

Section B: Cognition- Quick Reference

1. **Cognitive Skills for Daily Decision Making-** Making decisions regarding tasks of daily life.

Consider the following

The person:

- a. Can decide what clothing is appropriate for the weather and time of day
- b. Can determine when to eat
- c. Has the ability to organize a daily schedule using clocks and/or calendars
- d. Recognizes when assistance is needed and the steps to obtain the assistance
- e. Recognizes ones' own limitations

2. **Memory/ Recall Ability:**

- a. **Short- term memory-** The capacity to hold and recall information after a small period of time (5 minutes)
- b. **Procedural memory-** The ability to perform all or almost all steps in a multi-task sequence.
- c. **Situational memory-** This is a two-part measure of orientation that assess the person's cognitive ability to recognize places and people

3. **Periodic Disordered Thinking or Awareness:**

- a. **Easily distracted-** e.g., episodes of difficulty pay attention, gets sidetracked
- b. **Episodes of disorganized speech-** e.g., speech is nonsensical, irrelevant, rambling from subject to subject; loses train of thought
- c. **Mental function varies over the course of the day-** e.g., sometimes better, some times worse.

Cognitive Skills for Daily Decision Making Scenario 1

Please select the correct ranking for this situation.

Mr. K has a regular morning routine. Every morning he gets up, showers, dresses and drives to a local fast food restaurant for coffee with his retired friends. This morning there was a vehicle accident and individuals were being detoured around the accident. Mr. K has lived in his neighborhood for 40 years and knows the area very well, so the detour should not be a challenge him. As he was driving, he thought to himself that it is taking longer than usual to get to the restaurant. After a few more turns he realized that, he was close to his home. He pulled into his driveway slightly confused as to why he could not follow the detour.

- 0 - Independent - Decisions consistent, reasonable, and safe.
- 1 - Modified Independence - Some difficulty in new situations only.
- 3 - Moderately Impaired – Decisions consistently poor or unsafe; cues/supervision required at all times.
- 4 - Severely Impaired – Never or rarely makes decisions.
- 5 - No discernable consciousness, coma.



Cognitive Skills for Daily Decision Making Scenario 2

Select the correct rating from the situation below.

Mr. P is currently in the hospital with pressure ulcers. He is unable to provide information to the nursing staff. When he is asked a question, he responds with nonsensical speech and gestures. The wife informed the staff that she is his primary caregiver. He can longer express his wants and needs to his wife. His wife does her best to provide him with what he needs and what she thinks he wants. Mr. P does not get out of bed or transfer unless he is prompted. Mrs. P has to feed him and change his incontinence briefs.

- 0 - 1 Independent - Decisions consistent, reasonable, and safe.
- 1 - Modified Independence - Some difficulty in new situations only.
- 2 - Minimally Impaired - In specific recurring situations, decisions become poor or unsafe; cues/supervisions necessary at those times.
- 3 - Moderately Impaired - Decisions consistently poor or unsafe; cues/supervision required at all times.
- 4 - Severely Impaired - Never or rarely makes decisions.
- 5 - No discernable consciousness, coma.

Cognitive Skills for Daily Decision Making Scenario 3

Select the correct rating for this situation.

Mrs. M lives alone and enjoys her solitude. She maintains a neat and orderly home and takes pride in her appearance. She rides public transportation to medical appointments and to complete her shopping. At a recent doctors appointment Mrs. M's doctor was concerned with her very high blood pressure and the slight arrhythmia he heard when examining her. He asked her if she is taking her medication. She admitted to the doctor that sometimes she cannot remember if she took her medication. He asked if she brought her medication bottles with her today. Mrs. M provided the doctor with the bottles. The doctor counted the pills in the bottles and compared the count with the dates of the refills. He noticed that Mrs. M had missed 10 doses of her blood pressure medication and she did not have the medication for her arrhythmia. When he asked her about her medication, she was adamant that she only takes three pills per day.



- 0 – 1 Independent – Decisions consistent, reasonable, and safe.
- 1 – Modified Independence – Some difficulty in new situations only.
- 2 – Minimally Impaired – In specific recurring situations, decisions become poor or unsafe; cues/supervisions necessary at those times.
- 3 – Moderately Impaired – Decisions consistently poor or unsafe; cures/supervision required at all times.
- 4 – Severely Impaired – Never or rarely makes decisions.
- 5 – No discernable consciousness, coma.

Cognitive Skills for Daily Decision Making Scenario 4

Select the correct rating from the choices below.

