



Figure S1.

Notes: Panel A. Tsimane home. Photo credit Gregory Thomas. Panel B. Tsimane woman butchering fish. Photo credit Robin Mamany. Panel C. Tsimane man being interviewed by physicians. Photo credit Margaret Gatz. Panel D. Tsimane hunter. Photo credit Ben Trumble.

Table S1. Characteristics of those lost to evaluation

Tsimane	Visited N = 448	Lost N = 138	Statistic
Age (mean, SD)	68.9 (7.0)	70.0 (7.7)	p = .0025
Sex (% male)	51.3%	55.9%	p = .48
Cognitive test (mean, SD) ^a			Mean difference (95% CI)
Digit span forward ^b	2.6 (1.1)	2.8 (1.0)	-0.2 (-0.5, 0.1)
Immediate recall ^c	4.0 (1.0)	3.9 (1.2)	0.1 (-0.1, 0.4)
Delayed recall	3.6 (2.0)	3.2 (2.1)	0.4 (-0.1, 0.9)
Verbal fluency: animals	11.2 (2.6)	11.4 (3.7)	-0.2 (-0.9, 0.5)
Spatial span	2.5 (1.3)	2.8 (1.6)	-0.3 (-0.7, -0.0)
Stick design test	8.4 (2.9)	8.1 (2.6)	0.3 (-0.7, 1.2)
Moseten	Visited N = 172	Lost N = 35	Statistic
Age (mean, SD)	66.9 (6.6)	66.9 (5.8)	p = .96
Sex (% male)	52.3%	62.5%	p = .44
Cognitive test (mean, SD) ^d			Mean difference (95% CI)
Digit span forward ^b	3.5 (0.9)	3.6 (2.7)	-0.1 (-0.5, 0.2)
Immediate recall	3.8 (9.8)	3.8 (1.2)	0.1 (-0.3, 0.4)
Delayed recall	2.8 (1.8)	3.2 (2.2)	-0.4 (-1.2, 0.4)
Verbal fluency: animals	10.6 (2.7)	10.5 (3.0)	0.1 (-1.1, 1.2)
Spatial span	3.3 (1.0)	3.7 (0.9)	-0.4 (-0.8, -0.0)
Stick design test	10.1 (2.2)	11.1 (1.8)	-1.0 (-2.5, 0.5)

Notes: ^a Cognitive test batteries were available for 70 of the Tsimane lost to evaluation for dementia.

^b Digits forward in Tsimane for Tsimane, in Spanish for Moseten. ^c Immediate recall is average of three learning trials. ^d Cognitive test batteries were available for 25 of the Moseten lost to evaluation for dementia.

Table S2. Descriptive Statistics for Study Participants

	TSIMANE					MOSETEN					
Age group (in years)	60-64	65-69	70-74	≥75	Total	60-64	65-69	70-74	≥75	Total	p-value
N	135	139	82	79	435	68	50	28	23	169	
% men	44.4%	54.7%	57.3%	48.1%	50.8%	52.9%	54.0%	50.0%	56.5%	53.2%	.83
% no formal education	73.8%	74.8%	87.6%	94.7%	80.6%	23.7%	47.9%	56.0%	36.4%	38.3%	<.0001
% CAC score ≥ 100	1.7%	5.9%	8.6%	7.6%	5.5%	11.5%	6.7%	12.5%	28.6%	12.4%	.0058
% hypertension (≥140/≥90 mm Hg)	9.5%	13.7%	24.3%	17.9%	15.4%	22.9%	17.8%	44.0%	38.1%	27.9%	.0008
% LDL-c >130 mg/dL	17.9%	13.4%	15.0%	9.2%	14.1%	13.6%	20.9%	13.0%	40.9%	19.3%	.14
% BMI ≥30 (kg/m ²)	9.8%	6.7%	0.0%	4.0%	5.7%	17.9%	4.1%	7.1%	13.0%	11.2%	.02
% hyperglycemia (>125 mg/dl fasting blood sugar)	1.8%	0.0%	0.0%	0.0%	0.6%	0.0%	2.3%	0.0%	4.6%	1.3%	.36
% hs-CRP>3 mg/L	46.6%	50.0%	44.6%	39.1%	46.2%					47.5%	.75
median (IQR) steps/day 7AM-7PM	14839.0 (7557.3)	13831.0 (8705.7)	14796.2 (8505.8)	11904.7 (8598.6)	14276.1 (8427.0)	19928.2 (5767.4)	16058.7 (8658.1)	14370.5 (4383.9)	9346.8 (9538.5)	16371.0 (9113.0)	.07
mean (SD) daily saturated fat intake (g)	9.7 (6.8)	10.7 (14.1)	10.4 (7.4)	8.2 (6.2)	9.8 (8.9)	10.3 (7.8)	16.4 (14.5)	15.5 (14.0)	11.2 (6.3)	12.9 (11.0)	.0200
median (IQR) daily fish intake (g)	125 (378)	100 (332)	143 (403)	143 (333)	125 (375)	0 (0)	0 (0)	0 (71.4)	0 (0)	0 (0)	<.0001

