

I could...

- + talk to someone I trust that knows me well.
- + keep a diary and write things down.
- + keep my mind and body as active and as healthy as I can.
- + talk to my Doctor.

Self help materials and websites

SELF HELP

"Worried about your memory" booklet.

www.healthscotland.com

NHS inform.

www.nhsinform.co.uk

0800 22 44 88

BE MORE ACTIVE

www.activescotland.org

www.nhs.uk/livewell/Pages/Livewellhub.aspx

www.ageuk.org

Voluntary sector services

Breathing Space.

www.breathingspacescotland.co.uk

0800 838 587

Age Scotland.

www.agescotland.org.uk

08451 259 732

Alzheimers Scotland.

www.alzscot.org

0808 808 3000

Princess Royal Trust for Carers.

www.carers.org

0141 221 5066

Advice Clinic

Memory Assessment services are available throughout the NHS Greater Glasgow & Clyde.

Speak to your G.P for advice.



www.nhsggc.org.uk

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Feeling Worried

I keep forgetting things

