

Psychology in the Regional Specialist Memory Clinic

Welcome to Psychology in the Regional Specialist Memory Clinic (RSMC). This service started in July 2023 as part of the National Model of Care for Dementia. The aim of the Psychology role is to provide specialist assessments (sometimes call neuropsychological assessments) and support to people referred for memory or other thinking problems which sometimes lead to a dementia diagnosis.

Dementia impacts on many areas of an individual's life and can make carrying out everyday activities very challenging. It can have a major impact on families, who may need support to navigate how best to support their loved one.

Psychology can be particularly helpful in these areas:

- Work as part of a specialist memory team.
- Using specialist assessments to support the diagnosis and understanding of a person's memory and brain functioning.
- Support people and their families/friends to learn to cope with the changes associated with brain difficulties.
- Support people to cope with the emotional impact of receiving a dementia diagnosis, and work towards building a hopeful future and living well with the diagnosis.
- Facilitating group programmes that focus on education, emotional support and cognitive stimulation (such as brain exercises).
- Signpost people to suitable activities and supports in their local community.

How can I find out more?

Referrals are received through GPs and Consultants and are made when a person is experiencing changes to their memory or brain function.

Existing Supports for Memory and Dementia

- www.alzheimer.ie – Alzheimers Society of Ireland
- www.westernalzheimer.ie - Western Alzheimers
- www.dementia.ie - Dementia Services Information and Development Centre
- www.familycarers.ie – Family Carers Ireland

