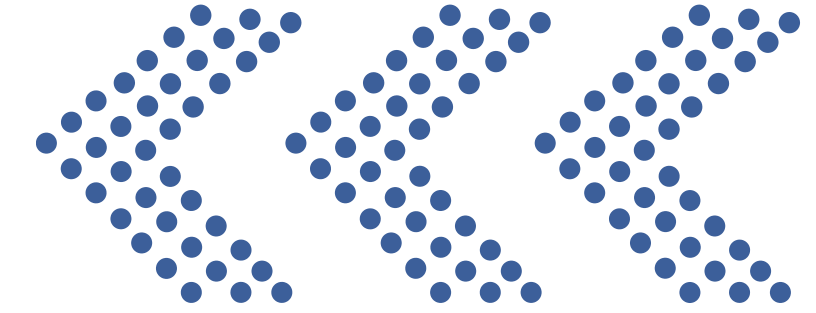




Your Game Plan for Brain Health

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Jackson Co. Aging & Disability Resource Center

ADRC



Transportation

Nutrition Programs

Energy Assistance

Information & Assistance

Memory Wellness

Disability Benefits

Elder Benefits

Adult Protective Services



Brain Health



Why Brain Health Matters

- essential for cognitive function, memory and quality of life
- supports independence and daily functioning as we age

Uncontrollable Risk Factors

- age, genetics, and family history
- understanding these helps with early monitoring and managing the controllable factors

Controllable Risk Factors

- diet, physical activity, social engagement, and cognitive stimulation
- 

TYPES OF DEMENTIA

Dementia is an umbrella term for loss of memory and other thinking abilities severe enough to interfere with daily life.

- 👉 Alzheimer's
- 👉 Vascular
- 👉 Lewy body
- 👉 Frontotemporal
- 👉 Other, including Huntington's
- ★ **Mixed dementia:** Dementia from more than one cause

Be Physically Active

Regular physical activity lowers your risk of developing heart disease, stroke and diabetes – all risks associated with dementia.

Physical activity pumps blood to the brain, nourishing your cells with oxygen and nutrients.



Tips for Physically Activity

- **Start where you can and set reasonable goals**
- **Think of it as “activity”, not “exercise”**
- **Consider aerobic activities**
- **Plan out your physical activity with someone you know**

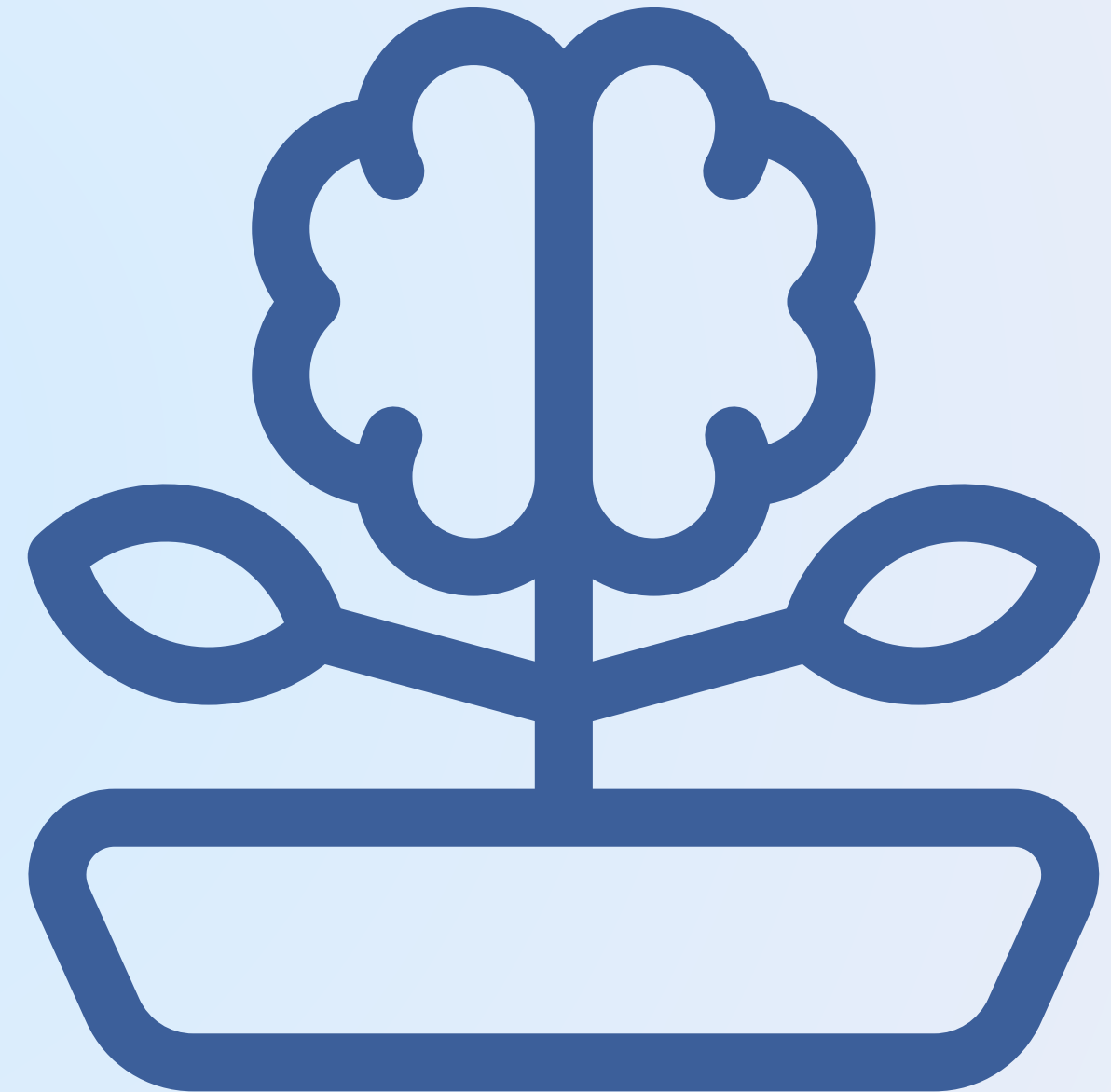
Once you get going, aim for at least:

