

# Healthy Brain Ageing Clinic Brain and Mind Centre

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THE UNIVERSITY OF  
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## ALL REFERRERS MUST COMPLETE ALL SECTIONS BELOW

The HBA clinic provides a unique comprehensive multi-faceted assessment of early cognitive decline in older people. This includes a neuropsychological and mood assessment, provided free of charge to the participant under a research protocol. This is complemented by a neurological/geriatric assessment which is bulk billed.

- I understand that following this referral all patients will be contacted by a research assistant to further explain the study and to screen them for eligibility
- If eligible, I understand that my patient will complete:
  - A medical assessment** with a geriatric and cognitive health focus. This will be bulk-billed through Medicare and conducted by Dr Catriona Ireland (Geriatrician).
    - Please tick here if you would like for your patient to also receive a comprehensive 'general geriatric' assessment.
  - A brief neuropsychological and mood assessment** provided by a Clinical Neuropsychologist and the Research Team - this is funded through our research protocol.

## REFERRAL DETAILS

Referrer: .....	Date of Referral: .....
Provider Number: .....	
Referrer Phone Number: .....	Referrer Fax Number: .....
Referrer Address: .....	
<b>Signature</b> .....	

Patient Name: .....

Patient Phone Number: ..... DOB: ..... Age: .....

Patient Address: .....

History/ Presenting problem: .....

.....

.....

Mini-Mental State Examination (MMSE) score: .....

Current medications: .....

.....

## GENERAL EXCLUSION CRITERIA (MUST BE COMPLETED BY REFERRER)

Please note exclusion criteria for all studies. Further inclusion / exclusion criteria apply for specific studies, as detailed below.

- |   |  |
|---|--|
| <input type="checkbox"/> Aged < 50                                      | <input type="checkbox"/> Non-affective psychiatric disorder (e.g. ADHD, schizophrenia) |
| <input type="checkbox"/> Poor English for neuropsychological assessment | <input type="checkbox"/> Neurological disease (e.g. Parkinson's, epilepsy)             |
| <input type="checkbox"/> MMSE < 20                                      | <input type="checkbox"/> Head injury with loss of consciousness >30mins                |
| <input type="checkbox"/> Current substance dependence                   | <input type="checkbox"/> History of stroke   |
| <input type="checkbox"/> Intellectual disability                        |  |

## HEALTHY BRAIN AGEING

The Healthy Brain Ageing Clinic is located at the Brain and Mind Centre allowing access to a consummate mix of advanced technologies as well as international leadership in the areas of nutrition, sleep, depression, cardiometabolic health and neuroscience. Under the leadership of NHMRC Dementia Leadership Fellow, Professor Sharon Naismith, the HBA Program provides comprehensive insights into mediators of cognitive decline in older adults 'at risk' of dementia. Professor Naismith and the broader HBA team have a strong track record in the areas of cognitive training, depression, cardiovascular disease, sleep-wake disturbance, and oxidative stress and how these factors relate to impaired cognition and brain degeneration.

The HBA Clinic is a 'one-of-its-kind' early intervention research clinic, providing cutting-edge outpatient assessment and interventions addressing modifiable risk factors for dementia in people aged over 50 years, where the opportunity for dementia prevention is likely to be optimal. It incorporates individualised and group programs targeting depression, sleep, diet, exercise, brain training, and a range of continually-evolving novel research paradigms. The HBA Clinic includes a multidisciplinary team of clinicians and researchers, all of whom strive towards research and clinical excellence in healthy brain ageing.

## HOW IT WORKS

**Referrals:** Complete the HBA referral form - although neuropsychology is covered under research funds, the medical consultation with the Geriatrician is bulk-billed so it is essential that this be completed.

**Eligibility screening:** Upon receipt of a referral, our team will contact your patient to explain the nature of the clinic and to complete an initial telephone screening for eligibility (for eligibility criteria see the back of the referral form).

**Assessments:** Patients attend assessments for 3 hours in the morning from 9.30-12.30 am and are assessed by a neurologist/geriatrician, neuropsychologist and research psychologist.

**Results:** We provide comprehensive neurological and neuropsychological reports back to the referring doctor, with feedback to patients.

**Additional Investigations:** Where possible, we may also offer your patient an opportunity to have an MRI scan, sleep study, blood test or actigraphy as part of the research clinic.

**Further clinical investigations and treatment:** Where warranted, we may recommend additional investigations or treatment such as PET imaging, follow up appointments, or novel psychological and clinical interventions conducted as part of our research studies. However, we will liaise with the referrer (i.e. treating clinician) in relation to these clinical investigations/treatments.

## Private Neuropsychological and Clinical Assessments

For patients that do not meet criteria for research protocols, private neuropsychological assessments are available and charged at APS rates (typically starting at around \$1400). Fees may be higher for workers compensation, medico-legal or complex cases. Further details may be provided on request.