

## Getting a Diagnosis

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Visiting your GP



Before you see your GP, take notes about what has been happening to you.



You can take someone who knows you well.



The GP will ask what has been happening.  
Show them your notes.  
They will also ask your friend.

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The GP might ...



Send you for a blood test to check that it isn't another illness.



Do a memory test.



Ask the Memory Assessment Service to see you.



If you want to talk to someone about going to the Doctors, you can ring the **Memory Navigation Service on 0300 111 9090**.

## Memory Assessment Service



This is an NHS service run by East London Foundation Trust. People call it ELFT.



The doctor or nurse will tell you what type of dementia you have.



They will decide if medication can help you.



Only your GP can send you to the Memory Assessment Service.

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## Visiting the Memory Assessment Service



Someone will ring to arrange an appointment.



A doctor or a nurse will see you.  
You can take someone who knows you well.

They will ask you to describe the problems you have.

You can tell them what you told the doctor and show them your notes.



You might need more than one appointment before they give you a diagnosis.

# NO !

They might say you do not have dementia.



They might give you some medication to try.



The Memory Assessment Service does not look after people for long. This is the job of your doctor.



Your doctor will do a yearly check-up called an annual Dementia Review.



If your doctor forgets, ring your surgery.

## Living in a Care Home



If you live in a Care Home, a nurse or a doctor from the Memory Assessment Service might visit your home.



The Memory Assessment Service will explain to the Care Home how best to take care of you.

## Moving Forward Course



When you have received a diagnosis, you and your family can attend a **Moving Forward** Course.



The Memory Assessment Service runs this course.



You will meet local support services.

They will tell you what support they can give.