



A Guide to Memory Clinics in Ireland

4th edition

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Introduction

Since this booklet was first published in 2010 both the interest and concern about Alzheimer's disease and related dementias has grown from relative obscurity to their becoming the biggest challenge to global health and social care. Countries are now being forced to take these conditions seriously and over the last few years we have witnessed some significant developments. This includes the World Health Organisation declaring dementia a public health priority in 2012; the G8 group of leading countries convening a summit in London and setting the ambitious target of identifying a cure, or a disease-modifying therapy, for dementia by 2025 and at least 18 of the 28 EU member states having in place some form of dementia strategy or plan.

In 2014, Ireland developed its own national dementia strategy and as with many of our European neighbours, the strategy highlights the role that memory clinics have, both in the diagnosing and the sub-typing of conditions. The strategy also calls for the 'timely' diagnoses of dementia through the identification of memory clinics, the clarification of referral pathways, the use of common referral templates and appropriate triage of referrals. This booklet was first developed to provide much needed information about memory clinic services around the country to health service professionals, family members and individuals concerned about their memory or cognition. Its purpose remains much the same today. New services have developed and some, sadly, have been forced to close. Most, if not all, of Ireland's public memory clinic services have been developed within existing resources and are therefore reliant on the hard work and commitment of their staff.

What is a Memory Clinic?

Memory clinics were first described in the US in the 1980's and the first clinic opened in Ireland in 1991. Their purpose is the "identification, investigation and treatment of memory disorders including dementia" (Jolley et al, 2006).

In Ireland, there is a lack of uniformity in the services that they provide and the specialisms of the health professionals involved and so memory clinics can vary widely in both their composition and the type of services provided. All would strive to make timely diagnoses and provide treatment where appropriate and they would also aim to identify and treat health problems other than dementia that may be causing the client difficulties. Memory clinics also play an important role in reassuring those who are worried about their memory when there are no problems to be found.

The timely diagnosis of a dementia allows not only for appropriate treatments to commence, but also provides an opportunity to offer important information and advice on a range of issues such as financial and legal affairs, to accessing support services. It also enables the person experiencing symptoms to be more proactive in lifestyle decision-making and planning his or her own future care. Memory clinics may also provide post-diagnostic counselling and emotional support for people newly diagnosed. Some clinics offer the opportunity to become involved in research such as drug trials and lifestyle intervention studies.

Numbers and locations of Irish Memory Clinics

There are currently 25 memory clinics in Ireland. The clinics are not positioned according to geography or by population, indeed over 50% of counties do not have a memory clinic. A recent review project (Fagan, 2017) found that there are memory clinics in 13 counties but none in Donegal, Sligo, Leitrim, Cavan, Monaghan, Galway, Mayo, Clare, Louth, Longford, Kerry, Waterford and Wicklow. A third of all memory clinics are based in Dublin while there are none at all in the Northwest which has the highest prevalence rates of people living with dementia in Ireland. This inequality of access to memory clinics has led to calls for specialist memory clinics to be established throughout the country. Ideally the memory clinics would be multidisciplinary and have access to adequate resources.

How to access Memory Clinic services

Anyone can avail of a Memory Clinic service. However, most clinics only accept referrals from GPs or other medical doctors. Therefore, if you believe that your memory is not as sharp as before and if you are worried about this, you should discuss the matter with your GP. Your GP will assess the situation and may refer you to a Memory Clinic if that is necessary. Most Memory Clinics cater to people of all ages and many will also assess people with an intellectual disability.

What information will be asked of clients and their family members at a Memory Clinic assessment?

When an appointment for a Memory Clinic is made, people are usually asked to have a family member or close friend accompany them. The reason for this is that the latter can, if necessary, provide staff with additional information regarding the person's memory, cognitive problems and overall health. During the clinic appointment, the person experiencing the problems will be asked a series of questions; where appropriate, additional questions will be asked of the family member or close friend.

Information usually sought includes questions about the person's general health; the nature of the memory problems and when they started; risk factors for Alzheimer's disease and other dementias such as family history, smoking, obesity, diabetes, and hypertension.

Additional information that might be useful may also be collected including behavioural/personality changes, educational attainment and literacy level, physical functioning and activities of daily living. A neuropsychological assessment may also take place which usually involves a series of questions assessing short-term and long-term memory, language, orientation, attention, perception and calculation. The latter can be brief or may be more in-depth.

Do all people who attend a Memory Clinic receive a diagnosis?

Generally, everybody who attends a Memory Clinic receives feedback on the results of the formal assessment. Results may suggest a number of things. For example, they could show that a person has a subjective memory complaint or that they have a mild cognitive impairment (a problem with memory or cognition that is not normal for one's age and education) or they could indicate that the person has a dementia.

If a clinical diagnosis is established, this will be discussed with the person in accordance with his/her wishes. It is generally recommended that clinic staff discuss the diagnosis with the person, unless there are clear reasons against doing this.

At Memory Clinics, what information is given to people worried about their memory and to those diagnosed with MCI or dementia?

