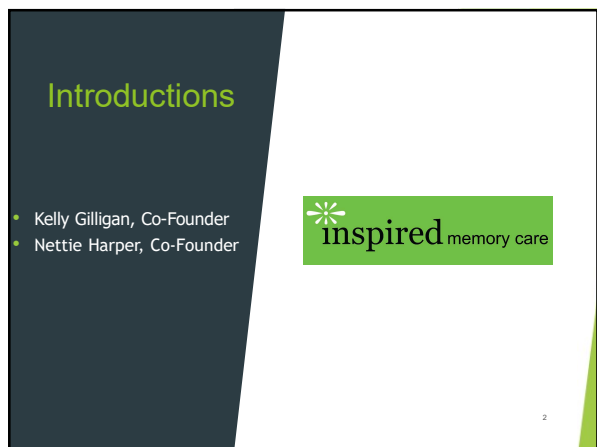


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Aging and Health

Aging well depends on your:

- Genes
- Environment
- Lifestyle

Healthy lifestyle choices may help you maintain a healthy body and brain



4

Possible Risks or Threats to Brain Health

- Some medicines, or improper use of them
- Smoking
- Excessive use of alcohol or illegal drugs
- Heart disease, diabetes, and other health problems
- Poor diet
- Insufficient sleep
- Lack of physical activity
- Little social activity and being alone most of the time


5

So, What Can You Do to Protect Brain Health?

Actions that may help:

- Eat healthy food
- Be active
- Learn new things
- Connect with family, friends and stay connected to your community


6



How does it work?

- The brain is made up of a network of neurons (100 billion!)
- Neurons send and receive messages across trillions of pathways
- The brain builds new pathways as new skills and ideas are learned and formed

7



Normal Aging

- What are the effects of age on a healthy brain?
- What are the characteristics of a healthy brain?
- What is "reserve"?

8



9

Normal & Abnormal Memory Loss



Normal Memory Loss

- Forgetting why you entered a room
- Forgetting to brush your teeth
- Forgetting to pick up groceries
- Forgetting where you parked your car

Abnormal Memory Loss

- Forgetting the location of the room in your home
- Forgetting what a toothbrush is for
- Forgetting how to get home from the grocery store
- Forgetting where you parked and being unable to retrace your steps/problem solve to find the car

10

Abnormal Memory Loss due to a Disease

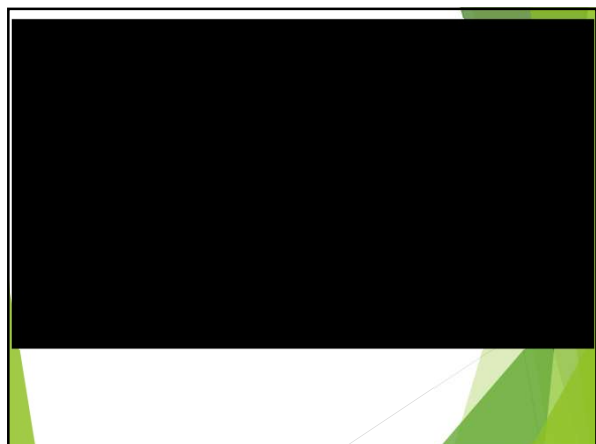
- *Not* a normal part of aging.
- ↑ Age = ↑ Risk
- Diseases that may cause irreversible cognitive change include:
 - Alzheimer's Disease
 - Dementia with Lewy Bodies
 - Vascular Dementia
 - Parkinson's Disease
 - and more . . .

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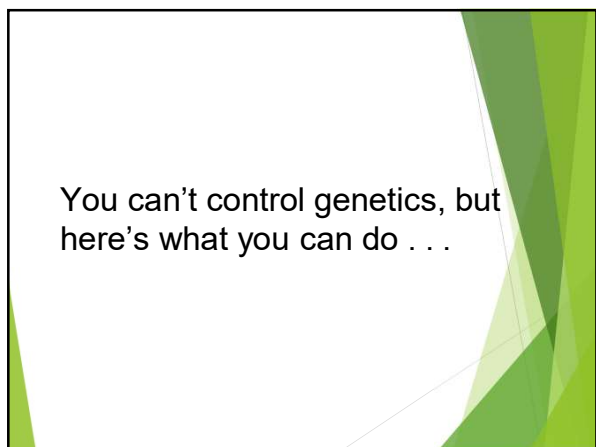
Reversible Forms of Dementia

- D=Drug Interaction
- E=Emotional Disorder-Depression
- M=Metabolic/Endocrine-Thyroid
- E=Eyes and Ears- hearing aids and glasses (CLEAN)
- N=Nutritional intake
- T=Tumors/Head injuries
- I=Infections-Urinary Tract Infections, Pneumonia
- A=Arteriosclerosis/Congestive Heart Failure (CHF)

