



## All about the National Memory Screening Program

### About the Alzheimer's Foundation of America

The Alzheimer's Foundation of America (AFA) is a national nonprofit organization that unites more than 2,300 member organizations — grassroots Alzheimer's organizations, assisted living facilities, community organizations, government agencies and other dementia-related groups — nationwide with the goal of providing optimal care and services to individuals with dementia and their families. AFA's services include a toll-free helpline staffed by licensed social workers, educational materials, a free quarterly magazine for caregivers, and professional training.

### What are Memory Screenings?

Memory screenings are part of a regular wellness check-up. The screening is non-invasive, consists of a series of questions and tasks, and takes five to ten minutes to administer. All materials clearly emphasize that memory screenings are used as an indicator of whether a person might benefit from an extensive medical exam, but that they are ***not*** used to diagnose any illness and in no way replace an exam by a qualified healthcare professional. We encourage medical follow-up, at the very least during annual doctor's visits, to ensure best monitoring of memory and health concerns.

### About The National Memory Screening Program

The National Memory Screening Program is one of the highlights of AFA's ongoing national effort to educate people about the benefits of early detection of memory problems. Local sites nationwide offer free, confidential memory screenings to the public and distribute educational materials about memory concerns and successful aging. Sites can participate in this important initiative by hosting community memory screenings on any date(s) of their choosing throughout the year or by hosting screenings during National Memory Screening Month (NMSM). National Memory Screening Month was introduced in 2003 as National Memory Screening Day. Due to the increasing demand for memory screenings and to accommodate as many sites as possible, starting in 2016, the entire month of November will be dedicated to memory screenings. This event is held in collaboration with local organizations and healthcare professionals each November during National Alzheimer's Disease Awareness Month.

### With this program, our goals are to:

- Provide free, confidential memory screenings to individuals with memory concerns or who want to check their memory now and in the future
- Encourage individuals with memory problems to follow up with their primary care physician or specialist for a comprehensive examination, an accurate diagnosis, treatment, and community resources
- Promote early detection and intervention for those concerned about memory loss
- Educate the public about Alzheimer's disease, dementia, and successful aging
- Eliminate the stigma associated with dementia

## **The National Memory Screening Program is supported by:**

- The National Memory Screening Program is made possible with a grant from the Edward N. and Della L. Thome Memorial Foundation, Bank of America, N.A., Trustee
- A dedicated Web site, [www.nationalmemoryscreening.org](http://www.nationalmemoryscreening.org), which lists participating sites and provides critical information about memory screenings and Alzheimer's disease
- An extensive national public relations campaign, with the intent of securing coverage in major national media and at the local level
- Major professional and trade organizations

## **Involvement is simple:**

- Sign up as a site at [www.afascreenings.org/register](http://www.afascreenings.org/register)
- AFA provides all the necessary tools — at no cost — to seamlessly and effectively carry out the memory screenings. This kit includes: tips and instructions; memory screening tests; consent forms; customizable press releases/public service announcements; and informational pamphlets. The majority of materials are available online. On request, Spanish materials can be provided.
- AFA offers a free virtual training and online training materials for qualified healthcare professionals to become memory screeners.
- The event provides an opportunity for the participating organization to raise awareness about dementia and to educate the public about successful aging and brain health

## **Participating sites are responsible for:**

- Arranging the time and space for the screenings
- Selecting a qualified healthcare professional screener to administer the tests
- Maintaining and updating the information on the online database
- Ensuring that appropriate staff are aware of the event and are ready to receive calls and questions from the public about it in advance of and on the day of the event
- Ensuring that your organization/practice is set up for the screening and prepared to handle attendees on the designated date and time
- Downloading, printing and distributing materials
- Publicizing the event locally
- Emphasizing to participants that memory screening results are confidential and do not represent a diagnosis
- Encouraging participants — particularly those with below normal scores and those who continue to have concerns — to follow up with a complete medical exam by their primary care physician or specialist to obtain a proper diagnosis and treatment

**Questions about the National Memory Screening Program?**

**Call [866-232-8484](tel:866-232-8484)**

**Visit [www.nationalmemoryscreening.org](http://www.nationalmemoryscreening.org)**