One recent evening Mr. R knocked on his neighbor's door on a very cold night. When the neighbor answered the door, he noticed that Mr. R was standing on the porch only wearing shorts and a pair of socks. Mr. R walked into the home and sat down on a kitchen chair without a word. The neighbor has known Mr. R for several years and they have always been friendly. The neighbor asked him if he was ok.. Mr. R told him, he was out for a walk and decided to stop by. The neighbor asked why he was taking a walk at this very late hour and why was he not wearing appropriate clothing. Mr. R just laughed. The neighbor decided to call Mr. R's wife. Mrs. R came to get him, she told the neighbor that Mr. R has been taking "walks" often in the middle of the night and she is not sure how to keep him in the home a safe at nights. She also shared that he frequently turns on the gas burners on their stove, watches the flames for a few minutes and then walks away without turning them off. Finally, Mr. R has been spotted going through their garbage.



- 0 - 1 Independent - Decisions consistent, reasonable, and safe.
- 1 - Modified Independence - Some difficulty in new situations only.
- 2 - Minimally Impaired - In specific recurring situations, decisions become poor or unsafe; cues/supervisions necessary at those times.
- 3 - Moderately Impaired - Decisions consistently poor or unsafe; cues/supervision required at all times.
- 4 - Severely Impaired - Never or rarely makes decisions.
- 5 - No discernable consciousness, coma.

Memory /Recall Ability Scenario 1

Please select the correct ranking for this situation.

During the assessment interview Mrs. A asked the assessor what her name was four different times. Her short-term memory / recall should be ranked as:

- 0 - Yes, memory OK over the last 3 days
- 1 - Memory problem present in the last 3 days



Memory /Recall Ability Scenario 2

Select the correct rating from the situation below.

The assessor discovered that Mrs. Y had been sleeping in a recliner for the last three weeks. She has a cracked vertebrae in her lower back that makes it very difficult to lie down in a bed. She said her doctor told her it was the result of calcium deficiencies, but that people came to help her. Mrs. Y could not remember the names of the people that came to help her despite their arrival on a daily basis. Later Mr. Y shared that it was their daughter-in-law and niece that came daily. This information would trigger a rating of 1- Memory problem present in the last 3 days for which item?

- Short-term memory / recall
- Procedural memory
- Situation memory



Memory /Recall Ability Scenario 3

Select the correct rating for this situation.

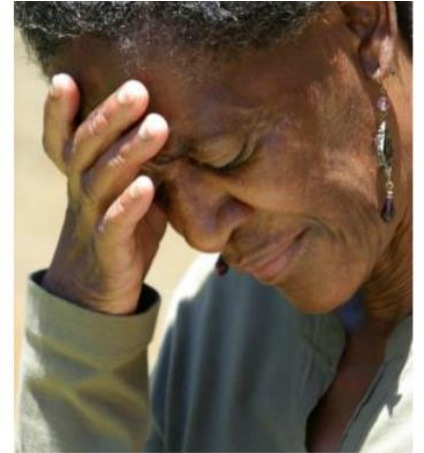
Mr. D shared with the assessor that in the last week he has had a great deal of difficulty remembering how to do many things he was able to do just last month. As an example he said that he was attempting to make a sandwich for himself, and he had difficulty remembering how to do it. He stood in the kitchen staring at the refrigerator when his wife came in and asked what he was doing. He told her he forgot how to make a sandwich. She coached him through the process and he was able to follow her directions.

- Procedural memory 0 - Yes memory OK over the last 3 days
- Procedural memory 1 - Memory problem present in the last 3 days



Memory /Recall Ability Scenario 4

During the course of the assessment Mrs. G was asked to describe how her day started. She was unable to do so. She seemed quite confused, not being able to remember if she had breakfast, let alone what she might have eaten. The assessor asked her if she thought she could remember who was in the apartment when she got up from sleep. She quickly identified that her husband, and their oldest daughter who was visiting to help with some Spring cleaning. When asked about the Spring cleaning, Mrs. G said that she liked to start in the bedrooms and bathroom, by opening the windows and letting in fresh air. The assessor continued by asking Mrs. G to describe what room she liked to see cleaned next. Mrs. G indicated that she liked to see the kitchen next followed by the dining room and then the living room. The assessor not being sure of Mrs. G's procedural memory asked if she could walk her through the apartment and show her each of the rooms in the order she liked them cleaned. Mrs. G seemed to take a great deal of pride in showing the apartment and was able to follow the order in which she liked to see the Spring cleaning completed.



- It appears that Mrs. G's short-term memory, procedural memory, and situational memory are all ok.
- It appears that Mrs. G's procedural memory and situational memory are ok, but that there are problems with short-term memory.
- It appears that Mrs. G's short-term memory and situation memory are ok, but that there are problems with procedural memory
- It appears that Mrs. G has problems with short-term, procedural, and situational memory.

