

# Appendices

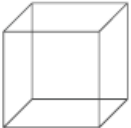
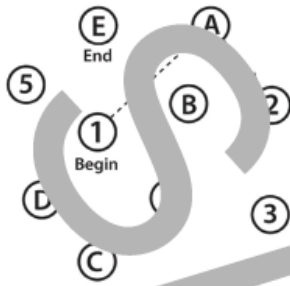


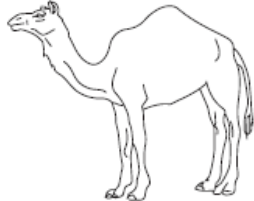
## Appendix 1

### Montreal Cognitive Assessment (MOCA®) test

Copyright Z. Nasreddine MD. Reproduced with permission. It is mandatory to follow the online MoCA® Training and Certification Program to administer and score the MoCA®. Copies are available at [www.mocacognition.com](http://www.mocacognition.com)

**MONTREAL COGNITIVE ASSESSMENT (MOCA®)**  
Version 8.1 English

Name: \_\_\_\_\_ Education: \_\_\_\_\_ Date of birth: \_\_\_\_\_  
Sex: \_\_\_\_\_ Sex: \_\_\_\_\_ DATE: \_\_\_\_\_

<b>VISUOSPATIAL / EXECUTIVE</b>			Copy cube	Draw CLOCK ( Ten past eleven ) ( 3 points )	POINTS			
 <input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/> Contour <input type="checkbox"/> Numbers <input type="checkbox"/> Hands	___/5			
<b>NAMING</b>		 <input type="checkbox"/>		 <input type="checkbox"/>	 <input type="checkbox"/>	___/3		
<b>MEMORY</b>	Read list of words, subject must repeat them. Do 2 trials, even if 1st trial is successful. Do a recall after 5 minutes.	FACE	VELVET	CHURCH	DAISY	RED	NO POINTS	
<b>ATTENTION</b>		Read list of digits ( 1 digit/ sec. ). Subject must repeat them in the forward order. <input type="checkbox"/> 2 1 8 5 4 Subject has to repeat them in the backward order. <input type="checkbox"/> 7 4 2				___/2		
Read list of letters. The subject must tap with his hand at each letter A. No points if = 2 errors		<input type="checkbox"/> F B A C M N A A J K L B A F A K T A A A J A M O F A A B				___/1		
Serial 7 subtraction starting at 100.		<input type="checkbox"/> 93	<input type="checkbox"/> 86	<input type="checkbox"/> 79	<input type="checkbox"/> 72	<input type="checkbox"/> 65	___/3	
<b>LANGUAGE</b>		Repeat: I only know that John is the one to help today. <input type="checkbox"/>		The cat always hid under the couch when dogs were in the room. <input type="checkbox"/>		___/2		
Fluency: Name maximum number of words in one minute that begin with the letter F.		<input type="checkbox"/> _____ (N ≥ 11)				___/1		
<b>ABSTRACTION</b>		Similarity between e.g. orange - banana = fruit <input type="checkbox"/> train - bicycle <input type="checkbox"/> watch - ruler <input type="checkbox"/>				___/2		
<b>DELAYED RECALL</b>	(MIS) Has to recall words WITH NO CLUE	FACE	VELVET	CHURCH	DAISY	RED	___/5	
Memory Index Score (MIS)	X3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	MIS = _____	
	X2	Category cue						
	X1	Multiple choice cue						
<b>ORIENTATION</b>		<input type="checkbox"/> Date	<input type="checkbox"/> Month	<input type="checkbox"/> Year	<input type="checkbox"/> Day	<input type="checkbox"/> Place	<input type="checkbox"/> City	___/6
© MoCA Test Inc. <a href="http://www.mocatest.org">www.mocatest.org</a>		MIS: ___/15 (Normal ≥ 26/30)		TOTAL		___/30		
Administered by: _____		Add 1 point if ≥ 12 yr edu						
Training and Certification are required to ensure accuracy								

ADMINISTERED BY *NAME* MOCA CERTIFIED RATER ID XXXXXXXXXXXXXXX

## ADDENBROOKE'S COGNITIVE EXAMINATION – ACE-III

For a full copy of this test please visit the below link:

([ace.pdf \(neurovascularmedicine.com\)](http://ace.pdf(neurovascularmedicine.com)))

## Resources

**Alzheimer Scotland** offer information, support and advice as well as a 24-hour phone line.

<https://www.alzscot.org/>

**Dementia UK** offer information support and advice as well as a help line and Admiral Nurses.

<https://www.dementiuk.org/>

**Alzheimer's Society** offer information, support and advice and a help line. They have specific resources for general practice. <https://www.alzheimers.org.uk/about-dementia>

### Power of Attorney

Dementia UK has helpful advice on writing an advanced care plan and include a template to use.

<https://www.dementiuk.org/get-support/legal-and-financial-information/advance-care-planning/>

Resources are also available at:

<https://www.alzheimers.org.uk/get-support/legal-financial/lasting-power-attorney>

<https://www.dementiuk.org/get-support/legal-and-financial-information/lasting-power-of-attorney/>

### Supporting relatives

Dementia UK [Specialist support to families facing dementia | Dementia UK](#)

The Alzheimer's Society [Alzheimer's Society \(alzheimers.org.uk\)](https://www.alzheimers.org.uk) can be contacted to find out about what support is available locally.