

How to Administer the Brain Care Score

1. **Pick your method to administer the BCS.** Are you emailing an online survey, having people scan a QR code, sharing a paper copy, or directly helping someone else fill it out online or on a flyer?
 - If you're directly helping someone fill out the BCS, ask if they have information on their blood pressure, body mass index, or diabetes available. It's not required but could save people time when filling out those sections to get that information in advance.
 - Provide a high-level overview of what the Brain Care Score is and why it is important.
 - A script on how to introduce the BCS is available in this toolkit.

2. **Fill out the survey online or on the paper flyer.** If it is on the flyer, add the total number of points.

3. **Interpret the Brain Care Score**
 - If you're in person with someone, help them interpret their Brain Care Score out of 21 to see if they are on the right track. Which part of the BCS has room for improvement? Even if someone's score is higher, there is always room for improvement.
 - If you have taken the online survey or the paper flyer, there is information on what your score means.
 - A Frequently Asked Questions (FAQ) worksheet is available in the toolkit.

4. **Provide recommendations.**
 - We have a list of example recommendations on how people can get started with new lifestyle habits. You are welcome to provide your own ideas and recommendations since you might know your geographic area or community members well – people would love to hear your input!
 - The goal is letting people know that even small changes are a great start and can help with long-term brain health. Individuals can pick one thing to work on.
 - If people take the BCS online through the GBCC website, there are general recommendations and websites provided at the end.

5. **Goal setting**



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- After taking the BCS, someone might take your recommendations and use that to set their own personal goal(s) on what they want to do to change their health. There is a worksheet available in the toolkit that can be printed for individuals to set some goals.