



## **Free Cognitive/Memory Screening Tools**

*Take charge of your brain health with these easy, no-cost options. Early action matters — start today!*

**SAGE Test** A simple 15-minute pen-and-paper test from Ohio State Wexner Medical Center to help detect early signs of memory or thinking changes. Download, complete at home, and share results with your doctor. → <https://www.wexnermedical.osu.edu/brain-spine-neuro/memory-disorders/sage>

**BrainGuide Memory Questionnaire** A quick, confidential online (or phone) questionnaire from UsAgainstAlzheimer's. Get personalized brain health resources and next steps. → <https://www.mybrainguide.org>

**General Practitioner Assessment of Cognition** A short cognitive screening tool that can be done by you, a family member, or a caregiver (informant). This can be very useful when the person experiencing cognitive changes is unaware of them or hesitant to discuss them with a doctor. → <https://gpcog.com.au>

**Important: These screenings are not substitutes for a full medical evaluation. Early detection can make a big difference — share results with your primary care provider, neurologist, or other healthcare professionals.**

**If you would like assistance completing a cognitive/memory screening, please reach out to:**

**Rhonda Walsh, Dementia Outreach Specialist**

**Phone: 812-459-0781 | Email: [rwalsh@swirca.org](mailto:rwalsh@swirca.org)**

**I will gladly schedule an appointment to assist you at SWIRCA & More.**