Notes: CAC = Coronary artery calcium score, LDL-c = low-density lipoprotein cholesterol; BMI = Body mass index. hs-CRP = high sensitivity C-reactive protein. IQR=interquartile range. Sample sizes for education N = 576, CAC N = 521, blood pressure N = 522, cholesterol N = 490, BMI N = 591, blood sugar N = 499, hs-CRP N = 371, physical activity N = 262, diet N = 425. Sample size for hs-CRP for Moseten too small to present results by age group. Inflammation reflects high prevalence of helminths, upper respiratory infections including tuberculosis, and gastrointestinal infections. P-values compare distribution among Tsimane and Moseten total samples, based on chi square tests of equal proportions for variables represented by percentages, Wilcoxon rank-sum tests for continuous variables represented by medians due to skewed distribution, or Welch's two-sample t-test for continuous variables represented by means.

Table S3. Population prevalence of CT ratings

	Tsimane Percent (95% CI)	Moseten Percent (95% CI)
Global cortical atrophy (simplified Pasquier) ≥ 2	3.9 (1.3, 9.0)	7.1 (1.0, 22.4)
Medial temporal atrophy (Scheltens) ≥ 2	4.1 (1.4, 9.3)	5.7 (0.6, 20.4)
Internal carotid artery (ICA) calcification extent (Babiarz/ Kockelkoren) (dots categorized as absent)	95.2 (88.7, 98.6)	100.0
ICA calcification morphology rated as continuous	53.0 (43.9, 62.1)	89.6 (67.3, 98.7)
Basal ganglia (BG) calcification	89.9 (79.1, 96.2)	73.9 (55.1, 88.0)
Lenticulostriate arteries (LSA) calcification (dots categorized as absent)	74.4 (62.2, 84.3)	54.1 (35.3, 72.0)
Non-ICA vascular calcification (vertebral)	98.2 (90.4, 100.0)	100.0
Temporal artery calcification	26.2 (14.5, 41.1)	19.0 (6.8, 38.1)
Deep white matter disease (WMD) (Fazekas)	12.0 (4.4, 24.8)	4.6 (0.3, 18.7)
Periventricular WMD	19.4 (11.4, 29.9)	27.2 (12.9, 46.1)
Infarcts	18.8 (11.2, 28.8)	20.2 (6.4, 42.3)

Notes: Complete descriptions of rating scales in Table 2. Numbers in this table are estimated population prevalence (percent), with 95% Clopper-Pearson exact confidence limits

Table S4. Associations for internal carotid artery (ICA) and lenticulostriate artery (LSA) calcification with cognitive test scores, in Tsimane

Cognitive test mean(SD)	ICA Calcification			LSA Calcification		
	Present (n =107)	Absent or dots (n = 7)	beta (95% CI)	Present in 1 or more arteries (n = 102)	Absent or dots (n = 22)	beta (95% CI)
Cognitive test						
Visual scan	19.3 (7.7)	26.2 (9.1)	6.5 (0.0, 12.9)	18.9 (7.6)	23.0 (8.4)	4.4 (0.5, 8.4)
Digit span forward	2.2 (1.1)	2.7 (1.5)	0.4 (-0.3, 1.2)	2.2 (1.1)	2.6 (1.2)	0.3 (-0.3, 0.8)
Immediate recall	3.6 (1.0)	4.4 (1.1)	0.8 (0.0, 1.5)	3.6 (1.0)	4.1 (0.8)	0.5 (0.1, 1.0)
Delayed recall	2.7 (2.0)	5.7 (1.3)	2.9 (1.5, 4.4)	2.8 (2.1)	3.5 (1.9)	0.7 (-0.3, 1.7)
Verbal fluency	10.2 (2.9)	12.0 (2.3)	1.8 (-0.4, 3.9)	10.1 (2.8)	11.2 (3.1)	0.8 (-0.6, 2.2)
Spatial span	1.9 (1.3)	3.7 (1.9)	1.8 (0.7, 2.8)	1.9 (1.4)	2.6 (1.2)	0.5 (-0.2, 1.1)
Stick design test	7.1 (2.9)	9.7 (2.6)	2.5 (0.1, 4.9)	6.9 (3.0)	8.4 (2.5)	1.3 (-0.1, 2.8)

Notes: Cognitive test scores analyzed with linear regression predicting cognitive score with intracranial vascular calcification controlling for age at visit and sex. Regression (beta) estimate represents adjusted mean (95% CI) difference in cognitive test score among persons with calcification present vs absent.