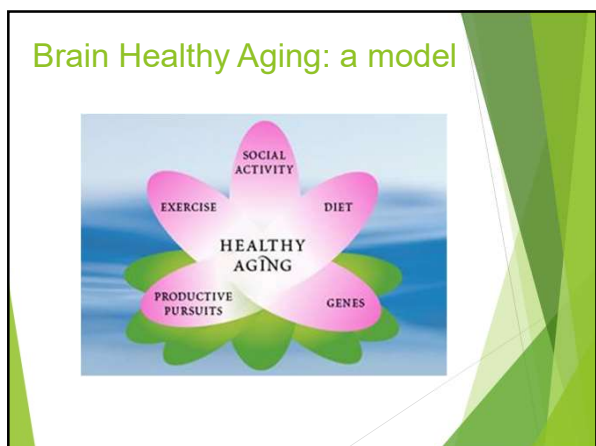
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15



Stay Active

Empower yourself to:

- Set goals
- Push your limits
- Step outside your comfort zone

16

Get Moving

- Physical activity
 - Reduce risks of diabetes, heart disease, depression and stroke
 - Prevent falls
 - Improve connections among brain cells
- Get at least 150 minutes of exercise each week. Move about 30 minutes a day. Walking is a good start.
- **If you have difficulty with walking or have the inability to walk, it is still important to have activity. This is an opportunity to consult with a physical therapist for exercises that may include range of motion.

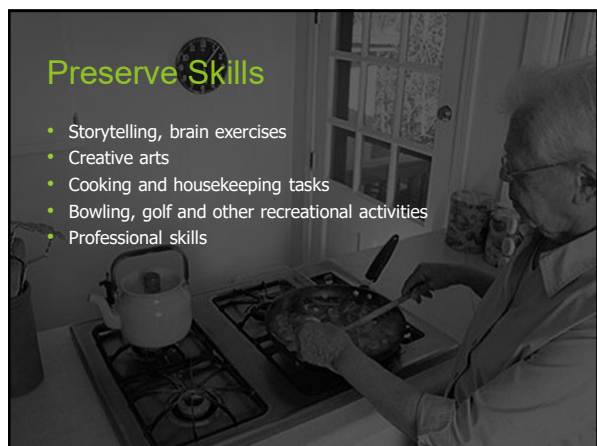
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Keep an Active Mind

- Encourage mentally stimulating activities
- Read books and/or magazines
- Play games
- Learn new things
- Take or teach a class
- Be social through work or volunteering
- Join a class or club and connect through the arts
 - Drawing
 - Creative Writing
 - Art
 - Music

**Clinical trials have not proven that these types of activities will prevent dementia, but they can prevent isolation and slow cognitive decline.

18



19




20



21

Even better: learn a NEW skill


Learn a foreign language



22

Even better: learn a NEW skill

Exercise your eyes for eye-hand coordination



23

Challenge your brain



left hand right hand

Use your non-dominant hand for everyday activities

24

Try something new!
Listen to music you are not
familiar with



25

Try something new!
Do a favorite activity in a new
location




26

What Can You Do Today?

- Pick one thing you can do that may help you to maintain your brain.
- Think of small steps such as:
 - Talking a 10-minute walk a few times a week
 - Adding one serving of vegetables to your meals each day
 - Exploring a learning opportunity
 - Write down what you will do and when
 - Get support from family, friends or community groups!

27

HEALTHY AGING



Studies show that people who routinely seek out new experiences, acquire new knowledge and engage in mentally stimulating tasks are up to **50% less likely** to develop dementia

28

Socialization stimulates cognitive function

- Join a club
- Join a discussion group
- Start one!



29

Socialization stimulates cognitive function



Teach others a skill or interest

30

Socialization stimulates cognitive function



Volunteer!



31

Cultural experiences

- Museums
- Theatre
- Concerts



32

Creative experiences Don't just view art – create it!



33

Explore different art forms



34

A recent study reported that leisure activities that combine physical, mental and social activity are the most likely to prevent dementia. In a study of 800 men and women aged 75 and older, those who were more physically active, more mentally active or more socially engaged had a lower risk for developing dementia. And those who combined these activities did even better.

Other research found that sports, cultural activities, emotional support and close relationships together appear to have a protective effect against dementia.

Source: *Maintain Your Brain, Alzheimer's Association*

35

The Role of Exercise, Hydration, & Nutrition




36



Exercise
What's good for your heart is good for the brain, especially when it comes to high cholesterol.

37




Exercise
Research has shown that exercise that focuses on the preservation of muscle tone is key to long term vitality

38



Avoid tobacco and excess alcohol

39



Eat a healthy, low fat diet
Add all the colors!

