



Next steps

If you are already in contact with a health professional, please discuss your options with them

If you are worried about your memory or someone else's and are not in contact with a health professional already, please contact your GP

Local support is available

If you would like some support to help you decide how you would like to receive your memory assessment, please find information and contact details below, or you can contact the Alzheimer's Society Dementia Connect Support Line on 0333 150 3456

If you don't have access to a computer, i-pad or other device to have an assessment using video, it may be possible to loan you this equipment and provide support for help you use it, if you need it. Details can be found below



We understand that it is a difficult time but you are not on your own

Your memory concerns are important to us – please reach out using any contact numbers on this leaflet



East of England

Options for assessing your memory during the coronavirus pandemic



Don't put off seeking advice or help about memory problems

If you are worried about your memory, or that of a family member, assessment and support services are available and accessible now to provide you with reassurance, and to ensure you get the help you need.

Be reassured that, for all appointments Memory Services are operating in line with social distancing guidelines, staff wear PPE and appointments are staggered so that you can feel confident about accessing services safely.

There are different options available for how you have your memory assessment

Some considerations are set out overleaf to help you in making your decision. All the options mentioned overleaf may not be suitable for everyone.

The nurse or doctor you are working with may look at all the information and decide with you which type of assessment is best for you.



Option 1: assessment by telephone

Pros	Cons
<ul style="list-style-type: none">• No risk of infection (coronavirus)• No internet needed• No need to travel to an appointment	<ul style="list-style-type: none">• May be difficult if you are hearing impaired• May need an extra appointment for physical checks such as blood pressure• May need a few telephone calls, rather than one appointment



Option 2: assessment by video using a computer, i-pad or tablet

Pros	Cons
<ul style="list-style-type: none">• No risk of infection (coronavirus)• No need to travel to an appointment• Extended family members are able to join the appointment using video conferencing• Support may be available to help you use the technology• Once set up, video assessments are very straightforward	<ul style="list-style-type: none">• May be difficult if you are hearing or sight impaired• Carer, friend or family may be required to support with some memory tests• Requires a good internet connection and access to a computer, i-pad or tablet• May need an extra appointment for physical checks such as blood pressure• May require a few phone calls afterwards



Option 3: assessment face to face in your home

Pros	Cons
<ul style="list-style-type: none">• Health professional able to complete physical checks such as blood pressure on the day• No internet needed• No need to travel to an appointment• May not require additional support from carer, friend or	<ul style="list-style-type: none">• Risk of infection for patient and carer, friend or family (coronavirus)• Health professional needs to wear a face mask which could be a barrier to communication



Option 4: assessment face to face in a clinic

Pros	Cons
<ul style="list-style-type: none">• Health professional able to complete physical checks such as blood pressure on the day• No internet needed• May not require additional support from carer, friend or family	<ul style="list-style-type: none">• Risk of infection for patient and carer, friend or family (coronavirus)• Health professional, patient and carer, friend or family need to wear a face mask which could be a barrier to communication• Need to travel to appointment