##  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 ImpairmentProvide 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 > 65Direct 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 | GeriatricianNeurologist (for people <65 years)Old-age psychiatristNeuropsychologist (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)
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| Optimise Brain Health | Encourage physical activity Local age-appropriate exercise group (PHN)  Exercise physiologistDiscuss 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)
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| Mental health concerns? | Mental Health PlanConsider referral to:* Old-age psychiatrist
* Psychologist (with experience in dementia)
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| 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
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| 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 checksDental review (dentist)Falls prevention (PHN) / OT/ physioConsider 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 reviewLook at alternate transport options.[AUSTROADS](https://austroads.com.au/) is a useful resource.Local Healthpathways about driving with dementiaOT driving assessment if concerns |  |
| Are there changes in behaviour causing concern?Apathy, withdrawalFrustration, angerWandering | Education for family and carersEncourage 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 |  |