

EverGuide 4Ms-Plus™ — Mentation Summary

Participant: Mary H.

Client #: 12345

Facilitator: James Kraft, Ph.D.

Date: February 10, 2025

Sample EverGuide Dashboard Content – For Demonstration Purposes Only

What Mary Shared

When we talked about memory and thinking, Mary was candid and measured. She shared that she sometimes loses track of words mid-sentence or forgets why she walked into a room, but she was quick to note that these moments usually resolve on their own.

“It’s frustrating, but it’s not frightening,” she said. Mary described staying oriented to her day by keeping simple routines and writing notes to herself. She emphasized that she still feels able to manage her daily affairs and make decisions she understands.

Facilitator Observations

Mary spoke thoughtfully and did not appear distressed when describing these experiences. She demonstrated insight into her own thinking and described compensatory strategies without prompting. Her tone suggested awareness rather than alarm.

Key Insights

- Mary notices occasional lapses but maintains confidence in her overall thinking.
- Routine and written reminders help her stay oriented.
- Insight into changes appears intact and meaningful to her.

Encouragement for Family

Mary’s openness and self-awareness offer a strong foundation for shared understanding.

Suggested Next Steps

- Continue conversations about what feels normal or different to Mary over time.
- Notice whether routines remain supportive or feel harder to maintain.
- Keep communication open and non-alarmist.