

Société Alzheimer Society

NOVA SCOTIA

A Healthier Brain at Any Age

An Interactive Workbook for ALL Nova Scotians



Land Acknowledgement

The Alzheimer Society of Nova Scotia (ASNS) acknowledges that we are in Mi'maki', the ancestral and unceded territory of the Mi'kmaq Nation. We are all treaty people. We take responsibility for our role in reconciliation, and we are working to implement the Calls to Action made by the Truth and Reconciliation Commission of Canada.

Furthermore, ASNS recognizes the people of African descent who have been in Nova Scotia for more than 400 years and the 52 African Nova Scotian communities in our province.

ASNS also recognizes the Acadians who lived in harmony with the Mi'kmaq, and whose communities across the province are a living testament to the fortitude of their ancestors who survived the Grand Derangement.

ASNS is committed to undertaking work to create collaborative and respectful relationships. Together our goal is to identify and develop tools that align with the beliefs and needs of Indigenous, African Nova Scotian, Acadian and all equity seeking communities across our province. We are committed to walk as community members and allies in the elimination of racism and discrimination from health care and across society.

We hope you see yourself in this workbook. If you have suggestions on how we can better represent all people living in Nova Scotia, we invite you to contact us by email at alzheimer@asns.ca or phone at 1-800-611-6345.

If you would like to learn more about how we are working towards becoming a more diverse and inclusive organization where ALL Nova Scotians feel a sense of belonging, please visit alzheimer.ca/ns/idea



Overview

This workbook is an interactive tool to support all Nova Scotians to maintain or improve their brain health and reduce their risk of dementia. The workbook incorporates the Alzheimer Society of Canada's 10 Ways to Reduce Your Risk of Dementia, specific actions that have been shown to help reduce the risk of dementia, as well as reflection, goal setting, and available resources.

The workbook is designed for Nova Scotians of any age who are curious about how they can maintain and improve their brain health and reduce their risk of dementia. Workbook users are encouraged to read the book front to back or refer to the sections that are relevant to their specific interests and situation.

The Alzheimer Society of Nova Scotia is a leading not-for-profit health charity working to improve the quality of life for Nova Scotians affected by Alzheimer's disease, other dementias and advance the search for the cause and cure. To learn more about the Alzheimer Society of Nova Scotia, please visit our website: alzheimer.ca/ns or call 1-800-611-6345.



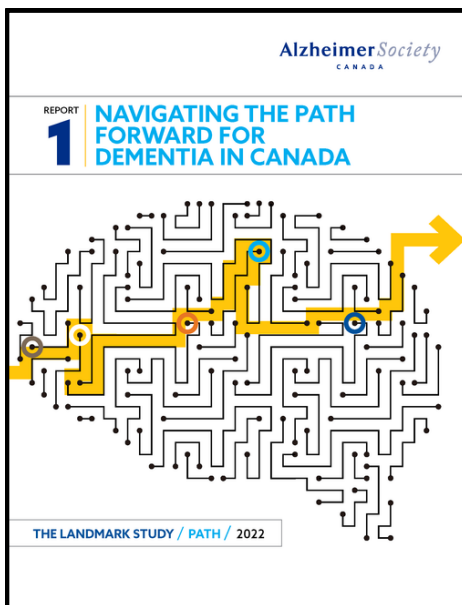
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Introduction

What is dementia?

Dementia is a broad term that describes a set of symptoms that can include memory loss, changes in mood, and difficulties with thinking, problem solving and language. Dementia is caused by disorders that damage the brain. There are many disorders that can cause dementia, with Alzheimer's disease being the most common. Dementia is not a normal part of aging. While some small changes are normal with age, most people's memory and thinking abilities remain steady.



The Landmark Study

In 2022, the Alzheimer Society of Canada released a new report forecasting dementia rates in Canada to 2050. The report reviews the importance of good brain health for reducing rates of dementia in Canada. The brain is one of our most vital organs, playing a role in our every action and thought. Like the rest of the body, it needs to be taken care of. By taking care of our brain health, we can reduce our chances of developing dementia.

To learn more about The Landmark Study, please visit alzheimer.ca/ns/landmark.

What can we do to reduce dementia risk?

There are some risk factors for dementia that can be changed, and some that cannot. We cannot change our age, sex at birth, or genetics. Age is the strongest known risk factor for dementia. The older you become, the higher the risk. While genetics do play a role in the development of some forms of dementia like young onset Alzheimer's disease and Creutzfeldt-Jakob disease, the majority of people living with dementia do not have a strong, known genetic link. For example, less than 5% of all people living with Alzheimer's disease inherited it through a family member.

