

MEMORY SCREENINGS

What is a memory screening?

A memory screening consists of a few simple questions and tasks designed to assess basic memory and other cognitive functioning. Memory screenings are completely confidential and are conducted free-of-charge by qualified healthcare professionals from Visiting Nurse & Hospice of Fairfield County. While it is not used to diagnose any particular illness, a memory screening can be an important first step toward identifying potential memory problems and early diagnosis.

Who should have a memory screening?

If you, or a loved one, answers yes to any of the following questions, a memory screening might prove beneficial.

- Have you become lost when driving?
- Are you becoming forgetful?
- Do you have difficulty concentrating?
- Do you forget where you are?
- Do you have difficulty performing familiar tasks?
- Are you misplacing things more often?
- Have family or friends noticed changes in your mood or behavior?

Screenings are also appropriate for those who do not have a concern currently, but who want to evaluate their memory baseline for future comparisons.

How do I schedule a memory screening?

For more information, or to schedule a confidential memory screening for yourself or a loved one, contact Jeanette Graham, Geriatric Care Manager at Visiting Nurse & Hospice of Fairfield County at 203-762-8958 ext 249.