# What will happen during my appointment?

You will be asked lots of questions about:

- Your family, life and medical history.
- How you are managing day to day activities including driving
- We will also do some memory tests

The doctor and/or nurse will make notes during the assessment.

#### Can I ask questions?

Yes, you will be invited to ask questions. You might find it helpful to make a written note of questions before the assessment. This is another reason we ask you to bring a relative/carer/friend so they can ask/remind you of the questions you wanted to ask. We find that patients often forget to ask a question they had during their appointment. Having someone remind you is helpful.

#### What happens after the assessment?

The doctor will write to your GP with a summary of your assessment If you are given a diagnosis, you may be given the contact details of a specialist nurse so support can be provided in the future.

#### **Accessibility**

If you require any specific assistance for your appointment such as an interpreter, Please contact the neurology secretaries at 01-414 2090 before the appointment so this can be arranged.

If you are unable to come to this appointment, please let us know as possible so someone else can have the appointment.

You can contact the Clinic on 01-414 2090 9am and 5pm, Monday to Friday.

## Questions I want to ask at my appointment:

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Ospidéal Ollscoile Thamhlachta

An Academic Partner of Trinity College Dublin



Neurology Cognitive



The Neurology Cognitive Clinic is a specialist service providing outpatient assessment for adults experiencing cognitive symptoms.



You have been given an appointment at the clinic to review your cognition. We will assess your memory, but also your attention, ability to process information, language, visual and spatial capabilities. Cognitive problems can also be associated with movement difficulties so you will also have a full neurological examination.

Please read information below about the clinic and make a note of any questions you would like to ask during the appointment.

# Why have I been referred for a cognitive assessment?

Your GP or a hospital doctor believes that you may have a problem with your memory or other aspects of cognition. This may or may not be something which you have noticed.



## What is the purpose of the appointment?

The purpose of your appointment is to establish why you are having problems with your memory or other aspects of cognition.

#### Who do I see?

Your appointment will be with a Consultant Neurologist or a doctor working under supervision of the consultant neurologist. You will also see a neurology clinical nurse specialist.

### How long does the appointment take?

The appointment takes around 90 minutes. You may need a further appointment or you might be referred for physical tests (for example a brain scan or blood tests). You may also be referred to another member of the multidisciplinary team to further evaluate and treat your symptoms.

Every patient assessment is different, it depends on a number of different factors including: your symptoms, current level of functioning and your specific needs.

## What to bring to your appointment?

Please bring the following to your appointment:

- Any glasses you wear; especially for reading
- · Your hearing aid, if you have one
- A full list of any medication you are currently taking
- · Details of your past medical history
- A relative, friend or carer for support

### Why should I bring a relative / carer / friend?

It is helpful to bring someone to your appointment who knows you well. This gives you some support and the medical team an opportunity to find out how you are managing from their point of view and if they have any concerns.

Due to the nature of having a problem with your memory it may be helpful to have someone who can help with remembering what has been said.

