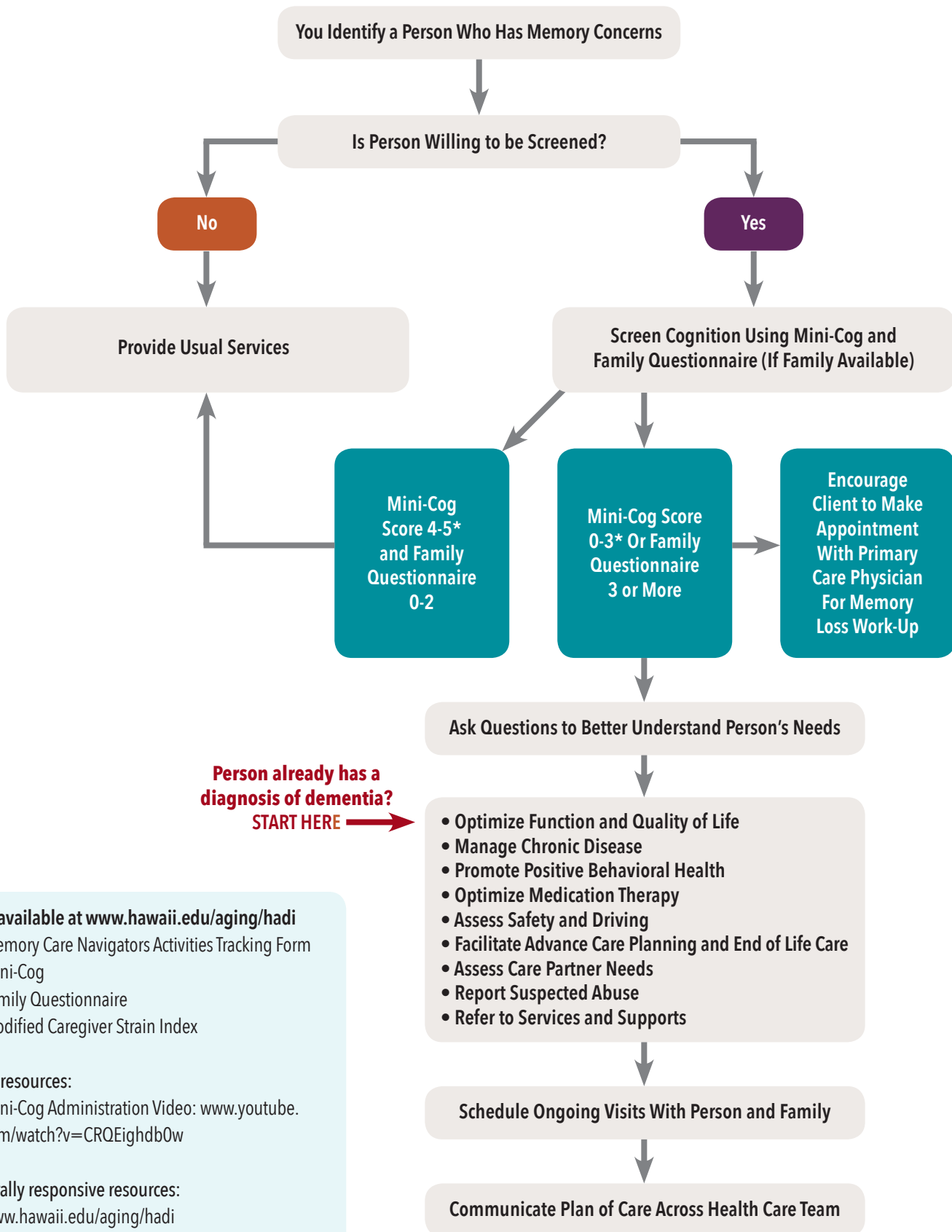


# Hawai'i Memory Care Navigator Roadmap

## COGNITIVE SCREENING FLOW CHART



**Person already has a diagnosis of dementia?**  
**START HERE** →

**Tools available at [www.hawaii.edu/aging/hadi](http://www.hawaii.edu/aging/hadi)**

- Memory Care Navigators Activities Tracking Form
- Mini-Cog
- Family Questionnaire
- Modified Caregiver Strain Index

