

## Memory Screening Results and Recommendations

**Participant's Name:**

**Date:**

**Screening Results:**

Animal Naming (score < 14 suggests follow-up)

Mini-Cog<sup>®</sup> (score < 4 suggests follow-up)

**Recommendations:**

- Follow-up with your primary care provider to discuss screening results
- Have a memory screening in one year
- Advance Directives:
  - Complete a Power of Attorney for Healthcare (POA-HC)
  - Give a copy of your POA document to your primary care provider
  - Complete a Power of Attorney for Finance (POA-F)

Other:

Your contact person for questions about today's screening:

Phone:

Email:

**Keep in mind the services the ADRC can assist with such as:**

- Eligibility screening for financial assistance programs
- Information on community services
- Benefit specialist assistance
- Healthy living programs – Stepping On Fall Prevention, Living Well with Chronic Conditions/Diabetes, Strong Bodies, Better Brain Fridays, Powerful Tools for Caregivers, Boost Your Brain and Memory
- Other:

**We recommend you learn about healthy aging lifestyle practices and safety considerations:**

- Brain health and cognitive exercises
- Home safety
- Good sleep habits
- Family and friend support
- Driving safety
- Nutrition
- Gun safety
- Physical health and exercise
- Other:

**Learn about the conditions that can affect the brain and services that are available to assist:**

- Alzheimer's Disease Research Center, <https://www.adrc.wisc.edu/>, 608-265-0407
- Alzheimer's and Related Dementias Education and Referral Center, <https://www.nia.nih.gov/health/alzheimers>
- Alzheimer's Association, [www.alz.org/wi](http://www.alz.org/wi), 800-272-3900
- Frontotemporal Disorders, [www.theaftd.org](http://www.theaftd.org)
- Lewy Body Dementia, [www.lbda.org](http://www.lbda.org)

## Frequently Asked Questions

### **What is dementia?**

Dementia is a general term used to describe thinking and memory issues severe enough to interfere with daily life. Alzheimer's disease is the most common cause of dementia. Other conditions can cause dementia as well, such as Lewy body disease, head injuries, Parkinson's disease, frontotemporal disorders, and stroke. Some people experience dementia-like symptoms that can be treated, resulting in the symptoms going away. These types of reversible dementia-like symptoms in older adults can be caused by such conditions as poor nutrition, sleep apnea, clinical depression, and infection. The ability to treat and/or reverse dementia-like symptoms is a primary reason the person should have a medical evaluation if they experience memory and thinking changes.

### **What does the memory screening measure?**

The memory screens are a simple, safe, confidential, and validated evaluation tool that checks memory and thinking skills. It can indicate whether an additional checkup by a qualified healthcare professional is needed. A memory screen is not used to diagnosis any type of dementia or other illness, but rather to see if something else might be going on. It also does not replace consultation with a qualified physician or other healthcare professional.

### **Does insurance cover the cost of a memory evaluation?**

Typically, doctors and other healthcare professionals do memory evaluations in outpatient settings. Medicare and commercial insurances usually cover such outpatient services done by approved healthcare providers. To be sure, check with your insurance provider and ask the memory clinic if your insurance benefits cover the evaluation service. This will help you determine if there are any co-pays or benefit restrictions, or if pre-authorization is required.

Eau Claire County has three memory clinics that are part of the Wisconsin Alzheimer's Institute (WAI) Affiliated Dementia Diagnostic Clinic Network. Network clinics differ from other memory clinics in that they follow a set of best practice guidelines that include use of an interdisciplinary care model. In addition, clinic team members receive ongoing training and support from WAI regarding cutting-edge approaches to the diagnosis and treatment of Alzheimer's dementia and related disorders. Clinics in the Network remain autonomous, meaning they are a part of various healthcare systems and are not entities within WAI.

### **Is there financial assistance to cover the cost of services if needed?**

The Aging & Disability Resource Center (ADRC) is the access point for publicly funded programs, such as Family Care and IRIS. ADRCs also have benefit specialists that can help with questions related to Social Security, Medicare, and private health or long-term care insurance.

Another program through the ADRC is the Alzheimer's Family Caregiver Support Program (AFCSP). In response to the stress and services needs of families caring for someone with irreversible dementia in the home, funds are available to assist eligible families to purchase services and goods related to the care of someone living with Alzheimer's disease or related dementia.