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Recommendations and Follow-Up

After the patient and family receive the diagnosis and recommendations at their family meeting, a full report is sent to the patient's primary care physician detailing the findings of the evaluation and recommendations for follow-up care. It is generally suggested that patients in the Memory Assessment Program return in three to six months for a reevaluation of their medication and other concerns.

Memory Assessment Program (MAP)

Rowan Medicine health care providers are faculty members of the Rowan University School of Osteopathic Medicine.

Affiliated hospitals and health systems include:

- Kennedy Health
- Lourdes Health System
- Inspira Health Network
- Cooper University Hospital
- Meridian Health System
- Christ Hospital and Atlantic Health System



The Memory Assessment Program (MAP) at the NJ 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, 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 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

The MAP cycle typically requires two or three separate visits to our office. The visits include evaluation by the interprofessional team, ordering of diagnostic tests, and a family meeting to review test results and recommendations.

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 MRI or CT scan of the brain.

What to Expect

First Visit – Initial Evaluation (2 Hours)

- **Physician evaluation (1 hour)** - The physician performs a physical examination, records the patient's medical and social history, and completes a cognitive and functional assessment and a medication review. 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.
- **Social worker (1 hour)** - The social worker interviews the patient about family and social history, assesses current level of daily function, identifies needed services and supports, and provides resource information and disease-related education. The family caregiver is included as part of the evaluation process.

Second Visit – Neuropsychological Testing (1.5 to 3 hours)

- Most patients come back for a second visit with the neuropsychologist, who specializes in the relationship of the brain and behavior. The neuropsychologist can conduct written testing to gather additional information about areas of the brain that control memory, motor function, speech, executive function and behavior. This information helps in developing 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.

Unique Team-Based Review

In between the second and third visits, members of the interprofessional team meet to review all diagnostic findings, discuss the diagnosis, and establish a patient-centered plan of care. The team develops a final report in preparation for the results discussion and the family meeting.

Third Visit (1.5 hours) – Results/Diagnosis and Family Meeting

- The patient and up to two family members meet with the physician (30 minutes), who reviews test results and discusses the diagnosis. The physician may prescribe medication for memory problems and will address other interventions regarding sleep, eating, driving, behavior and mood.

- Following the session with the physician, the social worker meets with the family and other significant members of the support system (60 minutes) to review patient-centered recommendations for care and address any questions. Additional information about community-based resources and next steps is provided at this time.

