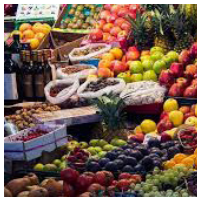


## Brain Health Tips

Stay active and exercise.  
A healthy heart = A healthy  
brain



Follow a Mediterranean  
diet: fish, vegetables,  
fruit, nuts and olive oil. All  
contribute to good brain  
health.



Drink plenty of water every day.

Challenge your brain every  
day. Crossword puzzles,  
sudoku, take up new  
hobbies, read books.



Remain socially active  
and engaged with your  
family, friends and local  
community.



Alzheimer Society of Durham Region gratefully  
acknowledges funding for this program from the

## Multi-specialty Interprofessional Team Memory Clinic Locations

**Carefirst Seniors  
and Community Services**  
300 Silver Star Blvd., 2nd Floor  
Scarborough, ON M1V 0G2  
Phone: 416-847-8941  
Fax: 416-646-5111

**Courtice Health Centre**  
1450 Hwy 2 E., Lower Level  
Courtice, ON, L1E 3C3  
Phone: 905-721-4330  
Fax: 905-721-6645

**Bowmanville Health Centre**  
222 King St. E., West Wing  
Second Floor, Suite 2200  
Bowmanville, ON L1C 1P6  
Phone: 905-576-2567 ext. 5235  
Fax: 1-888-573-6653

For more information, please contact:  
Alzheimer Society of Durham Region  
MINT Team 905-576-2567 ext. 5235  
1-888-301-1106 ext. 5235  
spersaud@alzheimerdurham.com  
www.alzheimer.ca/durham

## Multi-specialty Interprofessional Team (MINT) Memory Clinic

Timely diagnosis, treatment and clinical  
management for persons living with  
memory concerns

In association with  
the Alzheimer Society of Durham Region



## What is a Multi-specialty Interprofessional Team (MINT) Memory Clinic?

The MINT Team is a multidisciplinary mobile team consisting of Social Workers, Nurses and Occupational Therapists. The team works collaboratively with primary care physicians in their memory clinic locations in Durham Region and Scarborough. The team and the physicians work together to provide assessments, early diagnosis, treatment and support of daily challenges associated with memory loss.

MINT team members work with your family physician in providing comprehensive care for conditions involving memory loss. For many of these conditions, early diagnosis and treatment can help to maintain and support cognitive health and your quality of life.



This model of care was developed by Dr. Linda Lee, an Ontario family physician. Dr. Lee's team has assisted physicians all across Ontario to establish Multi-specialty Interprofessional Team based Memory Clinics in their communities.

## What can I expect?

In the MINT Memory Clinic, you and your family members will meet with a team of health-care professionals for a comprehensive assessment that will provide you and your family doctor with a better understanding of your cognitive health.

- The team will provide you with a care plan setting out steps you can take to enhance your care.
- Each appointment will take up to 2.5 hours, so it is best not to book other appointments on this day.
- We encourage you to bring along a family member or someone who knows you well to help ensure a thorough assessment.
- Before your appointment, the MINT team will send you a package with detailed information that will help you and your family prepare for your appointment.
- A team member will call you the week before your appointment to confirm and answer any questions you may have.



Collaborative primary care

## How do I get an appointment?

If you would like an assessment by the MINT Memory Clinic Team please ask your family physician for a referral.

## On the day of your appointment, you will receive

- A thorough assessment and recommendations on many aspects of your memory function, including tests that may be required, available treatments, driving safety, caregiver needs and community supports.
- A comprehensive, individualized treatment plan to help your family doctor provide the best care for you.

