

News Release

FOR IMMEDIATE RELEASE

November 1, 2024

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Memory Clinic Opens at TTUHSC's Garrison Institute on Aging *Streamlined, Comprehensive Care Available for Patients Facing Memory Challenges*

Patients in and around Lubbock struggling with persistent memory difficulties now have access to a centralized resource for diagnosis, care and support.

The new Memory Clinic at the Texas Tech University Health Sciences Center's Garrison Institute on Aging opened in October to provide comprehensive assessments, treatment and support under one roof. The clinic will focus on both the person with dementia and the caregiver, providing education resources and care plans.

Rather than visiting multiple specialists at different locations, patients and their families can receive individualized, team-based comprehensive care in a single location. The clinic will offer a comprehensive assessment, care navigation, consensus review, care plans and neuropsychological testing. Patients and their caregivers will be the focus of the clinic and also will provide telehealth especially for patients in rural areas.

"The new Memory Clinic is a game changer for our community and very much in line with the mission and vision of the Garrison Institute on Aging to promote healthy aging and address health issues in the aging population," Volker Neugebauer, Ph.D., executive director and chief scientific officer of the Garrison Institute on Aging, said. "Our multidisciplinary team provides nine primary services with the long-term goal to become a 'one-stop shop' and add more health care professionals for comprehensive care to persons with dementia and their family members."

The first clinic appointment includes a review of the patient's medical history, physical and neurological exams and discussions about educational resources and treatment options. Family and caregiver needs also are assessed to ensure a personalized care plan once there is a diagnosis.

Jonathan Singer, Ph.D., assistant professor for the TTUHSC Department of Pharmacology and Neuroscience and Memory Clinic director, said the interprofessional team, which includes a neuropsychologist, a geriatric psychologist and a neurologist, periodically review each care plan to adapt to the patient's evolving needs.

“Comprehensive memory care clinics have been found to have a positive impact on the community and result in positive downstream effects on patients and family caregivers,” Singer said. “However, they were only offered in large urban settings, such as Austin and New York City until we opened our clinic, bringing this model to Lubbock and the surrounding rural areas in order to alleviate stress associated with gaining a dementia diagnosis.”

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