Table S5. Correlations for cognitive test scores with atrophy ratings, white matter disease, and brain volumes, in Tsimane

	Global cortical atrophy	Medial temporal atrophy	Deep WMD	Periventricular WMD	Total brain volume	Gray matter volume	White matter volume
Visual scan	-0.27 0.005	-0.23 0.018	-0.06 0.57	-0.09 0.37	0.28 0.004	-0.06 0.57	0.20 0.043
Digit span forward	-0.27 0.003	-0.24 0.01	-0.04 0.66	-0.20 0.0278	0.29 0.002	0.09 0.34	0.095 0.32
Immediate recall	-0.35 <.0001	-0.29 0.001	-0.10 0.29	-0.16 0.08	0.40 <.0001	0.01 0.89	0.23 0.014
Delayed recall	-0.24 0.006	-0.08 0.37	-0.10 0.29	-0.06 0.51	0.27 0.003	-0.14 0.14	0.27 0.003
Verbal fluency: animals	-0.23 0.009	-0.17 0.058	-0.20 0.03	-0.22 0.014	0.21 0.02	-0.03 0.75	0.15 0.11
Spatial span	-0.18 0.051	-0.10 0.28	-0.09 0.34	-0.18 0.049	0.13 0.15	-0.06 0.54	0.13 0.19
Stick design test	-0.31 0.0008	-0.24 0.01	-0.13 0.16	-0.26 0.005	0.27 0.006	0.02 0.87	0.14 0.15s

Notes: Pearson correlation coefficient and p-value shown in each cell. WMD = White matter disease. N=124 for atrophy and WMD ratings. N=118 for brain volumes.

Name _____ Community _____

PID _____ Examiner's Name _____

Date _____ Start time _____ Duration of interview _____

DIAGNOSTIC INTERVIEW

I'm going to ask you some questions about how you've been doing. Some of these can be easy and some can be difficult. Do the best you can. I'm not trying to deceive you.

Number of years that attended school _____

Can you read and write?	Yes	No	Never learned
Still working on the farm?	Yes	No	Never worked on farm
Still fishing?	Yes	No	Never fished
Still going hunting?	Yes	No	Never hunted
Still weave?	Yes	No	Never wove
Still care for children	Yes	No	Never cared for children
Still cook?	Yes	No	Never cooked

Do you have problems hearing?

A) without problems, b) mild problems, c) severe problems, d) deafness

If problems, describe when began and when became severe.

Do you have problems seeing?

A) without problems, b) mild problems, c) severe problems, d) blindness

If problems, describe when began and when became severe.

Current diagnoses of importance:

- 1) _____
- 2) _____
- 3) _____
- 4) _____

<p><i>Do you feel that your memory is becoming worse?</i></p> <p>If answers "YES", <i>do you forget things sometimes... or all the time?</i></p> <p>If answers "YES", ask, <i>does this worry you?</i></p>	<p>NO Sometimes All the time</p> <p>Yes No</p>
<p><i>Have you noticed changes when you try to make plans or solve problems?</i></p> <p>If answers "YES", ask, <i>do you have trouble sometimes..... or all the time?</i></p>	<p>NO Sometimes All the time</p> <p>(specify what the difficulty is _____)</p>

The Modified Mini-Mental State (3MS) Test

Please circle

Question	Verbatim response or instruction	correct	incorrect	3MS	MMSE
1	Place and date of birth			/5	
	<i>When were you born?</i>				
	Year	(1)	(0)		
	Month	(1)	(0)		
	Day	(1)	(0)		
	<i>Where were you born?</i>				
	Town/Community	(2)	(0)		
2	Registration			/3	/3
	<i>I am going to say three words. Repeat them after I have said all three. I'll ask you to remember them later.</i>	Number of tries: _____			
	(1) SHOES	(1)	(0)		(1)
	(2) WHITE	(1)	(0)		(1)
	(3) LAZINESS	(1)	(0)		(1)
3	Mental Reversal			/7	/5
a	Count from 1 to 5. (if cannot, say "say 1, 2, 3, 4, 5")	First try: _____	Can	Cannot	
		Second try:	Can	Cannot	
b	Now do it the other way around, from 5 to 1.	Accurate	(2)		
		1 or 2 errors	(1)		
		More than 2 errors		(0)	
c	Spell the word "WORLD" ("MUNDO")	First try:	Can	Cannot	
		Second try:	Can	Cannot	
d	Now do it the other way around	Correct response: DLROW	(5)	(0)	(5)
		4 letters that are in the correct relative order	(4)	(0)	(4)
		3 letters that are in the correct relative order	(3)	(0)	(3)
		2 letters that are in the correct relative order	(2)	(0)	(2)
		1 letter	(1)	(0)	(1)
	<i>If cannot spell, use this story:</i>				
	"Describe the path to reach [a known place such as a school or church or house of an acquaintance]. What do you pass by on the way? Now describe the path walking back from [the known place]. What do you pass on the way?"	Able to name points that were passed After prompting Unable			
		Able to name points passed in reverse Unable			

