

## MCI immediate post-diagnostic review (6-8 weeks)

- Goals for care\*** – consider person with MCI as well as family/care partners
- Education\*** – answer questions about MCI, prognosis and risk reduction
  - Refer to [Dementia Australia: Thinking Ahead](#) small group program for MCI
- Brain health\*** – discuss exercise, staying cognitively and socially active, limit alcohol and drugs, stop smoking, healthy diet
  - Ask patients to complete [CogDRisk](#) – will give them personalised recommendations for reducing risk
  - [BrainHQ](#) or [Cognifit](#) – evidence based computerised training (payment required)
- Medications** – review current medications, especially those with anti-cholinergic load
- Legal planning\*** – will, enduring powers of attorney (legal/financial, lifestyle, medical), advance care directive
- GP management plan or Team Care Arrangement\*** – update or develop considering MCI diagnosis

## MCI regular review

- Reassess cognition and function\*** – update or develop considering MCI diagnosis
- Revisit items on the immediate post-diagnostic checklist as required

\* Practice nurse may assist with these tasks.