



Subjective Cognitive Decline

Have you experienced ANY of the following?

SCD is self-reported
MEMORY PROBLEMS that have been
GETTING WORSE over the past year.

☐

Do I ever experience brain fog?

☐

Do I have difficulty learning and remembering new information?

☐

Do I have trouble recalling words or names in a conversation?

☐

Have family or friends told me that I am repeating questions or saying the same things over and over?

☐

Do I have difficulty sleeping or falling asleep?

☐

Have any members of my family been diagnosed with Alzheimer's or Dementia?



If you responded YES to ANY of these...
We can help you age successfully



(480) 454-8414



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Subjective Cognitive Decline

Cognitive Care Management has programs aimed at addressing SCD while improving your health, your memory, and your quality of life.

1 in 10



people aged 45 years and older are experiencing

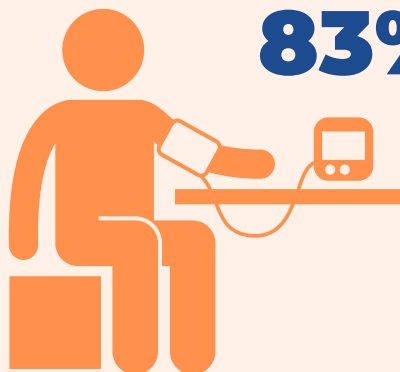
**Subjective
Cognitive
Decline**

SCD is self-reported **MEMORY PROBLEMS** that have been **GETTING WORSE** over the past year.

41% of people with SCD had to give up day-to-day activities



83%



of people with SCD have at least one chronic condition. SCD might make the condition more difficult to manage

one in three

people with SCD say it interfered with social activities, work, or volunteering



less than half

of people with SCD have discussed their symptoms with a healthcare provider



35%

of people with SCD need help with household tasks



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**MORE ON THE
OTHER SIDE**