

TIP SHEET

Aging – Record of Abilities

A record of abilities is simply a way to document and/or illustrate a person's functional and cognitive abilities over time.

Sometimes the original record of abilities is referred to as a baseline. With age, we experience changes that may affect our abilities. A personal record of abilities can help identify changes by comparing the abilities we had before with those held at a future date. There are different ways to document a personal record of abilities. One way is to use the National Task Group – Early Detection and Screen for Dementia (NTG-EDSD) and a short video.

The NTG-EDSD

- Documents both functional and cognitive abilities as well as health history.
- No special training required; the manual helps explain each section.
- The NTG-EDSD and Manual are available in multiple languages for free. Download from the NTG website: www.the-ntg.org/ntg-edsd
- Have a look at it and decide if it will suit your purposes.

If you decide to use the NTG-EDSD

- Remember it is NOT a diagnostic tool, it simply documents functional and cognitive abilities over time to help identify changes.
- If there are concerns about changes that become apparent in completing the form, make an appointment to see a healthcare provider to discuss the changes.
- Highlight the NTG-EDSD section(s) on the form that are concerning and bring this to the appointment.
- If your healthcare provider is not familiar with the NTG-EDSD, bring a copy of the NTG-EDSD Manual to the appointment.

A video alongside the NTG-EDSD would be a good personal record of abilities.

- Use a cell phone or video to make short recordings of the person.
- Select tasks the person is familiar with and able to do.
- Include some tasks to illustrate: gait/ambulation (aided or unaided as necessary), an activity of daily living, a fine motor task, and language/communication
- Annual updates should be a repeat of the original tasks recorded.

Keep the personal record of abilities in a safe place and update it on an annual basis unless on a more often basis is required to monitor a change.



Contact

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