



Beyond Memory Loss: Recognizing and Taking Action Against Alzheimer's

Calls to Action

BrainGuide, a quick, free, and private memory questionnaire that provides resources and next steps tailored to user's needs: <https://mybrainguide.org/>

Brain Health Journey, a suite of resources designed to empower people with brain health changes and their care partners to take charge of their healthcare journey and achieve the best possible outcomes. A one-pager overview of the Brain Health Journey as well as a new interactive tool with actionable guidance and key information can be found on mybrainguide.org/journey: <https://mybrainguide.org/journey/>

CHANGE Act, an advocacy opportunity to improve earlier detection of cognitive changes. The Medicare Annual Wellness Visit is intended to address health risks and encourage evidence-based preventive care in older adults – including screening for mild cognitive impairment. That's why it's so important that the Annual Wellness Visit include detection utilizing evidence-based tools identified by the National Institute on Aging. Use of these tools will allow clinicians to better detect mild cognitive impairment and other early symptoms of Alzheimer's. If cognitive impairment is detected, patients are to be referred for additional testing, treatment, to community-based support services, and to appropriate clinical trials: <https://action.usagainstalzhimers.org/a/changeact>

Resources

1. National Eye Institute, the aging eye: <https://www.nei.nih.gov/about/education-and-outreach/outreach-materials/aging-eye>
2. National Institute on Deafness and Other Communication Disorders, age-related hearing loss: <https://www.nidcd.nih.gov/health/age-related-hearing-loss>
6. The Lancet Report on modifiable risk factors: [https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(24\)01296-0/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(24)01296-0/fulltext)
7. The ACHIEVE study on hearing aid intervention: <https://pubmed.ncbi.nlm.nih.gov/37478886/>
8. Other articles about access to sensory care:
 - <https://www.healthaffairs.org/doi/abs/10.1377/hlthaff.2023.00873>
 - <https://pubmed.ncbi.nlm.nih.gov/33112178/>
 - [https://www.aaojournal.org/article/S0161-6420\(23\)00677-2/fulltext](https://www.aaojournal.org/article/S0161-6420(23)00677-2/fulltext)