Useful contacts

Your GP  Fill in these details yourself:

Name ........................................
 ........................................

Bristol Community Health
Ask your team to add their contact details here:
 ........................................
 ........................................
 www.briscomhealth.org.uk

Alzheimer’s Society
 ........................................
 ........................................
 0117 961 0693
 www.alzheimers.org.uk

Age UK
 ........................................
 ........................................
 0117 929 7537
 www.ageuk.org.uk/bristol

Worried about your memory?

Everyone is a little forgetful now and again, but if memory loss starts to interfere with your daily life then it is important to see your doctor.

Helping you to live life well
The memory test

How do you know if you need to see a doctor?

To help you decide whether you need to see your doctor, a healthcare professional from Bristol Community Health will ask you a few simple questions and offer you a brief memory test, which will only take a few minutes.

What will the test tell me?

If your brief memory test result is positive, this is not necessarily a diagnosis.

Memory problems may be an early sign of dementia, but memory problems can also be caused by other factors, including stress or illness.

It is important that the cause of your memory problem is identified so that you can be offered appropriate treatment.

With your consent, we will talk to your GP about your test, so that we can work together to support you.

There is support and treatment available to help people with dementia and their families.

See the back of this leaflet for a list of useful contacts, and if you are at all worried, you can talk to your Bristol Community Health healthcare team.

Don’t be afraid to talk about it

Many people worry about their memory and fear a diagnosis of dementia.

By offering you the chance to have a brief memory test, we hope we can give you reassurance and support to seek help with some of the practical issues you may be facing.