Introduction

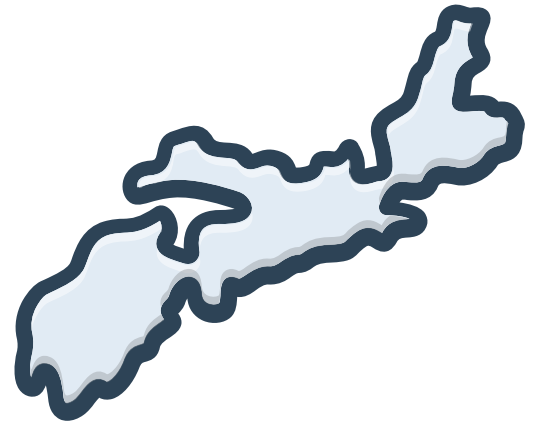
This workbook focuses on risk factors we can change through our choices and behaviours. For example, we can change how much physical activity we get. Under the right circumstances, we can all take action to lower the risks outlined in this workbook. It is important to note that some risk factors could be harder to change from one person to the next. Many Nova Scotians face challenges due to lack of resources or access to supports for their health. These risk factors are only truly changeable with the support of our communities, healthcare system, and other government organizations. That said, we can all take some steps toward better brain health and this workbook is here to help you start.

It is never too late or too soon to make changes that improve or maintain brain health. By making healthy lifestyle choices, you may be able to reduce your risk of dementia and improve your brain's long-term health.

Who is the workbook for?

Persons of any age living in Nova Scotia who are curious about...

- Reducing their risk of dementia.
- Improving and maintaining their brain health.
- Improving and maintaining their overall health.
- Accessing resources designed to support brain health and reduce dementia risk.



How to use the workbook

The workbook is divided into five categories that each contain ways you can make changes to support brain health and reduce the risk of dementia. Each category includes at least one question to help you reflect on what you can do to improve and maintain your brain health. You can work through the workbook front to back, or choose which sections are most useful for you. The workbook also includes additional Nova Scotian and Canadian-based resources so you can access support and information.

10 Ways to Reduce Your Risk of Dementia

Soci  t  Alzheimer Society
NOVA SCOTIA



Be physically active each day

Get moving! Any physical activity is better than none at all.



Protect and support your hearing

Hearing loss in midlife can increase dementia risk by an average of 90%. Use hearing aids if needed – they help reduce that risk.



Stay socially active

Stay connected and engaged with your family, friends and community. Social isolation in later life can increase dementia risk by an average of 60%.



Manage your medical conditions

In collaboration with your healthcare provider, try to manage complex conditions such as diabetes and obesity as best you can.



Quit or reduce smoking

Get support in quitting or reducing smoking. Even in later life, these steps can improve your brain health and reduce your dementia risk.



Seek support for depression

Depression is more than just feeling sad. Seeking depression treatment and support will help improve your mood and brain functioning.



Drink less alcohol

Research shows that higher alcohol consumption in midlife increases dementia risk by an average of 20%. If you need help in quitting or limiting alcohol, speak with your healthcare provider.



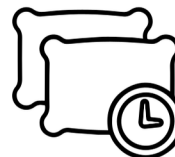
Protect your heart

Working with your healthcare provider, monitor and manage your blood pressure and heart health. What's good for the heart is also good for the brain!



Avoid concussion and traumatic brain injury

Steer clear of activities where you might put your brain at risk of harm. Play, travel and work safe!



Aim to get quality sleep

Work toward getting 6 to 8 hours of sleep each night. If you experience sleep apnea or other sleep issues, talk to your healthcare provider for treatment options.

Every action counts. Learn more at alzheimer.ca/ns/riskreduction.

  June 2023, Alzheimer Society of Canada.

Reflection Questions

Self reflection is an important part of creating lasting lifestyle changes. We invite you to answer the reflection questions at the start and end of the workbook. These questions will help you identify what you are already doing to support your brain health and what changes you can make to support your brain health.



What is one thing you are currently doing to support your brain health?



What is one new thing you could do to support your brain health?



What concerns do you have about starting a new brain health action?

Take Care of Your PHYSICAL HEALTH

Your physical health is directly linked to your brain health. It has been shown that what is good for your heart is also good for your brain. When you protect your heart, you also protect your brain and reduce your risk of dementia. You can protect your heart by taking care of your physical health.

This workbook will focus on four things you can do to help take care of your physical health:

**Be Physically
Active Each Day**



Smoke Less



Drink Less Alcohol



**Manage Your
Medical Conditions**



What about nutrition?



Nutrition is also important for heart and brain health. Nutritious foods provide your body with the fuel and nutrients it needs to maintain your health and give you energy. It also helps maintain brain health.