After testing, transfer all circled numbers in the grey boxes

Question		correct	incorrect	3MS	MMSE
4	First Recall			/9	/3
	<i>What three words did I ask you to remember earlier?</i>				
	SHOES	Spontaneously correct	(3)	(0)	(1)
		After cue "something to wear"	(2)	(0)	
		After cue "Shoes, shirt, or pants"	(1)	(0)	
		Still incorrect		(0)	
	WHITE	Spontaneously correct	(3)	(0)	(1)
		After cue "A color"	(2)	(0)	
		After cue "yellow, green, or white"	(1)	(0)	
		Still incorrect		(0)	
	LAZINESS	Spontaneously correct	(3)	(0)	(1)
		After cue "a bad personal quality"	(2)	(0)	
		After cue "lying, laziness, or anger"	(1)	(0)	
		Still incorrect		(0)	
	If unsuccessful, administer Hidden Objects later in interview				
5	Temporal Orientation			/15	/5
	<i>If the individual has never known dates, skip to "what is the day of the week"</i>				
	<i>What is today's date?</i>				
	Year	Accurate	(8)		(1)
		Missed by 1 year	(4)		
		Missed by 2-5 years	(2)		
		Missed by >5 years		(0)	
	Month	Accurate or within 5 days	(2)		(1)
		Missed by 6 days to 1 month	(1)		
		Missed by > 1 month		(0)	
	Date (of the month)	Accurate	(3)		(1)
		Missed 1-2 days	(2)		
		Missed 3-5 days	(1)		
		Missed > 5 days		(0)	
	START HERE IF THE PERSON HAS NEVER KNOWN DATES: <i>Say the days of the week</i>	First try: Second try:	Can	Cannot	
	What is the day of the week today?	Exact day (of the week)	(1)	(0)	(1)
	What is the phase of the moon now? [individual should answer "full" or "half" or "no moon". If unable, ask "Can you point to where the moon will be tomorrow?" If unable, ask "Is the moon now full or is the moon now half, or is there now no moon?"]	Answers correctly Points correctly Correct when given three options Unable	(1)	(0)	(1)

	<i>If the individual knows dates, stop here and go to spatial orientation.</i>				
	Currently, what wild fruits can be harvested (Tsimane) / what fruits are available for sale in the seasonal market (Moseten)?	Oriented Yes Oriented No NOTES:			
	At what time of day are we (morning, afternoon, night)?	Oriented Yes Oriented No NOTES:			
	When will it be the day to go to church to sing? [if there is no church, "When will be the next day of football?"	Oriented Yes Oriented No NOTES:			
6	Spatial Orientation			/5	/5
	<i>What city/community are we in?</i>		(2)	(0)	(2)
	<i>What is the closest community?</i>		(1)	(0)	(1)
	<i>What is the closest town?</i>		(1)	(0)	(1)
	<i>Are we in a hospital (/medical clinic), a restaurant, or a home?</i>		(1)	(0)	(1)
7	Naming			/5	/2
	<i>Could you tell me what this is?</i>				
	Pencil				(1)
	Watch				(1)
	<i>If person is blind, ask person to touch object and name it. OR, say "What is the name of the thing that you use to write?" and "What is the name of the thing that you use to know the time?"</i>				
	<i>What do you call this part of the body?</i>	<i>If person is blind, ask permission to touch, then touch each body part, asking "What is the name of the part of your body that I am touching?"</i>			
	Forehead		(1)	(0)	
	Chin		(1)	(0)	
	Shoulder		(1)	(0)	
	Elbow		(1)	(0)	
	Thumb		(1)	(0)	
8	Four-legged animals			/10	
	<i>What animals have four legs? Tell me as many as you can.</i>				
	1		(1)	(0)	
	2		(1)	(0)	
	3		(1)	(0)	
	4		(1)	(0)	
	5		(1)	(0)	
	6		(1)	(0)	
	7		(1)	(0)	
	8		(1)	(0)	
	9		(1)	(0)	
	10		(1)	(0)	

