

MILD COGNITIVE IMPAIRMENT

A Friendly Guide to Understanding,
Symptoms, and Care





This resource is not intended for professional medical advice, it is for general informational purposes only. Please consult your physician or medical specialist for diagnosis, advice and treatment.

MILD COGNITIVE IMPAIRMENT:

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MILD COGNITIVE IMPAIRMENT

KEY FACTS

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- About 15-20% of people aged 65 and older are estimated to have MCI.

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- MCI is more than typical age-related forgetfulness but doesn't yet interfere heavily with daily life.

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- Individuals with MCI have an increased risk of developing dementia, but not everyone progresses; some may remain stable, and others may improve.

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- Lifestyle changes and managing other health conditions can play a big role in slowing cognitive decline.

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What is it?

Mild Cognitive Impairment (MCI) is a condition that causes noticeable changes in thinking abilities, such as memory, reasoning, or judgment, that are beyond typical age-related changes but not severe enough to interfere significantly with daily life.

People with MCI may have more difficulty recalling details, focusing, or making decisions than before. While MCI may increase the risk of developing dementia, it doesn't always progress, and some individuals even see improvements with lifestyle changes and support.

Causes and Risk Factors

MCI can arise from various causes, often depending on underlying health factors, lifestyle, and sometimes genetics. Some factors that may contribute include:

- **Age:** MCI becomes more common as people get older, especially in individuals aged 65 and older.
- **Genetics:** People with a family history of MCI, Alzheimer's, or other dementias may be at higher risk.
- **Cardiovascular Health:** High blood pressure, diabetes, and heart disease can impact blood flow to the brain, increasing the risk of cognitive issues.
- **Lifestyle Factors:** Lack of exercise, poor diet, smoking, and limited social engagement may increase the risk of developing MCI.
- **Other Health Conditions:** Conditions like depression, sleep disorders, or chronic inflammation may contribute to cognitive changes.

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What are the symptoms?

The symptoms of MCI can vary from person to person, depending on the type and areas of cognitive function affected.

Common Symptoms:

Memory Issues (Amnestic MCI)

- Frequently forgetting recent conversations, events, or appointments.
- Misplacing items more often than usual.
- Repeating questions or stories during conversations.

Difficulty with Problem-Solving: T

asks that require planning, organizing, or working with numbers may become challenging, such as managing finances or following a recipe.

Thinking and Reasoning Issues (Non-Amnestic MCI)

- Struggling to make decisions or organize tasks.
- Finding it difficult to follow instructions, plans, or multi-step processes.
- Decreased ability to focus or pay attention for extended periods.

Changes in Judgment or Problem-Solving Skills

- Trouble analyzing information or solving familiar problems.
- Difficulty assessing risks, making financial decisions, or organizing household tasks.

• Diagnosing Mild Cognitive Impairment

- Diagnosing MCI typically involves a combination of assessments to confirm symptoms and rule out other possible causes. Here's what the process might look like:
- Medical History and Symptom Review: A doctor will discuss any recent cognitive changes, medical history, and family history of cognitive disorders.
- Physical Exam and Lab Tests: Basic physical and lab tests, including blood work, can help rule out other conditions (like vitamin deficiencies or thyroid problems) that might affect cognitive function.
- Cognitive and Neuropsychological Testing: Structured tests help measure memory, attention, problem-solving, and other cognitive functions to identify areas of weakness or change.
- Brain Imaging: If needed, MRI or CT scans may be used to look for physical changes in the brain, such as signs of stroke, tumors, or other abnormalities.

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Types of the condition

Diagnosing MCI involves multiple assessments and tests by a geriatrician or other specialist and dedicated clinics.



Typical testing methods include:

Types of Mild Cognitive Impairment

MCI can affect individuals differently depending on the areas of the brain involved. There are two primary types of MCI:

- **Amnestic MCI (Memory-Related):** Individuals with this form have memory problems as their main symptom. They may frequently forget appointments, conversations, or names but are still generally able to perform daily tasks.
- **Non-Amnestic MCI (Thinking and Reasoning-Related):** People with this form of MCI have issues in areas other than memory, like focusing, processing information, or making decisions. Non-amnestic MCI might cause someone to struggle with organizing tasks or following complex instructions.

