



**Cognition in  
Primary Care**

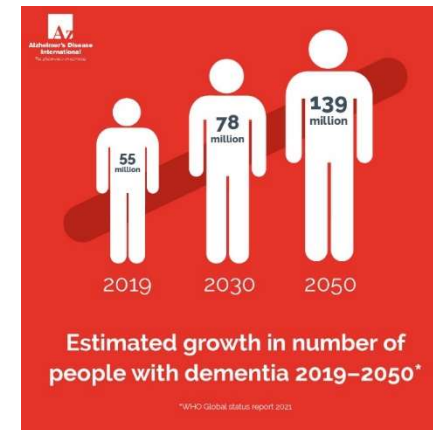
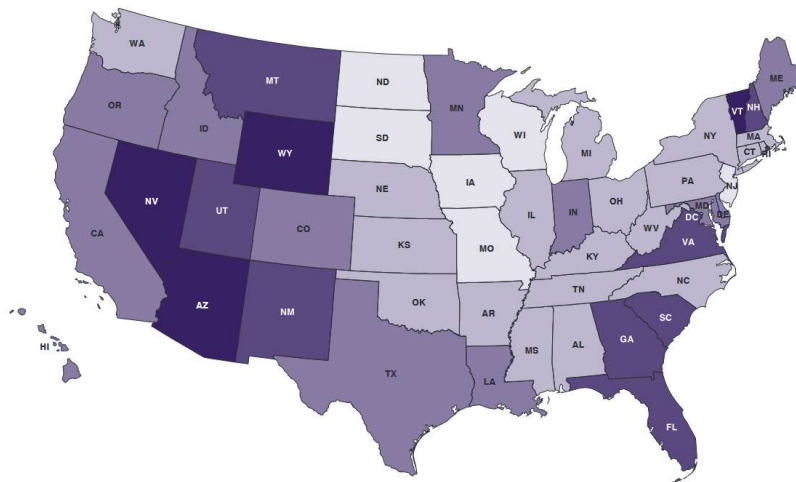
# Cognition in Primary Care

Concise. Practical. Better care.



## Projected Increases Between 2020 and 2025 in Alzheimer's Dementia Prevalence by State

6.7% - 12%    12.1% - 17.3%    17.4% - 22.6%    22.7% - 27.9%    28.0% - 33.3%



**Projected increases in dementia are alarming!**

**Dementia is often unrecognized and under-reported in primary care.**

**Earlier diagnosis leads to better care!**



## COGNITION IN PRIMARY CARE

A program to facilitate detection of cognitive impairment and improve care for people with dementia.





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# Web

HOME

TRAINING REGISTRATION

CLINICAL TOOLS

COMMUNITY RESOURCES

## Tools You Can Use

- ✓ Be Aware: Dementia is Under-diagnosed
- ✓ Decide: Is an Evaluation Needed?
- ✓ Evaluate: Tools for Evaluation
- ✓ Counsel: Set a Plan and Refer to Community Resources

## CONCERNED ABOUT DEMENTIA

Brain health at any age and warning signs about dementia

BRAIN HEALTH RESOURCES

## LIVING WITH DEMENTIA

New diagnosis guides, support services, and safety

EARLY DIAGNOSIS

## COMPLETE RESOURCE GUIDES

Printable comprehensive resource guides for next steps following a diagnosis

COMPREHENSIVE GUIDES

## RESOURCES FOR CAREGIVERS

Along with the resources above, additional resources to support caregivers of loved ones with dementia

CAREGIVER RESOURCES

## INCLUSIVE RESOURCES

Resources with a focus on diverse cultures and communities.

INCLUSIVE RESOURCES

## EDUCATIONAL RESOURCES

EDUCATIONAL RESOURCES



# Normal Aging vs Worrisome Signs

## Normal

Misplacing keys, taking longer to remember words/ names, Why did I enter this room?

## Abnormal

Forgetting things that just happened?

Such as: repeating same story/ question 30 minutes later.

Hard to do complex task that used to be easy?

Example: Trouble with complex recipe or organizing documents.

Unsure where you are, in place you've been to often?

Example: Disoriented in a building one should know well.

# What Your Doctor Can Do

- ❑ **Diagnose a condition** (or reassure you)
- ❑ **Check for alternative reasons**
- ❑ **Medications:** Avoid sedating and anticholinergic meds.
- ❑ **Contributing factors:**
  - Vitamin B12, thyroid
  - Sleep apnea
  - Hearing loss
  - Vascular disease management (blood pressure)
  - Depression
- ❑ **Help manage condition**
- ❑ **Keep you informed of new treatments and clinical trials**

# What You Can Do

- ❑ **Realize Earlier Detection is Better!**
- ❑ **Address Stigma:** Don't be afraid of learning about any problems or talking about dementia
- ❑ **Health Lifestyle:** Exercise, eat healthy, maintain weight
- ❑ **Socialize:** Daily walks with a friend  
Maintain family connections  
Participate in events that make you happy!
- ❑ **CHALLENGE YOUR BRAIN**