Note: The Memory Clinic is a sub-specialty clinic. The health team will not be able to manage other medical problems these patients might have. They will still need to see other doctors for these problems.

Appointments to the Memory Clinic or the Nurse Clinician can be made through the

Geriatric Medicine Clinic
Tel: 6357 8013 / 6357 8014

Inpatient Dementia Service
For TTSH inpatients with established diagnosis of dementia, their caregivers may benefit from counselling and information on coping, by the cognition nurse clinician.

These caregivers should have been informed of the patient’s diagnosis of dementia, and are agreeable to the counselling and psychoeducation session by the Nurse Clinicians.

For enquiries, please call
63578013/63578014

For appointment, please call:
63577000 (Subsidised patients)
63578000 (Non-Subsidised patients)

Geriatric Medicine Clinic
Tan Tock Seng Hospital
11 Jalan Tan Tock Seng
Singapore (308433)
Basement 1
When an older person complains of forgetfulness, three useful and important questions to ask are:
1) Is the forgetfulness part of normal ageing, or is it due to a disease?
2) If it is due to a disease, is it dementia?
3) If it is dementia, what is the treatment?

**Worried About Memory Problems?**

Forgetfulness is common in otherwise normal older people and is usually stable (does not get worse with time) and benign (does not affect their ability to care for themselves). This is not necessarily a cause for concern.

However, more serious and progressive forgetfulness may be caused by a disease of the brain, such as dementia. If potentially reversible causes of dementia are detected and appropriate treatment is started early, the disease may be controlled and its progress retarded. The more common causes of dementia are Alzheimer's Disease and vascular dementia. Although these are not reversible, early detection will enable treatment to be started, which can help improve the patient's symptoms and quality of life as well as reduce the stress on those providing care for the patients.

**How We Can Help You?**

The TTSH Cognition Service can help your patients in 2 different settings:
1) Memory Clinic (outpatient dementia service)
2) Inpatient Dementia Service – when the patient has been admitted into the hospital

In the Memory Clinic, there are two main parts to our approach:
A) Diagnosis
   B) Treatment

**A) Diagnosis**
The early stage of dementia can be difficult to distinguish from age-related memory loss or even depression. A systematic approach is adopted and it involves the following steps:
- Comprehensive clinical assessment of the patient by the geriatric physician, with detailed background history being obtained from the family or caregivers.
- Assessment of the behavioural, functional and social effects of the illness, including caregiver stress, by the nurse clinician.
- If necessary, some standard psychometric tests will be conducted by the psychologist to assess the patient's mental functions.
- If necessary, neuroimaging of the brain, and some blood tests will be conducted.

**B) Treatment**
Upon diagnosis, a team of healthcare professionals will discuss and propose a treatment plan for the patient and family members.
- Medication(s) to slow down the decline in mental functions and reduce the severity and frequency of the behaviour problems.
- The nurse clinician will explain what is dementia and teach caregivers the necessary coping skills and practical tips for frequently encountered problems, including home safety matters. Information on suitable community services will be provided and, if needed, referrals to these services will be made.
- Referral may be made to the Occupational Therapist to assess home safety (for those patients living at home alone) and driving safety (patients who are still driving) where deemed appropriate.
- They may also be referred to the Cognition Retraining Programme conducted by the psychologist if assessed to be suitable.

**Referral To The Cognition Service**

**Outpatient Services (Memory Clinic)**
If your patient has a deteriorating memory problem, and worry that it may be a sign of early dementia, he or she may benefit from an assessment by our team. To derive maximum benefit from the consultation, the patient should be:
- Ambulant (be able to get out of bed/chair and walk with or without assistance)
- Accompanied by a close relative or caregiver, who is familiar with the patient's daily activities

A complete evaluation may require two or three visits to the clinic.

For patients who are already diagnosed to have dementia, but whose caregivers need counselling and information, appointments can be made directly with the Nurse Clinician (Dementia Care).