

GP Memory Assessment Service

Please show this to our receptionist, who will record your further appointments below.

Enclosed are some forms to be completed by someone who knows you well. The form called Patient Health Questionnaire can be completed by you or the person who fills in the other forms can help you with this one if you wish.

We offer a full assessment of memory difficulties in order to find out if there are any reasons for this problem and help establish a diagnosis. You will need two appointments, one with the Practice Nurse and a week later with your GP.

Please could a person who knows you well come with you to each appointment?

Initial assessment has indicated a possible problem with your memory but we would like to collect a little more information and do some tests to look into this. Please make a 20 minute appointment with the Practice Nurse, bringing the completed forms and a fresh urine sample. The practice nurse will ask you some questions about your health and carry out some blood tests during this appointment.

Appointment with Practice Nurse..... (20 minutes)

(Remember to bring urine sample and completed forms to the appointment with the Practice Nurse)

Your usual GP would like to see you a week or so later for a 20 minute appointment to review all the results of the tests and information gathered.

Appointment with Dr.....on..... (20 minutes)

Bristol Activities of Daily Living Scale

Name of patient:

Date of birth

Form completed by:

Role/Relationship to patient:

Date completed:

This questionnaire is designed to reveal the everyday ability of people who have memory difficulties. For each activity (No. 1 - 20), statements a - e refer to a different level of ability. Thinking of the last 2 weeks, tick the one that represents your relative's/friend's AVERAGE ability. (If in doubt about which option to tick, choose the level of ability which represents their *average* performance over the last 2 Weeks. Tick 'Not applicable' if your relative never did that activity when they were well).

1.PREPARING FOOD

- a) Selects and prepares food as required
- b) Able to prepare food if ingredients set out
- c) Can prepare food if prompted step by step
- d) Unable to prepare food even with prompting and supervision
- e) Not applicable

2.EATING

- a) Eats appropriately using correct cutlery
- b) Eats appropriately if food made manageable and /or uses spoon
- c) Uses fingers to eat food
- d) Needs to be fed
- e) Not applicable

3.PREPARING DRINK

- a) Selects and prepares drinks as required
- b) Can prepare drinks if ingredients left available
- c) Can prepare drinks if prompted step by step
- d) Unable to make a drink even with prompting and supervision
- e) Not applicable

4. DRINKING

- a) Drinks appropriately
- b) Drinks appropriately with aids, beaker/straw etc.
- c) Does not drink appropriately even with aids but attempts to
- d) Has to have drinks administered (fed)
- e) Not applicable

5.DRESSING

- a) Selects appropriate clothing and dresses self
- b) Puts clothes on in wrong order and /or back to front and/or dirty clothing
- c) Unable to dress self but moves limbs to assist
- d) Unable to assist and requires total dressing
- e) Not applicable

Bristol activities of daily living scale (page 2)

6.HYGIENE

- a) Washes regularly and independently
- b) Can wash self if given soap, flannel, towel, etc.
- c) Can wash self if prompted and supervised
- d) Unable to wash self and needs full assistance
- e) Not applicable

7.TEETH

- a) Cleans own teeth/dentures regularly and independently
- b) Cleans teeth/dentures if given appropriate items
- c) Requires some assistance, toothpaste on brush, brush to mouth etc
- d) Full assistance given
- e) Not applicable

8.BATH/SHOWER

- a) Bathes regularly and independently
- b) Needs bath to be drawn/shower turned on but washes independently
- c) Needs supervision and prompting to wash
- d) Totally dependent, needs full assistance
- e) Not applicable

9.TOILET/COMMODE

- a) Uses toilet appropriately when required
- b) Needs to be taken to the toilet and given assistance
- c) Incontinent of urine or faeces
- d) Incontinent of urine and faeces
- e) Not applicable

10.TRANSFERS

- a) Can get in/out of chair unaided
- b) Can get into a chair but needs help to get out
- c) Needs help getting in and out of a chair
- d) Totally dependent on being put into and lifted from chair
- e) Not applicable

11.MOBILITY

- a) Walks independently
- b) Walks with assistance i.e. furniture, arm for support
- c) Uses aids to mobilise i.e. frame, sticks etc.
- d) Unable to walk
- e) Not applicable

12.ORIENTATION -TIME

- a) Fully orientated to time/day/date etc.
- b) Unaware of time/day etc but seems unconcerned
- c) Repeatedly asks the time/day/date
- d) Mixes up night and day
- e) Not applicable

Bristol activities of daily living scale (page 3)

13. ORIENTATION -SPACE

- a) Fully orientated to surroundings
- b) Orientated to familiar surroundings only
- c) Gets lost in home, needs reminding where bathroom is, etc.
- d) Does not recognise home as own and attempts to leave
- e) Not applicable

14. COMMUNICATION

- a) Able to hold appropriate conversation
- b) Shows understanding and attempts to respond verbally with gestures
- c) Can make self understood but difficulty understanding others
- d) Does not respond to, or communicate with others
- e) Not applicable

15. TELEPHONE

- a) Uses telephone appropriately, including obtaining correct number
- b) Uses telephone if number given verbally/visually or predialled
- c) Answers telephone but does not make calls
- d) Unable/unwilling to use telephone at all
- e) Not applicable

16. HOUSEWORK /GARDENING

- a) Able to do housework/gardening to previous standard
- b) Able to do housework/gardening but not to previous standard
- c) Limited participation with a lot of supervision
- d) Unwilling/unable to participate in previous activities
- e) Not applicable

17. SHOPPING

- a) Shops to previous standard
- b) Only able to shop for 1 or 2 items with or without a list
- c) Unable to shop alone, but participates when accompanied
- d) Unable to participate in shopping even when accompanied
- e) Not applicable

18. FINANCES

- a) Responsible for own finances at previous level
- b) Unable to write cheque. Can sign name & recognises money values
- c) Can sign name but unable to recognise money values
- d) Unable to sign name or recognise money values
- e) Not applicable

19. GAMES/HOBBIES

- a) Participates in pastimes/activities to previous standard
- b) Participates but needs instruction/supervision
- c) Reluctant to join in, very slow needs coaxing
- d) No longer able or willing to join in
- e) Not applicable

Bristol activities of daily living scale (page 4)

20. TRANSPORT

- a) Able to drive, cycle or use public transport independently
- b) Unable to drive but uses public transport or bike etc.
- c) Unable to use public transport alone
- d) Unable/unwilling to use transport even when accompanied
- e) Not applicable

GPCOG informant questionnaire

(to be completed by a relative, friend or carer who knows the person well).

Name of patient:

Date:

Informant's name:

Informant's relationship to patient:

These six questions ask how the patient is compared to when s/he was well, say 5 – 10 years ago

Question: Compared with a few year ago:	Answer yes, no, don't know or not applicable	Score 1 point for each "no", "don't know" or "N/A"
Does the patient have more trouble remembering things that have happened recently than s/he used to?		
Does he or she have more trouble recalling conversations a few days later?		
When speaking, does the patient have more difficulty in finding the right word or tend to use the wrong words more often?		
Is the patient less able to manage money and financial affairs (e.g. paying bills, budgeting)?		
Is the patient less able to manage his or her medication independently?		
Does the patient need more assistance with transport (either private or public)? (If the patient has difficulties due only to physical problems, e.g bad leg, tick 'no')		
Total score (add the number of items answered 'no', 'don't know' or 'N/A')		
Total score is out of 6		