40

Increase your intake of
antioxidant foods




In general, dark-skinned fruits and vegetables have the highest levels of naturally occurring antioxidant levels.

Vegetables include: kale, spinach, brussels sprouts, alfalfa sprouts, broccoli, beets, red bell pepper, onion, corn and eggplant.

Fruits include: prunes, raisins, blueberries, blackberries, strawberries, raspberries, plums, oranges, red grapes and cherries.

41

Take care of your health



Hypertension & Diabetes

42

Hypertension and Cognitive Function

Reduced abstract reasoning
(executive dysfunction)

Impaired memory

Slowed processing speed



• Leading cause of Vascular Cognitive impairment

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Diabetes and Dementia

Doctors don't know yet what causes Alzheimer's disease or exactly how Alzheimer's and diabetes are connected. But they do know that high blood sugar or insulin can harm the brain in several ways:

- Diabetes raises the risk of heart disease and stroke, which hurt the heart and blood vessels. Damaged blood vessels in the brain may contribute to Alzheimer's disease.

- The brain depends on many different chemicals, which may be unbalanced by too much insulin. Some of these changes may help trigger Alzheimer's disease.

- High blood sugar causes inflammation. This may damage brain cells and help Alzheimer's to develop.

44



Anxiety and stress can have a negative effect on cognition

45

Circle Breathing Exercise



46

There's nothing like a good night's sleep



47

Relaxation is important too.
Take a nap ~~ it's good for you!



48

Two important characteristics of Healthy Aging



Healthy Aging for Older Adults

49


Optimism: a positive attitude is important!



- Associated with enhanced coping skills
- 2018 study published in *Innovation in Aging*
 - Link between optimism and healthy aging
- Optimism as a personality trait
- Exercise in Optimism

50

Curiosity



- 2018 meta-analysis published in *Neuroscience & Biobehavioral Reviews*
 - The effects of curiosity on aging

51



What does Laughter do for us?

- Laughter relaxes the whole body.
 - A good hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after
- Laughter boosts the immune system.
 - Improving your resistance to disease
- Laughter triggers the release of endorphins
- Laughter protects the heart
- Laughter burns calories
 - No replacement for the gym, but studies found that laughing for 10-15 minutes a day can burn about 40 calories--which could be enough to lose 3-4 lbs over the course of a year
- Laughter can release you from your anger
- Laughter may even help you to live longer
 - A study in Norway found that people with a strong sense of humor outlived those who don't laugh as much. The difference was particularly notable for those battling cancer.

52



53

Who might experience cognitive changes?

- Family
- Colleagues
- Former Colleagues
- Friends

AND what do we do?

54

How to Approach a Conversation

- Who: is the best person to give the information?
- What: is the best way to reach or motivate your family member/friend/colleague?
- Where: Choose a setting that is quiet and unthreatening.
- When: Choose a time when you won't be rushed.
- Why: Emphasize that you care & want to problem-solve together.
- How: This is a dialogue that may take time. Mutually agreed upon next steps are the most important goal, but you may need to make small gains to get there.

55

How to Approach A Conversation

- Have the conversation sooner rather than later.
 - It is best to have the conversation when cognitive functioning is at its highest.
- Offer your support
 - This can be a scary time for your loved one and/or friend

56

How To Approach A Conversation

Conversation Starters:

Again, make it about you...

- I've been thinking through my own long-term care plans lately and I was wondering if you have any advanced planning tips for me?
- I've been noticing I've been slowing down lately...give details...I was wondering if you've noticed any changes that you have had?

57

When adapting experiences
for a loved one who already has
a form of dementia . . .

The same rules apply with just a
few adaptations!

58

Before a *connection* can be
made...you must be
present!

- Reduce distractions in the room
 - Did you turn off the radio?
 - Did you turn off the TV?
 - Did you take off your blue tooth?
 - Did you put your cell phone away?
 - Did you leave your "To Do" list behind?
- Are you sitting in the best location for your client or loved one to hear and see you?

59

Try to rely more on memory
systems that are less affected

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Example: Habits rely on procedural memory. So, try using procedural instead of declarative memory to remember appointments and visits by incorporating rituals & templates.

60




Do the *same* thing every time
(create a procedure)

Example: Where to put glasses, keys, etc..

61

Use the Unspoken Word & Pause, then Echo

- 30-second Exercise



62

Keep Inspiring One Another

- Your friend/loved one may actually be more forgiving of mistakes and therefore more at ease if he or she is trying something brand new.



63

It's **NEVER** too late to get started
with Brain Health!

START TODAY!



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To connect with us:

- Visit our website at:
www.inspiredmemorycare.com
- Email us at: info@inspiredmemorycare.com
- Or call us at: (917) 705-8260



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