Extensive information is provided to people who attend Memory Clinics. The type of information provided typically includes:

- Ways to improve and maintain cognitive/brain health
- Lifestyle advice
- Clarification of memory problem symptoms
- Diagnosis, including differential diagnosis
- General tips for dealing with memory problems
- Treatment information such as advice about anti-dementia drugs and how they work
- Advice about continuing or not continuing to drive
- Advice about continuing or not continuing to work
- Leisure time activities

What treatments and services are offered at Memory Clinics?

Treatments and services offered at Memory Clinics vary and ideally they should be tailored to the needs of each individual. The available drug treatments can be effective in the short-term and may help to stabilise the condition for a period of time but it needs to be remembered that the drugs are not curative and do not tackle the underlying cause of the condition. These drugs can have modest benefits but unfortunately not everybody will benefit from them.

Other interventions that do not involve medications might also be offered through Memory Clinic services. Such interventions include information, counselling and advice on practical everyday aids designed to help improve quality of life. Some services may offer interventions such as Cognitive Stimulation Therapy or cognitive rehabilitation.

Do Memory Clinics charge patients for their services?

Most Memory Clinics are funded through the HSE and will provide services free of charge. However, in some instances there may be some “out of pocket costs” incurred by patients for CT or MRI scans. Four of the Memory Clinics in this booklet are privately run. In these circumstances some service costs may be recouped through health insurance schemes.

Does attending a Memory Clinic mean being admitted to hospital?

People should be reassured that most Memory Clinics are outpatient services and do not generally involve hospital admission. One exception is the Memory Clinic at St Patrick’s Hospital, which is private and offers both in-patient and outpatient assessment services. There, the average length of stay for assessment is two days and the cost of in-patient services is covered by private health insurance.

CONNACHT

Memory Clinic, Roscommon Hospital, Roscommon

Location and Contact: Memory Clinic, Roscommon Hospital, Athlone Rd, Roscommon Tel: 090 663 2206

Profile: Diagnosis of dementia with nine month follow-up if stable. More frequent if not. Referral to Community Dementia Liaison Nurse. Refer to St James's Hospital, Dublin if early onset or atypical case

Catchment area: Roscommon and East Galway

Frequency: Three times per month

Referral: GPs, Consultants and Public Health Nurses

Funding: HSE

Costs: No costs to patients

Post-diagnostic support: Community Dementia Liaison Nurse

Staff: 1 x Consultant Geriatrician, 1 x Clinical Nurse Specialist in Geriatric Medicine, 1 x Intern

Services available to people under 65: Yes

Services available to people with intellectual disabilities: Yes

DUBLIN LEINSTER

Bloomfield Hospital Memory Clinic, Dublin

Location and Contact: Bloomfield Hospital, Stocking Lane, Rathfarnham, Dublin 16 Tel: 01 495 6800

Profile: The Bloomfield Memory Clinic is a multi-disciplinary, consultant-led service providing assessment, diagnosis and support to those presenting with memory or neurocognitive difficulties in adults aged over 18 including those with learning difficulties. Full consultation entails three separate outpatient visits to the clinic for initial interview, full neuropsychological assessment and feedback of results and treatment plan

Catchment area: Nationwide

Frequency: 1-2 times per week

Referral: GPs and other medical professionals

Funding: Bloomfield is a not-for-profit charitable organisation owned by the Society of Friends (Quakers)

Costs: There is a set cost for each assessment, which consists of three outpatient appointments. Most scans will be covered by private insurers

Post-diagnostic support: Post-diagnostic support services including: counselling, peer support, referral to day centre and caregiver support services (including Alzheimer and Huntington's disease cafés and specific caregiver workshops). Follow up consultations are available as needed

Staff: 2 x Consultant Old Age Psychiatrists, 1 x Senior Neuropsychologist, members of Nursing, Occupational Therapy, Pharmacy or Social Work services assess as required

Services available to people under 65: Yes

Services available to people with intellectual disabilities: Yes

Memory Assessment and Support Clinic, Connolly Hospital, Dublin

Location and Contact: Holly Day Ward, Blanchardstown, Dublin 15
Tel: 01 646 5557

Profile: To assess and out-rule/diagnose dementia and offer supports post diagnosis. To link with community services to ensure appropriate support for people with dementia and their families

Catchment area: Connolly Hospital catchment area

Frequency: Twice weekly

Referral: GP, Multidisciplinary teams, other hospital teams, Community teams where appropriate

Funding: HSE

Costs: No costs to patients

Post-diagnostic support: Patient support clinic, carer support clinic, dementia nurse specialist as point of contact, virtual support clinic

Staff: Consultant Geriatrician, Dementia Nurse Specialist, Medicine for the Elderly Registrar, Case Manager for Older People as needed, Multi-disciplinary team as needed

Services available to people under 65: Yes. Limited service. Generally on a case by case basis following discussion with the GP/referrer

Services available to people with intellectual disabilities: Yes. Limited service. Generally on a case by case basis following discussion with the GP/referrer

Memory Clinic, St Columcille's Hospital, Loughlinstown, Co. Dublin

Location and Contact: Memory Clinic, St Columcille's Hospital,
Loughlinstown, Co. Dublin Tel: 01 282 5800

Profile: To assess, investigate and diagnose people with memory or cognitive difficulties. To commence a treatment and management plan if required to include referral for memory and or cognitive communication rehabilitation

