

# What Now?

## What Do I Do After My Memory Screening?

My results using the \_\_\_\_\_ screening tool were \_\_\_\_\_

- My score was below the normal range and it is highly recommended I follow up with my primary care physician or specialist.

### Reminders:

- A memory screening is **not** used to diagnose any particular illness, and does not replace consultation with a qualified physician or other healthcare specialist.
- AFA also has licensed social workers to help guide you through this process and answer any questions or concerns that you may have. They are available Monday-Friday 9 a.m. to 9 p.m. (ET) and Saturday 9 a.m. to 1 p.m. (ET) at **866-232-8484** (toll-free) or via e-mail at **info@alzfdn.org**.

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## ATTENTION: Healthcare Professional

On \_\_\_\_\_, \_\_\_\_\_  
(date) (name of individual)

participated in a memory screening as part of the Alzheimer's Foundation of America's National Memory Screening Program.

The test used during this screening was the \_\_\_\_\_  
(name of screening tool)

This individual scored \_\_\_\_\_ out of \_\_\_\_\_ on the exam. Score/range of scores on this screening tool that indicates a need for further assessment: \_\_\_\_\_

## Five ways to keep your mind active!

- **Socialization** - join a social organization in your community, maintain and build friendships and family networks
- **Physical Activity** - go for a daily walk, dance, gardening, aerobic exercise
- **Mental Stimulation** - learn a second language, play board games, read and write on a daily basis, play a musical instrument, do a crossword
- **Spirituality** - pray or meditate on a daily basis, learn relaxation methods
- **Nutrition** - eat healthy foods, increase your intake of particular foods (Omega 3 fatty acids, walnuts, unsalted nuts and antioxidants), eat colored fruits and vegetables, decrease your intake of processed foods, eat one sit-down meal a day with others



If you have any questions regarding this exam  
or a related matter, please contact the  
**Alzheimer's Foundation of America**



Alzheimer's Foundation of America  
National Toll-Free Helpline  
**866-232-8484**  
[www.alzfdn.org](http://www.alzfdn.org)