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Supporting a loved one with MCI

If someone close to you has MCI, your support and encouragement can make a huge difference in their well-being. Here's how you can help:

- **Encourage Routine and Structure:** A consistent daily routine can help reduce confusion and keep things manageable.
- **Be Patient and Understanding:** MCI can be frustrating, so patience and positive reinforcement are invaluable.
- **Engage in Activities Together:** Whether it's walking, playing games, or cooking, participating in activities together can keep the brain active and create positive moments.
- **Encourage Healthy Habits:** Helping your loved one stick to an exercise routine, eat balanced meals, and get enough sleep can boost their cognitive function.
- **Stay Connected and Supportive:** Joining them for appointments, keeping them engaged in family events, and providing emotional support can ease anxiety and reinforce a positive outlook.



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Is there a cure?

Treatment and Management of Mild Cognitive Impairment
While there is no single “cure” for MCI, various lifestyle and medical approaches can help support brain health, manage symptoms, and, in some cases, slow progression. Here are a few key strategies:

- Treating conditions like high blood pressure, diabetes, depression, and sleep disorders can have positive effects on cognitive health.
- Medications specifically for Alzheimer’s, like cholinesterase inhibitors, are sometimes prescribed if there’s a higher risk of progression, although their effectiveness for MCI varies.

Lifestyle Adjustments:

- **Exercise:** Regular physical activity, especially aerobic exercise, is shown to support brain health and improve cognitive function.
- **Balanced Diet:** Eating a nutritious diet, like the Mediterranean or DASH diet (rich in vegetables, fruits, fish, whole grains, and healthy fats), may help protect against cognitive decline.
- **Social Engagement:** Staying socially active, joining clubs, or spending time with friends and family can keep the brain engaged and support mental well-being.

Emotional and Mental Health Support:

- Managing stress, practicing mindfulness, or participating in hobbies and creative activities can enhance mood and reduce cognitive strain.
- Counseling or joining a support group can provide a safe space to discuss challenges, get advice, and build coping strategies.



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Helpful Resources



Living with MCI is challenging for both individuals and their loved ones. Fortunately, resources are available to provide support.

- **Support Groups:** Local and online support groups allow people with MCI and their caregivers to share experiences and advice.
- **Professional Care Options:** Home health aides, adult day care, and memory care facilities provide specialized support and care tailored to people with dementia.
- **Caregiver Respite:** Caregiving is demanding; respite care services give caregivers a much-needed break and ensure loved ones continue to receive care.

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Final Thoughts

Mild Cognitive Impairment may require some lifestyle changes, but it doesn't prevent people from living happy and fulfilling lives.

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By making a few adjustments, staying active, and getting regular support, individuals with MCI can maintain independence, stay engaged, and continue to enjoy meaningful experiences.

Remember, MCI doesn't define a person—it's just one part of a broader journey toward healthy aging and a fulfilling life!



OUR SERVICES: DEMENTIA SUPPORT SPECIALIST CONSULT

At Remember the Carer we enhance the lives of caregivers and loved ones living with cognitive change.

We provide effective life strategies and simple wellbeing solutions, personally designed for you.

Our Dementia Support Specialist is dedicated to serving you with practical strategies, and simple solutions designed to improve your experience of caregiving, and enhance your wellbeing.

HOW WE CAN HELP:



Unpacking and
Understanding the
Diagnosis.



Practical Behavioral
Strategies



Living Well Strategies



Caring for the Caregiver



Future Planning



Allied Health Referrals
& Community Support

OUR SERVICES: WELLBEING COACHING

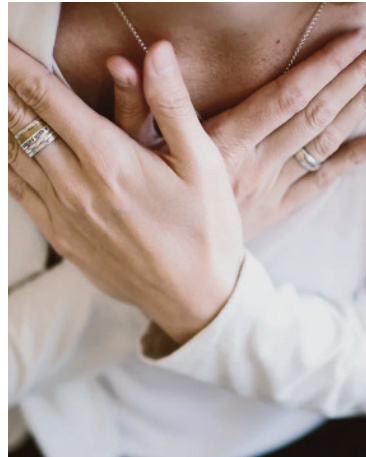
**Whether you simply need someone to listen,
or you're seeking coaching for wellbeing, life strategy
or neuroscience techniques, we're here for you.**

**These private sessions allow us to meet your unique needs,
helping you find clarity and direction
with practical steps forward.**

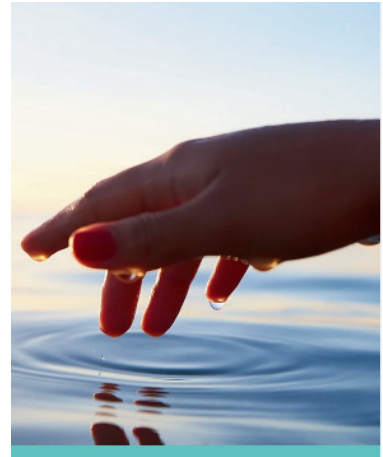
Our wellbeing and life strategy sessions are designed to provide you with a safe and nurturing space to explore your thoughts and feelings, creating a supportive environment where you can express yourself freely, knowing that you're in a judgment-free zone.

