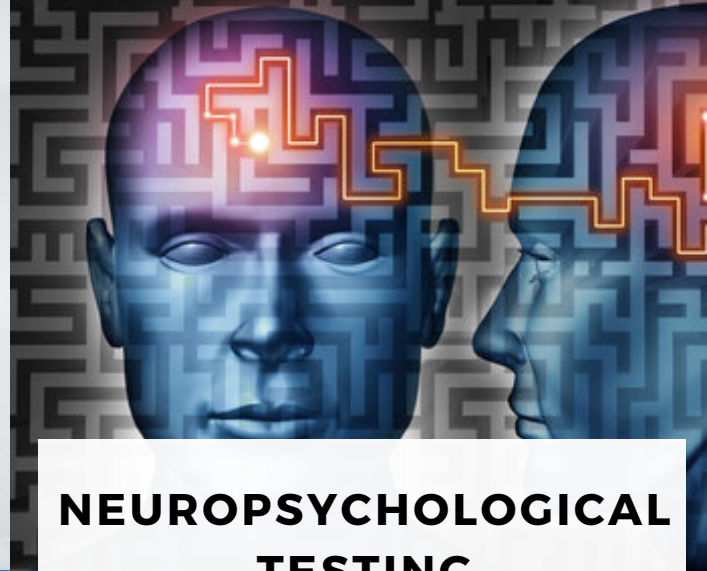


People 65 years and older are the fastest growing segment of the U.S. population... It is anticipated that the number of older adults with mental and behavioral health problems will almost quadruple by the year 2030.<sup>1</sup>

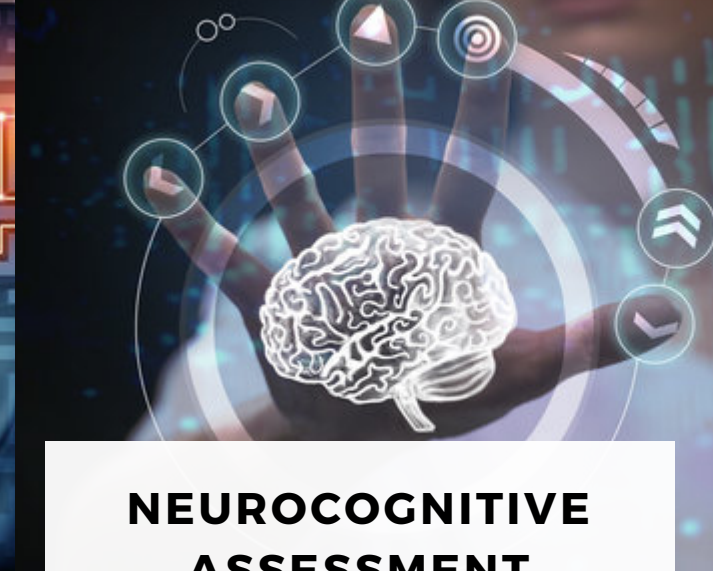


## NEUROPSYCHOLOGICAL TESTING

Neuropsychological testing is designed to measure the health of the brain, and how it relates to thinking skills and behavior. This type of testing includes multiple domains of functioning including: attention, language, spacial, memory, and executive.

Neuropsychological testing helps with:

- Diagnosis- cognitive changes due to illness, neurological problems, & underlying mood disorder
- Determining cognitive strengths & weaknesses after a stroke or brain trauma
- Establishing a baseline- after stroke, brain injury, re-exam for improvements, or re-examine for progressing dementia to modify medications
- Aiding with treatment planning & intervention- focus on rehab and ways to strengthen or compensate
- Informing level of care needed: independent living, assisted living, nursing care, or home health services



## NEUROCOGNITIVE ASSESSMENT

Neurocognitive assessment helps to evaluate how the brain is able to process aspects such as pattern recognition, perception, and hand-eye coordination. While neurocognitive assessment can be used in a variety of settings including evaluating a sports player after concussion, this type of testing in older adults can help to detect the early signs of dementia.

### WHEN TO USE NEUROCOGNITIVE ASSESSMENT

- Cognitive changes
- Abnormal forgetting
- TBI
- Stroke
- Seizure disorder
- Encephalopathy, toxic chemical exposure
- Chronic substance abuse
- Assess for dementia
- Vascular or cardiac disorders

Everyone grows older. And many people face mental and physical health issues as they reach their senior years.

For those with memory problems and dementia, this process can be particularly difficult. It is important to recognize the early signs of dementia, for the greatest chance of success in treatment, improving quality of life, and managing emotions.

Some of the key aspects to recognizing and treating dementia include: neuropsychological testing, neurocognitive assessment, and establishing a care plan from a psychologist after diagnosis.

1) Taken from "Psychology and Aging", American Psychological Association.

2) Taken from "Living Well With Dementia: How Psychologists Can Help", American Psychological Association.

## DEMENTIA CARE

Diagnosis of dementia can often be overwhelming for both the individual and the family. While there is no cure for dementia, by evaluating and detecting early, along with establishing a care plan with the help of a psychologist or Certified Dementia Practitioner, a patient may be able to improve quality of life and manage emotions.

### WHY INVOLVE A PSYCHOLOGIST IN DEMENTIA CARE

Psychologists work to lighten the burden dementia can cause to an individual and their family. Through assessments and treatment, a psychologist can help to "minimize the change in mood and behavior associated with dementia and work with the family to... provide tools and put procedures in place to help the person with dementia function well".<sup>2</sup>

After testing and assessments, a psychologist can also help with recommendations for what level of care is needed for the individual (home care, assisted living, nursing home, etc.) Additionally, the psychologist can maintain continuity of care by working directly with the care facility staff to provide behavioral interventions and insight on how to work best with the dementia patient.



For more information on dementia and geriatric psychological testing, contact:

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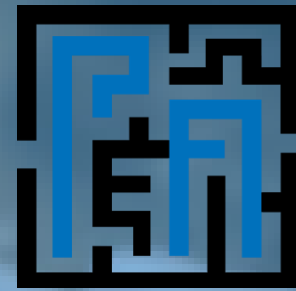
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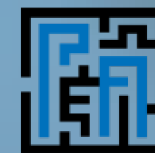
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