WELCOME to the Cognitive Disorders Program at the University of Michigan Geriatrics Center. Our goal is to properly determine your diagnosis and create a treatment plan that allows for the best quality of life possible. We strive to help you understand and manage your changes in memory and thinking.

WHO WE ARE

The Cognitive Disorders Program brings together experts in neurology, nursing and social work to provide high quality care to our patients.

Multidisciplinary Team:

• Nancy Barbas, MSW, MD — Director
• Roger Albin, MD
• Praveen Dayalu, MD
• Judith Heidebrink, MD
• Henry Paulson, MD, PhD
• Jennifer Merritt-Hackel, DNP, GNP-BC
• Nina Abney, LMSW

Our team of experts consistently ranks in “Metro Detroit’s Best Doctors” in the field of neurology.

PROGRAM GOALS

• To provide the best clinical care to all of our patients.
• To serve as a resource to patients, families and the community by providing support, education and awareness of cognitive disorders.
• To educate the next generation of health professionals in caring for patients with cognitive disorders.
• To conduct quality research and translate these findings into clinical practice.

WHAT ARE COGNITIVE DISORDERS?

Cognitive disorders are neurological conditions that affect thinking, memory, behavior, mood and personality.

WHAT IS DEMENTIA?

Dementia is a chronic and often progressive condition in which a decline in one’s intellectual ability significantly impairs normal daily functioning. There are many causes of dementia.
WHO WE CARE FOR

We care for individuals, generally ages 50 and older, with a variety of conditions including:

• Alzheimer’s disease
• Mild Cognitive Impairment (MCI)
• Frontotemporal dementia
• Lewy Body dementia  
• Vascular dementia
• Younger onset (Familial) dementia
• Other related diseases

WHAT TO EXPECT

Our team approach allows us to fully address the needs of each patient. As a new patient, you will be scheduled for one to three comprehensive appointments depending on your needs. Appointments you might be scheduled for include:

• **Appointment 1:** During a one to two hour visit, our neurologists will review your symptoms, medical history and perform an exam to assess thinking, strength, coordination and more. Diagnostic tests may be ordered. This appointment will take place at the East Ann Arbor Health and Geriatrics Center, 4260 Plymouth Road, Ann Arbor, MI 48109.

• **Appointment 2:** You will meet with a member of the Neuropsychology team to participate in paper, pencil and computer exercises that assess your memory and thinking skills. This evaluation measures patterns of strengths and weaknesses that will assist your doctor with diagnosis and treatment decisions.

  This appointment generally lasts two to four hours and will take place at the Neuropsychology Building, 2101 Commonwealth Boulevard, Suite C, Ann Arbor, MI 48109.

• **Appointment 3:** Our neurologist will review your test results and provide a diagnosis and treatment plan. Treatment recommendations may include medications. You may receive a referral to a subspecialty clinic, such as physical therapy, occupational therapy, speech therapy and/or geriatric psychiatry. You may have the opportunity to meet with a social worker at this time, or you may be referred for a follow-up social work consultation at a later date. Additional members of our team who provide information and assistance include a neuropsychologist and a nurse practitioner.

  This appointment will take place at the East Ann Arbor Health and Geriatrics Center, 4260 Plymouth Road, Ann Arbor, MI 48109.

**TO SCHEDULE AN APPOINTMENT AT THE COGNITIVE DISORDERS CLINIC**

Ask your family physician for a referral. For more information, call **734-764-6831.**
MOVING FORWARD

Many people experience changes with memory as they get older. Some changes are normal. Other changes may be a sign of a memory loss condition. We have the resources to support you through the different stages of your disease. Once a diagnosis is established, our dedicated team aims to help you gain a greater understanding of your illness. Our clinic takes pride in our multidisciplinary approach. We can assist you now and in the future by providing emotional support and information and referrals in matters such as legal care, financial planning, residential living options, home health care services, transportation planning and driving assessment. As your care team, we promote the best quality of life possible.

RESEARCH STUDIES/CLINICAL TRIALS

We offer opportunities to participate in clinical research, including imaging studies and trials that study the effectiveness of new drugs. Other study topics may include caregiving, family and couple relationships, and genetics. A member of the medical team will provide you with information about current research opportunities with the Michigan Alzheimer’s Disease Center (MADC). Though not all individuals are eligible to participate in these programs, your interests and questions about participation will be addressed.

To participate in clinical studies, call us at 734-936-8803.

EDUCATIONAL AND OUTREACH ACTIVITIES

We are an educational resource for patients, families, healthcare professionals and the general community.

For information on educational and support opportunities, please call U-M Memory Connection at 734-936-8803.

“Our Cognitive Disorders Clinic is a place where people can feel confident that they will obtain state of the art care for diagnosis and treatment of their symptoms of memory loss and cognitive difficulties.”

Nancy Barbas, MD, MSW
Director, Cognitive Disorders Program
To schedule an appointment, call us at

734-764-6831