



Reduced  
Cognition may  
be due to:

- Reduced B12
- Menopause
- Signs of infection
  - Fatigue



*Available at the  
following surgeries*

- Danebridge Medical Centre
- Oakwood Medical Centre
  - Firdale Medical Centre
- Witton street Medical Centre
- Middlewich Road Surgery
  - Weaverham Surgery

*Contact Via your  
GP Surgery*

## Primary care Occupational therapy Service



# COGNITIVE SCREENING CLINCS



#### Tips for Memory problems :

- Sticky notes for reminders of tasks that need doing
- Setting timers and reminders on a phone etc.
- Having a diary or notebook to write down important information
- Discussing your day with family and friends
- Having things such as keys, wallet in a set place so they are easy to find
- Medication reminder box - Also known as a dosette box which has different compartments for all parts of the day



## Cognitive Screening

### *When to book:*

- Age 18 +
- Concerns regarding your own or a family members memory
- You are able to come to the surgery - (Home visits for cognitive screening are available instead)



## What will happen during the appointment

- An Occupational Therapist will ask some questions to gain some background information regarding your memory and to understand how you are managing day to day activities/ what your concerns are.
- Next to complete the cognitive screening there will be some tasks and questions, some you may find easy others may feel more difficult.
- After everything is completed the OT may request further tests or refer you on to other services. This will be discussed at the end of your appointment.