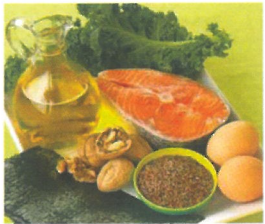


Brain Health Tips

- Stay active and exercise.
A healthy heart=A healthy brain



- Follow a Mediterranean diet: fish, vegetables, fruit, nuts and olive oil. All contribute to good brain health!



- Drink plenty of water every day.

- Challenge your brain every day.
Crossword puzzles, sudoku, take up new hobbies, read books.



- Remain socially active and engaged with your family, friends and local community.



Primary Care Collaborative Memory Clinic Locations

**Dr. SJ Lee Dr. S. Gardizi
Dr. S. Lim Dr. K. Lam**

Carefirst Seniors & Community Services
Association
300 Silver Star Blvd

Scarborough, ON M1V 0G2
Phone: 416-847-8941 Fax: 416-847-8942

Dr. S. Sajed Dr. W. Pang Dr. K. Lee
Courtice Health Centre
1450 Hwy 2 East, Lower Level
Courtice, ON, L1E 3C3
Phone: 905-721-4330
Fax: 905-721-6645

**Dr. V. Ho Dr. H. Burke Dr. A Haider
Dr. P. Bharucha Dr. K. De Luna**

Bowmanville Health Centre
222 King St. E., South Wing, 3rd Floor
Bowmanville, ON L1C 1P6
Phone: 905-623-2355, ext. 5
Fax: 905-623-9607

If you have any questions or would like
further information, please contact:

**Alzheimer Society of Durham Region
Primary Care Collaborative Memory Services Team**

(905) 576-2567
1-888-301-1106

information@alzheimerdurham.com
www.alzheimer.ca/durham



Alzheimer Society of Durham Region gratefully
acknowledges funding for this program from the:



PRIMARY CARE COLLABORATIVE MEMORY SERVICES

*Timely diagnosis,
treatment and clinical management
for persons with memory concerns*

In association with:

**Primary Care
Collaborative Memory Clinics
of Durham Region and Scarborough**



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Alzheimer Society
D U R H A M R E G I O N

In collaboration with:



What is Primary Care Collaborative Memory Services?

The Primary Care Collaborative Memory Services (PCCMS) team is a multidisciplinary mobile team consisting of Social Workers, Nurses and Occupational Therapists. The team works collaboratively with primary care physicians in their memory clinic locations in Durham Region and Scarborough. The team and the physicians work together to provide assessments, early diagnosis, treatment and support of daily challenges associated with memory loss.

The team members work with your family physician in providing comprehensive care for conditions involving memory loss. For many of these conditions, early diagnosis and treatment can help to maintain and support cognitive health and your quality of life.



This model of care was developed by Dr. Linda Lee, an Ontario family physician. Dr. Lee's team has assisted physicians all across Ontario to establish Primary Care Collaborative Memory Clinics in their communities.

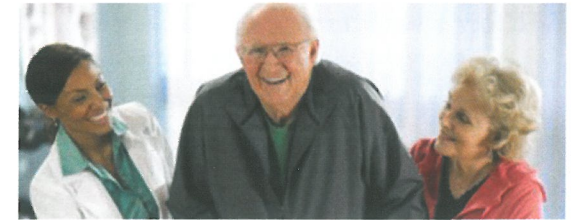
What can I expect?

- In the Primary Care Collaborative Memory Clinic, you and your family members will meet with a team of health care professionals for a comprehensive assessment that will provide you and your family doctor with a better understanding of your cognitive health.
- The team will provide you with a care plan setting out steps you can take to enhance your care.
- Each appointment will take up to 2.5 hours, so it is best not to book other appointments on this day.
- We encourage you to bring along a family member or someone who knows you well to help ensure a thorough assessment.
- Before your appointment, the Memory Clinic team will send you a package with detailed information that will help you and your family prepare for your appointment.
- A team member will call you the week before your appointment to confirm and answer any questions you may have.



How do I get an appointment?

If you would like an assessment by the Primary Care Collaborative Memory Clinic please ask your family physician for a referral.



On the day of your appointment, you will receive:

- A thorough assessment and recommendations on many aspects of your memory function, including tests that may be required, available treatments, driving safety, caregiver needs and community supports.
- A comprehensive, individualized treatment plan to help your family doctor provide the best care for you.

