ANNOUNCING
the GSA KAER Online Toolkit

A 4-Step Process to Detecting Cognitive Impairment and Earlier Diagnosis of Dementia

The KAER toolkit provides an extensive collection of evidence-based, practical and easy-to-use guidance primary care providers can use to work with older adult patients and their families who are concerned about brain health and cognitive decline. This online toolkit is based on the KAER model, as developed by the GSA Workgroup on Cognitive Impairment Detection and Earlier Diagnosis. The model identifies four steps:

Kickstart the cognition conversation
Assess for cognitive impairment
Evaluate for dementia
Refer for community resources

The KAER toolkit provides tips for communicating with adults about brain health, actual clinically-relevant and scientifically supported measurement instruments for detecting cognitive impairment, links to clinical practice guidelines for conducting diagnostic evaluations for dementia. It also includes a comprehensive listing of community resources that are available to help older adults and families living with daily challenges of cognitive impairment and diagnosed Dementia.

Now available at www.geron.org/kaer
### Kickstart the Cognition Conversation

**APPROACHES**
- Raise the topic of brain health
- Ask about memory and cognition
- Listen for older adults’ concerns about memory and cognition
- Listen for family concerns about the older adult’s memory and cognition
- Observe for signs and symptoms of cognitive impairment
- Add a question about memory or cognition to health risk questionnaires
- Use information about health conditions and functioning from existing patient records
- Combine approaches

**TOOLS**
3. Brain Health as you Age: You Can Make a Difference!
4. Brain Health as You Age: Power Point Presentation
5. Brain Health as You Age: Flyer
6. Salud cerebral con el paso de los anos (Brain Health as You Age Flyer in Spanish)
7. ACP Medicare Annual Wellness Visit Letter
8. Clinician Factsheet: Detection of Cognitive Impairment

### Assess for Cognitive Impairment

**APPROACHES**
- Use a brief cognitive test to detect cognitive impairment
- Use a brief family questionnaire to obtain family members’ perceptions of the older adult’s cognition
- Use a brief self-report questionnaire to obtain older adults’ perceptions of their own cognition

**TOOLS**
1. Montreal Cognitive Assessment Tool (MoCA)
2. GPCOG
3. Memory Impairment Screen
4. Assessing Cognitive Impairment in Older Patients: A Quick Guide for Primary Care Physicians
5. AD8 Dementia Screening Interview
6. GPCOG Informant Interview
7. Short IQCODE
8. Alzheimer’s Association Medicare Annual Wellness Visit for Assessment of Cognition
9. KNOW the 10 Signs: Early Detection Matters

### Refer Patient for Community Resources

**APPROACHES**
- Connect older patients with dementia to assistance in the PCP’s organization to identify needs and access help
- Connect older patients with dementia to community agencies and providers to identify needs and access help
- Maintain a list of online resources and refer older adults and families to relevant resources
- Provide general information about and encourage participation in clinical trials

**TOOLS**
1. Template for PCP Referrals to community and regional agencies
2. ALZ Direct Connect
3. Minnesota Senior LinkAge Line Training, provided by the Minnesota Board of Aging
4. Care Needs Assessment Tool
5. Standard Care Plans for Older Adults and Families
6. Online Resources to help older adults, families, and others understand and engage in detection of cognitive impairment, diagnostic evaluation, and post-diagnostic referrals

**Discover All That KAER Has to Offer**

Consisting of four steps, the Toolkit provides quick and easy access to all approaches and tools.

**STEP 1**
- Kickstart the Cognition Conversation

**STEP 2**
- Assess for Cognitive Impairment

**STEP 3**
- Evaluate for Dementia

**STEP 4**
- Refer Patient for Community Resources

Visit www.geron.org/kaer to learn more