

This leaflet was created by  
The North Cork Dementia Alliance.  
The North Cork Dementia Alliance  
is a community dementia project  
involving collaboration between the HSE,  
The Alzheimer Society of Ireland,  
Ballyhoura Rural Services,  
families affected by dementia,  
UCC and local community groups.

For further information

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Cork Dementia Services



corkdementiaservices

Building Confidence & Connections



NORTH CORK  
**DEMENTIA  
ALLIANCE**

*Formerly The Crystal Project*



*"I thought I was coming to  
Mallow to just look at a clock.  
Instead I got so many tips for  
helping Mum"*



Designed by Sixmile Design: 086 3511769

**Memory  
Resource Room**

## The Memory Resource Room

The Memory Resource Room in Mallow Primary Healthcare Centre is open to anyone who has concerns about their memory, has been diagnosed with dementia or has a relative with dementia.

Open since May 2013, The Memory Resource Room is the first of its kind in Ireland. Here, people with dementia can meet a HSE Occupational Therapist (OT) or Alzheimer Society of Ireland Dementia Advisor for advice, information and support in a relaxing and homely environment.

### What sort of resources are in the room?

There are many practical resources for you to explore.

- Assistive technology - eg. locator devices, medication reminders, simplified phones, GPS devices, monitoring systems
- Memory aids - eg. notice boards, calendars, memory books, clocks, item organisers, family books
- Reminiscence items: eg. memory box, life story book, vintage postcards
- Ideas for activities/occupation - eg. gardening activities, playing cards, personalised recipe books, knitting, proverbs, crosswords
- Sensory items - eg. sensory cushions and blankets, hand creams and comfort muffs

## Information

There are also many leaflets on services, entitlements and practical issues.

### I am worried about my memory, how will coming to the Memory Resource Room help?

You can speak to a HSE OT about the issues you are experiencing and discuss practical strategies that may help. This is not an assessment service, rather it is an opportunity to speak to a healthcare professional in confidence. You may be invited to attend a memory group or other relevant groups.

### I have been diagnosed with dementia, how will coming to the Memory Resource Room help?

You can speak to a HSE OT about the issues you are experiencing and you may decide to work together over several weeks to concentrate on particular goals (eg. remembering to take medication, using a mobile phone, remembering names). You can also get information on dementia and local supports.

### I have a relative with dementia, how will coming to the Memory Resource Room help?

You can speak to a HSE OT about the issues you and your relative are experiencing. You can explore the practical resources and get information on dementia and local supports.

## Do I need a referral to access the Memory Resource Room?

No, you can phone the OT directly to make an appointment.

## Where is the Memory Resource Room?

HSE floor (floor 2) of Mallow Primary Healthcare Centre

## Is there a charge?

There is no charge to access the Memory Resource Room and you do not need to have a medical card.

## How can I stay in touch after the visit?

At the visit you will be asked if you wish to be added to The North Cork Dementia Alliance mailing list which will provide you with ongoing information on local and national dementia initiatives. You can also follow us on social media (see overleaf).

## How do I make an appointment?

Contact Sheena Cadoo  
(HSE OT) 086 787 1818 or 022 58700  
[info@ncdementiaalliance.ie](mailto:info@ncdementiaalliance.ie)