So far, there is no one diet that research has proven to impact dementia rates. There is some evidence that the Mediterranean and MIND diets support good brain health. These recommend limiting processed foods, meat, sweets and dairy, and emphasize eating more fruit, vegetables, legumes, whole grains, nuts, olive oil and fish. Many cultures and cuisines around the world include dishes that feature these brain-healthy foods. Finding brain-healthy recipes that you enjoy making and eating is key to making lasting changes.

Take Care of Your Physical Health

Be Physically Active Each Day

Increase the amount of time you are active! People who exercise regularly are less likely to develop heart disease, stroke and diabetes – all risk factors associated with dementia. Physical activity also pumps blood to the brain, which nourishes it with nutrients and oxygen. It has been shown that regular exercise helps to reduce stress and improve your mood. Physical activity looks different for everyone. Participate in activities that work for you! Aim for at least 2.5 hours of physical activity per week.

Circle the different ways you like to be physically active.



Fishing



Chair yoga



Gardening



Playing darts



Dancing



Drumming



Doing chores

What else do you enjoy?

Workbook Questions

What are you already doing to stay physically active?

What is another way of staying physically active that you'd like to try?

A Physical Activity Example - The Walking Group

Jordan is curious about how they can include physical activity in their life. They used to run track in school. Jordan enjoyed the social aspect of being on the track team. Jordan remembered a flyer they saw on a community bulletin board advertising a local walking group. Jordan decided to attend the next group walk. The group walked around their community for 30 minutes. As they walked, they chatted about their favorite recipes.

Jordan decided to attend the walking group every week. They also exchanged telephone numbers with a few group members with the intention of getting together more often for outdoor activity in their community. Jordan has found a new activity that helps them stay active and social.



For more resources and tools to support your physical activity journey, please see pages 25 to 27.

Take Care of Your Physical Health

Smoke Less



It has been shown that people who smoke are at a higher risk of developing dementia vs. non-smokers or ex-smokers. It's never too late to reduce the amount you smoke, or quit! People who reduce the amount they smoke or quit smoking can improve their brain health and reduce their risk of dementia. Get support in reducing or quitting smoking.

Workbook Questions

Name someone you trust that you can ask to help you to smoke less.

For more resources and tools to support you to quit smoking, please see page 28.

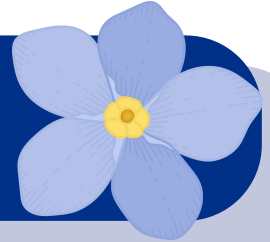
Take Care of Your Physical Health

Drink Less Alcohol

The Canadian Centre on Substance Use and Addiction (CCSA) recommends that all Canadians consider reducing their alcohol use to avoid the risk of harm.

Reducing the amount of alcohol you drink has many health benefits, including better sleep and decreased risk of dementia.

Tip



Many Nova Scotian-based companies that make alcoholic drinks also make alcohol free drinks, such as mocktails and 0% alcohol beer! The next time you are visiting your favorite brewery, ask about their non-alcoholic drink options.

A standard drink means:



Beer
341 ml (12 oz)
of beer
5% alcohol



**Cooler or
cider**
341 ml (12 oz)
of drinks
5% alcohol



Wine
142 ml (5 oz) of
wine
12% alcohol



Spirits
43 ml (1.5 oz) of
spirits
40% alcohol

Workbook Questions

What is a non-alcoholic beverage you enjoy drinking?

For more resources and tools to support you to drink less alcohol, please see pages 28 to 29.

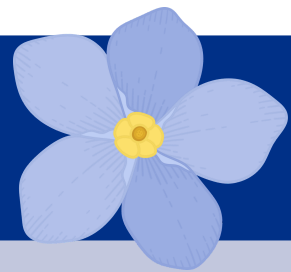
Manage Your Medical Conditions

Manage your medical conditions and learn more about them. Good management of medical conditions contributes to brain health and reduces the risk of dementia.

Here are a few tips for managing your medical conditions.

- See your health care provider regularly and consult them before making lifestyle changes.
- Ensure that you take proper doses of your medications at the right times.
- Learn about your medical conditions and how they are treated.
- Keep track of changes in your health.

Don't have a provider?



We recognize that not everyone has a family doctor or nurse practitioner and if you do, it can be difficult to get an appointment when you need one. Depending on your needs, there are other ways to access primary care. For example, community pharmacy primary care clinics, mobile primary care clinics, and urgent treatment centres may be able to provide the care you need when you need it. Please visit pages 34 to 35 for how to access nearby primary care options.

Workbook Questions

What do you do to help manage your medical condition(s)?

