

What is old age psychiatry?

Old age psychiatrists are medically qualified doctors that look after older people with mental health problems and/or memory difficulties.

Who will I see at clinic?

You may see a doctor who is a permanent member of staff (consultant/ associate specialist/ specialty doctor) or a doctor in specialist training, however a named consultant will ultimately be responsible for your care.

What will happen at my first appointment?

Your first appointment will usually last about an hour. The doctor will take a history which involves asking you questions about the problems you or your family have noticed.

The doctor may perform a memory test. This is a set of questions that involve some reading and writing and help to identify any problems that you may be having with your memory.

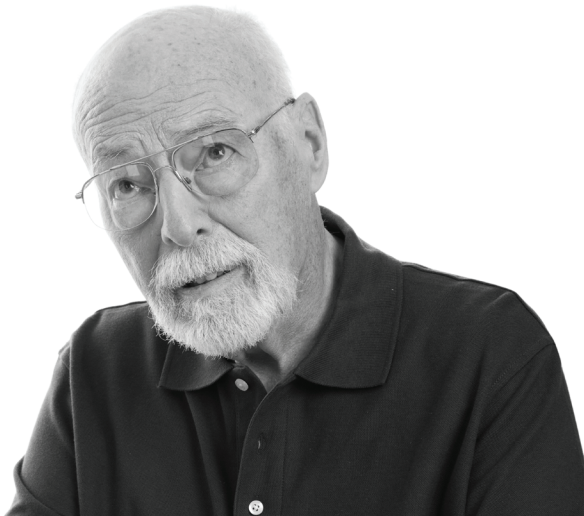
The doctor will usually want to see you alone and then speak to a friend or relative separately with your agreement.

Do I need to bring anything?

- Please bring a list of any medication that you are already taking
- Ask a friend or relative, someone who knows you well to come with you to the appointment. The doctor will want to speak to them about any difficulties they may have noticed
- Bring any glasses or hearing aids that you would usually wear.

What if I need to cancel my appointment?

If you need to cancel your appointment for any reason please contact the number provided on your appointment letter so that we can arrange an alternative appointment for you.



What happens next?

The psychiatrist may not be able to give you a diagnosis at your first appointment, but will be able to talk over the treatment possibilities with you.

In some cases the doctor may suggest further investigations such as:

- Routine blood tests which will be carried out by your GP, if not already done
- A brain scan such as a CT or MRI
- A heart tracing known as an ECG
- Further memory/thinking tests.

All investigations are done as an outpatient.

The doctor may refer you to the Community Mental Health Team for Older People for more help or advice.

Future appointments

You may be invited back for a review if appropriate. Further appointments 'reviews' are generally shorter, lasting no more than 30 minutes.

You may not always see the same doctor, but a named consultant will remain responsible for your care.

Outpatient clinic locations

Beech Hall Centre

Ground Floor
Wellbeing and Treatment Centre
21 Andersonstown Road
Belfast
BT11 9AF

Mater Hospital

Department of Psychiatry
45-54 Crumlin Road
Belfast
BT14 6AB

Rathlin Outpatient Clinic

Knockbracken Health Care Park
Saintfield Road
Belfast
BT8 8HB

Woodstock Lodge

1-15 Woodstock Link
Belfast
BT6 8EA

Bradbury Centre

1-17 Lisburn Road
Belfast
BT9 7AB

Useful numbers for older people with mental health problems

Addictions NI

(028) 9066 4434

Age NI

0808 808 7575

Alzheimer's Society

(028) 9066 4100

Community Mental Health Team for Older People

(028) 9504 0346

CRUSE Bereavement Counselling

0844 477 9400

Lifeline

0808 808 8000

Mental health services for older people

You have been sent an
appointment for an old age
psychiatry clinic – what to
expect

