

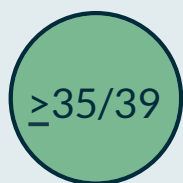


Talking to Healthcare Providers about the Canadian Indigenous Cognitive Assessment Tool: A Guide for Family Members

Talking to your Healthcare Provider about the Canadian Indigenous Cognitive Assessment Tool

This document was designed to help you talk to your healthcare provider about the results of the Canadian Indigenous Cognitive Assessment (CICA). The "**CICA Physician Letter**" comes in two forms: one for a score of 34/39 and below, and one for a score 35/39 and above. This letter will help provide information about the CICA to your healthcare provider. Fill out the appropriate letter, and bring it with you to your Loved One's primary healthcare appointment. The "**Ideal Healthcare Pathway for the Canadian Indigenous Cognitive Assessment**" is meant to help guide you through the ideal healthcare pathway following a CICA assessment.

Scoring the CICA Assessment



If your Loved One's **score is 35/39 or above, and you have no further concerns about their thinking**, you can reassure your Loved One and encourage a healthy lifestyle. Continue to observe your Loved One for any changes in their health status.



If your Loved One's **score is 35/39 or above and you still have concerns about their thinking**, with your Loved One's permission, arrange to bring the completed CICA assessment and the "Letter to Physician" to their healthcare provider. Your Loved One's healthcare provider will be able to either do or arrange for a clinical assessment and offer a diagnosis. Remember, there are many health conditions that could explain the signs and symptoms shown by your Loved One. Only a clinician can give a diagnosis.



If your Loved One's **score is 34/39 and below**, it's important to offer support to your Loved One and arrange with their permission to bring the completed CICA assessment and "Letter to Physician" to their healthcare provider. Remember, there are many health conditions that could explain the signs and symptoms shown by your Loved One. Only a clinician can give a diagnosis.

Preparing for a clinical appointment

- ☐ Loved one and their caregiver bring completed CICA Assessment and the CICA Physician Letter
- ☐ Loved One and their caregiver should be prepared to discuss client's symptoms
- ☐ Loved One and their caregiver should be prepared to talk about client's health and their family's history
- ☐ Loved One and their caregiver should bring a list of client's prescriptions

CICA Score of 34/39 & Below

Dear, _____

(Name of Doctor/Nurse Practitioner)

Re: _____

(Name of Loved One)

Result of Canadian Indigenous Cognitive Assessment Tool

You are receiving this letter as a primary healthcare provider to request that you assess _____ for a possible dementia because of

(Name of Loved One)

a positive result on a screening test for impaired cognition.

About the Canadian Indigenous Cognitive Assessment Tool

The Canadian Indigenous Cognitive Assessment (CICA) is a case-finding tool developed with Anishinabek communities on Manitoulin Island, ON. There is some promising evidence for the reliability and validity for this screening instrument for identifying individuals with cognitive impairment. This screening instrument can be used by formal and informal caregivers, health care providers, in the home, community, or health care setting. It is important to stress that results from this screening tool might be useful clinically, but only when the CICA has been administered in a standardized manner. We have training available for standardized administration of this tool (www.I-CAARE.ca).

How is the CICA used?

- When cognitive impairment is suspected.
- When there is a change in cognitive function or health status.
- The CICA is ideal for Indigenous older adults with limited access to formal healthcare services: it is a gentle and culturally-safe test that should not provoke anxiety.
- It can be administered in different languages (English, Aninshinaabemwin) or through translation.
- It should not be used to measure clinical changes over time.

Information about CICA Scores

A score of 34 out of 39 and below indicates further assessment is warranted. Your patient's performance was ____ out of 39. There are many possibility reasons for low scores, but the use of a cut off score can help identify persons who require a clinical evaluation. The completed CICA is attached.