- 150 minutes of moderate activity
 - walk the dog, bicycle ride, pushing a lawnmower
- 75 minutes of vigorous activity
 - swimming, running
- Include strength and balance activities to help prevent falls
 - yoga, tai chi

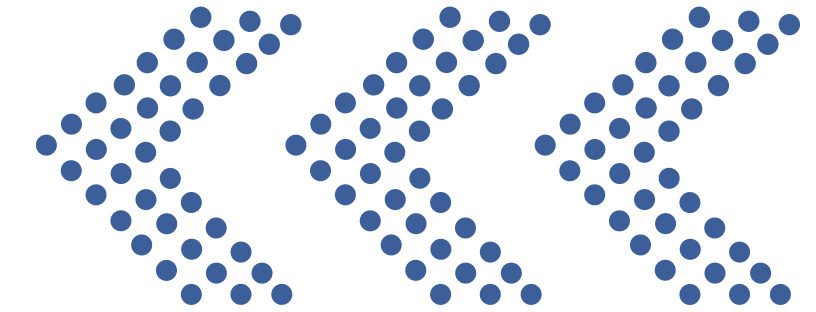
Nourishing Your Body & Brain

Long term, nutritious foods help maintain brain function and fight cognitive decline.

Follow a healthy diet that works for you.



Tips for Eating Healthy



1. **Be mindful of your eating habits**

portion sizes, snacks, water intake

2. **Enjoy a variety of foods in many different colors**

Blue & purple: packed with antioxidants

Green: benefit your brain, bones, teeth and vision

White, tan & brown: reduce cholesterol and improve bone strength

Orange & yellow: support vision, immunity and skin health

Red: help with heart health and boost brain health

3. **Find healthy ways to add flavor to your meals**

herbs, spices, nuts and seeds

4. **Consider reducing processed foods, meats and sweets**

MIND Diet, small transitions

5. **Plan meals in advance**

reduce decision fatigue and last minute less-nutritious choices

Supplements

Signs of Quality Supplements

- Look for third-party testing certifications
- Check for a transparent ingredients list
- Research the manufacturers reputation
- Avoid third-party sellers
- Be wary of exaggerated health claims

What We Know

- Current evidence remains inconclusive
- No supplement can replace a healthy lifestyle
- Primary focus should always be diet, exercise, social activity and mental engagement
- ALWAYS consult your healthcare provider first

Pursue life-long learning

Play games

Maintain a routine and use reminders

Engage in community activities

Cross-train your brain

Challenge Your Brain





Be Socially Active

Make the most of your daily opportunities to socialize

Practice random acts of kindness

Combine social interaction with an activity

Maintain old friendships and make new ones

Find time to volunteer





Benefits of Action

Improves long-term cognitive function

Reduces chronic disease risk

Enhances overall physical and mental well-being

Thank You

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