Catchment area: Parts of south Co. Dublin and north Co. Wicklow

Frequency: Currently one clinic a month but looking to increase this due to high demand

Referral: GP, medical teams and allied health professionals

Funding: HSE

Costs: No costs to the patient

Post-diagnostic support: An Occupational Therapist led Memory Rehabilitation programme that includes one session with a Social Worker. This is a 4 week course for people diagnosed with mild to moderate dementia. A Speech and Language Therapist led cognitive communication rehabilitation programme (six week course). There is a dementia friendly home incorporating a resource room where patients and carer's can view equipment that will enable people with dementia to live at home. Referral to Alzheimer's Café in Bray which is jointly run by the hospital's allied health professional and nursing staff, members of the community and the Alzheimer's Society. Referral to Alzheimer's Society and Wicklow Dementia Society

Staff: 1 x Consultant, 1 x Specialist Registrar, 1 x Registrar/SHO Plus access to Occupational Therapists, Speech and Language Therapists and other allied health professionals

Services available to people under 65: No. People under the age of 65 are referred to the Neurology service at St Vincent's University Hospital

Services available to people with intellectual disabilities: If over the age of 65

The Dementia Advisory Resource Centre, Daughters of Charity Service, St Joseph's Centre, Clonsilla, Dublin

Location and Contact: The Dementia Advisory Resource Centre, Daughters of Charity Service, St Joseph's Centre, Clonsilla, Dublin Tel: (01) 824 8658/8662 Email: evelyn.reilly@docservice.ie or pamela.dunne@docservice.ie

Profile: This specialist Memory Clinic provides baseline screening, dementia assessment and comprehensive diagnostic work up for persons with an intellectual disability (ID). A multi-disciplinary team works together and will form a consensus diagnosis and recommend pharmacological and psychosocial interventions as deemed appropriate to each individual. In addition a dementia education programme is offered to staff, families and peers. Nurse led with a strong multi-disciplinary element

Catchment area: The Daughters of Charity Services, Dublin, Roscrea and Limerick

Frequency: Monday to Friday

Referral: Psychiatry/ Psychology or Physicians at the Daughters of Charity Service. Limited referrals are also accepted from other Intellectual Disability and generic services

Funding: HSE

Costs: No cost to patients; possible charge for some scans and consultancy

Post-diagnostic support: Day Service, Respite support, Palliative and End of Life Care, and staff, family and peer education

Staff: 1 x Policy and Service Advisor, 2 x full time Clinical Nurse Specialists in Dementia. In addition, Consultant Psychiatrist, Physician, Psychologist, Physiotherapist, Occupational Therapist, Speech and Language Therapist, Social Worker, Dietician are all available on a sessional basis

Services available to people under 65: Yes

Services available to people with intellectual disabilities: Yes

Highfield Healthcare, Memory Clinic, Co. Dublin

Location and Contact: Highfield Healthcare Memory Clinic, Swords Road, Whitehall, Co. Dublin Tel: 01 837 4444

Profile: A consultant-led memory assessment clinic for early diagnosis of dementia

Catchment area: Nationwide

Frequency: Monday to Friday

Referral: Mainly from GPs

Funding: Private

Costs: There is a set cost for initial assessment. Neuropsychology can be provided on an out-patient or in-patient basis

Post-diagnostic support: Social Work and Occupational Therapy, a liaison nurse provides services to community-dwelling patients

Staff: Old Age Psychiatrist, Neuropsychologist, Social Worker

Services available to people under 65: Yes

Services available to people with intellectual disabilities: Yes

Mater Hospital Memory Clinic, Dublin

Location and Contact: Medicine for the Elderly Day Hospital, Mater Misericordiae University Hospital, Eccles Street, Dublin 7 Tel: 01 803 4242

Profile: The Mater Memory Clinic is a consultant-led service offering diagnosis, information and advice on dementia for both the patient and family members

Catchment area: North Dublin

Frequency: Once weekly

Referral: GPs, medical and surgical specialists within the hospital

Funding: HSE

Costs: No costs to patients

Post-diagnostic support: There is access to Health and Social Care Professionals to include, but not limited to, Social Worker, Neuropsychology and referrals onwards to health and social care services in both primary and community partners

Staff: There are no dedicated staff for the memory clinic. Staff provide support for this and other clinics as part of the Day Hospital. The current staffing excluding the medical staff is: 3 x administration staff, 1 x Clinical Nurse Manager (II), 1 x Clinical Nurse Manager (I), 1 x Staff Nurse

Services available to people under 65: Yes

Services available to people with intellectual disabilities: Yes

Mercer's Memory Clinic, St James's Hospital, Dublin

Location and Contact: MISA Building, St James's Hospital, James's Street, Dublin 8 Tel: 01 416 2640

Profile: The Mercer's Memory Clinic is the only national, full-time, specialised service for people with memory and/or cognition problems. It provides access to complex neuroimaging, neuropsychological testing and cerebral spinal fluid biomarker testing where appropriate. It aims to provide an accurate and timely diagnosis for its clients and offers detailed advice and information on brain health and living well

Catchment area: Nationwide

Frequency: Five days per week

Referral: Medical doctor

Funding: HSE

Costs: No costs to patients

Post-diagnostic support: Cognitive Rehabilitation group. Post diagnostic advice and support including signposting to community resources. Family meetings on request. All provided from existing resources within the Memory Clinic

