



M.I.N.T. Memory Clinic

This letter is to confirm that your physician has referred you to the Rapids Family Health Team's M.I.N.T. Memory Clinic. You are currently in the queue for an appointment. Please be advised that we do have a waitlist and we will contact you when we have an appointment date for you.

WHAT TO EXPECT DURING YOUR VISIT:

- ◆ A M.I.N.T. Memory Clinic team member will contact you to arrange an appointment.
- ◆ Appointments typically run between 2-4 hours.
- ◆ We will complete a thorough memory assessment and analysis of medications, relevant bloodwork and imaging tests if applicable. All services are fully covered by OHIP.
- ◆ Results and recommendations will be discussed with you at the end of your visit.
- ◆ **It is required you attend the appointment with a family member or someone who knows you well. They will be required to stay the duration of the appointment. Driving safety is assessed during this appointment so you must have someone available to drive you.**
- ◆ On the day of your appointment, **you must bring:**
 1. A list of your medications, as well as any herbal medications, eye drops, inhalers, and non-prescription medications
 2. Eyeglasses, contact lenses, hearing aids or any other assistive devices
 3. Valid Health Card
- ◆ **After your first visit:** The team will provide your family physician/nurse practitioner with assessment results and connect you with community agencies and specialist physicians if they are required.

While you await your appointment, please consider connecting with other community agencies for support with your memory concerns. A list of resources is included with this letter. If you have any questions, please do not hesitate to contact (519) 339-8949 ext. 107. We look forward to meeting you.