



This leaflet was created by
The Crystal Project. The Crystal Project
is a community dementia project
involving collaboration between the HSE,
The Alzheimer Society of Ireland,
The Carers Association,
families affected by dementia,
UCC, local community groups
and GPs.

For further information

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Designed by Skimle Design: 086 3511769

Memory Resource Room

The Memory Resource Room

The Memory Resource Room opened in May 2013 and is the home to numerous practical devices and aids that may help your situation. Anyone who is concerned about their memory, has a diagnosis of dementia or has a relative with dementia can come here to get advice, information and support in a relaxing environment.

What sort of resources are in the room?

There are many practical resources available for you to explore.

- Assistive technology - eg. medication reminders, simplified telephones, object locators, sensor mats
- Other aids (non technology) - eg. signs for round the home, labels on toiletries, clear containers for items
- Reminiscence items - eg. rummage memory box, life story book, vintage postcards
- Ideas for occupation/stimulation - eg. large piece jigsaws, personalised recipe books, items for sorting, songbooks
- Sensory items - eg. sensory cushion, hand cream, sensory apron, 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 Occupational Therapist (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.

Do I have to live in North Cork to access the Memory Resource Room?

No, you do not have to be living in North Cork to visit. Unfortunately you must live in North Cork to avail of the goal focussed therapy.

How can I stay in touch after the visit?

At the visit you will be asked if you wish to be added to The Crystal Project mailing list which will provide you with ongoing information on local and national dementia initiatives.

How do I make an appointment?

Contact Sheena Cadoo
(HSE OT) 086 787 1818 or
info@crystalproject.ie

