



# Decoding the diagnosis: How memory and thinking problems are assessed and diagnosed.

# Questions

- Who do I talk to about my cognition and memory?
- How will my cognition and memory be tested?
- What does the diagnosis mean?
- What happens after?

# What does cognition mean?

It is the process of thinking, learning, remembering, and understanding information.

Memory

Executive

Language

Spatial

Speed

# Who do I talk to about my memory?



What have you noticed

Loved ones have noticed...

When did it start worrying you

Has it changed in any way? Getting worse? Staying the same? Fluctuating?

# How will my cognition and memory be tested

## Neuropsychologist

Cognitive Testing

Memory

Learning stories, list, pictures

Executive

Problem-solving, Multi-tasking

Language

Naming, listing words, defining

Spatial

Designs, drawings

Speed

Matching, connecting letters/ numbers

# How will my cognition and memory be tested

Neuropsychologist

Cognitive Testing

Memory

Executive

Language

Spatial

Speed

Age

Education

Sex

# What is considered when making a diagnosis?



## Cognitive performance

Memory  
Executive  
Language  
Spatial  
Speed



## Activities of daily living

### BASIC:



### INSTRUMENTAL:



Medical

Mental  
Health

Education

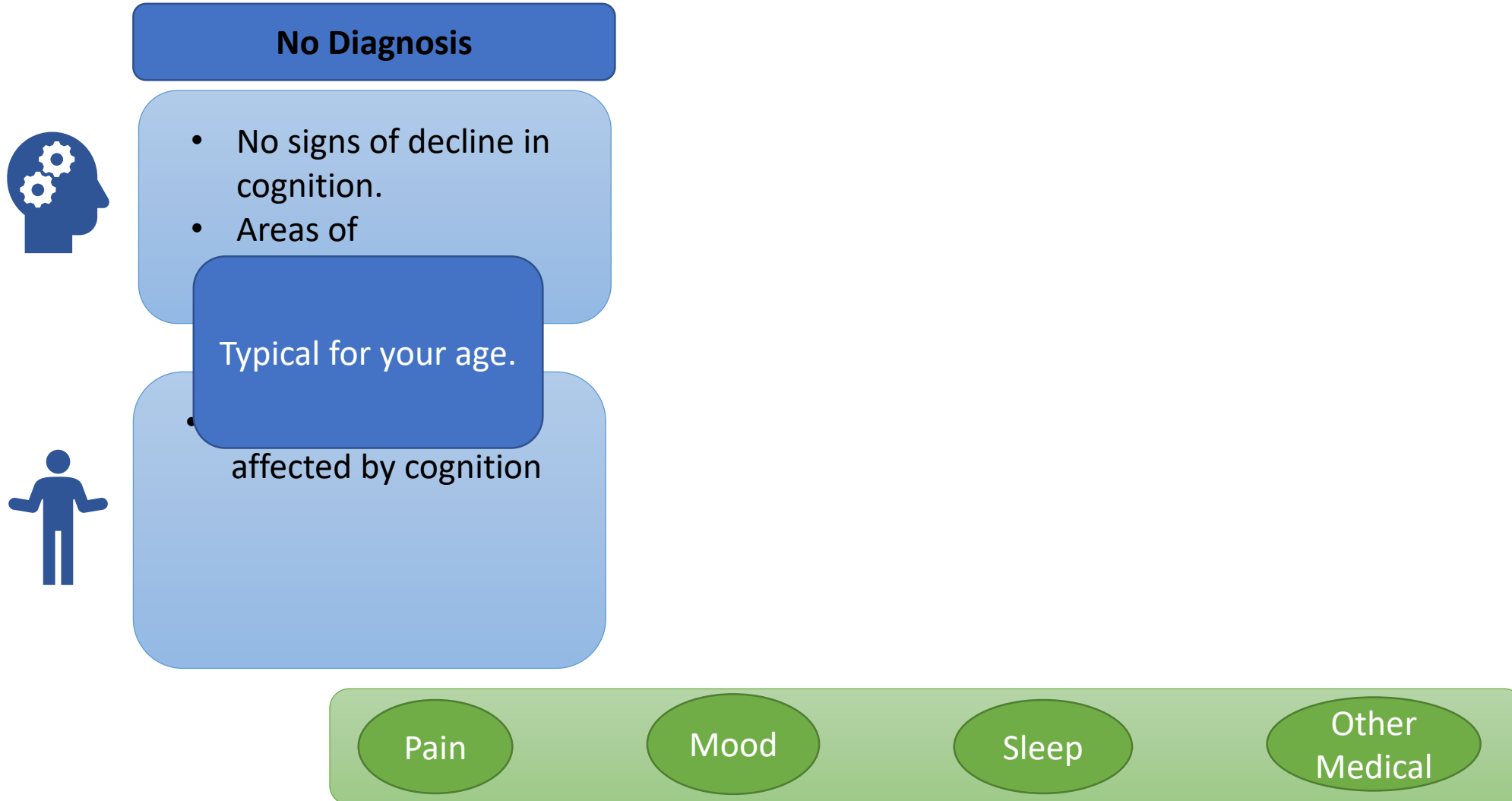