**Other resources:**

- Mini-Cog Administration Video: [www.youtube.com/watch?v=CRQEighdb0w](http://www.youtube.com/watch?v=CRQEighdb0w)

**Culturally responsive resources:**

- [www.hawaii.edu/aging/hadi](http://www.hawaii.edu/aging/hadi)
- [www.actonalz.org/culturally-responsive-resources](http://www.actonalz.org/culturally-responsive-resources)

# Hawai'i Memory Care Navigator Roadmap

## NAVIGATION SCREENING TOOLS

### Mini-Cog Scale

#### Step 1. Three Word Registration

Look directly at the Person and say "Please listen carefully. I am going to say three words that I want you to repeat back to me now and try to remember. The words are (select a list of words from the versions below). Please say them for me now". If the person is unable to repeat the words after three attempts, move on to Step 2 (clock drawing).

The following and other word lists have been used in one or more clinical studies. For repeated administrations, use of an alternative word list is recommended.

Version 1	Version 2	Version 3	Version 4	Version 5	Version 6
Banana	Leader	Village	River	Captain	Daughter
Sunrise	Season	Kitchen	Nation	Garden	Heaven
Chair	Table	Baby	Finger	Picture	Mountain

#### Step 2. Clock Drawing

Say: "Next, I want you to draw a clock for me. First, put all of the numbers where they go." When that is completed, say: "Now, set the hands to 10 past 11".

Use a preprinted circle for this exercise. Repeat instructions as needed as this is not a memory test. Move to Step 3 if the clock is not complete within three minutes.

#### Step 3. Three Word Recall

Ask the person to recall the three words you stated in Step 1. Say: "What were the three words I asked you to remember?" Record the word list version number and the person's answers below.

Word List Version: \_\_\_\_\_ Person's Answers: \_\_\_\_\_

Scoring **Word Recall:** \_\_\_\_\_ (0-3 points) 1 point for each word spontaneously recalled without cueing.

**Clock Draw:** \_\_\_\_\_ (0 or 2 points) Normal clock = 2 points. Inability or refusal to draw a clock (abnormal) = 0 points.

**Total Score:** \_\_\_\_\_ (0-5 points) Total score = Word Recall score + Clock Draw score.

\* Adapted from Mini-Cog™ © S. Borson. All rights reserved. Full version is available at <http://www.actonalz.org/pdf/Mini-Cog.pdf>

\*\* Note: these scales with scoring information are available in full on the HADI visit form ([www.hawaii.edu/aging/hadi](http://www.hawaii.edu/aging/hadi)).

### Family Questionnaire

In your opinion does \_\_\_\_\_ have problems with any of the following?

Please circle the answer.

- |   |            |           |            |                |
|---|------------|-----------|------------|----------------|
| 1. Repeating or asking the same thing over and over?      | Not at all | Sometimes | Frequently | Does not apply |
| 2. Remembering appointments, family occasions, holidays?  | Not at all | Sometimes | Frequently | Does not apply |
| 3. Writing checks, paying bills, balancing the checkbook? | Not at all | Sometimes | Frequently | Does not apply |
| 4. Deciding what groceries or clothes to buy?             | Not at all | Sometimes | Frequently | Does not apply |
| 5. Taking medications according to instructions?          | Not at all | Sometimes | Frequently | Does not apply |

Relationship to patient \_\_\_\_\_ (spouse, son, daughter, sister, grandchild, friend, etc.)