During your first appointment with our wellbeing & life Strategy coach, you'll engage in a warm and supportive conversation where your story can be expressed and heard and whatever matters most to you. This includes unpacking the biggest barriers and challenges that you're facing, to explore your goals and dreams no matter how big or small, because vision is key.

Once a clear understanding of your situation, has been established we will explore creative strategies for you to pivot and map out practical steps toward living your best life. You will also receive a comprehensive blueprint and support plan tailored to your unique journey.



Heart & Soul Care:
Reconnecting with your
Unique Being



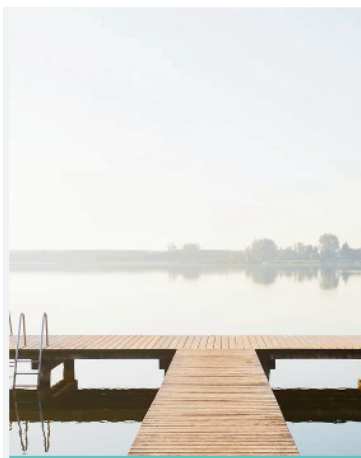
Breakthrough & Recovery:
Strategies for Anxiety, Stress
& Burnout



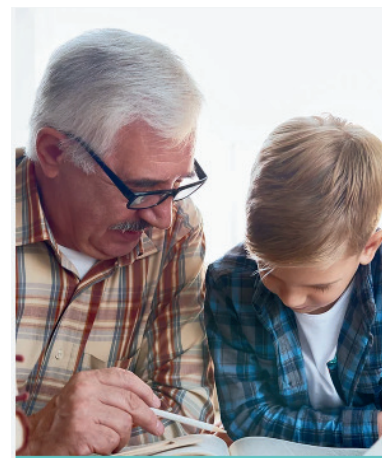
Healthy Boundaries:
Guilt-free living & quality
relationships



Healthy Mindset:
Building Strength,
Confidence & Resilience



Finding Equilibrium:
Reclaiming Rest
and Life Balance



**Memory, Attention
& Learning Strategies**

OUR SERVICES: NEUROSCIENCE COACHING & RESOURCES

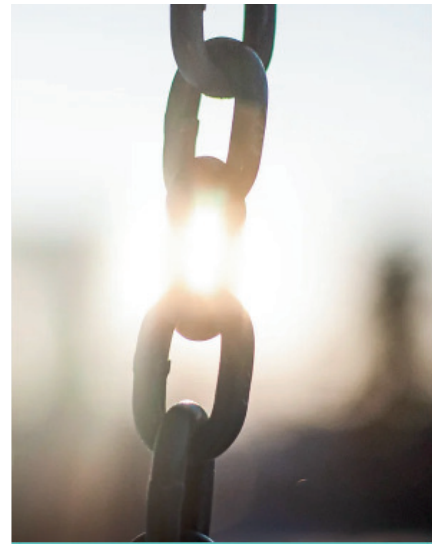
Neuroscience Coaching incorporates evidence-based techniques harnessing the power of neuroplasticity and brain anatomy principles to enhance daily functioning, in many areas of life including the following:



Motivation, Inspiration
& Productivity Strategies



Language & Communication
Strategies



The Neuroscience of
Addiction

OUR SERVICES

SCHEDULE AN APPOINTMENT

MEET THE TEAM



Allied Health Referrals
& Community Support



Empowerment
Programs



Information
Resources



REMEMBER THE CARER

At Remember the Carer we enhance the lives of caregivers
and loved ones living with cognitive change.

We provide effective life strategies and simple wellbeing solutions,
personally designed for you.

Our dedicated Dementia Support Specialist, and our
compassionate team of Certified Dementia Practitioners,
Wellbeing and Neuroscience Coaches are here to serve.



With twenty years of vast experience in dementia care and cognitive change
...you're in great hands.