Question	Verbatim response or instruction	correct	incorrect	3MS	MMSE	
9	Similarities			/6		
	Please look at these pictures and tell me what each picture shows (show pictures one at a time. Mark each that is correct)	Piranha/Fish, Canoe, Peccary, Papaya, Antelope, Watermelon, Flounder/Fish, Bicycle			TOTAL Correct ___/8	
	After example of canoe and bicycle					
	Papaya and watermelon Catidyes= fruits that must be cultivated	Finds correct pair	(2)			
		Gives explanation of similarity	(1)			
		Gives difference		(0)		
		Cannot		(0)		
	Peccary and antelope Jebacdyes= animals to eat	Finds correct pair	(2)			
		Gives explanation of similarity	(1)			
		Gives difference		(0)		
		Cannot		(0)		
	Piranha and flounder	Finds correct pair	(2)			
		Gives explanation of similarity	(1)			
		Gives difference		(0)		
		Cannot		(0)		
10	Repetition			/5	/1	
	Repeat what I say: "He would like to go home" Tsimane: "That dog wants to go home"	Correct (includes dog, wants, home)	(2)			
		One or 2 missed or wrong words	(1)			
		> 2 missed or wrong words		(0)		
	Spanish: "If you laugh, you lose." Tsimane: "birds lay eggs"					
	If / birds	(1)	(0)		(1)	
	you laugh / lay	(1)	(0)			
	you lose / eggs	(1)	(0)			
11	Read and Obey	Correct	Incorrect	/3	/1	
	"CLOSE YOUR EYES"	without prompting	(3)		(1)	
		after prompting	(2)			
		reads; does not close eyes	(1)			
		neither reads nor closes eyes		(0)		
	If the person cannot read, administer the following:					
	The examiner says "Look at me and do exactly what I do' and then the examiner closes his own eyes for 3 seconds. If necessary repeat, "Now you do exactly what I did."	Able without prompting After prompting (or if need to repeat the instruction) Unable				

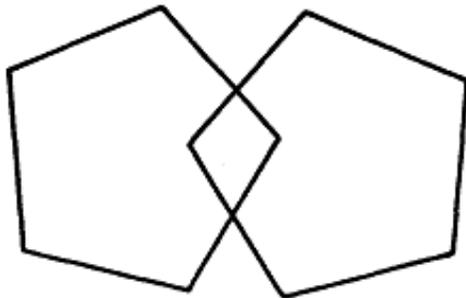
Question	Verbatim response or instruction	Correct	Incorrect	3MS	MMSE
12	Writing			/5	/1
	<i>I would like to have a sample of your handwriting. Write "He would like to go home"</i>				
	One point for each word	(1)	(0)		(1)
		(1)	(0)		
		(1)	(0)		
		(1)	(0)		
		(1)	(0)		
	If unable to write,				
	"tell me something about your house" or, "tell me something that can be done with a machete"	Able to put together a sentence Unable			
13	Copying 2 pentagons			/10	/1
	<i>Copy this drawing.</i>				
	Pentagon 1	5 approx equal sides	(4)		(1)
		5 but un-equal (>2:1) sides	(3)		
		Other enclosed figure	(2)		
		2 or more lines	(1)		
		Less than 2 lines		(0)	
	Pentagon 2	5 approx equal sides	(4)		
		5 but un-equal (>2:1) sides	(3)		
		Other enclosed figure	(2)		
		2 or more lines	(1)		
		Less than 2 lines		(0)	
	Intersection	Inner figure has 4 sides	(2)		
		Inner figure does not have 4 sides	(1)		
		No inner figure		(0)	
	<i>If the individual cannot draw, administer the following:</i>				
	Show picture of two squares. Say "arrange these two frames to look like the picture". If unable, demonstrate. Then say, "now you do it."	Could do it Could do it after being given demonstration Could not do it Draw here the design made by the person			
	Then show next picture. Say "now arrange these two frames to look like this picture." Do not help the person To score as correct, must see diamond where the two	Could do it (there is diamond) Squares overlap but no diamond Couldn't do it Draw here the design made by the person			
14	Three-stage command			/3	/3
	Take this paper with your [non dominant] L/R hand,	(1)	(0)		(1)
	Fold it in half, and	(1)	(0)		(1)
	Give it back to me	(1)	(0)		(1)

