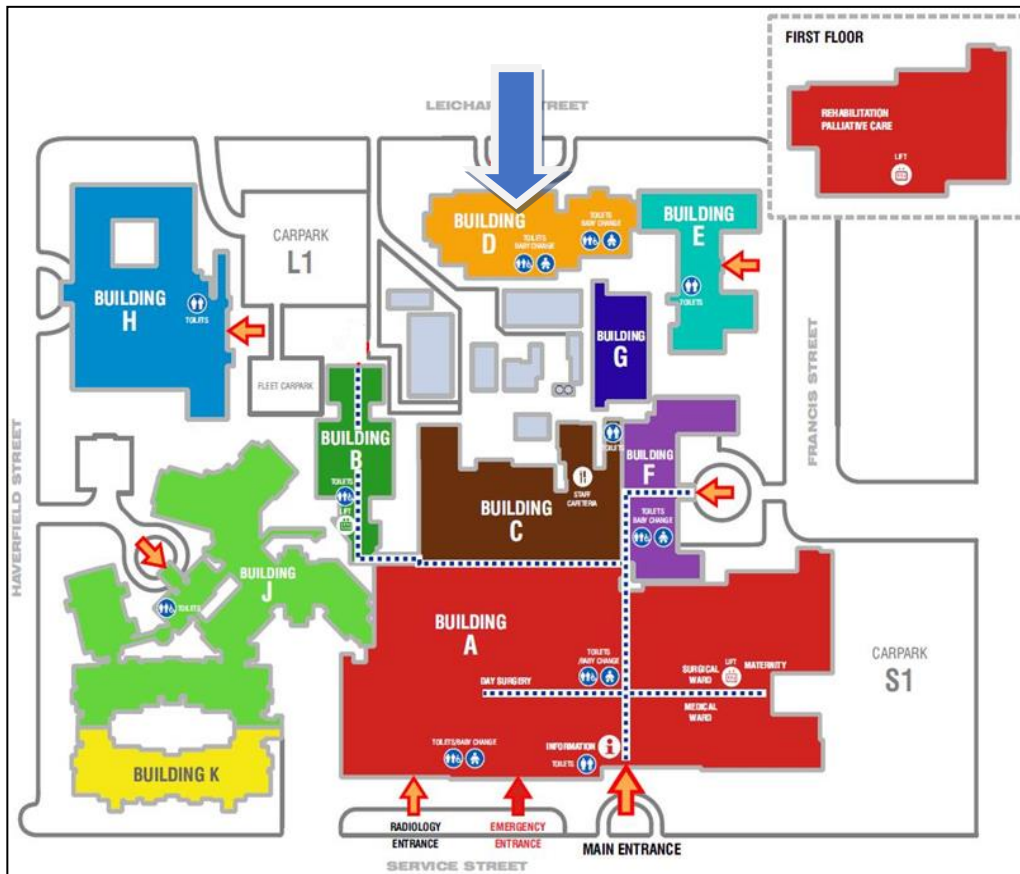


The Hopwood Centre is located in Building D



Thinking & Memory Group

CDAMS – Cognitive, Dementia & Memory Service

Speech Pathology / Occupational Therapy

The Hopwood Centre
Leichardt Street
Echuca Regional Health

Ph: 03 5485 5801 (Hopwood Centre)
Fax: 03 5485 5833

What is the Thinking & Memory Group?

- It is a group that is a part of the CDAMS clinic. (Note: there is no geriatrician involvement in the group)
- The group is run by a Speech Pathologist and Occupational Therapist with guest speakers.
- The group is a seven week program. There is one session per week. Each session goes for 1 hour.

What do you learn in the Thinking & Memory Group?

The group includes education and practical tasks and activities to help with your memory. There are plenty of chances for you to ask questions and talk to others about your memory.

Each session has a different topic. Some of the topics are:

- How the brain and memory work.
- What can cause memory problems.
- What memory strategies you can try.

- How factors such as diet, exercise and sleep can affect memory.
- Learning ways to help remember new information.

Who can come to the Thinking & Memory Group?

- Adults who are worried about changes in their memory.
- Partners or carers of people who have had changes to their memory.

How do I join the Thinking & Memory Group?

- You can get a referral through an existing service in the hospital that you are attending or via your GP.

Is there a cost to attend the Group?

- \$11.00 each week. No charge for a partner or carer if accompanying an attendee.