Staff: 1 x Medical Director Consultant Psychiatrist (.2 WTE*), 1 x Consultant Geriatrician (.1 WTE), 1 x Geriatric Registrar (.5 WTE), 1 x Psychiatric Registrar (.5 WTE), 1 x Geriatric registrar or Specialist Registrar (.2 WTE), 1 x Neuropsychologist (.8 WTE), 1 x Neuropsychologist (.2 WTE), 1 x Clinical Nurse Manager (FT**), 1 x Administrator (FT), 1 x Social Worker (.5 WTE)

Services available to people under 65: Yes

Services available to people with intellectual disabilities: Yes

* WTE - whole time equivalent ** FT - full time

St John of God Memory Assessment Service, Co. Dublin

Location and Contact: St John of God Hospital, Stillorgan, Co. Dublin
Tel: 01 277 1400

Profile: The function of the Memory Clinic is to provide full psychiatric assessment for those who have concerns regarding memory. It also provides neuropsychological and functional assessment

Catchment area: Nationwide

Frequency: One day per week

Referral: GPs and Consultants

Funding: Private

Costs: On application

Post-diagnostic support: Pharmacological and non-pharmacological management, local carer support group available

Staff: 2 x Consultant Psychiatrists, 1 x Senior Clinical Psychologist, 1 x Senior Occupational Therapist, Secretarial support

Services available to people under 65: Yes

Services available to people with intellectual disabilities: No

Memory Assessment and Support Clinic, St Mary's Day Hospital, Dublin

Location and Contact: St Mary's Day Hospital, Phoenix Park, Dublin 20
Tel: 01 625 0544

Profile: To provide an initial assessment and to provide support to the person and to their family

Catchment area: Dublin north city

Frequency: One morning every second week

Referral: GP

Funding: HSE

Costs: No cost to patient

Post-diagnostic support: Carers support group. Occupational therapist does care planning, guidance and education for the family/carers

Staff: Consultant-led. 2 x Geriatrician, 1 x Clinical Nurse Manager, 1 x Occupational Therapist. Physiotherapist as required

Services available to people under 65: No

Services available to people with intellectual disabilities: Yes if over 65

Multidisciplinary Memory Clinic, St Patrick's Mental Health Services, Dublin

Location and Contact: Multidisciplinary Memory Clinic, St Patrick's Mental Health Services, James's Street, Dublin 8 Tel : 01 249 3437

Profile: The Memory Clinic offers a comprehensive diagnostic assessment of service users who present with a range of memory and cognitive difficulties. The purpose is to accurately define, describe and diagnose any underlying clinical conditions, as well as to compile a detailed plan of management to remit the difficulties

Catchment area: Nationwide

Frequency: Weekly

Referral: General Practitioners, Psychiatrists (internal and external to SPMHS), Neurologists, Geriatricians and other specialists

Funding: Privately funded through private insurers. Self-funding possible

Costs: Initial outpatient assessment in the Dean Clinic is free of charge but a refundable deposit is required. The two-day inpatient assessment is funded by private Health Insurers

Post-diagnostic support: Individual and family post-diagnostic support available as required. Referral to external agencies is incorporated into management plan

Staff: 1 x Consultant Psychiatrist, 1 x neuropsychologist

Services available to people under 65: Yes

Services available to people with intellectual disabilities: No

Memory Clinic, Carew House, St Vincent's University Hospital, Dublin

Location and Contact: Memory Clinic, Carew House, St Vincent's University Hospital, Dublin Tel: 01 221 3758

Profile: We will see patients over 65 years old with undiagnosed memory/cognitive difficulties who appear to be functioning well with an MMSE over 23 (query Mild Cognitive Impairment). These patients will be followed up

Catchment area: South East Dublin / East Wicklow

Frequency: Three Monday afternoons a month

Referral: GPs, allied health professionals

Funding: HSE

Costs: No cost to patient

Post-diagnostic support: Occupational therapist with a specialist interest in cognitive disorders reviews patient and discusses/advises on memory aids/adaptations. Patients are recommended to contact the Alzheimer Society and information on local Alzheimer cafés is given

Staff: 2 x Consultant in Geriatric Medicine & 1 x Clinical Nurse Specialist (CNS)

Services available to people under 65: No. People under the age of 65 are referred to the neurology service

Services available to people with intellectual disabilities: Yes if over 65

Memory Assessment Clinic, Tallaght Hospital, Dublin 24

Location and Contact: Memory Assessment Clinic, Department of Age-related Healthcare, Tallaght Hospital, Dublin 24 Tel: 01 414 2498
Fax: 01 414 3244

Profile: Multidisciplinary comprehensive assessment and timely diagnosis of memory complaints. Post diagnostic support and information

Catchment area: Nationwide

Frequency: Twice weekly

Referral: GPs and Consultants

Funding: HSE

Costs: No cost to patients

Post-diagnostic support: Informal links with Alzheimer Society of Ireland support services. Post-diagnostic counselling when necessary

Staff: 5 x Consultant, 1 x specialist registrar, 2 x Clinical nurse specialists, 1 x Occupational Therapist; 1 x Clinical nutritionist, 1 x Speech and Language Therapist, 2 x Clinical psychologists; 1 x Clinical trials coordinator