Managing a Medical Condition Example - 811

Adrienne recently received a diagnosis of type 2 diabetes. Until now, Adrienne has not worried much about her health. She is feeling overwhelmed. She does not know how to manage this medical condition. She decided to call 811, Nova Scotia's health information helpline. She spoke to an 811 registered nurse and shared her recent diagnosis. The nurse told Adrienne about the diabetes centres located across Nova Scotia that support people who are living with diabetes. The nurse helped Adrienne find a centre in her area. Adrienne called the centre and booked an appointment. The staff at the centre now support Adrienne to manage her diabetes in a way that fits with her lifestyle.



For more resources and tools to support you to manage your medical conditions, please see page 30.

Take Care of Your MENTAL HEALTH

Mental health refers to a state of well-being and is important for brain health. Mental health includes your emotions, feelings of connection to others, our thoughts and feelings, and being able to manage life's highs and lows. Everyone has mental health and will experience challenges with their mental well-being. Taking care of your mental health helps improve and maintain brain health and reduces the risk of dementia.



This workbook will focus on one thing you can do to help take care of your mental health:

Stay Socially Active



Nova Scotia Health Mental Health and Addictions Program

There are thousands of mental health and addictions professionals who provide support, programs, and services to Nova Scotians across the province. Nova Scotia Health's Mental Health and Addictions Program is an online tool that helps Nova Scotians find and access the virtual and in-person mental health and addictions education and services. Visit the program's website or call 211 to find and access mental health and addictions services.



Visit: mha.nshealth.ca

Take Care of Your Mental Health

Stay Socially Active

Stay connected and engaged with your community, friends and family. Virtual visits and activities count, too! Social isolation in later life can increase dementia risk by an average of 60%. Staying connected socially helps you stay connected mentally. It has been shown that regularly interacting with others may help reduce your risk of developing dementia. Having an active social life also can reduce your stress, brighten your mood, keep your relationships strong, and helps you maintain your language and memory skills.

Circle the different ways you like to be socially active.



Attend community events



Visit with friends and family



Join a club



Volunteer



Connect with your faith group



Participate in continuing education



Visit the library

What did we miss?

Workbook Questions

Write down the names of the people you like to spend time with and what activity you enjoy doing with them.

Name

Activity

A Social Activity Example - The Library

Sam has been feeling lonely lately. He would like to participate in social activities but is not sure how. Sam was traveling home from the grocery store when he passed the local library. Sam had never been, so he decided to go inside. He asked the person at the front desk what services the library offered. Sam learned that the library has daily events and activities, like crafts and education sessions. Sam took an event schedule so he could choose which ones he would participate in. Sam told the person at the front desk that he would like to be involved in more social activities. The person at the front desk pointed out the library's bulletin board. The board was covered in flyers advertising upcoming community events. Sam found a flyer for a book club that met weekly at the library and planned to attend.



For more resources and tools to support you to stay socially active, please see page 31.

Get Enough SLEEP

Sleep is good for your physical and mental health. It is important to give the brain and the heart rest. It has been shown that an undisturbed 6-8 hours of sleep every night can help improve brain health and reduce the risk of dementia.

Here are a few tips for a good night's sleep:

- Set a bedtime routine and follow it every night.
- Go to sleep and wake up at the same times every day.
- Set aside some time to do something that relaxes your mind and body before bed.
- Reduce your screen time one hour before bed.



Workbook Questions

What is something you like to do before bed that helps you to sleep well at night?

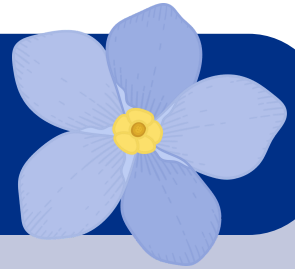
For more resources and tools to support you to get enough sleep, please see pages 32 to 33.

Take Care of Your HEARING

Hearing loss has been linked to an increased risk for dementia, in addition to social isolation, loss of independence, and problems with everyday activities. People who experience hearing loss often have reduced cognitive stimulation. That's why it is so important to get your hearing tested. Protect your hearing from loud noises. Use hearing aids if you need them. Please see page 32 to learn about resources for hearing testing and support.



Did you know...



We are exposed to loud noises every day. We can protect our hearing by wearing protective equipment like earplugs and earmuffs, and by turning down the volume when watching TV or listening to music.

Workbook Questions

Write down one way you can limit the amount of loud noise you are exposed to.

For more resources and tools to support you to protect your hearing, please see page 32.

Take Care of Your HEAD

Brain injuries, especially repeated concussions, are risk factors for dementia. By protecting your head you are caring for your brain today and in the future.

You can protect your head by...

