



**Psychological
Services
Center**

U M a s s . e d u / P S C

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Free Memory Screenings: UMass Psychological Services Center will provide free memory screenings on December 11th to adults who are experiencing difficulties with memory.

The U.S. population is aging: it is estimated that individuals who are 65 or over will comprise 20% of the population by 2030. And accompanying this aging process is of course the potential for changes in memory and other cognitive changes. Older persons may find that their memory is not as sharp, for instance, and that everyday activity, such as driving and managing medications, have become more difficult. Many times these changes are simply the result of normal aging—though not always. Recent studies conservatively estimate that 12% of people over 70 have mild cognitive impairment, which is known to lead to Alzheimer’s disease. In our present population that percentage represents almost 9 million people who might be diagnosed with Alzheimer’s. Studies suggest, however, that we could reduce the incidence of dementia by as many as a million cases if we could delay the onset of the disease by as little as six months in this generation. As Psychological Services Center Director Christopher Overtree noted, “as with any problem, early detection is the key to receiving the best treatment.”

On Thursday, December 11th, the Psychological Services Center at UMass is providing a free one-day Memory Screening Clinic in order to offer services to a population that is notably vulnerable to memory impairments. Cognitive impairment is prevalent yet under-diagnosed in older adults (aged 65 years or greater). In addition, problems related to memory and cognitive functions are of great concern to the majority of the older adult population. The Memory Screening Clinic will help identify persons at risk for dementia or mild cognitive impairment, and will alert them to the need for follow-up with their physician or other services. Furthermore, the Memory Screening Clinic will help allay concerns in persons whose cognitive functions appear to be intact for their age. The screening will involve a clinical interview, a cognitive and memory screening, followed by immediate feedback and referral recommendations. In some cases, clients may have the opportunity for more thorough and follow-up assessments at reduced cost. Christopher Overtree says “that by offering this program free to the public, we increase our chances of reaching those adults who might otherwise have fallen through cracks in the system.”

The Memory Screening Clinic will be conducted by a clinical team consisting of neuropsychologist Bradley Crenshaw, Ph.D., an Adjunct Faculty member of the Clinical Psychology Program as well as clinical psychology graduate students Anna Akerstedt, M.S, and Melissa Mathews, M.A. The team is interested in working with older adults to help them to assess areas of concern and develop useful recommendations to improve daily functioning.

For information about the memory screening or to schedule an appointment, contact the Psychological Services Center by phone at 413.545.0041, by email at psc@psych.umass.edu, or visit the PSC website at www.umass.edu/psc. Individuals interested in participating in Memory Disorders Screening Day must call to schedule an appointment. The Psychological Services Center is located in Tobin Hall on the UMass campus at 135 Hicks Way, Amherst, MA 01003. Free parking, including handicap access is available.