## A CARLAT PSYCHIATRY REFERENCE TABLE

Cognitive Evaluation			
	Normal Aging	Mild Neurocognitive Disorder	Major Neurocognitive Disorder
Prevalence	Begins after age 45	Age 65: 2%-10% Age 85: 5%-25%	Age 65: 1%–2% Age 85: up to 30%
Neuropsychological testing	<1 standard deviation below normal	1–2 standard deviations below normal	>2 standard deviations below normal
Independence in daily activities	May take more time, but accomplishes tasks independently	Functions independently with accommodations or use of compensatory strategies	Can't perform without great assistance, or can't perform at all

From the Article **"The Aging Brain: Preventing Cognitive Decline"** *The Carlat Psychiatry Report*, Volume 17, Number 4, April 2019 www.thecarlatreport.com