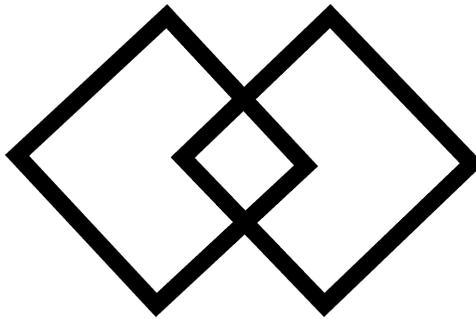
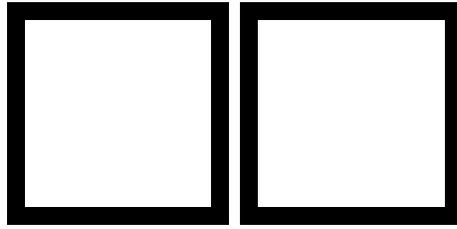
15	Second Recall				/9	
	<i>What were the three words that I asked you to remember?</i>					
	SHOES	Spontaneously correct	(3)	(0)		
		After cue "something to wear"	(2)	(0)		
		After cue "Shoes, shirt, or pants"	(1)	(0)		
		Still incorrect		(0)		
	WHITE	Spontaneously correct	(3)	(0)		
		After cue "A color"	(2)	(0)		
		After cue "yellow, green, or white"	(1)	(0)		
		Still incorrect		(0)		
	LAZINESS	Spontaneously correct	(3)	(0)		
		After cue "a bad personal quality"	(2)	(0)		
		After cue "lying, laziness, or anger"	(1)	(0)		
		Still incorrect		(0)		

After testing, transfer all circled numbers in the grey boxes



CLOSE YOUR EYES





Informant Interview Form

Community _____ Date of the Interview _____
Interviewer's Name _____ Language used for interview _____
Name of family informant _____ Code _____
Who is being discussed _____ PID _____
Does the informant live in the same house as the relative being evaluated? Yes No
How long has the informant known the relative? _____
Persons present during the interview (apart from the interviewer and informant)
a) _____ Code _____ c) _____ Code _____
b) _____ Code _____
Place of interview (house of relative being evaluated, mobile clinic, other _____)

If [the patient] has died, when [the patient] died _____

Introduction: *The interviewer should inform the family member about the diseases of aging and especially about changes in memory [Note to interviewer: You do not need to get an example of every change. Get some examples, and try to learn how frequently there are problems and how many different problems there are. Focus on persistent problems, not something that happened only once a long time ago. When the changes began, how gradually or suddenly changes were noticed, and whether changes interfere with daily living when asking for examples are especially important.] IF THE PATIENT HAS DIED, ASK QUESTIONS 1- 8, 9, 19-22, 24-31 CONCERNING HOW THE PATIENT WAS DURING LAST APPROXIMATELY 6 MONTHS OF LIFE .*

Does [the patient] have problems hearing?

a) without problems, b) mild problems, c) severe problems, d) deafness

If problems, describe when began and when became severe.

Does [the patient] have problems seeing?

a) without problems, b) mild problems, c) severe problems, d) blindness

If problems, describe then began and when became severe.

Memory

1. Have you noticed that [patient's name] is forgetting many things a lot of the time?

a. Never or rarely (0)

If the answer is Yes, then this happens

b. Sometimes (1)

c. Very often or always (2)

d. If the answer is Yes, then ask for a recent example, including what happened and when it happened.

Since our last visit, has [the patient's] memory gotten worse?

a) Yes; b) No

If yes, describe what has changed

Kika



2. Is [patient name] forgetting the names of family members?

a. No (0)

If the answer is Yes, then this happens

b. Sometimes (1)

c. Consistently (2)

d. If the answer is Yes, then ask for a recent example, including what happened and when it happened.

Kika

3. Does [patient name] forget what happened the day before? Will s/he remember tomorrow we've been here?

a. No (0)

If the answer is Yes, then this happens

b. Sometimes (1)

c. Consistently (2)

d. If the answer is Yes, then ask for a recent example, including what happened and when it happened.

Kika Bless

4. Does [patient name] ever get confused where s/he is?

a. No (0)

If the answer is Yes, then this happens

b. Sometimes (1)

c. Consistently (2)

d. If the answer is Yes, then ask for a recent example, including what happened and when it happened.

Kika Bless

5. Does [patient name] repeat what s/he said, forgetting that s/he said it before?

a. No (0)

If the answer is Yes, then this happens

b. Sometimes (1)

c. Consistently (2)

d. If the answer is Yes, then ask for a recent example, including what happened and when it happened.

Kika

6. Does [patient name] remember when to collect BONOSOL (yearly social security allotment)?

a. Yes (0)

If the answer is Yes, then this happens

b. Forgets sometimes (1)

c. Never or rarely remembers (2)

d. patient does not receive BONOSOL (-)

Kika

7. Does [patient name] get lost when walking to visiting familiar places or homes of family members?

a. No (0)

If the answer is Yes, then this happens

b. Sometimes (1)

c. Consistently (2)

d. If the answer is Yes, then ask for a recent example, including what happened and when it happened.