- Avoiding activities where you might put your brain at risk of harm.
- Wearing an approved helmet when engaging in sporting activities, like lacrosse.
- Checking your house for tripping hazards, like rugs, and removing them.
- Following traffic rules as a driver or pedestrian.
- Being aware of your surroundings.



Workbook Questions

Write down one thing you can do today to help protect your head.

For more resources and tools to support you to protect your head, please see page 32.

Reflection Questions

Now that you have gone through the workbook, we invite you to answer the following reflection questions again.



What is one thing you are already doing that you did not realize was supporting your brain health?



What is one new thing you could do to support your brain health?



What concerns do you have about starting this new brain health action?



What or who can support you in starting this new brain health action?

Goal Setting

Goal setting is a great way to help implement change in our lives. We suggest using the SMART method for setting goals. This helps us develop goals that we can achieve.

How to write a SMART goal



Write a goal that is...

Specific: Did you pick a very clear goal?

Meaningful: Will it be meaningful to you if you can meet this goal?

Measurable: How will you know if you have met your goal?

Action-oriented: Did you pick something that involves taking a concrete step?

Realistic: How confident are you about reaching this goal? Is this activity safe for you to do?

Time-limited: When will you do this goal, how often and for how long?

SMART goal example

I will go to bed 15 minutes earlier (measurable) every weeknight (specific). I will set a timer to remind me to go to bed (action-oriented). This goal is realistic for me because I feel I can manage to go to bed 15 minutes earlier every weeknight. I will start tonight and see how I feel in 2 weeks (time-limited).

Goal Setting

We invite you to think about what you want to do to maintain or improve your brain health. Follow the instructions on page 23 to create your own SMART goal.

SMART Goal 1

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SMART Goal 2

S

M

M

A

R

T

Physical Activity Resources

Online Resources



Nova Scotia Walks

Friendly, gentle, weekly walking groups to help less active adults in Nova Scotia enjoy the benefits of walking. Visit their website or call 902-932-6902.

hikenovascotia.ca/ns-walks



24-Hour Movement Guidelines

Canada's first ever 24-Hour Movement Guidelines for Adults offer clear direction on what a healthy 24 hours looks like for Canadians aged 18-64 and 65 years or older.

csepguidelines.ca

Paper Resources

Sneak It In - ParticipACTION

5 simple ways to "sneak in" physical activity during your workday.

Page 26

Tips to Get Active - Public Health Agency of Canada

Physical activity tips for adults.

Page 27

In-Person Resources

211 Nova Scotia

Call 211 to learn what physical activities are offered in your area.

The Library

Visit your local library to learn what resources they offer to support physical activity.



5 simple ways to “sneak in” physical activity during your workday

***Sneak It In* is all about squeezing in small bouts of physical activity during your workday.**

While everyone’s work situation is different, think about where you might be able to fit physical activity in during this time. If you work in an office setting or from home, aim to **move for three to four minutes every hour** to reap benefits such as boosted **mood** and increased **energy, focus** and **productivity**. If you already work on your feet, stretching, picking up the pace or taking the longer route to the washroom, kitchen or breakroom all count.

Here are 5 simple ways to bring a more active workday within your reach:



1

Active transportation:

If you’re able, walk, wheel or cycle to and from work, even

if it’s just for part of the way. Taking public transit? Get off a stop or two earlier or take the stairs instead of escalators at stations. Driving? Park farther away from your destination. Working from home? Go on a walk or wheel before and after work to simulate a commute.



2

Exercise to energize:

The work week in all its forms is tiring. It’s helpful

to tweak your state of mind and view physical activity less as a chore and more as a necessity for boosting your energy. Sometimes we don’t move *because* we’re tired, but research shows that getting active can be just what we need!



3

Multi-task:

Find opportunities to get active *while* getting the

job done. Restocking shelves, taking meetings and calls on the move, or heading over to a colleague and speaking to them in person rather than emailing or messaging them all count!



4

Set movement break reminders:

Set reminders on your

phone, computer or tablet. Treat your active breaks like other meetings by planning them and blocking the time in your calendar so you’ll be more likely to stick with them.



5

Help establish a new social norm:

Be a leader by

encouraging mid-meeting fit breaks or visibly stretching during your shifts. Invite co-workers to join you — you might be surprised by just how infectious a more active workday can be!

Follow
@ParticipACTION
on social for more
active tips!





Tips to Get Active

> Physical Activity Tips for Adults (18-64 years)

Physical activity plays an important role in your health, well-being and quality of life. Improve your health by being active as part of a healthy lifestyle.

1

Be active at least **2.5 hours a week** to achieve health benefits.

