

Prior to negotiating with an older adult, it is vital to test their memory.
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Two ways to test memory:

- ❖ ***Talk to their healthcare provider:*** They should easily be able to assess this at their next appointment.
 - ❖ ***Administer the Mini-Cog test on your own:*** Access the Mini-Cog here to learn more information about this memory test: <https://mini-cog.com/>
 - Reach out to their healthcare provider if they are unable to complete the Mini-Cog
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Be prepared: it is not uncommon for people to be hesitant to complete the Mini-Cog. **A potential solution:** Make it a party game! Have everyone complete the Mini-Cog, not just the older adult, to help normalize it.