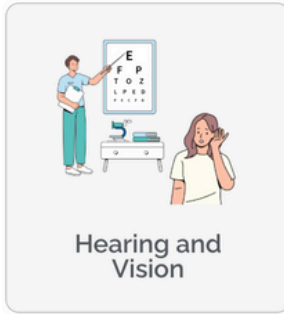


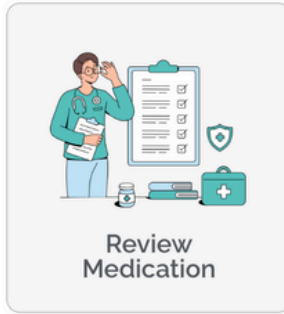


Create a Brain Health Plan

A brain health plan improves symptoms and slows progression.



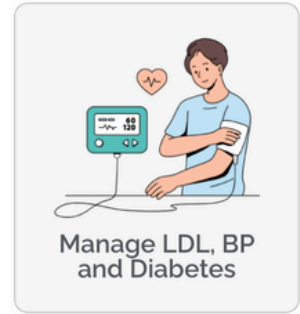
Hearing and
Vision



Review
Medication



Social and
Physical Activity



Manage LDL, BP
and Diabetes



Correct hearing and vision loss.

These are strong risk factors for decline. Correction improves cognitive loss.

- Make sure evaluations are up to date and correct impairments when possible.
- Encourage hearing aid use. Encourage people to work with their audiologists to find devices that work for them, and wear them as often as possible.



Review medications for those that affect cognition.

Carefully review all meds. The most common ones to cause cognitive side effects are:

- Sleep medications: Z-drugs and over the counter medications
- Anxiety medications: e.g., benzodiazepines
- Muscle relaxants: e.g., cyclobenzaprine
- Meds with anti-cholinergic properties: e.g., diphenhydramine, TCAs, oxybutynin.
- Check out [ACBcalc.com](https://www.alzdis.org/ACBcalc.com) to calculate anticholinergic burden so you can reduce it.

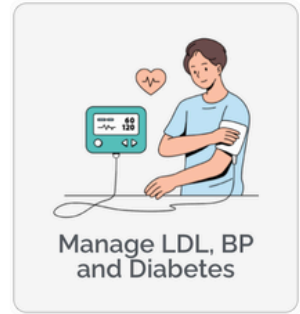
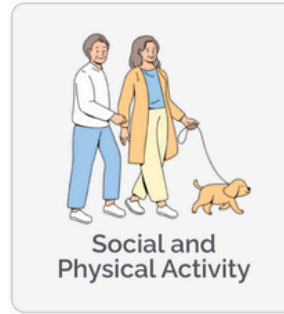
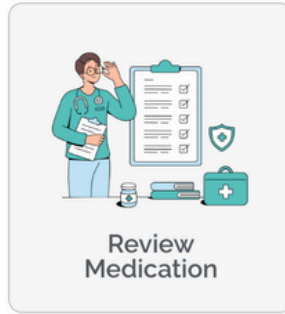
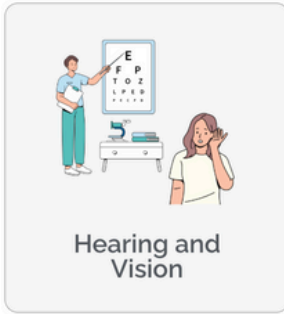
For more information, look at the bottom of this [web page](#) at the meds to AVOID.

>>> Next page



Create a Brain Health Plan

A brain health plan improves symptoms and slows progression.



Encourage social and physical activity.

- For physical activity: maintaining a moderate amount of exercise is good for the brain. Exercise can be modified to the person's abilities. Avoiding inactivity is the key.

See the CDC's recommendations for activity [here](#).

- For social activity: help them find things that they enjoy and keeps them engaged. Find resources in your area for social connection among older adults. Avoiding social isolation is key.



Manage vascular risk factors.

Similar to heart health, brain health depends on the control of vascular risk factors.

- Control diabetes, hypertension and LDL cholesterol within the person's goals for age and other comorbidities.



Visit us at
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