



# Cognitive rehabilitation programme of the memory clinic

RIZI convention

information for patients

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The cognitive rehabilitation programme of the memory clinic offers you and your family additional help and assistance to ensure that you can live as long and as independently as possible at home with the best living comfort for you and the people around you.

The rehabilitation programme involves various care providers, including consultants, a social worker, a neuropsychologist and an occupational therapist. You will receive support from the therapeutic team in the form of rehabilitation sessions over a period of maximum two years, with a minimum of three and a maximum of 25 meetings. For patients younger than 65 the maximum number of sessions is 35 instead of 25. Maximum five sessions of the total number of sessions can be in the second year. The sessions are both at the hospital and your home. Your GP will receive a report of the patient discussion, as the GP has a coordinating role in the patient's care.

## HOW IS THE REHABILITATION PROGRAMME ORGANISED?

- ✓ A cognitive rehabilitation programme is set up based on medical examinations and tests. You will be shown alternative strategies to make day-to-day activities more pleasant and to enable you to carry on doing them for longer.
- ✓ Your next of kin are instructed on how to provide the best possible support in your everyday life.
- ✓ We will make recommendations for changes in your day-to-day environment to minimise the consequences of cognitive problems.
- ✓ You, and those close to you, will receive information on the disease itself, its progress and consequences.
- ✓ If you want, professional home help can be requested.
- ✓ Benefits and compensations are discussed and if necessary requested.

## HOW MUCH WILL THIS COST ME?

The visits by the team members in the context of the RIZIV-agreement are paid by your health insurance. You only pay the co-payment (currently €1.88, the amount is indexed yearly). Consultations are charged at the usual rate.

# WHOM WILL I COME INTO CONTACT WITH? THE TEAM

## CONSULTANT

Having made a diagnosis the consultant will decide whether you qualify for the rehabilitation programme of the memory clinic (= the RIZIV convention).

## NEUROPSYCHOLOGIST

The neuropsychologist focuses on helping you and your environment (partner, children, parents, etc.) to deal with cognitive, behavioural, emotional and social changes. Patient and environment can be seen together and/or separately depending on personal preferences and goals. In other words, the sessions are not determined by a fixed structure or content, but are aligned to your and/or your environment's questions and goals.

- ✓ You will learn to deal with your possibilities and limitations. Together with you, the neuropsychologist looks for techniques to compensate the limitations, the goal being the highest possible level of self-reliance. Maintaining and stimulating your autonomy is one of the most important focal points.
- ✓ Together, we look for useful activities and pursuits, taking into account your possibilities, limitations and interests and of the people around you.

- ✓ Psychological support is provided for you and your next of kin in terms of the experience, acceptance and processing process.
- ✓ Your care provider gains insight into the illness and teaches you how best to deal with your cognitive changes. Strategies are taught to communicate as efficiently as possible, and/or ways to respond adequately in difficult situations.
- ✓ We look for ways to maintain or increase your next of kin's strength to deal with your illness. Self-care is very important.

## OCCUPATIONAL THERAPIST

The occupational therapist will visit you at home to observe and record your day-to-day routine. We discuss which activities you do and whether you experience any difficulties doing them. The occupational therapist will also ask you to show him/her your house. You will be asked to carry out some specific tasks such as making coffee or making a phone call. These findings will be used to make recommendations to you and those close to you. Another home visit will be planned to start the cognitive rehabilitation. The aim is to enable you to remain at home as long as possible.

## SOCIAL WORKER

- ✓ The social worker discusses with you and your family what kind of professional home help can be called upon to help you with a number of day-to-day activities. This concerns services such as home nursing, family or cleaning services, meals on wheels, etc.
- ✓ If you feel a need for meaningful occupation during the day, the social worker can look for a suitable day centre or home companion on your behalf.
- ✓ The social worker can also provide information on day and night care, respite and other options.
- ✓ The social worker will provide advice on any social benefits you are entitled to and help you complete the necessary paperwork. Benefits include the care budget for severely dependent persons, the care budget for elderly persons requiring care, the integration allowance, the income substitution benefit, parking badges, etc.
- ✓ Together with the consultant, the social worker can provide additional information about the legal provisions concerning driving ability and the procedure for a CARA application (Centre for Driving Ability and Vehicle Adjustment).
- ✓ Questions concerning financial and legal arrangements can also be discussed.
- ✓ During talks about preliminary care planning the possibilities for care can be discussed if living at home is no longer feasible.

## SECRETARIAT

The secretary manages various administrative tasks, arranges appointments and coordinates queries and ensures that contact is made with the appropriate team member.

## CONTACTS

### Consultants

prof. dr. Rik Vandenberghe: Tel. 016 34 42 80

prof. dr. Mathieu Vandenbulcke: Tel. 016 34 87 01

prof. dr. Jos Tournoy: Tel. 016 34 26 40

### Clinical neuropsychologist

Dorota Dmitruk: tel. 016 34 05 91

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### Clinical psychologist

Sophie Snauwaert: Tel. 016 34 10 04 (available on Fridays)

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### Occupational therapist

Cécile Loodts: Tel. 016 34 32 03

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### **Social worker**

Cathy Zegres: Tel. 016 34 86 39 (available on Wednesdays and Fridays)  
cathy.zegres@uzleuven.be

### **Secretariat**

Tine De Cuyper: Tel. 016 34 20 68 (available on Wednesdays and Fridays)  
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For more information about the memory clinic you can also go to [www.uzleuven.be/en/memory-clinic](http://www.uzleuven.be/en/memory-clinic).





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