## Checklist for GP Management of Mild Cognitive Impairment & Dementia

| Concern/Issue Considerations y/n | | |
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| Education about MCI/Dementia | Refer to [Dementia Australia: Thinking Ahead](https://www.dementia.org.au/get-involved/events/mild-cognitive-impairment-thinking-ahead), a small group program for Mild Cognitive Impairment  Provide information from local Primary Health Network (PHN)  Refer to the following websites or print off help-sheets from:   * [Dementia Australia](https://www.dementia.org.au/) * [Forward with Dementia](https://forwardwithdementia.au/)   Educate about delirium & print off Delirium Action Plan (DTA webpage) |  |
| Encourage early access to service | Direct to [My Aged Care](https://www.myagedcare.gov.au/) if > 65  Direct to [NDIS](https://www.ndis.gov.au/) if < 65  [Carer Gateway](https://www.carergateway.gov.au/)  [Caring for Older persons in their environment (COPE) - OT programme](https://copeprogram.com.au/what-is-occupational-therapy/) |  |
| Consider specialist referral if:Young onsetAtypical featuresBehaviours of concern | Geriatrician  Neurologist (for people <65 years)  Old-age psychiatrist  Neuropsychologist (for assistance with diagnostic uncertainty) |  |
| Legal arrangements | [Advance Care Planning Australia](https://www.advancecareplanning.org.au/)   * Advance Health Directive (Retain a copy for your records) * Will * Enduring powers of attorney (legal/financial, lifestyle, medical) |  |
| Optimise Brain Health | Encourage physical activity  Local age-appropriate exercise group (PHN)  Exercise physiologist  Discuss staying cognitively and socially active, - Local dementia Support groups (PHN)  Limit alcohol & stop smoking.  Healthy diet (Mediterranean diet encouraged)  Optimise sleep, treat obstructive sleep apnoea.  Address CVS risk factors (BP, DM, chol)   * [CogDRisk](https://cogdrisk.neura.edu.au/) – will give them personalised recommendations for reducing risk * [BrainHQ](https://www.brainhq.com/?v4=true&fr=y) or [Cognifit](https://www.cognifit.com/) – evidence based computerised training (payment required) |  |
| Mental health concerns? | Mental Health Plan  Consider referral to:   * Old-age psychiatrist * Psychologist (with experience in dementia) |  |
| Medications | Home medication review (pharmacist)  Consider medication for dementia (liaise with specialist)  Deprescribing as dementia progresses   * [Match-D](https://www.match-d.com.au/wp-content/uploads/2019/06/MATCH-D-Checklist-Late-Stage-Dementia.pdf) * [Stopp-Start Toolkit](https://www.cgakit.com/m-2-stopp-start)   Improve ease of administration   * Webster packing * Alarms/reminders |  |
| General Practice Management plan\*\*Review regularlyUpdate as Goals of Care changeStage 1 (Person living at home) – *Dignity through engagement and enjoyment.* Stage 2 (Person transitioning to 24-hour care) – *Dignity through safety.*  Stage 3 (Person requiring 24-hour care with diminishing quality of life) *– Dignity through comfort.* | Vision assessment & correction (optometrist)  Hearing assessment & correction (audiologist)  Personalised dietary advice (dietician)/cooking & meal support  Regular weight checks  Dental review (dentist)  Falls prevention (PHN) / OT/ physio  Consider bone density scan.  Continence Aids Support [(CAPS)](https://www.health.gov.au/our-work/continence-aids-payment-scheme-caps)  Speech pathology referral if communication or swallowing difficulties. |  |
| Driving | Start the conversation early.  People with dementia require a conditional licence with regular review  Look at alternate transport options.  [AUSTROADS](https://austroads.com.au/) is a useful resource.  Local Healthpathways about driving with dementia  OT driving assessment if concerns |  |
| Are there changes in behaviourcausing concern?Apathy, withdrawalFrustration, angerWandering | Education for family and carers  Encourage routine, social engagement, enjoyable activities.  Consider delirium, pain, infection as cause of sudden change in behaviour.  [Dementia Support Australia](https://www.dementia.com.au/)  Old-age psychiatrist |  |
| Carer support | Consider screening for mental health issues in family and carers.  Mental Health Care plan for carers to access psychological services.  Dementia Australia [– National number & help sheets](https://www.dementia.org.au/about-dementia)  Local dementia support groups (via local PHN)  Consider need for day or residential respite care |  |