

Instructions (continued) from [REDACTED]

neuroimaging studies. These cognitive deficits also appear to have resulted in behavioral challenges associated with executive dysfunction. Mood and anxiety symptoms do not appear to be a salient concern at the present time and the pattern of deficits observed on testing is not consistent with pseudodementia. Overall, based on these results, I would like to make the following recommendations:

**Diagnosis:** Vascular Dementia (Major Vascular Neurocognitive Disorder)

**Recommendations:**

1. Based upon current test results and reported behavioral concerns, I have significant concerns about Ms. Beach's ability to monitor and regulate her own behaviors without supervision for any extended period of time. Perseverative, impulsive, and compulsive behaviors were observed during this evaluation and were reported by Ms. Beach and her husband. It does not appear that she has the ability at this time to control these behaviors due to frontal lobe dysfunction, and this can result in unsafe and unhealthy situations. It is recommended that she participate in an adult day program at such a time when her husband needs to return to work. Alternatively, she could be supervised by care providers in her home who can help to engage her in productive activities and monitor and manage behaviors. However, family members who may have difficulty limiting or restricting unhealthy behaviors would not be recommended to undertake this role. Trained companion care providers can accompany Ms. Beach on visits with her family as well as public outings.
2. Ms. Beach may benefit from an additional course of occupational and speech therapy services to help with cognitive and daily functioning. Therapy can help develop compensatory strategies to address some of the current concerns. She can be referred back to her prior therapist, [REDACTED], or can be referred to Covell Care (970-204-4331) for in-home therapy services.
3. It remains important for Ms. Beach to stay as physically, mentally, and socially active as possible. Research has shown the importance of exercise and new learning with regard to brain health, and social activity helps to mitigate stress. Maintaining an active lifestyle can help to slow the decline of cognitive functioning. She is encouraged to continue to take regular walks, and engage in mental activities such as playing piano, quilting, and spinning yarn, as she has been doing.
4. I am not scheduling Ms. Beach to return for any follow-up testing at this time, but continued monitoring of cognitive functioning through reevaluation in the future may be beneficial to assist with any additional treatment planning that may be needed. I defer to her physician to make this referral if/when appropriate.
5. Dementia related resources:
  - Dementia Together, a local non-profit agency, can assist you in connecting with numerous community resources and supports (970-213-4548), [www.dementiatogether.org](http://www.dementiatogether.org)
  - Larimer County Office on Aging:  
<http://larimer.co.networkofcare.org/aging/>

**Today's Visit**

You saw [REDACTED] on Thursday August 4, 2022.