

MTRRs are a national free service that provide practical information and advice on assistive technologies and supportive strategies to help people at different stages of dementia and memory loss.

Who can use this service?

This service is available for the following people:

- › People with dementia, or other memory problems
- › Family and carers of people with dementia
- › Healthcare professionals

Making an appointment

You need to make an appointment to visit the Memory Technology Resource Room. Please contact the Occupational Therapist on contact details below. Or you can talk to your GP and local health care team about making a referral.

Please note: We do not directly provide or sell any equipment from the Memory Technology Resource Room. We are a resource providing information, advice and support to find solutions that work for you.

What visitors have said

'I found it really useful to help me remember things, I can use the things in the MTRR in my everyday living.'

'I felt relieved to unburden myself of my anxieties, feeling better now.'

'The OT is very pleasant and made me feel relaxed and able to ask questions. I expected a little and I got a lot.'

'My father felt respected and dignity was maintained.'



**Memory Technology
Resource Room**



National
Dementia
Office

dementia
understand together

www.understandtogether.ie



**Memory Technology
Resource Room**

**Helping you
live well at home
with dementia
and memory loss**



What the MTRR offers

Occupational Therapist

You will meet with an Occupational Therapist (OT) who will provide a person-centred consultation that addresses key issues you are experiencing. The OT will provide advice on assistive technology and practical strategies.

Assistive Technology

There are many simple and advanced technologies that are designed to support people with memory impairments. We have a wide range on demonstration at the MTRRs and can provide an individualised assessment on technologies that may suit your needs.

Loaning Technologies* –some technologies may be available for you to take home and trial for a short period before you purchase from a supplier.

Videos on the services offered can be viewed at: www.understandtogether.ie/get-support/memory-technology-resource-rooms/

Practical strategies

There are many simple things you can do to help support continued engagement in daily activities. The OT has a range of practical strategies and solutions you can use to support memory, to keep independent and safe, and to continue engaging in meaningful activities.

Education and advice

The MTRR is also a resource for families, carers and healthcare professionals and the OT can provide you with education and advice in several areas including environments, sensory changes, and behaviour changes.

Groups*

Post diagnostic and psycho-social groups can be a great way to learn about your diagnosis and meet others with similar diagnosis. The MTRR may provide these groups.

Activity engagement

Staying stimulated is important for your brain health and provides feelings of well-being. At the MTRRs we demonstrate a range of activities to suit all levels of engagement. The OT can discuss the benefits of activity and provide advice to support engagement.

Resources

The MTRRs have created a selection of supportive handouts and have a range of leaflets on key areas of dementia concern.



* These are available in some MTRRs.