



ROWAN-VIRTUA
New Jersey Institute
for Successful Aging

MEMORY ASSESSMENT PROGRAM



The Memory Assessment Program (MAP) at the New Jersey Institute for Successful Aging (NJISA) is a specialized diagnostic program for patients aged 55 and older experiencing memory or language problems, difficulty with planning and organization, decreased ability to carry out basic daily activities, or loss of motivation. Our specially trained interprofessional team of geriatricians, geriatric psychiatrists, neuropsychologists, a neurologist, and social workers offers a patient-centered approach that addresses the needs and goals of the patient and the caregiver. Patients may be referred by their primary care physician, a neurologist or other healthcare provider, a family member or caregiver, or may self-refer. We request that someone familiar with the patient accompany him or her to the MAP visit.

The Process

Physician Evaluation

The physician performs a cognitive and functional assessment, records the patient's medical and social history, completes a medication review, and performs a physical examination. The physician will address additional issues such as caregiver burden, advance care planning, home safety, and driving. Any labs or radiology studies needed for further evaluation will be ordered. Treatable conditions that may cause memory loss will be addressed.

Social Worker

The social worker interviews the patient about family and social history, assesses current level of daily function, identifies needed services and supports, and provides information on relevant resources and disease-related education. The social worker can provide on-going support and education to the caregiver to develop caregiving strategies and tools to cope with challenging behaviors.

Neuropsychological Testing

Most patients are referred for a visit with the neuropsychologist, who specializes in the relationship between the brain and behavior. Some patients may have neuropsychological testing before seeing a physician, depending on schedule openings and a preliminary interview. The neuropsychologist conducts written, oral and/or digital testing to gather additional information about areas of the brain that control memory, motor function, speech, executive function and behavior.

This information helps in clarifying a diagnosis and in the development of a patient-centered, customized plan of care. The neuropsychologist prepares a detailed summary report based on the clinical assessment, record reviews and interpretation of the neuropsychological tests.

Results/Diagnosis

The patient and up to two family members meet with the physician who reviews test results and discusses the diagnosis. The physician may prescribe medication for memory problems and will address other concerns regarding sleep, eating, driving, behavior and mood. Patients with a diagnosis of dementia or mild cognitive impairment (MCI) may be seen on an ongoing basis for management of these concerns and symptoms or may be offered periodic monitoring or retesting.

MAP services for the first physician visit are provided in-person at the office. Follow-up visits by telehealth may be an option in some instances. Most major insurances are accepted. This service is for older adults with suspected cognitive impairment (i.e., problems with ability to think, learn, remember, use judgement, and make decisions). At this time, we are unable to provide general psychiatric services. Patients who complete this diagnostic workup and are not found to have a diagnosis of dementia or MCI will be referred to their primary care provider and/or a specialist for ongoing treatment and care.

Schedule an Appointment

Call **856-566-6843** to schedule an appointment for the Memory Assessment Program.

You will receive a Health Status Questionnaire to complete and bring to your appointment. In addition, please bring copies of any recent blood work and brain imaging (MRI, CT scan, etc.).