

## Normal Ageing vs Mild Cognitive Impairment (MCI)

### What is MCI?

Mild Cognitive Impairment is a condition where changes to your thinking skills and memory are more serious than the changes expected with normal ageing. You, and your friends and family, might notice that your memory and cognitive skills are not what they used to be. People with an MCI diagnosis have a higher risk of developing Alzheimer's Disease and other types of Dementia, but equally not everyone with MCI develops Dementia.

### How is MCI Diagnosed?

There is no specific test or procedure that can confirm if a person has MCI. Doctors, based on their professional judgment and experience, can make a clinical diagnosis about a person's symptoms. A clinical diagnosis might include: testing memory and other cognitive skills, evaluating independent functioning ability, and analysing feedback from friends and family.

Normal Ageing	Possible MCI
Occasionally misplacing things but remembering their location at a later stage	Misplacing things more often and having difficulty retracing one's steps
Forgetting an appointment but remembering it at a later stage	Forgetting things like important dates and events that one used to remember well
Occasionally taking a wrong turn when driving	Having trouble driving to a location or place that one knows well
Making an occasional error when balancing a chequebook	Often finding it harder to perform calculations or concentrate
Needing help sometimes to programme a television recording or a microwave	Having difficulty following instructions or steps in an instruction manual
Having the words sometimes on the tip of one's tongue	Losing one's train of thought mid-conversation
Making a bad decision every now and then	Showing poor judgement with money; for example giving too much to a telemarketer