

What to Expect

- Only a comprehensive evaluation can identify why your memory problems have developed. We cannot give appropriate, personalized treatment unless we know the cause of the problem and how it has affected you.
- Memory loss has many causes. Alzheimer's and related brain diseases are often to blame, but psychological factors and medication reactions also are common and must be considered.
- An evaluation at our Clinic usually includes two visits, where you will meet with one of our neurologists and our Health Educator. Additional testing will be done between these visits—such as blood tests, a brain scan, and neuropsychological testing.
- At each visit, we will check your weight and blood pressure and ask you questions to test your memory.
- During your first visit, we will obtain your medical history, perform a neurological examination, and decide what other testing is needed. Your second visit will be similar, but we will spend most of the time discussing your test results and what treatment is needed.
- After we know the cause of your problem, you and your family will meet with our medical social worker to plan ways to improve your care.
- You also may see medical students, residents and other trainees, who are an important part of our Clinic.

Care Without Compromise

The University of Utah Center for Alzheimer's Care, Imaging and Research (CACIR) is the Intermountain West's only comprehensive Alzheimer's disease program. Our Cognitive Disorders Clinic combines the latest innovations in treatment and research to provide patients, families and caregivers with the best dementia care currently available.



To inquire about appointments or clinical services, please contact:

The Neurology Call Center

Tel (801) 585-6387

Fax (801) 585-2746

neuro.scheduling@hsc.utah.edu

Learn more about our program and volunteer for research online:

www.utahmemory.org



The University of Utah

Center for Alzheimer's Care, Imaging & Research



University Health Care

A Clinic Designed for You and Your Family

We designed the Cognitive Disorders Clinic especially for patients with memory problems, but we also strive to include your family members or trusted friends. They should accompany you on all visits to provide their observations and participate in your care. Even when symptoms are mild, there are many things you can do together to improve your memory and quality of life.

Memory Disorders are Life Changing

Memory disorders like Alzheimer's present many unfamiliar challenges to patients and their families. Learning more about your illness, gaining new skills, and acting now can help you avoid future problems. What you should do depends on the cause of your memory problems. This requires a thorough evaluation.

Preparing for Your Visit

1. After your physician refers you to our Clinic, we will mail you a packet of materials. Please review them before your visit.
2. Complete the questionnaires you were sent and bring them with you.
3. Bring a list of your medications. Even better, bring the medications in their containers.
4. Write down the questions you want answered. Family members are invited to list their observations.
5. Finally, bring a family member or trusted friend.



Patient & Family Guide

**The University of Utah
Center for Alzheimer's Care,
Imaging and Research**

Cognitive Disorders Clinic

**Department of Neurology,
School of Medicine**

Evaluation Costs

- You and your insurance provider will be billed for our services.
- Most insurance plans pay for physician visits, neuropsychological testing, blood tests and brain scans. When necessary, we will help you advocate with your insurance provider to cover these services.
- Currently, insurance does not cover personalized education for memory problems or proactive social work services. Patients and families must pay for these essential services themselves.
- Every visit to our Clinic includes a meeting with our Health Educator. Some patients and families need more education and support than others, so we adjust fees accordingly—from \$20 a visit up to \$50 if an hour is needed. This is billed to you separately.
- Social work consultations usually occur after diagnosis. You may need two or three consultations to develop and implement an effective, proactive plan with your family to meet your future needs. The usual fee is \$175 per hour, but for those paying out of pocket, we discount the fee 30%—to \$152.50 per hour.
- If you have concerns about costs, speak with your insurance provider or call the University of Utah's Patient Financial Advocate at (801) 585-2614.

Our Unique Clinical Services

Neuropsychological Testing

Neuropsychological testing measures your ability to remember and think. These tests have been given to thousands of people, which allows us to compare you with others of similar age and background. How you do will help us decide whether there truly is a problem and its likely cause.

What Happens During Testing

Neuropsychological testing takes about four hours. First, you will meet with one of our neuropsychologists, who will review your history and design your battery of tests. Then, a neuropsychology technician will give you the tests, which mostly require you to answer questions and complete paper forms.

Preparing for Neuropsychological Testing

1. We want you to do your best, so come well rested.
2. Bring along someone you are comfortable with and who knows you well.
3. You should feel comfortable throughout the testing, so please tell the technician if you need to take a break.
4. Don't worry about your performance; it's impossible to fail these tests. Everyone does better on some tests than on others. They are designed to be challenging, so no one gets all of the answers right.

Health Education Prescription

Health education for you and your family is a vital component of successful treatment. It provides crucial knowledge and skills for dealing with memory disorders.

Education is Essential

Our Health Educator provides personalized guidance tailored to your diagnosis and your doctor's prescription. The Health Educator will answer your questions and link you to community resources. Plan time to meet with the Health Educator at each visit, and to read and attend classes we may suggest.

Our Educational Goals

1. Learn strategies to maintain memory and thinking.
2. Improve quality of life with healthy behaviors and adequate support for both patients and caregivers.
3. Provide care at home whenever possible.
4. Learn self-management skills.

Social Work Consultation

You may be referred to our dementia specialist, medical Social Worker, who can help you make necessary changes and avoid potential crises.

Prepare and Adjust

Our Social Worker uses your diagnosis and findings from your evaluation to develop strategies to meet your current needs and prepare a proactive plan for the future. As many family members as possible should attend these consultations to broaden your support network, allow us to assign specific tasks and involve everyone.

Our Social Work Goals

1. Strengthen and broaden social and caregiving networks.
2. Prepare for the unexpected and keep safe.
3. Bring all family members closer together working toward common goals.
4. Effectively use financial and community resources.

The Cognitive Disorders Clinic is located in Research Park at the University of Utah, near downtown. Parking is free.

All our services are conveniently located in the same building, at the Center for Advanced Medical Technologies (CAMT) Building at 729 Arapleen Drive.

