

# The Johns Hopkins Memory Care Family Checklist

## Charting a Path for Families Navigating Memory Care

### What it Does

The Johns Hopkins Memory Care Family Checklist is an innovative resource that helps families impacted by memory loss prioritize their needs, access reliable information, and connect to supports to help them develop a larger care plan.

### What It Evaluates

A series of questions assesses the needs of both the caregiver and the person they support in key areas that impact health and wellbeing.

#### For the person with memory loss:

- Cognitive, emotional, and behavioral changes
- Home and personal safety
- Health care and future planning
- Daily routines and meaningful activities

#### For the caregiver:

- Health, wellness, and long-term planning
- Education and awareness
- Informal supports and daily living needs

Based on the assessment, users receive a Personalized Report with tailored recommendations on what to know, what to do, and where to find help. Links to programs and resources are included in the report, which can be filtered to match individual needs.

### How It Works

The Checklist is based on the Johns Hopkins Dementia Care Needs Assessment tool, a tested, evidence-based resource that evaluates multidimensional care needs for people living with dementia and their caregivers. It integrates with 211's Community Resource Database to connect the caregiver with up-to-date, location-specific supports based on their unique circumstances.

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**The Johns Hopkins Memory Care Family Checklist is the first tool of its kind in Maryland, where clinically-validated research is paired with community resources that are tailored to the user's individual needs.**

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### Credibility You Can Trust

The Checklist is an innovative resource developed by [Johns Hopkins University School of Nursing](#) in partnership with the [Maryland Information Network](#) and the [Maryland Department of Aging](#). It's user-tested and private, with no personally-identifiable information saved.

The Checklist is endorsed by the Virginia I. Jones Alzheimer's Disease & Related Dementias Council as the preferred tool for assessing family support needs.

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Visit [marylandaccesspoint.info/memorycare](https://marylandaccesspoint.info/memorycare) to access the Checklist.

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# Frequently Asked Questions

## The Johns Hopkins Memory Care Family Checklist

### What's the difference between the Johns Hopkins Memory Care Family Checklist and the AD:8 Cognitive Screening Tool?

**Answer:**

- [The AD:8 Cognitive Screening Tool](#) helps the user distinguish between normal signs of aging and potential signs of dementia in themselves, or someone they care for. It is best used before a memory loss or dementia diagnosis and prior to a full screening with a health care provider.
- [The Johns Hopkins Memory Care Family Checklist](#) helps personal caregivers determine their needs and the needs of the person they care for, then connects them with resources and information to help inform a larger care plan. It is best used after a memory loss or dementia diagnosis.

### How can the Checklist help me?

**Answer:** The Checklist is a clinically-validated, self-administered tool that can help people caring for someone with cognitive challenges identify essential needs, access reliable information, and connect to supports to help them develop a larger care plan. It is not intended as a diagnostic tool, treatment plan, or prescription for any disease or health condition.

### Who should complete the assessment?

**Answer:** The assessment should be completed by a caregiver, family member, or friend of someone living with memory loss in Maryland.

### How long does it take to complete the assessment?

**Answer:** On average, it takes about 15 minutes to complete the Checklist assessment. A progress bar indicates how far along you are in the process.

### Can I save an incomplete assessment to come back to later?

**Answer:** No, for privacy and security reasons, you can't save your progress on an incomplete assessment and must complete it in one sitting. A progress bar indicates how far along you are in the assessment process.

### Why do you need my location?

**Answer:** Your location is collected to connect you to the resources available in your jurisdiction and closest to your location. It is deleted immediately after your report is generated and sent.

### What happens with my personal information?

**Answer:** Personally-identifiable information (such as your location and email address) is deleted immediately after your report is generated and sent. We aggregate non-identifiable information only (such as your county, ZIP code, and assessment responses) to understand needs across different regions and to inform statewide decisions to improve resources, services, and support.

### Is the Checklist HIPAA compliant?

**Answer:** All data processed by the Checklist is de-identified consistent with HIPAA standards. Because we do not store, receive, or transmit any individually identifiable health information, the Checklist falls outside the jurisdiction of HIPAA regulations.

### Who can I call for additional help?

**Answer:** The Maryland Access Point Help Line is available to anyone who would like to talk about the report or receive additional information and resources. Free, person-centered counseling is also available. Call 1-844-MAP-LINK (1-844-627-5465).

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**“The Maryland Virginia I. Jones Alzheimer’s Disease and Related Dementias Council is excited to see the Johns Hopkins Memory Care Family Checklist come to life. Individuals and families facing dementia or memory problems are too often left to find information, guidance, and resources on their own. The Checklist is a wonderful, much-needed tool that individuals, families, friends, service providers, and health care providers can now turn to as a resource to navigate dementia.”**

*Halima Amjad, Chair, Maryland Virginia I. Jones Alzheimer’s Disease and Related Dementias Council*