CICA Score of 35/39 & Above

Dear, _____

(Name of Doctor/Nurse Practitioner)

Re: _____

(Name of Loved One)

Result of Canadian Indigenous Cognitive Assessment Tool

You are receiving this letter as a primary healthcare provider to request that you assess _____ because of persisting concerns,

(Name of Loved One)

regardless of a negative results on this test

About the Canadian Indigenous Cognitive Assessment Tool

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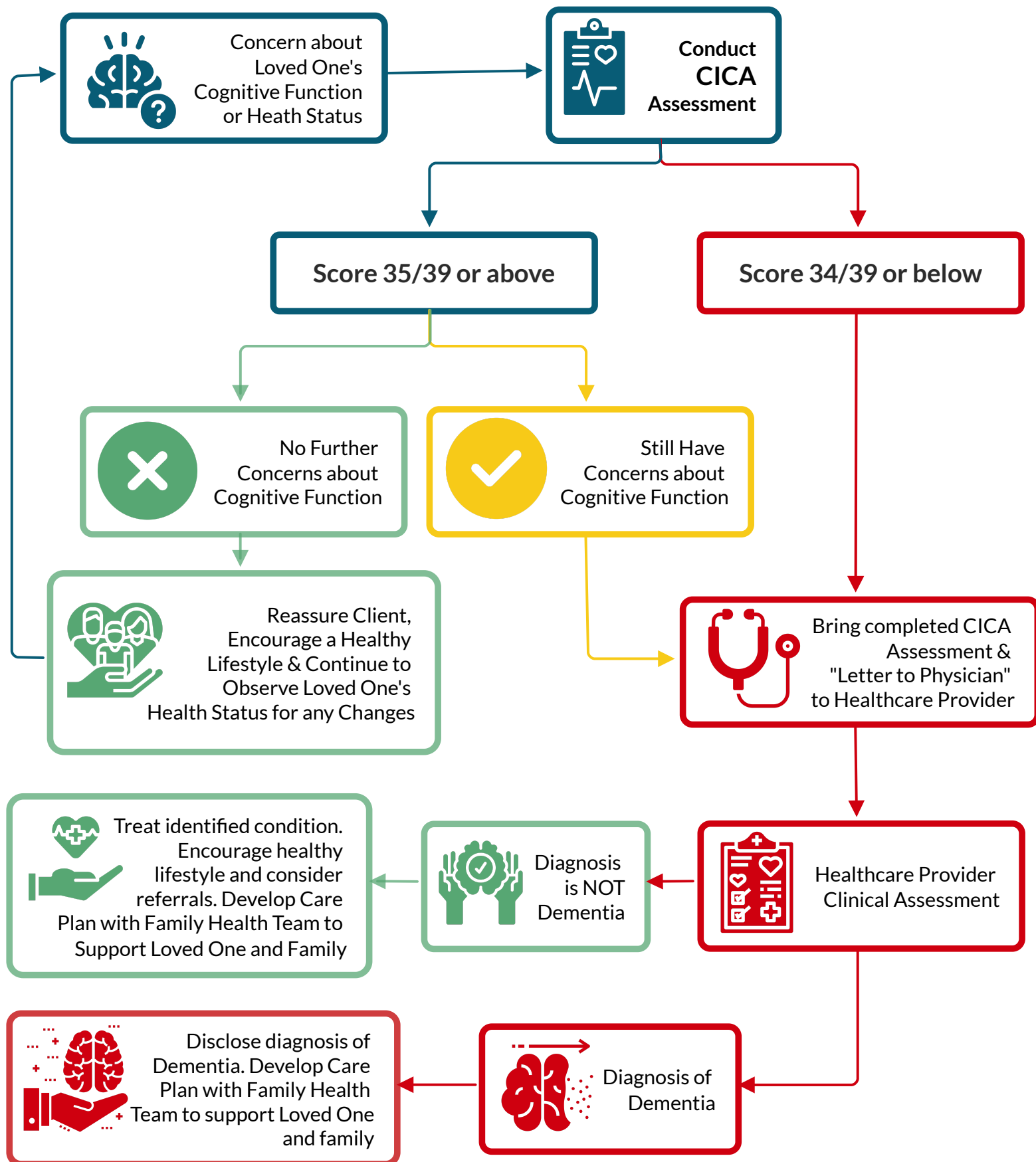
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A score of 34 out of 39 and below indicates further assessment is warranted. Your patient's performance was ____ out of 39. The completed CICA is attached.

Ideal Healthcare Pathway for the Canadian Indigenous Cognitive Assessment (CICA)



*This model represents an ideal healthcare pathway for the CICA. Please keep in mind that pathways may look different in your community.