Self-Administered Gerocognitive Exam – SAGE Test Form

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MyBrainTest.org provides research and analysis on brain health screening tools, and the cognitive health testing market.

Website: www.mybraintest.org

MemoryHealthCheck is a free resource to learn about human memory, the causes of memory loss, online memory loss tests, and steps you can take to improve your memory.

Website: www.memoryhealthcheck.com
How Well Are You Thinking?

Please complete this form in ink without the assistance of others.

Name___________________________________________________ Date of Birth _____ / _____ / _____

How far did you get in school? ______________________________ I am a Man_____ Woman_____ 

I am Asian______ Black______ Hispanic______ White______ Other______

Have you had any problems with memory or thinking? Yes_____ Only Occasionally_____ No_______

Have you had any blood relatives that have had problems with memory or thinking? Yes_____ No_______

Do you have balance problems? Yes______ No_______

If yes, do you know the cause? Yes (specify reason)__________________________ No________

Have you ever had a major stroke? Yes_____ No_____ A minor or mini-stroke? Yes_____ No_______

Do you currently feel sad or depressed? Yes______ Only Occasionally______ No_______

Have you had any change in your personality? Yes (specify changes)____________________ No______

Do you have more difficulties doing everyday activities due to thinking problems? Yes_____ No_______

1. What is today’s date? (from memory – no cheating!) Month__________ Date_______ Year________

2. Name the following pictures (don’t worry about spelling):

[Image of a wreath]

[Image of a volcano]

CONTINUE NEXT PAGE
Answer these questions:

3. How are a watch and a ruler similar? Write down how they are alike. They both are… what?
   ________________________________________________________________

4. How many nickels are in 60 cents? ________________________________

5. You are buying $13.45 of groceries. How much change would you receive back from a $20 bill?
   ________________________________________________________________

6. Memory Test (memorize these instructions). Do later only after completing this entire test:
   At the bottom of the very last page: Write “I am done” on the blank line provided

7. Copy this picture:
   ![Cube Image](image)

8. Drawing test
   - Draw a large face of a clock and place in the numbers
   - Position the hands for 5 minutes after 11 o’clock
   - On your clock, label “L” for the long hand and “S” for the short hand
9. Write down the names of 12 different animals (don’t worry about spelling):

_________________
_________________
_________________
_________________
_________________
_________________

Review this example (this first one is done for you) then go to question 10 below: Draw a line from one circle to another starting at 1 and alternating numbers and letters (1 to A to 2 to B to 3 to C).

10. Do the following: Draw a line from one circle to another starting at 1 and alternating numbers and letters in order before ending at F (1 to A to 2 to B and so on).
Review this example (this first one is done for you) then answer question 11 below:

- Beginning with 1 triangle and 1 square
- Move 2 lines (marked with an X)
- To make 2 squares and no triangle
- Each line must be part of a complete square (no extra lines).

1 triangle, 1 square
Move these 2 lines
Make 2 squares (answer)

(Example) (Example) (Example)

2 squares, 1 triangles
Move 4 lines
Draw answer here
Mark with an X
4 squares

12. Have you finished? ________________________________
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