



Changemakers: Cognitive Care

Caring for our cognitive health is just as important as caring for our physical health. Many people are surprised to learn that age-related changes in the brain can often be managed but with the right support, people can maintain or even improve their quality of life.

Whether someone is experiencing mild memory changes, dementia or Alzheimer's disease, depression, or unexpected mood shifts, **early diagnosis and treatment** can help older adults and their caregivers feel more prepared and supported.



What Are Memory Disorders?

Memory loss can feel scary and confusing. It can also be hard to tell whether changes are a normal part of aging or a sign to seek help.

Memory disorders occur when areas of the brain become damaged, reducing the brain's ability to store or recall information. These conditions can affect more than memory — they may also influence:

- Behavior
- Language
- Problem-solving
- Coordination and balance

Visit the [Ohio State Wexner Medical Center Memory Disorders](#) resources page to learn more.

CHANGE/MAKERS



THE OHIO STATE UNIVERSITY

WEXNER MEDICAL CENTER



Detecting Signs of Alzheimer's and Dementia

One way to catch thinking or memory problems early is with the **Self-Administered Gerocognitive Exam (SAGE)**. Developed by experts at The Ohio State University Wexner Medical Center, the SAGE test is designed to detect early signs of cognitive, memory or thinking impairments.

The test does not diagnose specific conditions, but it gives physicians helpful information about how well your brain is working and whether more evaluation may be needed.

Learn more and download the [SAGE test](#) online.

Golden Buckeye Center for Dementia Caregiving

More than **7 million people** in the U.S. — including about **236,000** in Ohio — are living with Alzheimer's disease or other dementias. Many are supported by **unpaid family or friend caregivers**, who often face emotional, physical, and financial challenges.

The **Golden Buckeye Center for Dementia Caregiving** at The Ohio State University College of Nursing has world-renowned experts and researchers who offer training, resources and research opportunities to support both family and professional caregivers across Ohio. Their goal is to build connection, confidence and competence for anyone caring for someone with dementia.

Visit the [Center's website](#) for caregiver tools and support.

Research Opportunities

The Wexner Medical Center is currently seeking volunteers for research studies focused on treating Alzheimer's disease. Volunteers may qualify if they are:

- Healthy with normal thinking
- At risk for Alzheimer's
- Diagnosed with mild cognitive impairment
- Diagnosed with Alzheimer's disease
- Diagnosed with Lewy body disease
- Diagnosed with frontotemporal degeneration or aphasia
- Living with dementia-related behavioral symptoms

If you are interested in participating, email cognitive@osumc.edu.

