



CGH Memory and Cognition Assessment Clinic



Changi
General Hospital
SingHealth

About the CGH Memory and Cognition Assessment Clinic

The Memory and Cognition Assessment Clinic at the Changi General Hospital Geriatric Medicine Centre provides outpatient care for individuals aged 50 and above, who may be experiencing memory and cognitive concerns such as forgetfulness, and difficulty in learning new things.

Patients will receive care from a multi-disciplinary team comprising:

- ➔ Geriatricians and psychiatrists specialising in memory and cognitive conditions
- ➔ Memory care nurses
- ➔ Psychologists
- ➔ Occupational therapists

The team will evaluate the patient's condition, carry out appropriate investigations, determine the underlying causes and recommend treatment as required.

Why is it important to be assessed at the Memory and Cognition Assessment Clinic?

Forgetfulness is part of normal ageing when it happens occasionally and does not interfere with independent daily functioning.

However, it may be a sign of dementia if forgetfulness becomes more frequent or is accompanied by behavioural changes such as misplacing items, confusion about the day or time, or making unusual or poor decisions. It may affect:



Day-to-day functions



Problem-solving skills



Ability to do familiar tasks



Decision-making

Dementia is not part of normal ageing. It can occur to anyone, though it is more common in seniors over the age of 65 years, and the risk of dementia increases with age.

Early assessment is important to identify and manage treatable causes such as side effects from medications, depression, hormonal or sleep disorders. Timely diagnosis and appropriate treatment can help slow the progression of symptoms and reduce the burden on caregivers.



What happens at the Memory and Cognition Assessment Clinic?

A comprehensive assessment will be conducted, including a detailed evaluation of the patient's cognition, mood, behaviour, physical functions and social history. The complete assessment may require two to three visits.

First visit

The first visit involves the patient and family going through a series of cognitive assessments and a structured interview, which may take approximately two hours. It will consist of the following:

1. Assessment by a memory care nurse

The memory care nurse will conduct cognitive tests and mood assessment for the patient, and obtain background history from the family and caregiver on the patient's memory, mood, behaviour, physical functions and social history.

2. Consultation by a specialist doctor

The specialist doctor (a geriatrician or psychiatrist) will confirm the history findings, perform a physical examination, and discuss the next steps, including additional investigations if required.

3. Investigations

The following tests may be arranged if necessary:

- Blood tests
- Brain imaging such as Computed Tomography (CT) or Magnetic Resonance Imaging (MRI) scans
- Detailed neuropsychological assessment, if indicated

Second visit

During the second visit, the doctor will:

- ➔ Review all relevant investigations.
- ➔ Discuss the likely diagnosis and treatment plan with the patient and family.
- ➔ Prescribe medications if necessary.
- ➔ Recommend referrals to appropriate programmes and services, such as post-diagnosis support programmes, cognitive stimulation programmes and daycare services, to support both the patient and family.

Additionally, the memory care nurse will provide education to the patient, family and caregiver about dementia or mild cognitive impairment once diagnosis is confirmed.

Subsequent visits

The doctor will review the patient's response to treatment and monitor for any complications. When appropriate, the patient may be discharged and referred to a primary care team for continued care.

Preparing for your Memory and Cognition Assessment Clinic visit

The Memory and Cognition Assessment Clinic is located within the Geriatric Medicine Centre at Level 2 of The Integrated Building.

Please note the following when preparing for your appointment at the Memory and Cognition Assessment Clinic:

- ➔ Things to bring for the first visit:
 - Reading glasses and hearing aids, if the patient uses them at home
 - A list of medications the patient is taking, if prescribed by a private General Practitioner (GP) or private specialist
 - Recent investigation results done by the private GP or specialist, if available
- ➔ Family members, caregivers or relatives who are familiar with the patient's daily activities and behaviours are encouraged to accompany the patient for the visit to help provide background that can help in the memory assessments.
- ➔ If you are not feeling well, please call **(65) 6850 3333** to reschedule your appointment.



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CGH Appointment Centre

For appointments and enquiries,
please call: (65) 6850 3333

Operating hours:
8.30am to 5.30pm (Mondays to Fridays)
8.30am to 12.30pm (Saturdays)
Closed on Sundays and Public Holidays

For more information, please visit **www.cgh.com.sg**



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Information is valid as of January 2025 and subject to revision without prior notice.

All information provided within this publication is intended for general information and is provided on the understanding that no surgical and medical advice or recommendation is being rendered. Please do not disregard the professional advice of your doctor.