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Alzheimer Society of Canada
20 Eglinton Avenue West, 16th Floor
Toronto, ON M4R 1K8
National Office: 1-800-616-8816
Information and Referrals: 1-855-705-4636 (INFO)
info@alzheimer.ca  alzheimer.ca
@AlzheimerCanada  @AlzCanada
@AlzheimerCanada
Charitable registration number: 11878 4925 RR0001

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Lifestyle choices such as physical and social activity can improve quality of life and improve your capacity to cope with the changes that you are experiencing.

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**Be Active**

Physical activity can help you feel better, reduce stress and maintain health. It helps to prevent muscle weakness and health complications associated with inactivity. Physical activity also promotes better sleep and may help to improve mood. The type of activity that works best for you will depend on your fitness level, present activity level and overall health.

- Make some type of physical activity part of your daily routine.
- Choose activities and sports that you enjoy.
- Start where you can and set reasonable goals.
- Choose activity-appropriate clothing and footwear for safety and comfort.
- Consult your doctor about the kinds of activity that might be right for you or if you have specific health concerns.

**Make Healthy Food Choices**

While there are no specific food requirements for people living with dementia, eating a nutritious diet that you enjoy is beneficial. A healthy diet provides the fuel and nutrients that our bodies need to function efficiently, maintain general health and provide energy.

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### Focus on Wellbeing

Managing stress, maintaining a healthy diet and being physically active are some of the many things you can do. However, there are other areas that can help you maintain your general health and wellbeing.

- Have regular medical checkups and address specific health concerns.
- Numbers count: keep your blood pressure and (if you are diabetic) blood sugar within recommended ranges.
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• Information about services in your community that can help with practical assistance such as shopping and preparing meals.

Note: Your abilities, health situation and interests should be taken into consideration when choosing brain-healthy activities. If you have questions about your own situation, speak to your doctor or health-care provider.

Resources:

From the Alzheimer Society:

• Alzheimer’s disease and other dementias: First steps for people living with dementia
• Alzheimer’s disease and other dementias: First steps for families
• Heads Up for Healthier Brains: alzheimer.ca/brainhealth

Other Resources:

• Canada’s Food Guide: canada.ca/foodguide
• Being active: canada.ca/en/public-health/services/being-active.html
• By Us For Us Guide: Memory Work Out – an inspirational guide for people living with dementia. the.ria.ca/resources/by-us-for-us-guides
• By Us For Us Guide: Enhancing Wellness – an inspirational guide for people living with dementia. the.ria.ca/resources/by-us-for-us-guides

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Help for today. Hope for tomorrow...®

For people with dementia and their families

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Other Services:

- Remove clutter; ensure that there is adequate lighting, especially in hallways and stairways; install handrails and reorganize cupboards to avoid use of stools or stepstools.
- Ask your doctor to review medications that may affect balance.
- Always use a seatbelt in a vehicle.
- Take extra care as a pedestrian.
- Wear protective headgear when engaging in sporting activities that could put your head at risk.
- Do exercises to improve strength, balance and flexibility.

Build Your Skills

Look After Your Health

The Alzheimer Society is Canada’s leading nationwide health charity for people living with Alzheimer’s disease and other dementias. Active in communities right across Canada, the Society:

• Offers information, support and education programs for people with dementia, their families and caregivers
• Funds research to find a cure and improve the care of people with dementia
• Promotes public education and awareness of Alzheimer’s disease and other dementias to ensure people know where to turn for help
• Influences policy and decision-making to address the needs of people with dementia and their caregivers

Help for today. Hope for tomorrow...®

Find out more at alzheimer.ca or contact your local Society via alzheimer.ca/find.

Alzheimer Society of Canada
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Information and Referrals: 1-855-705-4636 (INFO)
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Dementia can be challenging; however, research shows that there are real benefits to making lifestyle choices that can help you stay as healthy as you can be. By using the information and ideas in this brochure, you are taking steps to improve your health and quality of life.

Finding Help

The Alzheimer Society is here to provide information and support so that you can continue living your life to its fullest. The Society offers a range of programs and services including:

- Information about dementia, caregiving and coping strategies.
- Support from a counsellor or a support group.
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Be Serious about Safety

Taking measures to improve your safety is part of healthy living. This is especially important as we age or experience illness. Many accidents and falls are preventable. A conscious decision to be more aware of safety is the first step in reducing the likelihood of a fall or injury.

- Remove clutter; ensure that there is adequate lighting, especially in hallways and stairways; install handrails and reorganize cupboards to avoid use of stools or stepladders.
- Ask your doctor to review medications that may affect balance.
- Always use a seatbelt in a vehicle.
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