

Test Yourself for Dementia

It is now possible to test yourself for dementia through SAGE, the “Self-Administered Gerocognitive Exam,” found on the web site of the Ohio State University’s Wexner Medical Center. The center urges people to take the test and show the results to their primary care physicians to establish a baseline score. It can then be taken again every few years to track any changes in their performance.

As of June, more than 900,000 people had downloaded the test, which comes in four different versions. They are each considered equivalent; it doesn’t matter which one you take.

Dementia is usually considered difficult to perceive in yourself because the changes are gradual. The Century Foundation’s Squared Away Blog in June 2014 noted that dementia is a critical issue in managing personal finances, with one study finding that in most older couples, the “person in charge of managing the household finances continues to do so after dementia sets in.”

The test can be found at:

http://medicalcenter.osu.edu/patientcare/healthcare_services/alzheimers/sage-test/Pages/index.aspx.

With such a long URL, it is probably easier to use your editor’s method: go to the main page, medicalcenter.osu.edu and search for “dementia test”. The first item was identified as SAGE, the self-administered dementia test.