

Contact us

Cognitive Dementia and Memory Service

St George's Health Service
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Cognitive Dementia and Memory Service

A step-by-step guide for clients

Your CDAMS Key Worker _____

Telephone _____ Email _____



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VIC 3065 Australia
(03) 9231 2211
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What is involved in a CDAMS assessment?

The CDAMS clinic provides comprehensive diagnostic assessment, which may involve a number of appointments.

It is a free, individualised service.

All new clients must agree to be seen, and must be able to engage in the assessment process.

The assessment process

1. Pre-clinic assessment

A trained allied health professional will see you for a pre-clinic assessment. This may be in your home or in the clinic. You will then be allocated a 'Key Worker' who will be your contact person during the clinic process.

2. Specialist assessment

A specialist doctor will carry out a comprehensive assessment at the CDAMS clinic. This will cover your medical, physical and psychological health.

The doctor may also ask for background information from your carer or family member.

At the end of this assessment the doctor may order extra reviews or tests. For example:

- Assessment by the CDAMS Neuropsychologist. This will require one or two appointments.
- Other investigations, such as an MRI brain scan.

3. Feedback meeting

When the assessment is complete, CDAMS staff will meet with you and your family.

Together you will talk about the results of your assessment. This may include a diagnosis, management and treatment options, and advice and counselling.

The team will also give you strategies, and printed information, to help you and your family manage changes in your memory and behaviour.

4. Follow-up by your Key Worker

If your assessment results in a diagnosis, your Key Worker will follow up with you and your family after the Feedback Meeting. They will provide you with education, counselling, and advice on support service planning.

5. Management review

A subsequent management review appointment may be required at the CDAMS Clinic.

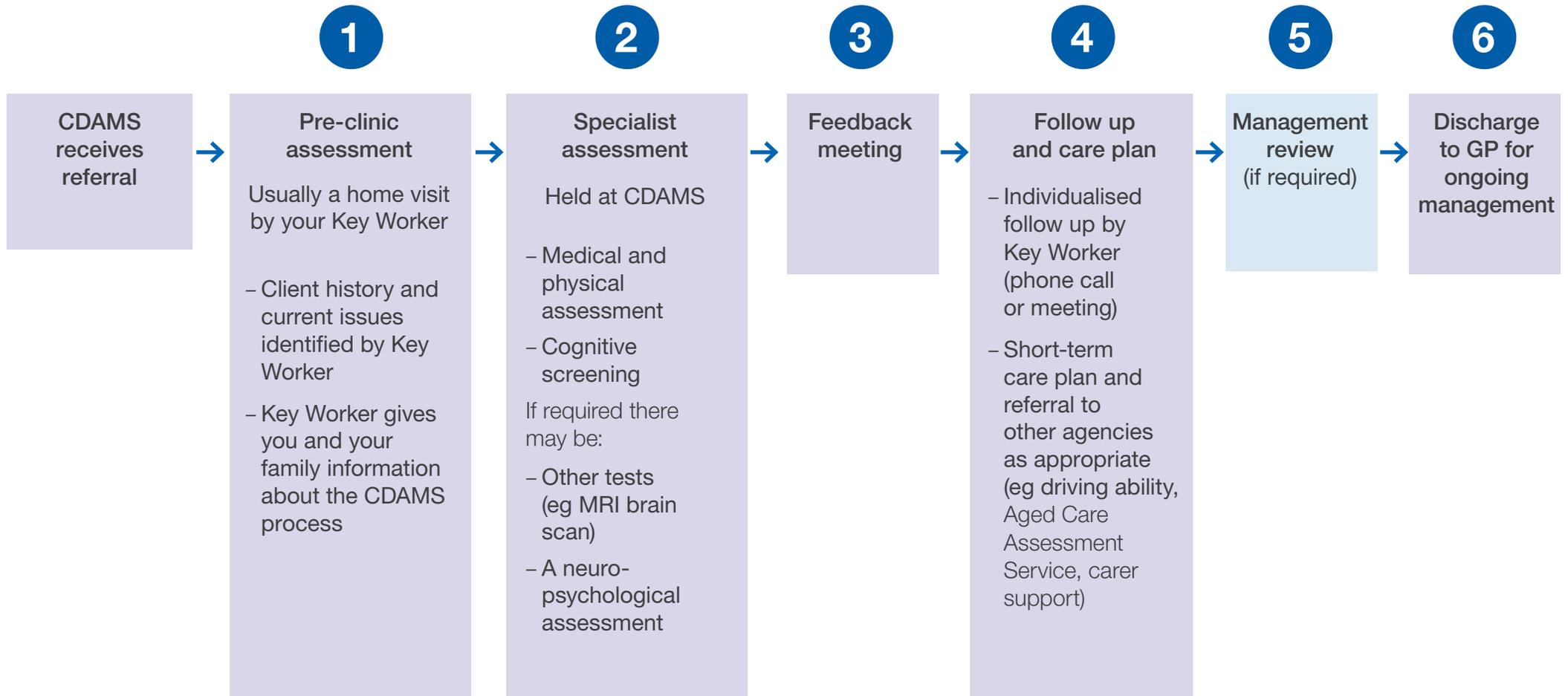
This appointment would be with your doctor to monitor how any treatment you have been prescribed is being tolerated.

6. Discharge

When all the assessments and the management review have been completed, you will be discharged from the CDAMS clinic.

This means that your GP will manage your care, and they will refer you to other support services if the need arises.

CDAMS Assessment: A step-by-step guide



Timeline

3 to 6 months * more urgent assessments will be referred to the appropriate agency

Getting to St George's Health Service

CDAMS is based at St George's Health Service in Kew, which is part of St Vincent's Hospital Melbourne.

The address is 283 Cotham Road in Kew (Melways ref: Map 45 H6).

It is serviced by both trams and buses.

Tram

Tram 109 stops directly outside St George's, near the corner of Normanby and Cotham roads.

Bus

Buses 547 and 548 travel from Latrobe University and Mont Park. Get off the bus at the corner of Burke Road and Cotham Road and either walk down Cotham Road (west) to St George's or catch tram 109 down Cotham Road.

Bus 624 travels from Kew to Oakleigh via Chadstone and Holmesglen. Get off the bus at the corner of John Street and Cotham Road. This bus connects with trains at Auburn Station.

Travelling by car

Visitor parking is available at the rear of St George's for a small fee. Enter the carpark from Normanby Road.

At the front of St George's there is a drop-off zone and very limited parking for specialist clinic clients. There is also some parking on side streets surrounding St George's.

