

Reg. Charity No 265562

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## Alzheimer's Test

Indicated below are two of the basis tests used by the Gerontological Society of America and the American Psychiatric Association that were in use as a partial test for patients with suspected Alzheimer's Disease. These tests are by no means comprehensive or necessarily reliable and should only be used with great caution as a simple initial guide. Many unrelated factors and individual circumstances can influence the results and these tests are no substitute for professional medical advice and assessment.

### TEST ONE

Score 1 point for each wrong answer, up to the maximum. Multiply the number of mistakes by the weight, and then add to get the final score.

Questions.	Max. No. of Errors	Errors x Weight	Score
1. What year is it now?	1	x 4	.....
2. What month is it now?	1	x 3	.....
3. Repeat this phrase after me: "John Smith, 29 Market Street, Manchester"	No score	No weight	No Score
4. About what time is it now? (Within 1 hour)	1	x 3	.....
5. Count backwards from 20 to 1.	2	x 2	.....
6. Say the months of the year in reverse order.	2	x 2	.....
7. Repeat the memory phrase in Q3.	5	x 2	.....

**Total Score** .....  
 (The total score can range from 0 (no mistakes) to 28 (all wrong).)

### TEST TWO

This test measures how functionally dependant on others someone has become. The higher the number - the more dependant. Select the answer that best describes the current situation and give the following number values:

3 points – Dependant; 2 points – requires assistance; 1 point – does (or could do) by self but with difficulty; 0 points – does (or could do) by self with no difficulty.

ACTIVITIES.	Score
1. Writing cheques, paying bills, balancing chequebook.	.....
2. Filling in forms, handling business affairs.	.....
3. Shopping alone for clothes, household necessities or groceries.	.....
4. Playing a game of skill, working on a hobby.	.....
5. Making cup of coffee, turning off stove. (Unless physically disabled)	.....
6. Preparing a balanced meal.	.....
7. Keeping track of current events.	.....
8. Paying attention to, understanding and discussing TV, books, magazines.	.....
9. Remembering appointments, family occasions, holidays & medications.	.....
10. Travelling out of their neighbourhood, driving, arranging to take bus.	.....

**Total Score** .....  
 (Total score can range from 0 (totally independent) to 30 (totally dependent).)

### RESULTS

#### TEST 1

In varying degrees, a score greater than 10 **may** be consistent with Alzheimer's disease. If need be, seek professional medical attention.

#### TEST 2

In varying degrees, a score higher than 9 **may** indicate Alzheimer's disease. If need be, seek professional medical attention.

**Remember:** The above tests are only basic and partial, not necessarily reliable, and the individual scoring on some questions could be as much the result of a patient's physical immobility as their mental capacity. These tests are no substitute for professional medical assessment.