



Navigating the Healthcare System When You Have Cognitive Concerns

Finding Care When You Need it Most



EMORY
UNIVERSITY

Cognitive Neurology

I have cognitive concerns... what should I do?

- **STEP 1:** Discuss your symptoms and concerns with your family and your primary care physician or specialist. If appropriate, your provider can refer you for a cognitive neurology evaluation.
- **STEP 2:** If you reside in the state of Georgia, you can seek an evaluation at the Emory Cognitive Neurology Clinic or through Georgia Memory Net's Memory Assessment Clinics throughout the state
 - **For Emory Cognitive Neurology Clinic:** Go to <https://www.emoryhealthcare.org/centers-programs/cognitive-neurology-program/new-patients.html> and have your provider fill out the referral form (via Epic for Emory providers and via PDF referral form for others)
 - **For Georgia MemoryNet:** Go to <https://gamemorynet.org/patient/patient-referrals/> and download the referral form and give it to your provider
- **STEP 3:** Complete the required steps to obtain an evaluation.
- **STEP 4:** Once you receive a diagnosis, discuss with your primary care provider whether they are comfortable managing your symptoms. If you would like to receive follow up care in the Emory Cognitive Neurology Clinic, you may request to be seen for ongoing follow up care.



What is the Emory Cognitive Neurology Clinic?

- **What:** We specialize in **diagnosing and managing** memory loss and cognitive decline including patients with:
 - Mild Cognitive Impairment (MCI), Alzheimer's Disease, Frontotemporal Dementia, Lewy body Dementia, and other neurodegenerative disorders
- As an affiliate of the **Goizueta Alzheimer's Disease Research Center**, we are also on the cutting edge of science with many ongoing research and clinical trial opportunities.
- **Who:** Our outstanding team of **nurses, nurse practitioners, physicians, neuropsychologists and social workers** provide comprehensive care for our patients and families.
 - **New Patient Evaluations:** conducted by **Cognitive Neurologists (MDs) and Nurse Practitioners (NPs)**
 - **Follow-up care:** conducted by **Nurse Practitioners (NPs) and Licensed Clinical Social Workers (LCSWs)**. The MDs, NPs, and LCSWs work as a team, and follow up appointments are scheduled with NPs and LCSWs.
- **Where:** Emory Brain Health Center, 12 Executive Park Drive, Atlanta, GA
 - In Person and Telehealth appointments available



Do you have Memory Loss or Cognitive Impairment?

The Emory Cognitive Neurology Clinic may be able to identify the cause and connect you to helpful resources.

Where to start?

Obtain a referral to the Emory Cognitive Neurology Clinic

Referral check list

- Discuss symptoms with your referring provider.
- Make sure your referring provider orders** the required blood work, brain imaging and clinic referral.

**For provider order instructions, [visit our website](#).

What happens next?

Brain imaging, labs and memory testing

Our team will reach out to you to schedule brain imaging, labs, memory testing and questionnaires about symptoms, if these have not yet been completed.

What then?

A cognitive neurology specialist will carefully review all of the testing results and send an eConsult report to your referring provider.

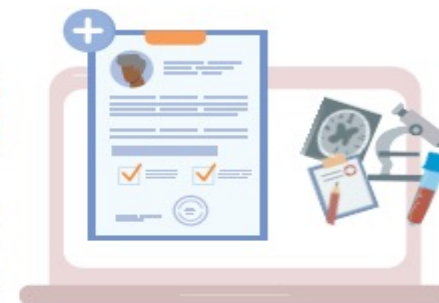
- In some cases, a cause of your cognitive symptoms may be identified without additional visits in the Emory Cognitive Clinic.
- Recommendations with available treatments, educational resources, support services and research opportunities will be given to your referring provider to share with you.
- A face to face visit with one of our cognitive providers may still be needed, and our team will reach out to assist with scheduling that visit.



eConsult What is an eConsult report?

After completing your brain imaging, labs, memory testing, and questionnaires, a Cognitive Neurology specialist will carefully review the results and generate an eConsult report.

This report will contain information about specific treatments, educational resources, support services, research opportunities, and whether a face-to-face visit in the cognitive clinic is also recommended.



When and how can I read my eConsult report?

Your report will be posted to your patient portal and sent to your referring provider approximately 1-2 weeks after your cognitive testing.



What then?

Please review the report carefully, discuss the findings with your referring provider, and take ownership in following the recommendations to help you on your journey.

