The Dementia and Older People’s Community Mental Health Team provides assessment, treatment and support to people over 65 with a mental health problem and/or dementia and those under 65 with an early onset dementia.

There are two geographically focused and fully integrated Dementia and Older People’s Community Mental Health Teams in the northern sector of the Western Trust; Cityside/Strabane and Waterside/Limavady.

When should you seek help?
Many people experience mental health or memory problems at some point in their lives. Specialist help may be needed when you can no longer cope with emotional and social pressures in your life.

How to get help
Your GP/Doctor is normally the first source of help, however the GP may feel you need specialist help or care and in these circumstances he/she will refer you to the Dementia and Older People’s Community Mental Health Team.

What to expect if referred
When referred to the Dementia and Older People’s Community Mental Health Team one of our team will contact you to arrange an assessment of your needs. This can be at an outpatient clinic either in Strabane, L’Derry or Limavady.

Who might you see?
The Dementia and Older People’s Community Mental Health Team is made up of a number of professionals. Depending on the nature of your mental health concern you may see one or more of the following:

Consultant Psychiatrist
Community Psychiatric Nurse
Cognitive Behavioural Therapist
Hospital Liaison Nurse
Social Worker
Clinical Psychologist
Occupational Therapist
Dementia Navigator
The Dementia and Older People’s Community Mental Health Team provides the following services:

**Assessment and Diagnostic Service**
This includes: specialist memory assessment, psychiatric and nursing assessments, specialist mental health social histories, carers’ assessments, specialist occupational therapy assessments, psychological assessments.

**Maintenance**
Following assessment the person may be followed up with further medical reviews and/or referred to a member of the team for therapeutic interventions, monitoring and follow-up (this will be dependent on the diagnosis and treatment plan).

**Crisis Response**
The Dementia and Older People’s Community Mental Health Team does not have an out of hour’s crisis service. Between the hours of 9am – 5pm Monday to Friday, there is a duty officer available to respond to emergencies or crisis.

**Memory Assessment Service**
The memory assessment service is a specialist service which aims to detect and assess dementia in adults of all ages, make treatment recommendations and provide information and support to patients and care givers. The memory service team consists of memory nurses, team leader, psychiatrist, geriatrician, psychologist, occupational therapist and dementia navigator. The service is dedicated to improving early access and diagnosis for those with a probable dementia.

**Psychiatric Liaison Service**
The psychiatric liaison service for older people’s mental health comprises a psychiatric liaison nurse and a dementia specialist nurse who are supported by the consultant psychiatrist. The service reaches into the Altnagelvin Hospital and Waterside Hospital.

The psychiatric liaison service is responsible for screening the referrals undertaking the assessments, treatment plan and review of patient whilst in hospital. The service also provides information and training to staff in the hospital.

**Dementia Complex Behaviour Service**
The Complex Behaviour Service provides assessment and interventions into residential/nursing homes and to the dementia inpatient assessment ward Waterside Hospital.

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**Cityside/Strabane CMHT**
Oak Villa, Gransha Park, Clooney Road, L’Derry
Tel no 028 71 864384

**Waterside Limavady CMHT**
Oak Villa, Gransha Park, Clooney Road, L’Derry
Tel no 028 71 864384

**Hours of Operation** The service operates between 9am to 5pm Monday to Friday

**Duty Officer** 9am to 5pm Monday to Friday:

**Out of Hours** After 5pm Western Urgent Care GP Service