

Self-Administered Gerocognitive Exam – SAGE Test Form

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MYBRAINTEST

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

Website: www.mybraintest.org

MEMORY HEALTH CHECK

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 _____

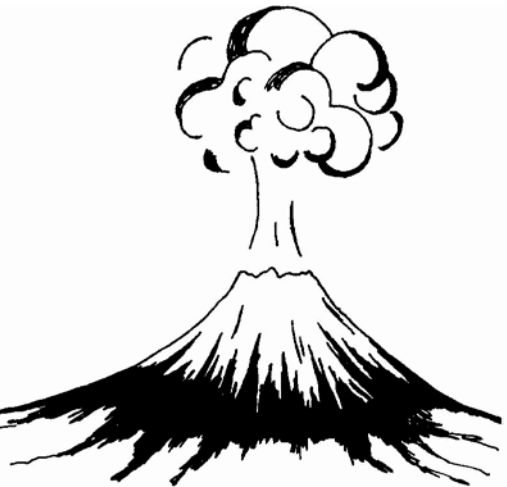
Have you had any change in your personality? Yes (specify changes) _____ No _____

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):





Answer these questions:

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

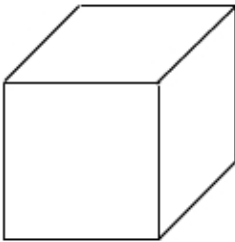
4. How many nickels are in 60 cents? _____

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:



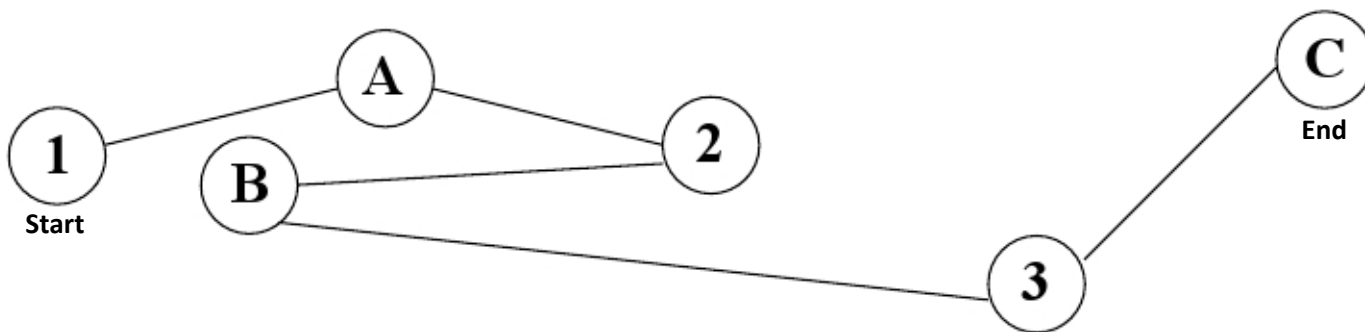
8. Drawing test

- 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

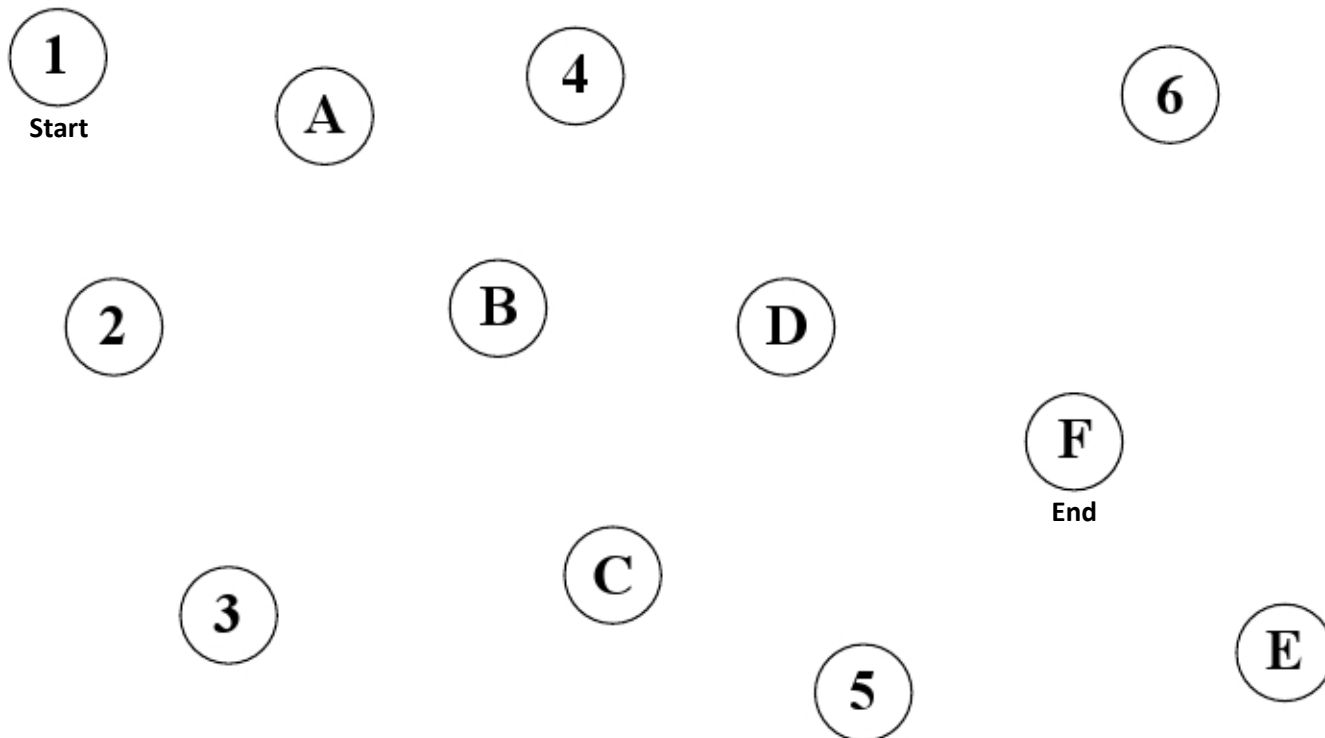
9. Write down the names of 12 different animals (don't worry about spelling):

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

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).

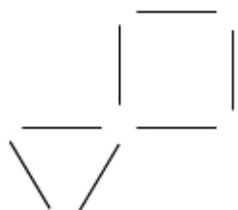


10. Do the following: Draw a line from one circle to another starting at 1 and alternating numbers and letters in order before ending at F (1 to A to 2 to B and so on).

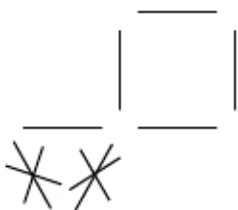


Review this example (this first one is done for you) then answer question 11 below:

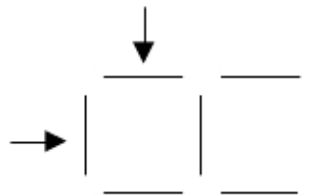
- Beginning with 1 triangle and 1 square
- Move 2 lines (marked with an X)
- To make 2 squares and no triangle
- Each line must be part of a complete square (no extra lines).



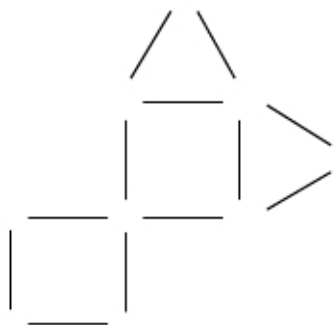
1 triangle, 1 square
(Example)



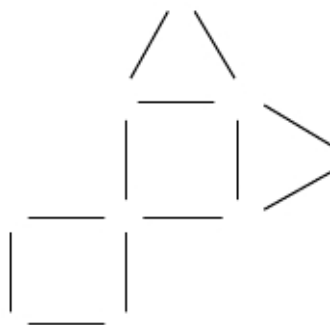
Move these 2 lines
(Example)



Put them here (at arrows)
Make 2 squares (answer)
(Example)



2 squares, 1 triangles



Move 4 lines

Mark with an X



Draw answer here

4 squares

12. Have you finished? _____

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