

The Orange Clinic

Why do I need this assessment?

Memory difficulties can be caused by a number of things including stress, sleeping difficulties, mental health problems or other illness or condition affecting the way your brain processes information. The Orange Clinic, is a multidisciplinary memory clinic for people living with HIV that will help determine what might be causing any changes in your memory, what these changes mean for you, and what we can do to help.



In the Orange Clinic you will have several assessments that will help us to:

- **Better understand your symptoms**
- **Track any changes in your symptoms**

What will happen at the clinic?

You should plan to be at the clinic for four hours in all. During this time we will:

- Review your medical record including the tests and treatments you have had
- Complete a number of questionnaires designed to assess your mood, common difficulties and your medical condition; we will also look at how memory problems may be affecting your daily activities and quality of life.
- A psychological assessment covering a number of different brain functions including: concentration, memory and problem-solving. Some of the tasks are pen and paper exercises and questionnaires and others involve solving puzzles. We will decide which tasks to give you based on your history, medical notes and discussion with others involved in your care.
- You may feel that some of the tasks are not very relevant to your current difficulties, but each is specially designed to help us build a complete picture of your strengths and weaknesses.
- A medical assessment to evaluate your current problems and concerns.
- A discussion with the team as a whole about the findings of the assessment and to plan further investigations, treatment and support that might be helpful.
- As you will be there for a few hours, you will need to bring some lunch. One of the staff can assist you with this if you have any difficulties with this, we might be able to provide a lunch box.

Bringing along a friend, partner or supporter

When we are assessing problems with memory it is very often helpful for us to talk not only with you as our patient but also with someone that knows you well and who can let us know how things have been. Very often this will be a partner, family or a close friend and we encourage you to come to the clinic with such a person if that is possible. They are welcome to stay for the whole assessment and to be part of the discussion at the end of the day if you wish.

Who will be doing the assessments?

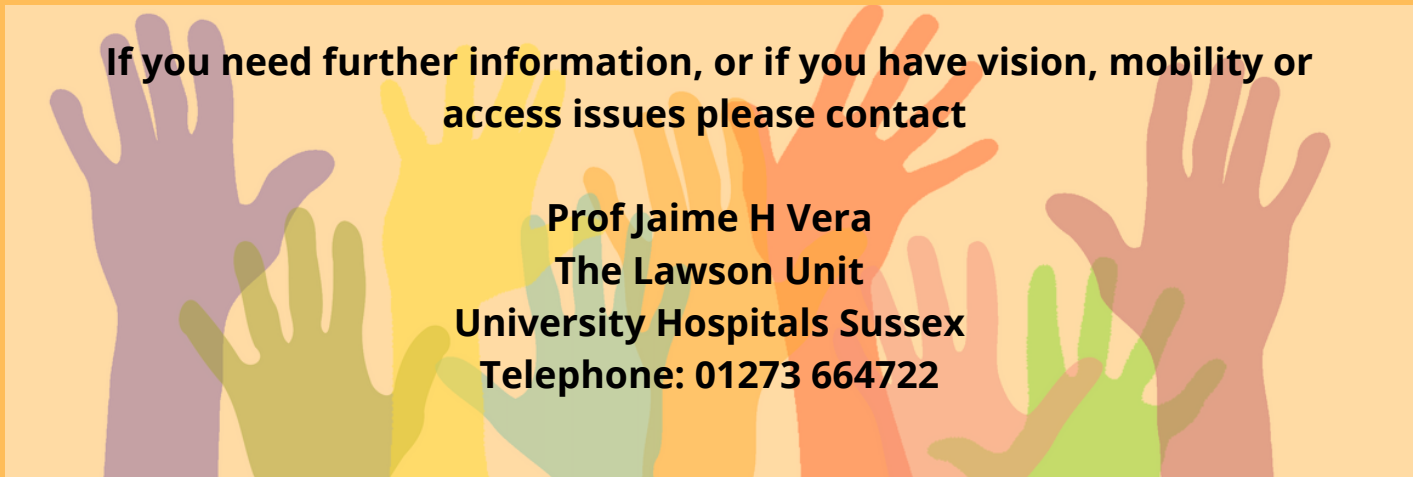
During your time at the clinic you will be seen by a number of our team members, depending on the main issues that you have. These will include our medical team members who are expert in HIV and memory assessment, our clinical neuropsychologists and their support staff who will conduct the cognitive assessments. Our nurse specialist will also be there to assist you and take you through the questionnaires. After the assessments, the team will see you to discuss with you the results of the assessments and what can be done to help.

How long will it take?

The orange clinic aims to perform the assessments and deliver the results and management plan on the same day. What this means is that you are expected to be in the clinic for around four hours. This includes the time it takes to undertake the assessments, obtain the results and discuss a management plan with you. There will be plenty of opportunities for you to take a break.

How should I prepare for the assessments?

We advised you not to drink alcohol or use any recreational drugs at least 24 hours before your clinic appointment as they can affect the results of your assessments. If you required reading glasses to read, please bring them with you on the day.

A graphic at the bottom of the page features several stylized hands of various colors (purple, green, yellow, orange, red, pink) raised in the air, set against a light yellow background. The hands are semi-transparent and overlap each other.

If you need further information, or if you have vision, mobility or access issues please contact

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