2

Focus on **moderate to vigorous aerobic activity** throughout each week, broken into sessions of 10 minutes or more.

3

Get stronger by adding activities **that target your muscles and bones** at least two days per week.

Tips to help you get active

- 5 Choose a variety of physical activities you enjoy. Try different activities until you find the ones that feel right for you.
- 5 Get into a routine — go to the pool, hit the gym, join a spin class or set a regular run and do some planned exercise. Make it social by getting someone to join you.
- 5 Limit the time you spend watching TV or sitting in front of a computer during leisure time.
- 5 Move yourself — use active transportation to get places. Whenever you can, walk, bike, or run instead of taking the car.
- 5 Spread your sessions of moderate to vigorous aerobic activity throughout the week. Do at least 10 minutes of physical activity at a time.
- 5 Join a team — take part in sports and recreation activities in groups. You'll make new friends and get active at the same time.



- Set a goal
- Make a plan
- Pick a time & place
- Every step counts



Resources for Smoking Less

Online Resources



Tobacco Free Nova Scotia

Personalized and non-judgmental support to help Nova Scotians quit smoking. Visit their website or call 811.

tobaccofree.novascotia.ca



Smokers' Helpline

Smokers' Helpline (SHL) is a free and confidential service operated by the Canadian Cancer Society since 2000. SHL offers personalized tools, evidence-based information and support about quitting smoking, vaping and tobacco use. Visit their website or call 1-877-513-5333.

smokershelpline.ca

Resources for Drinking Less Alcohol

Online Resources



Canada's Guidance on Alcohol and Health

Learn about Canada's new guidance on how to safely enjoy alcohol.

ccsa.ca/canadas-guidance-alcohol-and-health

Paper Resources

Canada's Guidance on Alcohol and Health

Recommended alcohol consumption for Canadians.

Page 29

Canada's Guidance on Alcohol and Health

Guidance to support people in Canada to make informed decisions about alcohol and consider reducing their alcohol use

A standard drink means:



Beer

341 ml (12 oz) of beer
5% alcohol

or



Cooler, cider, ready-to-drink

341 ml (12 oz) of drinks
5% alcohol

or



Wine

142 ml (5 oz) of wine
12% alcohol

or



Spirits

(whisky, vodka, gin, etc.)
43 ml (1.5 oz) of spirits
40% alcohol

To reduce the risk of harm from alcohol, it is recommended that people living in Canada consider reducing their alcohol use.

Alcohol Consumption Per Week

0 drinks per week

Not drinking has benefits, such as better health and better sleep.

No risk



1 to 2 standard drinks per week

You will likely avoid alcohol-related consequences for yourself and others.

Low risk



3 to 6 standard drinks per week

Your risk of developing several different types of cancer, including breast and colon cancer, increases.

Moderate risk



7 or more standard drinks per week

Your risk of heart disease or stroke increases.

Each additional standard drink

Radically increases the risk of these alcohol-related consequences.

Increasingly high risk



Alcohol Consumption Per Day

If you are going to drink, don't exceed 2 drinks on any day.

Drinking less benefits you and others. It reduces your risk of injury and violence, and many health problems that can shorten life.



Pregnant, Trying to Get Pregnant or Breastfeeding

During pregnancy or when trying to get pregnant, there is no known safe amount of alcohol use.

When breastfeeding, not drinking alcohol is the safest.



Sex and Gender

Health risks increase more quickly at 7 or more standard drinks per week for females.

Overall, far more injuries, violence and deaths result from men's drinking.



To better understand and to evaluate your alcohol use, please see *Knowing Your Limits with Alcohol*:

bit.ly/knowning-your-limits

Resources for Managing Medical Conditions

Online Resources



Nova Scotia Community Health Team

A service of Nova Scotia Health in partnership with the IWK that offers FREE in-person and virtual wellness programs that are available to Nova Scotians 18 years of age and older. Visit their website.

nshealth.ca/clinics-programs-and-services/community-health-teams



Nova Scotia Health - Diabetes

Nova Scotia Health services and programs offered to Nova Scotians living with Diabetes. Visit their website or call 811.

nshealth.ca/diabetes



Heart and Stroke Foundation of Canada

Explore Canadian educational resources on heart disease and stroke.

heartandstroke.ca

In-Person Resources

211 Nova Scotia

Call 211 to learn what community and social services are offered in your area.

Nova Scotia 811

Call 811 for trusted health advice from a registered nurse.