Periodic Disordered Thinking or Awareness Scenario 1

Easily Distracted Item - Select the correct rating from the choices below

The assessor was having difficulty keeping Mr. B's attention. He seemed to be preoccupied with a missing button on his shirt. He responds appropriately to the assessor once she got his attention. Mr. B's wife told the assessor that he gets distracted easily with tiny details like the missing button. Mr. B's wife gave him a sweater to put on over his button-up shirt. Once the shirt was covered, the assessor had his full attention and completed the assessment.

- 0 - Behavior not present in the last 3 days.
- 1 - Behavior present in the last 3 days, consistent with usual functioning.
- 2 - Behavior present in the last 3 days, appears different from usual functions (e.g., new onset or worsening; different from a few weeks ago).



Periodic Disordered Thinking or Awareness Scenario 2

Mental Function Varies Over the Course of the Day - Select the correct answer from the choices below.

Mrs. Z explained to the assessor that her husband is seemingly "normal" through the day, but at night, he becomes very agitated and paces the hallway all night long. This has been going on for several months, and she has come to accept the behavior as her husband's new "normal."

- 0 - Behavior not present
- 1 - Behavior present, consistent with usual functioning.
- 2 - Behavior present, appears different from usual functioning (e.g., new onset or worsening; different from a few weeks ago.)



Periodic Disordered Thinking or Awareness Scenario 3

During the assessment, Mrs. H got up from her chair and went to look out the window. Mr. H called her name several times before she responded. He asked her to come sit back down. Mrs. H sat back down, and the assessor continued. Mrs. H was speaking; suddenly she stood and went to look out the window again. Mr. H. told the assessor that she is always looking out the window and in the last several days this behavior has gotten worse. Recently she started doing this during dinner, something she never did before. He does not know why she's doing this.

- 0 - Behavior not present in the last 3 days.
- 1 - Behavior present in the last 3 days, consistent with usual functioning.
- 2 - Behavior present in the last 3 days, appears different from usual functions (e.g., new onset or worsening: different from a few weeks ago).

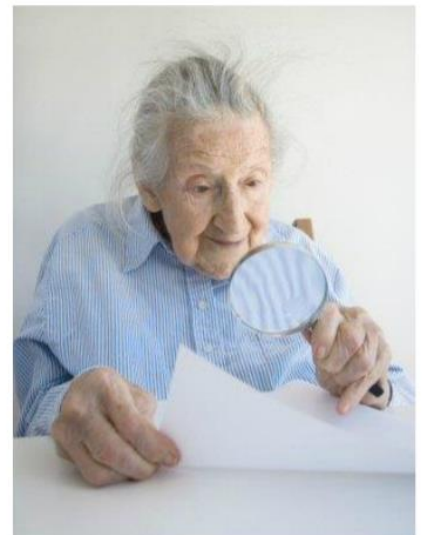


Periodic Disordered Thinking or Awareness Scenario 4

Episodes of Disorganized Speech - Select the correct rating from the choices below.

While the assessor introduced herself and explained the steps of the assessment, Mrs. D started making sounds almost sounding like "Oh no" but really drawn out. The assessor asked Mrs. D's daughter what she was trying to say. The daughter stated that she is not sure what she is trying to say, but the past few days she has been making that sound all hours of the night. The daughter has made doctor appointments because of the new behavior.

- 0 - Behavior not present.
- 1 - Behavior present, consistent with usual functioning.
- 2 - Behavior present, appears different from usual functions (e.g., new onset or worsening: different from a few weeks ago).



Periodic Disordered Thinking or Awareness Scenario 5

Episodes of Disorganized Speech - Select the correct rating from the choices below.

Mr. T was in the doorway when the assessor entered the home. The assessor greeted Mr. T. Mr. T made popping noises. Mrs. T quickly explained to the assessor that Mr. T always makes popping noises. She stated that Mr. T seems to make nonsensical noises when he gets excited or agitated.



- 0 - Behavior not present.
- 1 - Behavior present, consistent with usual functioning.
- 2 - Behavior present, appears different from usual functions (e.g., new onset or worsening; different from a few weeks ago).

Periodic Disordered Thinking or Awareness Scenario 6

Mental Function Varies Over the Course of the Day - Select the correct answer from the choices below.

Mrs. O typically exhibits pacing behaviors in the home at different times through the day. Mrs. O's husband can easily redirect her to sit down and engage her in an activity. However, the last week or so Mrs. O has started to become combative in the morning when Mr. O tries to redirect her.



- 0 - Behavior not present
- 1 - Behavior present, consistent with usual functioning.
- 2 - Behavior present, appears different from usual functioning (e.g., new onset or worsening; different from a few weeks ago.)