Scoring: Not at all=0, Sometimes=1, Frequently=2. Sum to get total score. A score of 3 or more should prompt the consideration of a more detailed evaluation

\*Adapted from the Care Management Advisory Group of the Chronic Care Networks For Alzheimer's Disease Initiative. Full version from: ([http://www.alz.org/mnnd/documents/family\\_questionnaire.pdf](http://www.alz.org/mnnd/documents/family_questionnaire.pdf))

### Modified Caregiver Strain Index

	Yes, On a Regular Basis=2	Yes, Sometimes =1	No=0
My sleep is disturbed	_____	_____	_____
Caregiving is inconvenient	_____	_____	_____
Caregiving is a physical strain	_____	_____	_____
Caregiving is confining	_____	_____	_____
There have been family adjustments	_____	_____	_____
There have been changes in personal plans	_____	_____	_____
There have been other demands on my time	_____	_____	_____
There have been emotional adjustments	_____	_____	_____
Some behavior is upsetting	_____	_____	_____
It is upsetting to find the person I care for has changed so much from his/her former self	_____	_____	_____
There have been work adjustments	_____	_____	_____
Caregiving is a financial strain	_____	_____	_____
I feel completely overwhelmed	_____	_____	_____

Sum responses for "Yes, on a regular basis" (2 pts each) and "Yes, sometimes" (1 pt each)

Total Score = \_\_\_\_\_ \* Higher score on the MCSI, the greater the need for more in-depth assessment to facilitate appropriate intervention.

Thornton, M., & Travis, S.S. (2003). Analysis of the reliability of the Modified Caregiver Strain Index. The Journal of Gerontology, Series B, Psychological Sciences and Social Sciences, 58(2), p. S129. Copyright © The Gerontological Society of America.

# Hawai'i Memory Care Navigator Roadmap

## DEMENTIA SUPPORT

Some do's and don'ts for effective communication with persons with dementia:

- |   |   |
|---|---|
| <p><b>DO</b></p> <ul style="list-style-type: none"> <li>• Do use their first name to get their attention</li> <li>• Do speak in a normal tone of voice at a normal volume</li> <li>• Do your best to eliminate any distractions such as a TV or radio</li> <li>• Do give short, one sentence explanations</li> <li>• Speak slowly and clearly</li> <li>• Allow plenty of time for comprehension</li> <li>• Agree with them or distract them to a different subject or activity</li> <li>• Accept the blame when something's wrong (even if it's a fantasy)</li> <li>• Do encourage reminiscing if it is enjoyable to the person</li> <li>• Respond to the feelings rather than the words</li> <li>• Be patient, cheerful, and reassuring</li> <li>• Go with the flow</li> </ul> | <p><b>DON'T</b></p> <ul style="list-style-type: none"> <li>• Don't interrupt</li> <li>• Don't reason</li> <li>• Don't argue</li> <li>• Don't confront</li> <li>• Don't question recent memory</li> <li>• Don't insist, try again later</li> <li>• Don't criticize or correct</li> <li>• Don't take it personally</li> </ul> |
|---|---|

**TRIAGE: What zone is the person in?**

ZONE	POTENTIAL CONCERNS	ACTION TO TAKE
<b>Green Zone</b>	<b>Coping well</b>	<b>No need for navigation</b>
<b>Yellow Zone</b>	<p><b>Needs some assistance</b></p> <ul style="list-style-type: none"> <li>• Health Concerns</li> <li>• Behavior Concerns</li> <li>• Wandering Concerns</li> <li>• ADLS Assistance</li> <li>• Nutrition Concerns</li> <li>• Transportation Concerns</li> <li>• Driving Concerns</li> <li>• Fall Concerns</li> <li>• Caregiver Burnout Concerns</li> <li>• Advance Care Planning</li> <li>• Legal Concerns</li> <li>• Family Conflict</li> <li>• Elder Abuse Concerns</li> <li>• Medical Insurance and Financial Concerns</li> <li>• Late Stage Dementia</li> </ul>	<p><b>Provide Navigation</b></p> <ul style="list-style-type: none"> <li>• Refer to Physician</li> <li>• Refer to Psychologist or Psychiatrist</li> <li>• Refer to Safe Return Program</li> <li>• Refer to ADRC</li> <li>• Refer to Nutritionist, Meals on Wheels</li> <li>• Refer to HandiVan or HandiCab</li> <li>• Refer To Driving Rehabilitation Specialist or Occupational Therapist</li> <li>• Refer to Physical Therapy, Fall Prevention Programs</li> <li>• Refer to Alzheimer's Association, Caregiver Support Groups</li> <li>• Refer to Social Worker or Primary Care Provider</li> <li>• Refer to Elder Law Attorney</li> <li>• Refer for Family Mediation or Social Worker</li> <li>• Refer to Adult Protective Services</li> <li>• Refer to Department of Human Services Med-QUEST, Social Security Administration</li> <li>• Refer to Hospice</li> </ul>
<b>Orange Zone</b>	<p><b>Highly Complex Case</b></p> <ul style="list-style-type: none"> <li>• Needing Placement</li> <li>• Determination of Capacity &amp; Competency</li> <li>• Multiple Hospitalizations</li> <li>• Multiple Medical Issues</li> </ul>	<b>Discuss with Supervisor and Refer for Case Management</b>
<b>Red Zone</b>	<b>Crisis, Safety Risk, Elder Fraud, Abuse or Neglect</b>	<b>Call 911 or APS</b>