Social



What does this diagnosis mean?



# Diagnosis



# Diagnosis



## No Diagnosis

- No signs of decline in cognition.
- Areas of strength/weakness.



- Daily activities not affected by cognition

## Mild Neurocognitive Disorder

## Mild Cognitive Impairment

- Modest decline in cognition.
- Not better explained.

- Daily activities still independent.
- May be more difficult.
- Uses compensation strategies.

Pain

Mood

Sleep

Other  
Medical

# Diagnosis



## No Diagnosis

- No signs of decline in cognition.
- Areas of strength/weakness.



- Daily activities not affected by cognition

## Mild Neurocognitive Disorder

### Mild Cognitive Impairment

- Modest decline in cognition.
- Not better explained.

- Daily activities still independent.
- May be more difficult.
- Uses compensation strategies.

## Major Neurocognitive Disorder

### Dementia

- Signs of significant decline.
- Not better explained.

- Dependent on others for daily activities.
- Can range:
  - Mild
  - Moderate
  - Severe

Pain

Mood

Sleep

Other  
Medical

# What's the cause?

- Not always Alzheimer disease.

Vascular

Substance  
use

Parkinson's

Infections

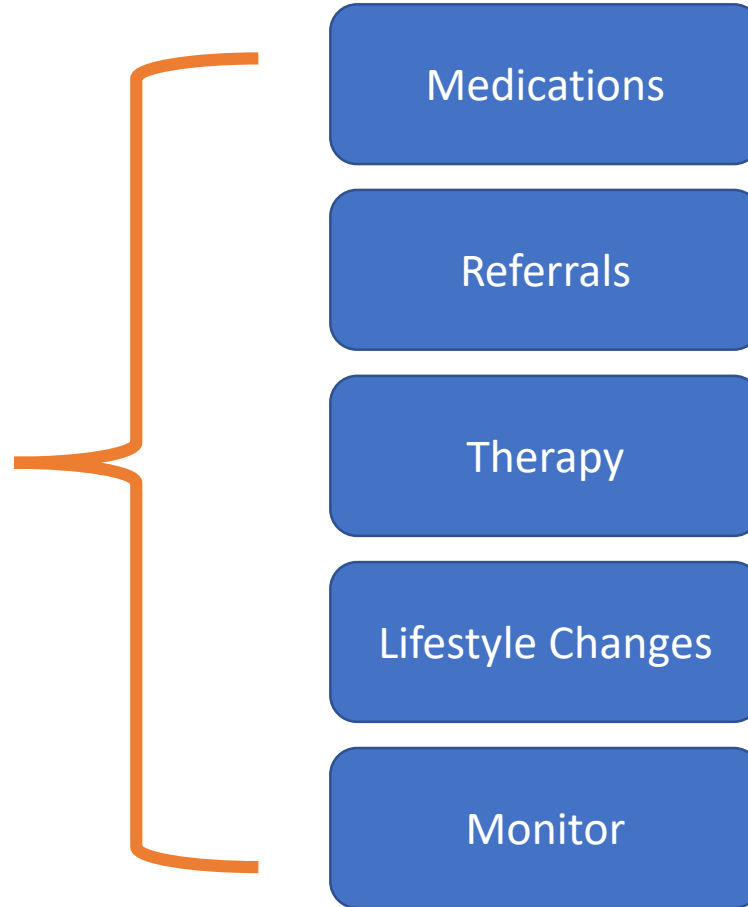
Head Injury

Alzheimer

Combination

# What happens after?

- That depends...



Thank You

