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The Center for Alzheimer's Care, Imaging and Research (CACIR) is a comprehensive resource for Alzheimer's disease and related memory disorders.

CACIR was established in 2005 through the generosity of a private donor to meet the need in Utah and the Intermountain West for a specialty clinic devoted to diagnosing, treating, and finding more effective ways to combat Alzheimer's disease and related disorders.

At the Cognitive Disorders Clinic, CACIR's team of dementia experts empower patients and care providers with accurate diagnosis, disease-specific treatment, and essential resources and education.

The Clinic is designed to work closely with families, care providers, community organizations and referring physicians to better meet patient needs and provide a broad network of support.

Cognitive Disorders Clinic
Imaging & Neurosciences Center
729 Arapeen Drive
Salt Lake City, Utah 84108

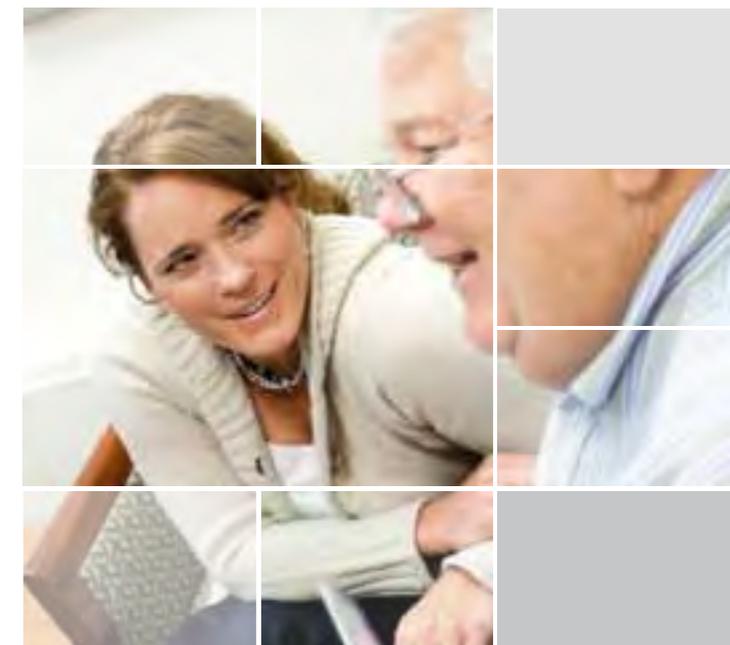
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Memory Study Line: (801) 587-7888

www.utahmemory.org

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Your Guide to the Cognitive Disorders Clinic

Center for Alzheimer's Care,
Imaging and Research



Clinical Neurosciences Center
at the University Of Utah



Your Evaluation: What to Expect

Many things can cause memory loss, from neurologic diseases such as Alzheimer's to medication side effects, past head trauma, stroke, or a combination of factors.

Only a comprehensive evaluation can determine the specific cause of memory loss and its extent. Treatment is most effective when it is tailored to the specific cause of the problem.

If you are concerned about your memory talk to your doctor, who may refer you to the Cognitive Disorders Clinic for further evaluation.

Preparing for Your Evaluation

When your doctor refers you to the Cognitive Disorders Clinic, we will mail you a packet of information. Please review it carefully and complete any requested information for your upcoming appointment.

We encourage you to write down any questions or concerns you want to discuss, and to invite trusted family members or close friends to do the same.

Please arrange for someone you trust to accompany you to all of your appointments to provide their observations and participate in your care. This can be a family member or close friend (or both).

On the day of your appointment, please bring a copy of any requested medical records and a list of all the medications you're currently taking.

What to Expect at Each Appointment

The first step in a comprehensive evaluation is an appointment with one of our neurologists and an introductory meeting with our health educator. At this first visit, we will obtain your medical history, perform a neurologic exam, and decide what other tests are required. Additional testing is usually needed and may include blood tests, diagnostic brain scans, and neuropsychological testing.

At each visit, we will check your weight and blood pressure and ask you questions to test your memory. You may see medical students, resident physicians and other trainees, who are an important part of our Clinic.

Meeting with our health educator is also an important part of each visit. Our health educator

answers your questions, links you to helpful community resources, and provides personalized guidance tailored to your concerns and diagnosis.

The evaluation concludes with a follow-up appointment with your neurologist and the health educator to discuss the results of your evaluation and plan appropriate treatment for your specific diagnosis.

We may also refer you for consultation with our dementia specialist social worker, or with our genetic counselor.

Evaluation Costs

We bill you and your insurance provider for our services. Most insurance plans cover physician visits, neuropsychological testing, blood tests, brain scans, and social work consultations.

When necessary, we will help you advocate with your insurance provider to cover our services. If you are unsure, we recommend calling your insurance provider to determine your coverage.

Currently, most insurers do not cover genetic counseling or personalized health education for memory problems, so patients and families must pay for these essential services themselves.

For health education, we adjust our fees according to how much support is needed – from \$20 a visit up to \$50 if a full hour is needed. This is billed to you separately.

If you have concerns about costs, speak with your insurer or call the University of Utah Health Care Financial Counseling Office at (801) 581-2957.

Neuropsychological Testing

These tests measure your memory and cognition. They have been given to thousands of people, allowing us to compare your results with people of similar age and background. This helps us decide if there truly is a problem and its likely cause. You cannot fail, so don't worry about your performance – the tests are designed to be challenging, so no one gets all of the answers right.

Neuropsychological testing takes about four hours. First, the neuropsychologist will talk with you to review your history and decide which tests are needed. Then, a neuropsychology technician will give you the tests, which mostly require you to answer questions and complete paper forms.

To prepare, make sure you get plenty of rest and bring someone who knows you well and whom you trust. Please tell your technician if you need to take a break during the testing.

Health Education Prescription

Health education for you and your family is a vital component of successful treatment. Memory disorders require a new set of knowledge and skills, which health education provides. Plan time to meet with our health educator at each visit, and to read and attend suggested classes.

Social Work Consultation

After diagnosis, you may be referred for consultation with our dementia specialist social worker, who can help families understand and implement necessary lifestyle changes. Our social worker uses your diagnosis and specific findings from your evaluation to develop strategies to meet your current needs and a proactive plan to avoid crises in the future. As many family members as possible are encouraged to participate.

Genetic Counseling & Biobanking

If you have a strong family history of dementia, we may refer you to our genetic counselor, who will review the benefits and risks of genetic testing and family-oriented DNA biobanking.