# Hawai'i Memory Care Navigator Roadmap

## DEMENTIA RESOURCES

Visit the UH Center on Aging website at [www.hawaii.edu/aging/hadi](http://www.hawaii.edu/aging/hadi) for additional listings of dementia professionals and services.

Note: Inclusion of an agency/organization in this Roadmap does not imply endorsement by HADI.

### Help with Diagnosis and Behavior Management

#### *Refer to specialist as needed*

- Neurologist (dementia focus, if possible)
- Geriatric Psychiatrist
- Geriatrician
- Information on stages & behaviors: <https://www.alz.org/care/alzheimers-dementia-stages-behaviors.asp>
- Screening diverse populations: [www.actonalz.org/screening-diverse-populations](http://www.actonalz.org/screening-diverse-populations)

### Counseling, Education, Support & Planning

#### *Links to Community and Online Resources*

- Alzheimer's Association – Aloha Chapter 24/7 Helpline at 1-800-272-3900 or [www.alz.org/hawaii](http://www.alz.org/hawaii)
- Hawaii ADRC (Aging & Disability Resource Center) statewide at 643-ADRC (2372). TTY line: 643-0889. OR go to [www.hawaiiadrc.org](http://www.hawaiiadrc.org) "Professionals & Service Providers"
- Life After Diagnosis: [www.alz.org/alzheimers\\_disease\\_life\\_after\\_diagnosis.asp](http://www.alz.org/alzheimers_disease_life_after_diagnosis.asp)
- Taking Action Workbook: [http://alz.org/i-have-alz/downloads/lwa\\_pwd\\_taking\\_action\\_workbook.pdf](http://alz.org/i-have-alz/downloads/lwa_pwd_taking_action_workbook.pdf)
- Provide Alzheimer's Association Basics of Alzheimer's or Aloha Chapter brochure
- For materials in different languages, go to Alzheimer's Association ([www.alz.org](http://www.alz.org)), and click on "Languages" on the upper right section of the screen.
- Alzheimer's and Dementia Caregiver Center: [www.alz.org/care/](http://www.alz.org/care/)
- TrialMatch® [www.alz.org/trialmatch](http://www.alz.org/trialmatch) (Clinical Trials)

### Stimulation/Activity/ Maximizing Function

#### *Daily Mental, Physical and Social Activity*

- Living Well Workbook: [https://www.alz.org/mnnd/documents/15\\_ALZ\\_Living\\_Well\\_Workbook\\_Web.pdf](https://www.alz.org/mnnd/documents/15_ALZ_Living_Well_Workbook_Web.pdf)
- Adult Day Services (Appropriate for Mid- to Late Stage Dementia)
- Sensory Aids (Hearing Aids, Pocket Talker, Glasses, etc.)
- NIH's Caring for a Person with Alzheimer's Disease: Your Easy-to-Use Guide: [www.nia.nih.gov/alzheimers/publication/caring-person-alzheimers-disease/about-guide](http://www.nia.nih.gov/alzheimers/publication/caring-person-alzheimers-disease/about-guide) (free hard copies can be ordered)

