

### Interpreter Services:

Interpreters are arranged if necessary at no cost to you.

### Notification of non-attendance:

The CDAMS program must be notified if a client is unable to attend an arranged appointment; preferably with adequate notice.

## **OUR SHARED VISION:**

We will be a leading regional health care provider delivering timely high quality accessible, integrated and responsive services to the Gippsland community.

## **OUR CORE VALUES:**

- Person Centred Care •
- Integrity
- Excellence
- Working Together

## **YOUR RIGHTS AND RESPONSIBILITIES:**

If you would like a copy of the Rights and Responsibilities brochure you may either request one from a member of the CDAMS team or by contacting the hospital direct on 5173 8000.

## **WHO DO I CONTACT?**

If you would like to make a referral or obtain further information about the program please contact Princes Street reception:

(03) 5173 8822 - telephone

(03) 5173 8799 – facsimile

Hours of operation:

Monday to Friday: 8am – 4:30pm

Closed Public Holidays

Location:

Latrobe Regional Health -SACS

Specialist Clinics

Building 2, 158 Princes Street (Highway)

Traralgon, VIC

### Cognitive Dementia and Memory Service (CDAMS)

- A part of Sub-acute Ambulatory Care Services (SACS)
- A Health Independence Program

# Cognitive Dementia and Memory Service (CDAMS)

**ARE YOU OR SOMEONE YOU KNOW  
HAVING MEMORY PROBLEMS?**

## WHAT IS COGNITIVE DEMENTIA AND MEMORY SERVICE (CDAMS)?

CDAMS is a diagnostic service which provides support for individuals, their families and carers, who are concerned about their thinking problems and memory loss.

The clinic provides:

- Expert clinical diagnosis and appropriate initial assessment.
- Linkages for clients, carers and families to other service providers or community supports.

Early diagnosis is important to determine appropriate treatment needs and to plan for the future. It provides people with a timely opportunity to learn about their conditions understand changes as they occur, and to manage the day to day issues associated with cognitive impairment.

## FORGETFULNESS AND NORMAL AGEING:

As part of the normal ageing process some people may notice some mild slowing in their memory and thinking which is normal. However, if the changes become progressively more obvious and begin to impact on everyday life; an assessment of memory and thinking would be appropriate.

## WHAT CAUSES MEMORY LOSS OR CHANGES TO THINKING?

There are many causes of cognitive impairment and memory loss including:

- Anxiety, stress, depression
- Dementia
- Stroke
- Neurological disorders
- Traumatic brain injury
- Alcohol
- Medication side effects
- Vitamin deficiency

## SYMPTOMS OF MEMORY LOSS AND CHANGES IN THINKING CAN INCLUDE:

- Repeated questions or conversations.
- Losing items frequently or regularly, for example a wallet or keys.
- Forgetting appointments, birthdays, social commitments.
- Becoming lost while driving.
- Regular word finding problems during conversations.
- Difficulties in learning new skills.
- Reduced ability in performing previously well-known tasks. ie: paying bills or cooking.
- Feeling overwhelmed or confused by new situations.

## WHAT IS INVOLVED IN THE CDAMS ASSESSMENT?

The clinical assessment will include:

- A range of tests organised by your General Practitioner.
- A home visit by a health professional to discuss the history of the problem/ further assessments.
- A medical specialist appointment to provide a thorough physical and neurological examination.
- Possible additional assessment with other specialist services such as clinical neuropsychology.
- When the assessments are completed; a 'feedback' session is held to discuss the results and provide recommendations for treatment and supports.

## HOW MUCH WILL IT COST?

The CDAMS program is a free service.

## WHO CAN MAKE A REFERRAL?

We accept referrals from GPs, specialists, other health care professionals and case managers).

PLEASE NOTE: All CDAMS referrals require a health summary letter and a range of tests organised by your GP prior to the CDAMS clinic assessment.

