

## WHEN TO USE THE CICA?

The CICA can be used when cognitive impairment is suspected, or when there is a change in cognitive function or health status.



The CICA is intended for older Indigenous adults experiencing changes in their ability to manage day to day activities.

The CICA is not a diagnostic tool. If the assessment shows cognitive impairment, follow up with your health provider for diagnostic testing.



## CONTACT US

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**We'd like to acknowledge the contributions of the late Freda O'Watch and late Millie Hotomani on this project.**



# CANADIAN INDIGENOUS COGNITIVE ASSESSMENT (CICA)

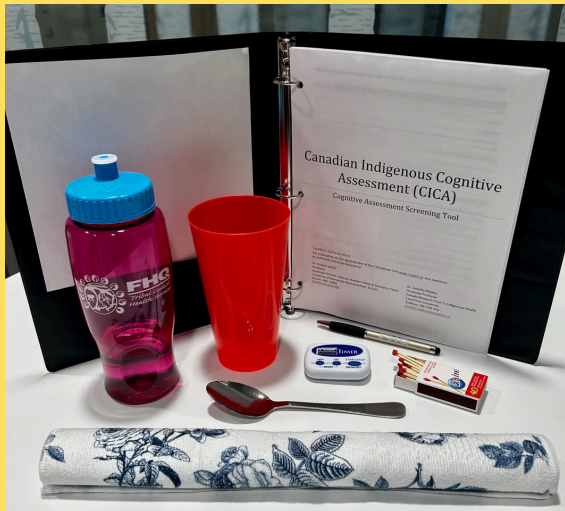
A NEW TOOL TO  
UNDERSTAND DEMENTIA



## WHAT IS THE CICA?

THE CICA IS A CULTURALLY RELEVANT TEST FOR COGNITIVE IMPAIRMENT, AND TAKES ABOUT 10 MINUTES TO COMPLETE.

THE CICA CAN BE DONE WITH A PAPER, PEN, AND THESE ITEMS BELOW THAT CAN BE FOUND IN MOST HOMES.



L to R: Theresa O'Watch, Diane Smith, Felix Ashdononk and Karen Ryder

## CARRY THE KETTLE NAKODA NATION

THE CICA IS BASED ON THE KIMBERLY INDIGENOUS COGNITIVE ASSESSMENT (KICA) FROM AUSTRALIA, AND HAS BEEN ADAPTED FOR INDIGENOUS PEOPLE IN CANADA.

CARRY THE KETTLE COMMUNITY MEMBERS FORMED THE NAKODA ADVISORY GROUP (NAG) TO CREATE A VERSION OF THE CICA SPECIFICALLY FOR NAKODA PEOPLE.

## WHAT ARE THE BENEFITS OF USING THE CICA?

The CICA can be used by caregivers and healthcare providers in the home, community, or healthcare setting.

The CICA is culturally informed and is ideal for older Indigenous adults with limited access to formalized healthcare services.

The CICA is free to download at [www.i-caare.ca](http://www.i-caare.ca).