Services available to people under 65: Limited service, generally on a case-by case discussion with GP/referrer

Services available to people with intellectual disabilities: Limited service, generally on a case-by case discussion with GP/referrer

LEINSTER

Memory Clinic, Sacred Heart Hospital, Carlow

Location and Contact: Memory Clinic, Day Hospital, Sacred Heart Hospital, Old Dublin Road, Carlow Tel: 059 913 6492 or 059 913 6300

Profile: Consultant diagnostic service within a Geriatric outpatient service with a Memory Clinic focusing on post-diagnostic care support, maintenance and management. Monitor and review any further deterioration in condition since last appointment, carry out an MMSE and liaise with family members as required

Catchment area: Carlow

Frequency: Every two weeks

Referral: Geriatrician

Funding: HSE

Costs: No cost to patients

Post-diagnostic support: Carer support group meet once a month

Staff: 1 x Clinical Nurse Manager, 1 x Occupational Therapist

Services available to people under 65: Yes

Services available to people with intellectual disabilities: Yes

Memory Clinic (Intellectual Disability), St John of God Community Services Ltd., Liffey Region Kildare Services, Co. Kildare

Location and Contact: Memory Clinic (Intellectual Disability), St John of God Community Services Ltd., Liffey Region Kildare Services, Celbridge, Co. Kildare

Profile: The Memory Clinic provides an assessment and consultation service for adult service users with intellectual disabilities and their families and carers. In line with best practice guidelines, there is an emphasis on the proactive assessment of adults with Down syndrome, given the high risk of dementia in this population

Catchment area: Memory Clinic services are provided to St John of God Liffey Region residential and/or day service users only

Frequency: The Memory Clinic meets once a month to discuss cases, with a focus on consensus diagnosis and recommending treatment and supports, and to process new referrals. Additional case conferences and meetings with service users and their carers are scheduled on other days, as needed, with the participation of members of the Memory Clinic. Assessments are conducted by relevant members of the team, outside of the meetings above, based on demand for assessments and clinician availability. Memory Clinic duties form a component of each member's larger role within the service

Referral: Referrals are usually made on behalf of service users by frontline staff teams/supervisors within the service

Funding: St John of Gods

Costs: No cost to patients

Post-diagnostic support: Available post-diagnostic supports include access to the St. John of God Liffey Services multi-disciplinary team meetings (Psychology, Psychiatry, Social Work, Speech and Language Therapist, Occupational Therapist, Physiotherapist, Clinical Nurse Specialist), pastoral care, multi-disciplinary team meetings with staff and family carers, referral to community services, and dementia awareness training for day and residential service care staff

Staff: 1 x Principal Clinical Psychologist, 1 x Coordinator, 1 x Consultant Psychiatrist in Intellectual Disability, 1 x Consultant Psychiatrist in Intellectual Disability, 1 x Senior Registrar in Psychiatry, 1 x Registrar in Psychiatry, 1 x Registrar in Psychiatry, 1 x Assistant Psychologist, 1 x Clinical Nurse Specialist

Services available to people under 65: Yes

Services available to people with intellectual disabilities: Yes

Memory Clinic, St Columba's Hospital, Co. Kilkenny

Location and Contact: Memory Clinic, St Columba's Hospital, Thomastown, Co. Kilkenny Tel: 056 775 4825

Profile: To provide a diagnosis and create a pathway to relevant follow up services and supports as needed

Catchment area: Co. Kilkenny and surrounding area

Frequency: Twice a month

Referral: GP

Funding: HSE

Costs: No cost to patients

Post-diagnostic support: All local community services e.g. Occupational Therapist, Physiotherapist, Public Health Nurse and other referrals as necessary. The Alzheimer Society in Kilkenny provides access to carer support group that is run once a month and day care. Referral to community groups i.e. Kilkenny Contact and DREAM, a peer support group for people post-diagnosis, run twice monthly in Kilkenny city facilitated by nurses from the Memory Clinic. There is a phone follow up for all patients providing additional support

Staff: 2 x Consultant, 1 x Occupational Therapist, 1 x Clinical Nurse Manager, 1 x Dementia Staff Nurse, 1 x Administrator

Services available to people under 65: Yes

Services available to people with intellectual disabilities: Yes

Cognitive Assessment Service, St Fintan's Hospital, Portlaoise, Co. Laois

Location and Contact: Cognitive Assessment Service, Psychiatry of Later Life, Block Road, Portlaoise, Co. Laois Tel: 057 867 0245

Profile: For specialist assessment, diagnosis, advice and treatment of people with dementia and other cognitive disorders. A nurse-led service, with multi-disciplinary input

Catchment area: Laois and Offaly

Frequency: Two days a week

Referral: GPs, hospital consultants, psychiatry

Funding: HSE

Costs: No cost to patients

Post-diagnostic support: Cognitive Rehabilitation Therapy. Carer support groups run under Psychiatry of Later Life

Staff: 1 x Nurse, 1 x Consultant with support from multidisciplinary team e.g. if required Occupational Therapist functional assessment, neuropsychological testing, Speech and Language Therapist, Social Worker

