



EMPLOYEE ASSISTANCE
PROGRAM

Dementia Prevention Tips

April 2023

Senior Management Services

While there is no cure for dementia, there are some interesting tips coming out from the multitude of research that is being done around this disease. There are some ways this research is showing “cognitive protection/cognitive reserves” that could prevent and slow the progression of the disease. Here are a few notable tips coming out of this research:

1. Address hearing impairment:

If you cannot hear well, you are missing out on your surroundings and participating socially. This can impact your cognitive reserves.

2. Avoid excessive television:

Go outside and connect with other people socially rather than spending all day watching television. Research believes that what is good for your heart is good for the brain, so walking and gardening, for example, can be a few ways to keep yourself active as well as social.

3. Exercise:

Research is showing dancing and social dancing to be some of the best ways to prevent dementia and cognitive decline. Find a friend to walk with, join a bocce group or take in some local sporting or music events.

4. Continuous learning:

Engage in learning opportunities like cooking classes, music classes or learning another language. This can be a good protectant against dementia as you build the connections in your brain.

For additional information about Eldercare, please contact Quest at 1-800-364-6352.

<https://www.cnn.com/videos/health/2023/03/28/dementia-prevention-tips-lbb-orig.cnn>