, you will be offered another appointment with a MAS clinician to discuss the results and findings with you.

If you do have any medical devices implanted then please bring the details (make, model number etc.) along with you to your assessment appointment and share them with the assessing clinician. If you know of any contraindications / reasons you cannot tolerate an MRI, then please inform the clinician during the assessment. Safety checks will be completed by our clinician and by our scanning partners prior to any scan. Please note a scan will not be delivered on the day of assessment and will require an additional appointment.

What if I am diagnosed with dementia?

If you are diagnosed with dementia there is support available.
You may be offered support from your named Memory Support Worker, who will meet with you and your family shortly after your diagnosis. Memory Support Workers are there to give you support in

coming to terms with the diagnosis, and to advise and signpost you to any other information or support you may need.
Family members and friends will also be offered support from our Carer's Needs Assessment Worker who can carry out Carer's assessments and put you in touch with other carer's support across the city.

If you are diagnosed with dementia, you may also be offered medication to try. If this is the case, you will be offered an appointment with one of our Doctors to discuss this further. Unfortunately, medication is not suitable for everyone. If it is not suitable for you, our Specialist Nurses will discuss the reasons for this with you.

Questions and Support

If you have any questions or queries about your appointments during your time with the Memory Assessment Service, you can contact the team on 0300 555 0175.
For further information about waiting for a memory assessment, you can visit the Next Steps website: https://www.nextsteps.org.uk

If you need to talk to someone for emotional support, you can contact your named Memory Support Worker. You may also find the following contact numbers helpful.
Sussex Mental Healthline – 0800 0309 500 (24 hours)
Samaritans – 116 123 (24 hours)
Dementia Connect Helpline – 0333 150 3456

If you feel you are not able to keep yourself safe, and do not need immediate medical assistance, you should contact the Mental Health Rapid Response Service. They can be reached on 0300 304 0078 (24hrs). If you need immediate medical assistance, please call 999 for an ambulance.

What can you expect from our service?

Whenever you have contact with the Memory Assessment Service you will be treated with courtesy, honesty, respect, and dignity. We will work with you and involve you in decisions about your care. We will treat everyone fairly regardless of their race, sexuality, disability, age, gender, or religion.

We take the safety of people using our service seriously. Through the period of care, patients' and carers' needs remain paramount.
If you would like to access your records, please contact us on the details below.

To send us a compliment, complaint or suggestion

Brighton & Hove Memory Assessment Service
Feedback Team
FREEPOST RSKS-RHUR-TTRU
5th Floor, 177 Preston Road
Brighton
BN1 6AG
Email: mas.enquiries@nhs.net

Visit our website for more information www.memorybrightonhove.org.uk

If you would like this information in large print, audio, braille, easy read or another language, please contact 0300 555 0175.

The Brighton and Hove Memory Assessment Service is delivered by Here in Partnership with Sussex Partnership Foundation NHS Trust and Carer's Centre for Brighton and Hove.

Here
Sussex Partnership NHS
NHS Foundation Trust
carers centre
for brighton and hove