Services available to people under 65: Yes

Services available to people with intellectual disabilities: Yes

Memory Clinic, Co. Louth

Location and Contact: Memory Clinic (Cognitive Disorders Service), Mental Health Services for Older People, St Brigid's Complex, Kells Road, Ardee, Co. Louth Tel: 041 685 0665 Fax: 041 685 3766

Profile: Multidisciplinary Memory Clinic embedded within a community based Mental Health Services for Older People offering evaluation and diagnosis for people with cognitive disorders. Also focuses on post-diagnosis information, advice and management of the clinical condition. Runs collaboratively with Medicine for the Elderly and input from Radiology at Our Lady of Lourdes Hospital. While separate services, the Louth Memory Clinic is integrated with the Meath Memory Clinic by way of shared streamlined clinical pathways and evaluation procedures and a trimester integrated meeting attended by both teams with representation from Medicine for the Elderly

Catchment area: North Louth

Frequency: One day per week

Referral: GPs, Geriatricians and Liaison Psychiatry

Funding: HSE

Costs: No cost to patients

Post-diagnostic support: includes access to information, advice and psychological support regarding the management of cognitive disorders

Staff: 1 x Consultant Old Age Psychiatrist, 1 x Clinical Neuropsychologist, 1 x Community Mental Health Nurse, 1 x Medical Secretary, 1 x Occupational Therapist, 1 x Clinical Nurse Manager, 1 x Community Nurse, 1 x Social Worker

Services available to people under 65: Yes

Services available to people with intellectual disabilities: Yes (mild intellectual disability)

Navan Cognitive Service

Location and Contact: Memory Clinic (Cognitive Disorders Service),
An Re Orga, Kennedy Road, Navan, Co Meath Tel: 046 905 9002

Profile: Multidisciplinary Memory Clinic embedded within a community based Mental Health Services for Older People. It focuses on the diagnosis and treatment of cases of suspected cognitive impairment. A screening visit is performed at home within one to two weeks of receiving the referral and MRI brain scan is ordered. Full Cognitive Clinic assessment (Doctor, Senior Social Worker & Neuropsychologist/Psychologist) takes place thereafter. Diagnosis is made at multidisciplinary team consensus meeting and is disclosed to client (and families if desired) at a multidisciplinary team disclosure meeting. If treatment is initiated, clients are reviewed at four to six weeks. Cases of MCI/unclear cases are followed up annually. The Memory Clinic runs collaboratively with Medicine for the Elderly and input from Radiology at Our Lady of Lourdes Hospital. While separate services, the Meath Memory Clinic is integrated with the Louth Memory Clinic by way of shared streamlined clinical pathways and evaluation procedures and a trimester integrated meeting attended by both teams with representation from Medicine for the Elderly

Catchment area: Sector area Co. Meath

Frequency: Once a week

Referral: GPs, Consultant Physicians, Consultant Psychiatrists

Funding: HSE

Costs: No cost to patients

Post-diagnostic support: Senior Social Worker/Psychologist offers post-diagnostic counselling if required and to all people under 65 years and their families. Clients can attend the six week Memory Strategy Group or the nine week Living Well with Dementia group depending on suitability

Staff: The Memory Clinic is part of the Psychiatric Service's multidisciplinary team. 1 x Consultant Psychiatrist, 1 x NCHD (non-consultant hospital doctor), 1 x Social Worker, 1 x Occupational Therapist, 1 x Psychologist, 1 x Clinical Neuropsychologist (.2 WTE*) 1 x Clinical Nurse Manager, 2 x Mental Health Nurse

Services available to people under 65: Yes

Services available to people with intellectual disabilities: Yes

* WTE - whole time equivalent

Midland Regional Hospital, Memory Clinic, Co. Offaly

Location and Contact: Midland Regional Hospital, Memory Clinic, Tullamore, Co. Offaly Tel: 057 935 9779

Profile: Early diagnosis, intervention in Behavioural Agitated Dementia, monitoring of care needs

Catchment area: Laois, Offaly, Westmeath

Frequency: Once a month

Referral: GP, Consultants

Funding: HSE

Costs: No cost to patients

Post-diagnostic support: No onsite support available. There may be fluctuating access to Cognitive Rehabilitation Therapy. Local psychiatry services are split between Westmeath and Offaly

Staff: 1 x Consultant Geriatrician, 1 x Non Consultant Hospital Doctor e.g. Registrar or Senior House Officer depending on schedule

Services available to people under 65: Yes

Services available to people with intellectual disabilities: No

Midland Regional Hospital Memory Clinic, Mullingar, Co. Westmeath

Location and Contact: Midland Regional Hospital Memory Clinic, Mullingar, Co. Westmeath Tel: 044 939 4528

Profile: Memory Clinic provides Consultant assessment of cognition, diagnosis, intervention and post-diagnosis management. In addition, comprehensive physical assessment

Catchment area: Longford, Westmeath, Laois, Offaly; referrals also accepted from other counties

Frequency: Twice monthly

Referral: Consultant and GP only

Funding: HSE

Costs: No cost to patients

Post-diagnostic support: Access to general community supports e.g. Public Health Nurse/community services/home care packages and the Alzheimer Society of Ireland Longford Branch (no Westmeath branch). Psychiatry of Later Life will support day care and community Mental Health Nurse review if behavioural and psychological symptoms of dementia/mood issues are prominent

