CLÍNICA VIVALDI · FREE SHEET · NEUROCOGNITIVE

Mild neurocognitive disorder (mild cognitive decline)

Mild loss of memory or other abilities, greater than expected by age, which does not prevent autonomy. It should be evaluated and followed up.

COMMON SIGNS

- More frequent forgetfulness
- Has trouble finding words
- Needs more effort to get organised

TIPS FOR YOU

1. A baseline neuropsychological assessment
2. Physical exercise, social life and mental activity
3. Keep an eye on blood pressure, blood sugar and sleep

FOR FAMILY AND FRIENDS

1. Encourage them to stay physically, mentally and socially active
2. Go with them to an assessment without alarming them

WHEN TO ASK FOR HELP

1. If the forgetfulness gets worse
2. If it affects tasks such as medication or money

TO OBSERVE AND NOTE DOWN

☐ I forget recent things more than before
☐ I find it hard to find words
☐ I lose things more often
☐ I find it hard to follow group conversations
☐ I need more effort to get organised
☐ Others have noticed these changes
☐ I'm still independent
☐ I'm worried about my memory

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/trastorno-neurocognitivo-leve-deterioro-cognitivo-leve
- CEAFA: Spanish Alzheimer's Confederation: https://www.ceafa.es/
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112