Kika Bless

Kika

8. Does [patient's name] behave in ways that look crazy?

a. No (0)

If the answer is Yes, then this happens

b. Sometimes (1)

c. Consistently (2)

d. If the answer is Yes, then ask for a recent example, including what happened and when it happened.

KICA-CAREGIVER TOTAL SCORE (TOTAL NUMBER OF POINTS ON ITEMS 1-8): _____ / 16

Bless

9. Would s/he be able to remember to bring you three unrelated objects? (If you asked for a machete, a bucket and a bit of rope)?

a. Yes (0)

If no, then this happens

b. Would forget some of the time (1)

c. Would forget most of the time (2)

d. If the answer is only sometimes or rarely, then ask for a recent example of forgetting a list of items, including what happened and when it happened.

10. Does s/he forget an important event completely after 1 week (e.g., trip, party, or family visit)?

a. No (0)

If the answer is Yes, then this happens

b. Sometimes (1)

c. Consistently (2)

If the answer is Yes, then ask for a recent example, including what happened and when it happened.

11. Does s/he completely forget important information from the past (e.g., birthplace, births of children, floods)?

a. No (0)

If the answer is Yes, then this happens

b. Sometimes (1)

c. Consistently (2)

If the answer is Yes, then ask for a recent example, including what happened and when it happened.

12. Does [patient name] forget where s/he put things like an identity card, knife, fan?

a. No (0)

If the answer is Yes, then this happens

b. Sometimes (1)

c. Consistently (2)

13. Does [patient name] have trouble finding words?

a. No (0)

If the answer is Yes, then this happens

b. Sometimes (1)

c. Consistently (2)

14. Does [patient name] forget debts or favors owed to others?

a. No (0)

If the answer is Yes, then this happens

b. Sometimes (1)

c. Consistently (2)

If the answer is Yes, then ask for a recent example, including what happened and when it happened.

Can [patient name] read?

Year?

a. Well

b. To some extent

c. Cannot read now, but could when younger

d. Never learned to read

Can [patient's name] write?

a. Well

b. To some extent

c. Cannot write now, but could when younger

d. Never learned to write

Can [patient's name] count?

a. Well

b. To some extent

c. Cannot count now, but could when younger

d. Never learned to count

Orientation:

15. Does [patient name] know what year we are in?

Year?

a. Very often (0)

b. Sometimes (1)

c. Rarely (2)

d. Does not know (3)

e. Knew when younger (4)

16. Does [patient's name] know what month of the year we are in?

Month?

a. Very often (0)

b. Sometimes (1)

c. Rarely (2)

d. Does not know (3)

e. Knew when younger (4)

17. Does [patient's name] know what day of the week it is?

Day?

a. Very often (0)

b. Sometimes (1)

c. Rarely (2)

d. Does not know (3)

e. Knew when younger (4)

18. Does [patient's name] know what date it is?

Date?

- a. Very often (0)
- b. Sometimes (1)
- c. Rarely (2)
- d. Does not know (3)
- e. Knew when younger (4)

19. How often does [the patient] think s/he is in the past?

- a. Very often (2)
- b. Sometimes (1)
- c. Hardly ever (0)
- d. Do not know

Include details:

Bless

Judgment and Problem solving

20. Rate his/her ability to handle money (e.g., make change, count)

- a. No loss (0)
- b. Some loss (1)
- c. Severe loss (2)
- d. Never could (3)
- e. Not applicable (999)

Bless

21. If s/he were alone, could s/he handle situations in the home (for example, how to care for a small child)

- a. As well as before (0)
- b. Worse than before due of problems thinking (1)
- c. Worse than before, another reason (2)

Community Activities

22. Can s/he understand what people talk about at community meetings and explain it to other people?

- a. Very often (0)
- b. Sometimes (1)
- c. Rarely (2)
- d. I do not Know

Bless

e. If s/he does not attend community meetings, does s/he understands if someone explains what was said at the meeting?

Yes (0)

No (1)

23. S/he is able to go outside the home alone to do social activities such as visiting the family, shopping, or going to church?

- a. As well as before (0)
- b. Worse than before due to problems thinking (1)
- c. Poor, not able (2)

Home and hobbies

I would like to ask you questions about what tasks [Patient's name] can do for himself, that is, without help from others. [Note to interviewer: Ask for details if any activity can no longer be performed, as a possible reason and from when he stopped performing the activity and if it was gradual. This is to recognize whether non-performance of activities is related to dementia or cognitive problems or not.]