Staff: 1 x Consultant Geriatrician. Supported by referrals to Psychiatry of Later Life services, Senior Clinical Neuropsychologist, Senior Occupational Therapist

Services available to people under 65: Yes

Services available to people with intellectual disabilities: Yes

Wexford General Hospital Memory Clinic, Co. Wexford

Location and Contact: Wexford General Hospital Memory Clinic, Day Hospital for Older People, Wexford General Hospital, Wexford
Tel: 053 915 3270

Profile: To provide assessments to those who are worried about their memory, investigate further if there is an indication same, for example, CT/bloods/in-depth cognitive assessments, diagnose, educate, treat and support the person, also reassure the worried well

Catchment area: Co. Wexford

Frequency: Once a month

Referral: General Practitioners, Allied Health Professionals, Nurses, Public Health Nurses, Registered General Nurses

Funding: HSE

Costs: No cost to patients

Post-diagnostic support: Recently established nurse-led memory review clinic. People diagnosed with dementia and their families may receive follow up education and support around their diagnosis. Occupational Therapist provides one-to-one memory strategy sessions and they are looking at providing this as a group session. Information sessions are also provided

Staff: 2 x Consultant Geriatricians, 1 x Clinical Nurse Manager, 1 x Health Care Assistant, 1 x Ward Clerk. Access to Occupational Therapist

Services available to people under 65: Yes

Services available to people with intellectual disabilities: Yes

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Geriatricians Memory Clinic, St Finbarr's Hospital, Cork

Location and Contact: Assessment and Treatment Centre, St Finbarr's Hospital, Douglas Rd, Cork Tel: 021 492 3298

Profile: To assist, support and diagnose the older adult with cognitive impairment whose cognitive changes affect their daily functioning

Catchment area: Co. Cork and Co. Kerry

Frequency: One day per week

Referral: GP and Consultant

Funding: HSE

Costs: No cost to patients

Post-diagnostic support: Onsite Dementia Coordinator. A Memory Intervention Support Clinic is held fortnightly. An Alzheimer Café is run once a month

Staff: 1 x Consultant, 1 x Registrar, 3 - 4 Nurses, 2 x Clerical staff, 2 x UCC researchers

Services available to people under 65: This will depend on the referral

Services available to people with intellectual disabilities: No

St Ita's Day Hospital Memory Clinic, Limerick

Location and Contact: St Ita's Community Hospital, Newcastle West, Co. Limerick Tel: 069 66552/66525

Profile: To assess, provide diagnosis and refer to support services as appropriate

Catchment area: Co. Limerick, South Tipperary, North Kerry, North Cork

Frequency: Every two months

Referral: GP and Hospital Consultant

Funding: HSE

Costs: No cost to patients

Post-diagnostic support: Dementia Advisor linked with the Alzheimer Society attends clinic and can provide support to patient and relatives

Staff: 1 x Consultant Geriatrician, 2 x Consultant Psychiatrist, 1 x Occupational Therapist, 1 x Nurse Co-ordinator, 1 x Dementia Adviser (Alzheimer Society)

Services available to people under 65: Yes

Services available to people with intellectual disabilities: If appropriate

Memory Clinic, St Patrick's Hospital, Cashel, Co. Tipperary

Location and Contact: Memory Clinic, St Patrick's Hospital, Cashel, Co. Tipperary Tel: 062 70325

Profile: A multidisciplinary team that provides a diagnostic service with referral to appropriate supports in the event of a diagnosis of dementia/MCI

Catchment area: South Tipperary geographical area

Frequency: Twice monthly

Referral: GP, Hospital Doctors and Psychiatrists

Funding: HSE

Costs: No cost to patients

Post-diagnostic support: Dementia supports developed following Genio/HSE funded project e.g. 5 Steps to Living Well with Dementia project. Supports include: Community Clinical Nurse Specialist for dementia who provides information and support. Peer support worker to support individualised activity etc. There is a Memory Technology library in Clonmel and a Cognitive Rehabilitation programme both run by Occupational Therapists

Staff: 2 x Geriatricians, 1 x Psychiatrist for Older persons, 1 x Psychologist, 2 x Nurse, 1 x Advanced Nurse Practitioner

Services available to people under 65: Yes

Services available to people with intellectual disabilities: No

Location of Memory Clinics in Ireland

1. Memory Clinic, Roscommon Hospital, Roscommon
2. Bloomfield Hospital, Memory Clinic, Dublin
3. Memory Assessment & Support Clinic, Connolly Hospital, Dublin
4. Memory Clinic, St Columcille's Hospital, Loughlinstown, Co. Dublin
5. The Dementia Advisory Resource Centre, Daughters of Charity Service, St Joseph's Centre, Clonsilla, Dublin
6. Highfield Healthcare, Memory Clinic, Co. Dublin
7. Mater Hospital Memory Clinic, Dublin
8. Mercer's Memory Clinic, St James's Hospital, Dublin
9. St John of God Memory Assessment Service, Co. Dublin
10. Memory Assessment and Support Clinic, St Mary's Day Hospital, Dublin
11. Multidisciplinary Memory Clinic, St Patrick's Mental Health Services, Dublin
12. Memory Clinic, Carew House, St Vincent's University Hospital, Dublin
13. Memory Assessment Clinic, Tallaght Hospital, Dublin 24
14. Memory Clinic, Sacred Heart Hospital, Carlow



