

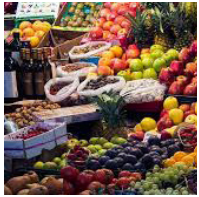


Brain Health Tips

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.

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



Multi-specialty Interprofessional Team Memory Clinic Locations

Carefirst Seniors and Community Services
300 Silver Star Blvd., 2nd Floor
Scarborough, ON M1V 0G2
Phone: 416-847-8941
Fax: 416-646-5111

Courtice Health Centre
1450 Hwy 2 E., Lower Level
Courtice, ON, L1E 3C3
Phone: 905-721-4330
Fax: 905-721-6645

Bowmanville Health Centre
222 King St. E., South Wing, Suite 3100
Bowmanville, ON L1C 1P6
Phone: 905-576-2567 ext. 5235
Fax: 1-888-573-6653

For more information, please contact:
Alzheimer Society of Durham Region
MINT Team 905-576-2567 ext. 5235
1-888-301-1106 ext. 5235
spersaud@alzheimerdurham.com
www.alzheimer.ca/durham



Multi-specialty Interprofessional Team (MINT) Memory Clinic



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

In association with the Alzheimer Society of Durham Region



In collaboration with:



What is a Multi-specialty Interprofessional Team (MINT) Memory Clinic?

The MINT 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.

MINT 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.

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

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 Multi-specialty Interprofessional Team based Memory Clinics in their communities.

What can I expect?

In the MINT 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 MINT 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.

 **MINT
MEMORY
CLINIC**
Collaborative primary care

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How do I get an appointment?

If you would like an assessment by the MINT Memory Clinic Team 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.