## Safety

### Driving

- Refer To Driving Rehabilitation Specialist or Occupational Therapist for Clinical and/or In-Vehicle Evaluation
- Understanding Dementia and Driving: [www.thehartford.com/mature-market-excellence/dementia-driving](http://www.thehartford.com/mature-market-excellence/dementia-driving)
- Family Conversations About Alzheimer's Disease, Dementia & Driving: [www.thehartford.com/alzheimers](http://www.thehartford.com/alzheimers)
- At the Crossroads Guidebook: [www.thehartford.com/mature-market-excellence/order-guidebooks](http://www.thehartford.com/mature-market-excellence/order-guidebooks)
- Dementia and Driving Resource Center: [www.alz.org/care/alzheimers-dementia-and-driving.asp](http://www.alz.org/care/alzheimers-dementia-and-driving.asp)
- Fitness to Drive Screening Tool: [www.aarp.org/home-family/getting-around/driving-resource-center/info-08-2013/fitness-to-drive-screening-tool.html](http://www.aarp.org/home-family/getting-around/driving-resource-center/info-08-2013/fitness-to-drive-screening-tool.html)

### Fall Prevention

- Preventing Falls Among Older Adults <http://health.hawaii.gov/injuryprevention/home/preventing-falls/information/>

### Wandering

- MedicAlert® and Alzheimer's Association Safe Return®: [www.alz.org/care/dementia-med-alert-safe-return.asp](http://www.alz.org/care/dementia-med-alert-safe-return.asp)
- "Six Out 10 People With Alzheimer's Will Wander": <http://www.alz.org/documents/dsw/MASREnrollmentBrochure.pdf>
- Wandering and Getting Lost: <http://www.alz.org/care/alzheimers-dementia-wandering.asp>

### Medication Management

- Identify All Medications, Including Over-the-Counter Medications, Vitamins and Herbal Remedies
- Use a Tool Like "My Medicine List", [www.hawaii.edu/aging/hadi](http://www.hawaii.edu/aging/hadi) and Share the List With Health Care Team

### Legal/Financial

- Encourage Patient to Assign Durable Power of Attorney; Elder Law Attorney as Needed
- UH Elder Law Program Health Care Decision Making: [www.hawaii.edu/uhelp/healthcare.htm](http://www.hawaii.edu/uhelp/healthcare.htm)
- Deciding What's Next and Who in the World Cares? Booklet: [www.hawaii.edu/uhelp/publications.htm](http://www.hawaii.edu/uhelp/publications.htm)
- Hawaii State Bar Association Lawyer Information & Referral Service: <http://hawaiilawyerreferral.com>
- Legal Aid Society of Hawaii: [www.legalaidhawaii.org](http://www.legalaidhawaii.org)
- Consumer Credit Counseling Service of Hawaii: <http://cccsofhawaii.org>

### Elder Abuse, Neglect and Fraud

- Adult Protective Services: <http://humanservices.hawaii.gov/ssd/home/adult-services/>
- Elder Abuse Justice Unit, Office of the Prosecuting Attorney: Honolulu: (808) 768-6452, [www.elderjustice.com](http://www.elderjustice.com); Hawaii County: (808) 934-3461; Maui County: (808) 270-7777; Kauai County: (808) 241-1888
- Hawaii's Fraud Prevention & Resource Guide: <http://health.hawaii.gov/eoa/files/2013/07/Hawaiis-Fraud-Prevention-Resource-Guide.pdf>

## Advance Care Planning

### Hawaii Advance Care Planning and POLST Forms:

- Kokua Mau: Hawaii Hospice & Palliative Care Organization: [www.kokuamau.org](http://www.kokuamau.org)

Adapted from ACT on Alzheimer's® developed tools and resources.

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