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, Ballyhoura Rural Services, families affected by dementia, UCC and local community groups.

For further information
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“I thought I was coming to Mallow to just look at a clock. Instead I got so many tips for helping Mum”
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 and is place where people can get 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
- Other aids - eg. notice boards, calendars, labels for everyday items, clocks
- Reminiscence items: eg. rummage memory box, life story book, vintage postcards
- Ideas for activities/occupation - eg. items for sorting, 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 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 022 58700 info@crystalproject.ie