

# New England Memory Assessment Program (MAP)



## Concerned about your memory?

If you have noticed changes in your memory that are causing you concern, the best thing is to speak with your GP. They may decide to refer you into the Memory Assessment Program where you can access the geriatrician to further investigate your concerns.

Changes in memory can occur with age. When we are busy we may not be concentrating on where we have placed things or when we are being introduced to someone. Most of us experience occasions where we have misplaced something or forgotten someone's name.

## What is the program all about?

The aim of the memory assessment program is to link people with memory difficulties and their families to local services to enhance their quality of life.

The program has been designed to:

- Refer you to local specialist services.
- Provide a clear assessment and referral process for you and your support person.
- In some instances use services of a neuropsychologist to carry out comprehensive memory assessment, which allows us to provide you with individualised care.

## How will this program benefit me and my family?

- You will be provided with a coordinated approach to the diagnosis and management of your memory difficulties.
- The program will encourage and support you to maintain your independence and plan ahead.
- You will be provided with guidance to enable you to cope with your daily activities with more confidence.

## Memory Strategies to try:

- Focus your attention when being introduced to someone and repeat their name back to them.
- Use the same place each time to place your keys / handbag / wallet / glasses when not in use.
- Use a diary, whiteboard or calendar to write your appointments on.
- Keep a notepad near the phone to write messages on.
- Park your car in the same place each time you are down town.
- Carry a notepad to write down where you park the car.
- Avoid distractions and do one task at a time.
- Label main contents of cupboards and drawers.
- Use a dosette box or speak with your pharmacist about a Webster-pak for medications.

*Some of these strategies taken from  
"My Memory Toolbox"  
St Vincent's Hospital, Lismore*

## HealthWISE is working towards:

- Identifying the health care needs of the community within its boundaries and facilitating programs and services to meet those needs.
- Providing educational and practical support for the optimal delivery of primary health care in the New England area.
- Facilitating links between General Practitioners and other health care professionals throughout the region.
- Maintaining and improving standards of General Practice.
- Bringing General Practitioners closer to the community.

## A doctor's referral is preferred to participate in MAP.

For more information please contact our Armidale office:

### HealthWISE Memory Assessment Program (MAP)

117 Faulkner Street  
PO Box 1321  
Armidale NSW 2350

Phone: (02) 6771 1146  
Fax: (07) 6771 1170

Scan QR code  
to view website