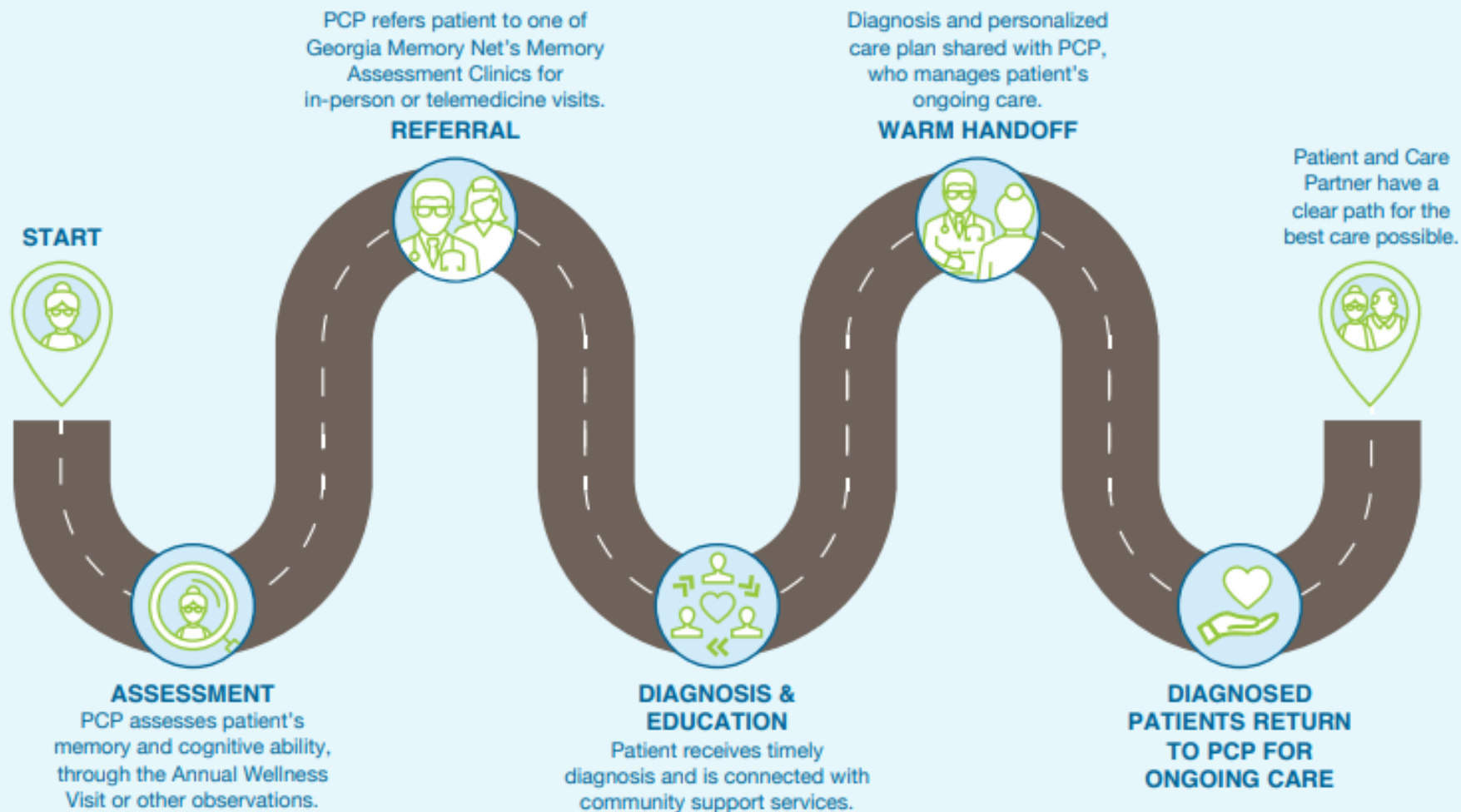


What is Georgia Memory Net?

- **What:** Georgia Memory Net helps PCPs get timely & accurate diagnoses for their patients who exhibit signs of memory loss or cognitive impairment. Then we provide planning and connection to community services to support Primary Care Providers in the ongoing care of their patients. Georgia Memory Net is made possible by a mandate from Georgia State Legislature.
- **Who:** There are **Memory Assessment Clinics** across the state to provide accessible, timely diagnosis and connection to community resources. The **physicians and advanced practice providers at our Memory Assessment Clinics are highly trained in the evaluation and diagnosis of cognitive disorders** & collaborate closely with the providers at the Emory Cognitive Neurology Clinic.
- **Where: Various Locations** throughout the state (Albany, Atlanta, Augusta, Macon) with plans for ongoing expansion
 - In Person and Telehealth appointments available



YOUR ASSESSMENT AND REFERRAL BEGINS THE PROCESS



I have a diagnosis, what's next?

- The journey with dementia is a family affair and it impacts a person and their care partner's physical, emotional, mental, and spiritual health and wellbeing.
- You are not alone in your journey and there are many resources to help. Some of the resources available to persons living with dementia and their families are:
 - Primary Care Providers and Cognitive Neurology Specialists
 - Licensed Clinical Social Workers, Professional Counselors & Therapists, and Community Services Educators
 - Community Resources such as the Alzheimer's Association, Area Agencies on Aging, local support programs such as adult day programs, etc.



What does Cognitive Neurology manage & assist with?