23.5 What are the regular activities that [the participant] did during the past week?

a. Are there changes in activities compared to 5 years ago?

No____ Little____ a lot

b. What has changed? _____

b.[If there are changes] Do you think those changes in activities are due to a thinking problem ?

Yes____ No _____

If not describe the physical changes that the patient has: _____

24. Can [patient's name] continue doing household chores as before (cooking, making fire, etc.)?

a. Yes, as good as ever

b. With difficulty, not as good as before

c. Poor, not able

If changes, is this because of a thinking issue, or is it a physical problem?

Physical **Mental**

Interviewer request examples of activities where there have been changes (making a bed, serving a meal, cleaning, preparing a meal) and the nature of those changes.

25. Can [patient name] fish as before?

a. Yes, as good as ever

b. With difficulty, not as good as before

c. Poor, not able

If changes, is this because of a thinking issue, or is it a physical problem?

Physical **Mental**

Examples:

26. (If he is a man) Can he hunt as before?

a. Yes, as good as ever

b. With difficulty, not as good as before

c. Poor, not able

If changes, is this because of a thinking issue, or is it a physical problem?

Physical **Mental**

Examples:

27. (If she is a woman) Can she still knit/cook as before?

a. Yes, as good as ever

b. With difficulty, not as good as before

c. Poor, not able

Bless



If changes, is this because of a thinking issue, or is it a physical problem?

Physical **Mental**

Examples:

28. Can [patient's name] continue to work on his farm as before?
- a. Yes, as good as ever
 - b. With difficulty, not as good as before
 - c. Poor, not able

If changes, is this because of a thinking issue, or is it a physical problem?

Physical **Mental**

Examples:

Personal Care Questions for Informant:

Here are more questions about what [patient's name] can do for himself. *Interviewer ask for examples and rate severity from 0 to 3.*

29. Does [patient] need help getting dressed?

Bless

- a. Never (0)
- b. Sometimes (1)
- c. Much of the time (2)
- d. Always (3)

30. Does [patient name] forget to bathe?

Bless

- a. Almost never (0)
- b. Just a little (1)
- c. On occasion, sometimes (2)
- d. Always (3)

31. Does [patient name] have urinary or fecal incontinence?

Bless

- a. Almost never (0)
- b. Occasionally wets bed (1)
- c. Often wets bed (2)
- d. Doubly incontinent (3)

BLESSED DEMENTIA RATING: _____ / 17

Summary

32. How long ago did you first notice the changes in [the patient's] memory or thinking? [What month or year? Interviewer use age of patient's grandchildren or other markers.]

Which of these changes happened since we last visited?

33. Were these changes slow or fast?

34. Does memory or the patient's thinking problem interfere with their ability to perform everyday activities that they would normally do? Yes/No

Comments

II. Report of Informant on relative's informant behavior or mood:

How is the participant's way of being with family, friends and the rest of the people with whom he/she interacts now compared to how it was before?

a) When did you begin to notice the changes? _____

b) Were the changes were small or large?

c) What has changed?

d) Is it due to a physical problem, problems with thinking, or both?

If the answer was that there were changes, then ask for details such as what has changed, and examples of the change, including when it happened?

For all these questions, ask for details, such as what happened, when it happened. If it happened many times? Use the following list of options to answer the questions:

1) Always or most of the time; 2) Sometimes; 3) Rarely or 4) never

1. Is [name] satisfied with his life most of the time
2. Is [name] sad for no reason?
If yes: is this different from before?
3. Does [name] have difficulty falling asleep or wake up at dawn and cannot go back to sleep (excluding physical problems)?
If yes: is this different from before?
4. Has the patient lost his appetite?
5. Does the patient cry for no reason?
If yes: is this different from before?
6. Does [the patient] see things that are not really there?
If yes: is this different from before?
7. Does [the patient] hear things that are not really there?
If yes: is this different from before?

Informant Report Rating by Interviewer

35. During the survey the interviewee was:

- a. Very interested and motivated to respond to questions, required little insistence of the interviewer (1)
- b. Somewhat interested and motivated, required some insistence (2)
- c. Not very interested or motivated; seemed reluctant to answer questions or gave little thought (3)
- d. The informant understood little (4)

36. With respect to accuracy of the information provided by the informant:

- a. There is no reason to doubt accuracy, the informant understood everything, showed no inconsistency (1)
- b. The informant lacked a complete understanding, but showed no inconsistency (2)
- c. The informant lacked total comprehension and showed inconsistency (3)
- d. The informant understood little (4)
- e. Other: _____