

New App Developed by Dementia Australia to Track and Monitor Cognitive Changes



Dementia Australia, with the Applied Artificial Intelligence Institute (A²I²), Deakin University, and funding by the Australian Government, has developed a free mobile app – BrainTrack - that helps people to monitor and better understand suspected changes in their cognition over time.

Users of the app are prompted to log-in to BrainTrack monthly to provide cognitive information.

BrainTrack is not intended to replace a formal cognitive assessment, however the app supports the early identification of cognitive changes over time that may warrant further testing and a formal cognitive assessment.

Dementia Australia suggests that by encouraging people to talk to their physicians as soon as they have concerns about their cognition may lead to an earlier diagnosis of dementia, which then empowers and enables people living with dementia, their families and care partners to better understand dementia and manage the symptoms.

BrainTrack is a free downloadable app through the Apple App Store or Google Play.

[Learn More about BrainTrack](#)

BrainTrack App

Brain Track

Download now



Check your
brain health

Are you concerned about changes in your thinking? Games and challenges on this new app give you data you can share with your GP.

BrainTrack is a free app that helps you monitor and understand changes in cognition over time, which you can use to start a conversation with your GP. The app will help you explore this common concern, providing brain health information through fun, travel-themed games that test your cognition. The resulting conversation and monitoring may lead to an earlier diagnosis of dementia.



How does BrainTrack work?

To start using the app, you will be prompted to 'visit' an individual country each month. You will then play a series of games relating to the country you are visiting. Users have different companions for each leg of their journey and need to solve typical travel challenges such as reading maps, collecting bags and calculating expenses. Scores are given for each round of challenges.

Users are prompted to log in monthly, play the games and receive data on their cognition. The data is given to you as a report that can be shared with your GP, to initiate formal cognitive assessment.

How do I download the app?

BrainTrack is available for download on your mobile phone or tablet device for free now through the Apple App store or Google Play.

Disclaimer

While BrainTrack does not replace the need for formal cognitive assessment, it supports the process by offering an easy way to track changes over time, and even picking up on cognitive concerns the user may not be aware of themselves. For many, it will offer reassurance and offer tips around maintaining brain health.

BrainTrack is an initiative of Dementia Australia and is funded by the Australian Government.

Thinking about your brain? You can check your brain health with the BrainTrack app. Download now.