Social Activity Resources

Online Resources



Volunteer Nova Scotia

A province-wide service that connects people looking for volunteer opportunities to non-profit organizations looking for skilled volunteers. Visit their website.

volunteers.ca



Festivals and Events in Nova Scotia

Nova Scotia Tourism shares the different festivals and events going on across Nova Scotia.

novascotia.com/events



Friendly Calls - Canadian Red Cross

The Friendly Calls program matches people over the age of 18 with trained Red Cross personnel who connect with them regularly to check-in, provide emotional support, encourage healthy coping strategies, and suggest well-being resources and community connections to other existing services. Visit their website or call 1-833-979-9779

redcross.ca/how-we-help/community-health-services-in-canada/friendly-calls-program

In-Person Resources

211 Nova Scotia

Call 211 to learn what social activities are offered in your area.

The Library

Visit your local library to learn what resources they offer to support social activity.

Sleep Resources

Paper Resources

10 Tips for Better Sleep

Tips for a good night's sleep from Sleepwell, led by Drs. David Gardner & Andrea Murphy from Dalhousie University. <https://mysleepwell.ca/> Page 33

Hearing Resources

Online Resources



Hearing Aid Society of Nova Scotia

An online resource where Nova Scotians can learn about hearing loss, hearing aids, and how to access a hearing healthcare professional. Visit their website.

hub.ihsinfo.org/novascotia/home



Hearing and Speech Nova Scotia

An organization that offers provincially-funded hearing services, including hearing testing to Nova Scotia residents at no cost. Visit their website.

hearingandspeech.ca

Resources for Your Head

Online Resources



Brain Injury Association of Nova Scotia

Nova Scotia's voice for persons living with a brain injury. Learn about how to prevent a brain injury and how to identify concussion symptoms. Visit their website.

braininjuryns.com/resources

10 TIPS for BETTER SLEEP

1 Go to bed at the right time



Set a bedtime and don't get into bed before it. Choose a later bedtime if you are spending a lot of time in bed awake. Stay up past your bedtime if not sleepy.



2 The ~20 minute rule



Does your mind race after turning off the light? You can end this nightly pattern by leaving the bed when it takes too long, about 20 minutes or so, to fall asleep (or fall back to sleep). Do something relaxing and return to bed when sleepy. Repeat as needed. **Important:** Don't look at the clock. Estimate when you think it is time to leave the bed.



3 Get up each morning at the same time



If you can, sleep until it is your planned time to rise and start your day. Don't sleep or stay in bed past your rise time, regardless of how late you were up the night before.



4 Nap wisely



Don't nap if you don't need to. Avoid napping by getting active (ex. 20-minute walk). When a nap can't be avoided, limit yourself to a 10-20 minute power nap. Finish your nap before 3 pm.



5 Spend less time in bed



Do you spend a lot of time awake in bed hoping for sleep? This can lead to tension and sleep anxiety making it harder to sleep. Spending less time in bed (temporarily) can lead to the unexpected benefit of a better sleep with fewer interruptions. As your sleep improves, gradually extend your time in bed using a sleep diary to track your sleep.



6 Distract your mind



It's hard to fall asleep when your mind is active – worrying about finances, health, relationships, or tomorrow's to-do list. Give your mind a chance to slow down and let sleep take over. Try these distraction techniques to help you fall asleep:

- **Grocery cart exercise:** using your imagination, slowly walk through a grocery store and fill your cart, paying close, detailed attention to each item you select.
- **Word list challenge:** think of a 5-letter word and come up with 5-10 words that start with each letter of the word. Add variety by choosing a theme – animals, names, cities, etc.



7 Take time to relax



Before getting into bed, there are many ways to prepare your body and mind for sleep. Add a relaxation technique to your bedtime routine that lets you do this. Examples include: low light reading before getting into bed, the 4-7-8 breathing exercise, and toe-to-head progressive muscle tightening and relaxing.



8 Make being in bed about being asleep



Use your bed only for sleep, sex, and sickness. Avoid reading, writing, socializing, working, or snuggling with pets in bed. Turn off screens well before getting into bed.



9 Bust your sleep myths



Worrying about getting enough sleep can actually keep you up at night. Needing 8 hours of sleep every night is a myth. Less than 7 is enough for some. Most feel well rested with 7 to 9 hours a night. What are your sleep myths? Busting them might be a part of what helps you sleep.



10 Healthy sleep habits start during the day

Having an active body and mind during the day is important for your mental, physical, and sleep health. This starts with bright light in the morning. Can you add more light right after waking up and more daytime activities that energize your body and mind?



Control



Sleep Drive



Relax



Thoughts



Hygiene

These 10 tips come from the 5 components of cognitive behavioural therapy for insomnia (CBTi), which is the #1 recommended treatment for insomnia. CBTi is not sleep hygiene. It is an effective sleep therapy that treats insomnia and keeps it from returning. The examples included here are part of what you will see when you complete a CBTi program. Visit Sleepwell Recommends at mysleepwell.ca to select a CBTi program that's right for you.

