

What are the needs expressed by patients treated at the Memory Clinic?

Olivia Ghysens

Neuropsychologist

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Memory Clinic: what is it in Belgium?

What?

Rehabilitation program

Psychoeducation

Assistance for social formalities or home help

Adapting the house if necessary



Multidisciplinary approach :

Neurologist
Neuropsychologist
Social worker
Occupational therapist

For who?

People with early stage dementia
living at home

and their caregivers

Memory clinic: what is it in Belgium ?

Cognitive rehabilitation?

Objectives are tailored to the wishes and needs of the patient/caregivers

- calendar
- use of the smartphone (Whastapp, emails, making calls...)
- Re-learning specific information

In Belgium

The only program that aims to improve autonomy for people with dementia

not only about living with the disease but what can we do at the early stage, that will maintain overtime

Only 25 sessions. 1 hour per session

If under 65 years old: 35 sessions

See Linda Clare works :Goal-oriented cognitive rehabilitation for more details

Memory clinic: what is it in Cliniques universitaires Saint-Luc

Wich patients ?	How?	Important note
All ages	Facilitation	Everything can be asked but not everything can be accomplished
Alle aetiologies, not only Alzheimer's disease	Re-learning specific information /skills	
Living alone or with caregiver	External aids , structuring environnement	Importance of the cognitive abilities -> neuropsychology
Anosognosia welcome	Preventive interventions	

Case 1: women living alone

86 year old
Progressive primary
aphasia

MMSE 24/30

Language - -, memory -
attention -

Drives her car

Do grosseries

Swim 5 times a week



Difficulties paying bills
with computer



She doesn't own her
appartement

Speach therapist wants to
put her under personal and
property administration

Paying the bills: different layout

On the computer

Numéro de carte [REDACTED]

1. Insérez votre carte dans le lecteur de carte et appuyez sur **M1**

2. Introduisez **1130 4071** et appuyez sur **OK**

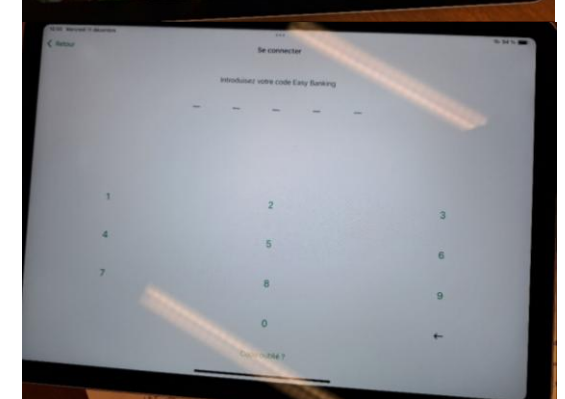
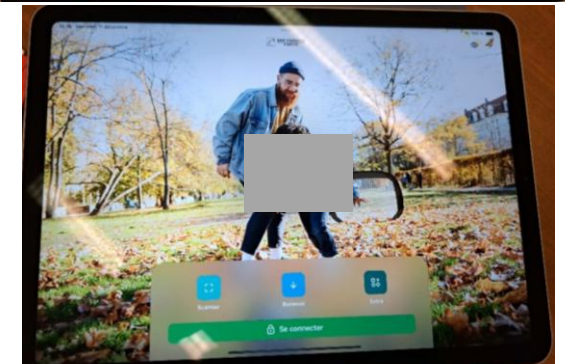
3. Introduisez le code PIN et appuyez sur **OK**

4. Introduisez l'e-signature

Se connecter



On the tablet



soin d'aide ? Appelez le +32 2 762 20 00

Commander un lecteur de carte

Statement 1: use of digital tools

**Using digital tools is a challenge when getting older
and even more when experiencing cognitive disabilities**

Case 2: man with frontotemporal dementia

72 years old

Frontotemporal degeneration

Impact on behaviour++++

No cognitive difficulties

- Drive his car
- Cook
- Is a volunteer in a non-profit organisation
- Successfully manages an investment portfolio

but :

- Broke his ribs
- Enter the ladies restrooms and doesn't realize
- Get easily angry
- Loose his belongings +++
- Can't find his car in a parking
- Get lost in the hospital
- Burn meals when cooking
- Lost 2500 euros due to scams

Case 2: frontotemporal dementia



For him :

- Doesn't feel sick
- Thinks his wife watches over him too much
- Argument



For his wife:

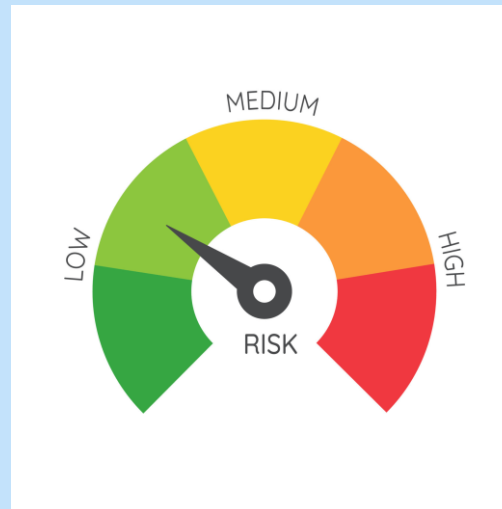
- Fear for his safety when alone
- Help him manage his time better (calendar)
- How to communicate and interact?

Working at the memory clinic is:



Statement 2: safety

Encouraging independence and ensuring safety is a difficult mission



Other similar situations

- How long do we let them drive?
- How long can people with gas stoves continue to live at home?
- How long do we let people with memory problem manage their medication ?



Case 3: social isolation

Cognitive disabilities leads to:

- Social isolation
- Reduce opportunities for leisure activities
- Remember covid-related containment: good or bad experience?
- Patients need activities
- Caregivers need moment to rest

Statement 3: social isolation

Social isolation is always a concern when facing cognitive disabilities

Conclusions

- It is possible to improve everyday abilities
- Cognitive rehabilitation is effective and has shown interesting results in many areas of life
- Cognitive disorders can have a subtle effect on every day functioning

Statement 1

Using digital tools is a challenge when getting older and even more when experiencing cognitive disabilities

Statement 2

Encouraging independence and ensuring safety is a difficult mission

Statement 3

Social isolation is always a concern when facing cognitive disabilities

Thank you for your attention



If your interested to receive references
Olivia.ghysens@saintluc.uclouvain.be