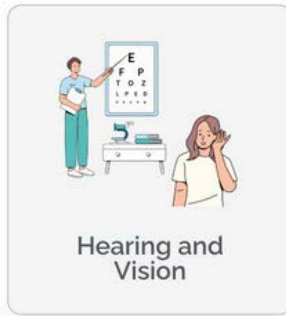


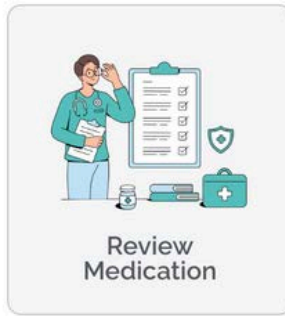


## Create a Brain Health Plan

A brain health plan improves symptoms and slows progression.



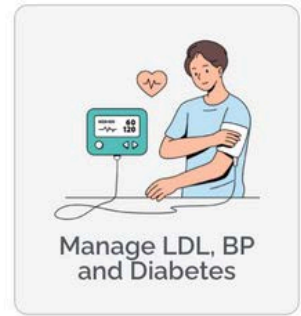
Hearing and  
Vision



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.

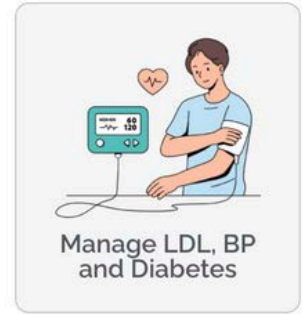
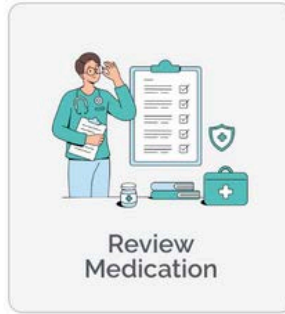
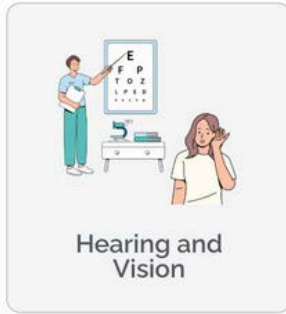
For more information, look at the bottom of this [web page](#) at the meds to AVOID.

**>>> 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  
[DementiaCareCA.org](https://DementiaCareCA.org)