- Cognitive, physical, and behavioral symptoms of dementia
 - Memory loss, confusion, language challenges, etc.
 - Depression, anxiety, delusions, hallucinations, agitation, apathy, impulsivity, etc.
 - Sleep disturbance
 - Some motor symptoms
- Psychosocial support in the dementia journey
 - Information on legal, medical, & financial planning
 - Care consultations and short-term counseling & family support
 - Caregiver education & resource connections
 - Support groups
 - Educational seminars and programs
- Research referrals and information



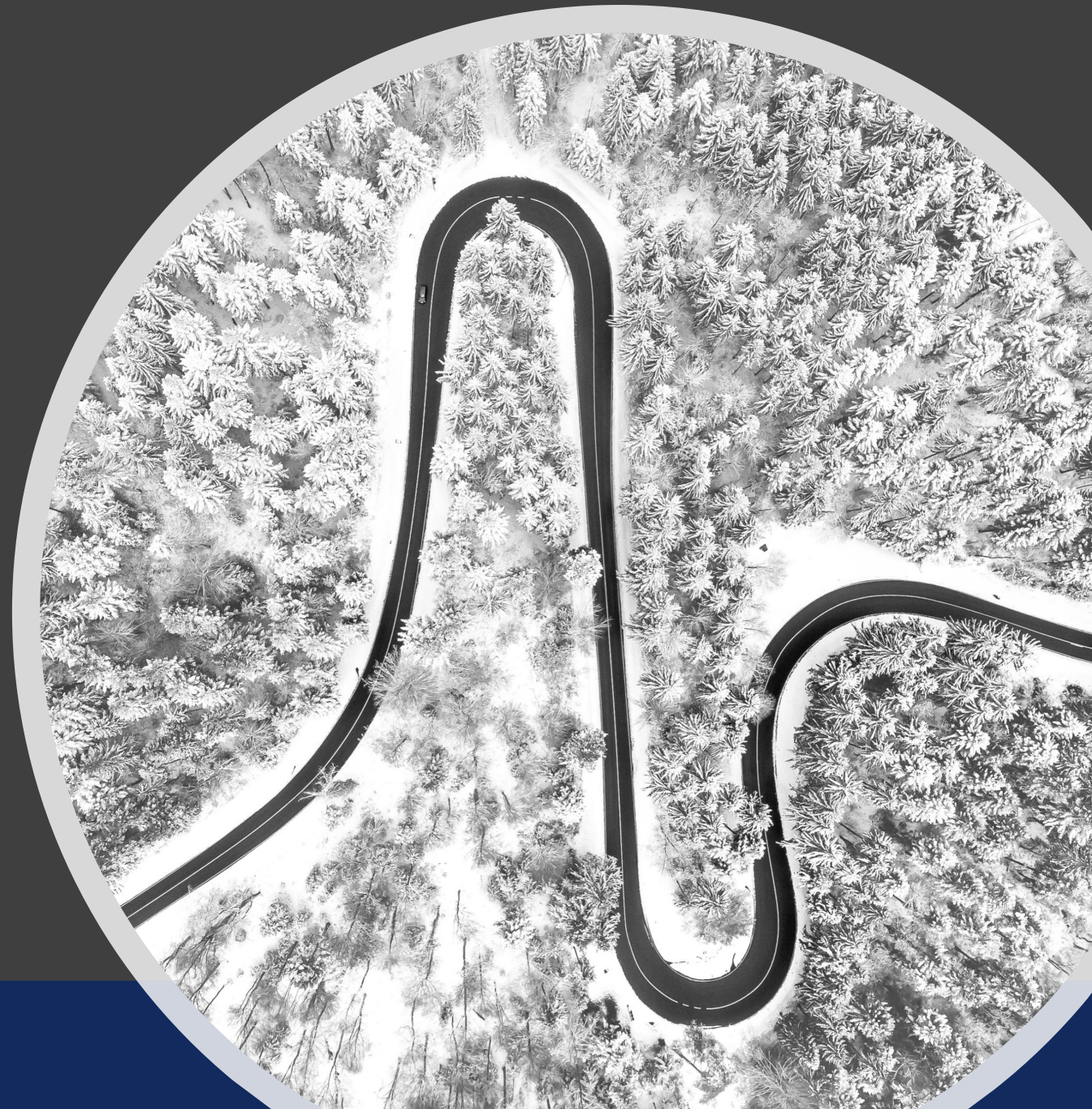
Other concerns that may require outside help

- New physical changes & acute cognitive changes
 - Sometimes the only sign of an infection in a person with dementia is increased confusion or behavioral change
 - If your loved one has a sudden cognitive or physical change, contact your primary care provider or go to the emergency room if symptoms are severe
- Legal and Financial concerns
 - Your neurology team can provide guidance and information on important considerations related to aging and cognitive concerns but they cannot provide legal or financial advice
 - Elder Law Attorneys (<https://www.naela.org/>) and financial advisors are wonderful resources for these concerns
- Acute, severe behavioral changes that pose a danger to self or others
 - Occasionally dementia can cause severe changes in mood or behavior that requires emergency assistance
 - Do not try to manage these symptoms on your own; remove yourself from the situation if you feel threatened and call 911; notify law enforcement and/or medical personnel of the person's dementia diagnosis



In your journey with cognitive
change...

You are not
alone



EMORY
UNIVERSITY

Cognitive Neurology