15. Memory Clinic (Intellectual Disability), St John of God Community Services Ltd., Liffey Region Kildare Services, Co. Kildare
16. Memory Clinic, St Columba's Hospital, Co. Kilkenny
17. Cognitive Assessment Service, St Fintan's Hospital, Portlaoise, Co. Laois
18. Memory Clinic, Co. Louth
19. Navan Cognitive Service, Co. Meath
20. Midland Regional Hospital, Memory Clinic, Co. Offaly
21. Midland Regional Hospital Memory Clinic, Mullingar, Co. Westmeath
22. Wexford General Hospital Memory Clinic, Co. Wexford
23. Geriatricians Memory Clinic, St Finbarr's Hospital, Cork
24. St Ita's Day Hospital Memory Clinic, Limerick
25. Memory Clinic, St Patrick's Hospital, Cashel, Co. Tipperary



Summary

Most experts in the field agree that the early assessment and diagnosis of dementia is essential for the treatment and support of both the individual with cognitive impairment and their families. As the Irish National Dementia Strategy acknowledges GPs play a key role in the diagnosing of dementia "a confirmatory definitive diagnosis and identification of the dementia sub-type remains a specialist task." As a result there is a need for memory clinic services and this demand is likely to increase.

In Northern Ireland there are memory clinics in each of the five Health and Social Care Trusts and despite complaints over waiting times for appointments they have achieved a 75% diagnosis rate. (Alzheimer Research UK). In the Republic of Ireland the situation is much different.

A recent review looking at Memory Clinics in Ireland (Fagan, 2017) has shown that Memory Clinics are not available in every HSE Community Health Organisation area and there is considerable variability across existing clinics, in relation to staffing composition, frequency of service, resources and costs.

Our ageing population and the increasing numbers of people likely to develop a dementia in the future means there is an urgent need to invest into the expansion and enhancement of these important services.

Finally, many people still believe that memory loss and cognitive problems are a normal part of ageing and do not know they can seek medical help. Others delay making an appointment to see a doctor because they have a fear of being given a diagnosis of dementia.

In fact, memory problems can result from a variety of medical conditions and making an appointment with a family doctor to discuss concerns about memory loss is the first step towards getting an accurate diagnosis. Pending the GP's assessment and decision, a referral to a Memory Clinic may help to rule out the existence of other conditions, to identify the dementia subtype or provide treatments and strategies to reduce significant memory problems in the future.

This booklet has attempted to bring together all available information on Memory Clinic services in Ireland. It is hoped it will be a useful resource to both the public and to health service professionals.

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Alzheimer's Research UK Dementia Statistics Hub

<https://www.dementiastatistics.org/statistics/diagnoses-in-the-uk/>

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Department of Health (2009) *Living Well with Dementia: A National Dementia Strategy*, Department of Health, London.

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The Dementia Services Information and Development Centre's mission is to promote excellence in all aspects of dementia care in Ireland so that people can live well with dementia and enjoy a good quality of care. Its aim is to promote an informed understanding and awareness of dementia, provide evidence-based education and training to practitioners working in the field, conduct and support local and international research and evaluation, and provide a consultancy and information service both at an individual and corporate level. Our ultimate aim is to have people eschew their fears and the stigma often associated with dementia to enable the individual to live a rich and more fulfilling life.

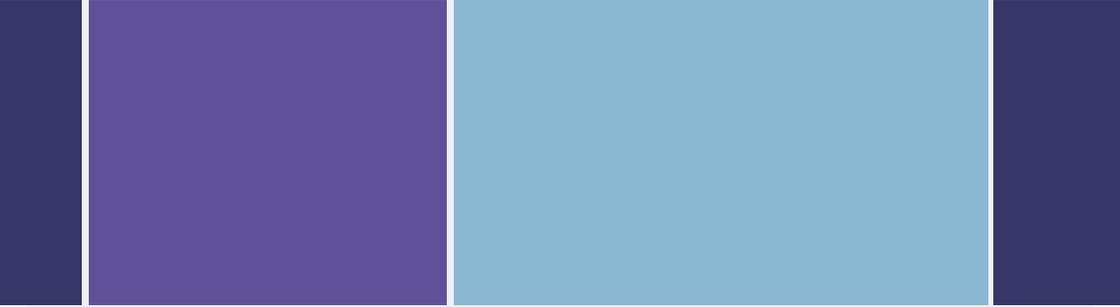
The HSE's National Dementia Office (NDO) was established in 2015. The NDO provides leadership at a system level, with a role and function to oversee the implementation, monitoring, and ongoing evaluation of the National Dementia Strategy.

The vision of the office is that people with dementia and their family carers receive the supports and services they need to fulfil their potential and to maintain their identity, resilience and dignity as valued and active citizens in society.

Useful websites

- www.alzheimer.ie
- www.alzheimercafe.ie
- www.dementia.ie
- www.understandtogether.ie
- www.hse.ie
- www.memoryclinics.ie

Notes



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