Financial contribution:



Health Canada

Santé Canada

The views expressed herein do not necessarily represent the views of Health Canada.

How to Access Health Care without a Provider



Need a Family Practice Registry

This registry assists Nova Scotians who are looking for a primary care provider (family doctor or nurse practitioner). You must have a valid NS health card to register. Register online or call 811 to register.

needafamilypractice.nshealth.ca



VirtualCareNS

This virtual clinic provides Nova Scotians access to a Nova Scotian primary care provider (doctor or nurse practitioner) online through their computer or mobile device.

nshealth.ca/clinics-programs-and-services/virtual-care-ns



Mobile Primary Care Clinics

These mobile clinics are held around the provinces and can only address non-urgent, low acuity health issues and is not an emergency service.

nshealth.ca/mobileprimarycareclinics



Nova Scotia 811

811 provides 24/7 access to non-emergency health information and services. A registered nurse will provide information about your health concerns and connect you to resources in your area.

811.novascotia.ca/

How to Access Health Care without a Provider

Community Pharmacies



Pharmacists can provide free prescription renewals, vaccines, contraception, and assessment and treatment of common conditions like shingles and tick bites.

pans.ns.ca/find

Community Pharmacy Primary Care Clinics



These pharmacist-led clinics provide extended pharmacy primary care services at no charge. They can assess and prescribe for some infections, support chronic disease management, renew prescriptions, and more.

pans.ns.ca/cppc

Primary Care Clinics



NS Health primary care clinics around the province provide in-person primary health care to people on the registry.

nshealth.ca/clinics-programs-and-services/primary-care-clinics

After Hours Clinics



NS Health after hours clinics provide non-emergency appointments with a primary care provider in several areas of the province.

nshealth.ca/clinics-programs-and-services/after-hours-clinics

Public Libraries in Nova Scotia



Western Counties Regional Library

westerncounties.ca



South Shore Public Libraries

southshorepubliclibraries.ca



Halifax Public Libraries

halifaxpubliclibraries.ca



Eastern Counties Regional Library

ecrl.ca



Cape Breton Regional Library

cbrl.ca



Pictou-Antigonish Regional Library

parl.ns.ca



Colchester-East Hants Public Library

lovemylibrary.ca



Cumberland Public Libraries

cumberlandpubliclibraries.ca



Annapolis Valley Regional Library

valleylibrary.ca

Programs and Services

Our programs are offered both in-person and virtually. For more details including upcoming dates, visit alzheimer.ca/ns/programs-services or call us at 1-800-611-6345.

Dementia Helpline: 1-800-611-6345

A confidential service provided by a team of knowledgeable and caring staff who provide information on topics related to dementia, discuss questions or concerns, and provide referral to programs and resources.

Public Education

We provide education sessions free of charge to any group or organization who would like to learn more about dementia; available on various dementia-related topics.



Telecounselling Therapy Program

A safe, compassionate counselling program providing evidenced-based therapeutic support to individuals with early-stage dementia and their caregivers.

Programs for Care Partners

Caregiver Support Groups

A safe space for people in caregiving roles to come together regularly for mutual care and support.

Caregiver Education Series

A six-part education series for care partners of people recently diagnosed with dementia to learn more about symptoms, coping strategies, future planning and community resources.

U-First!™ for Care Partners

An education workshop for care partners to develop strategies to respond to behaviour changes related to dementia.

Grief Support Program

A six-part program for anyone who supported a person with dementia who has died, providing both support and grief education with a dementia focus.

Programs for People Living with Dementia

Coffee & Conversation

A support group offered in partnership with Nova Scotia Health for people living with early-stage dementia.

Connections Hub

A social group for people living with dementia



Pair Programs

Shaping the Journey™

A six-part education and support program designed for people with a recent diagnosis of early-stage dementia to take with a care partner, family member or friend.

Artful Afternoon

A social and interactive program for people living with dementia and a care partner to connect with art. Offered in partnership with the Art Gallery of Nova Scotia.

Dementia Lifestyle Intervention for Getting Healthy Together (DELIGHT)

An eight-week health and well-being program for people living with dementia and a care partner. Each session includes 45 minutes of physical activity followed by 30 minutes of education.



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NOVA SCOTIA

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N O V A S C O T I A

This workbook was developed by University of Waterloo
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alzheimer.ca/ns



[@AlzheimerNS](https://www.facebook.com/AlzheimerNS)



[@alzheimerns](https://www.instagram.com/alzheimerns)



[youtube.com/alzheimerns](https://www.youtube.com/alzheimerns)



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