



How can you prevent or delay cognitive decline?

Martha is a busy, independent Elder. She has noticed that it is hard to make time to focus on her health. She feels more forgetful and is having trouble keeping track of appointments. Martha wants to stay mentally sharp so she can continue caring for her grandchildren and volunteering at the senior center. After talking with her provider, Martha was connected with a Registered Dietitian who assisted her with making healthy changes to her diet. She also began taking classes at the Wellness Center to stay active. Martha noticed these changes improved her focus and memory. Taking steps to prevent cognitive decline is important to keep your mind and body sharp as you age.

What can you look for?

- Hard time remembering or concentrating
- High blood pressure
- High cholesterol
- Diabetes

Cognitive decline is when a person has a hard time remembering, learning new things, concentrating, or making decisions that affect everyday life.

Questions to ask yourself:

- Are you having a hard time remembering or concentrating?
- Do you have high blood pressure, high cholesterol, or diabetes?





Aging Well – Preventing and Delaying Cognitive Decline



What can you do?

- Maintain a healthy diet
- Be physically active
- Find ways to stay socially and mentally active such as with the Elders Program, learning circles or community groups

Where can you find support?

- [Registered Dietitians](#) can assist in make healthy changes to your diet.
- Your [Primary Care Team](#) can assists with improving your blood pressure, cholesterol, and diabetes.
- [Wellness Center](#) and [Exercise](#) can assist you to be physically active and find fun ways to exercise.
- [Elder Program](#) and [Learning Circles](#) can assist you with staying connected with the community and exercise your brain.

For more information, visit <https://www.southcentralfoundation.com/aging-well/>

Alaska Native Health Campus Resources

Anchorage

(907) 729-3300

Matanuska-Susitna Borough

(907) 631-7880

- ☐ Elder Program
- ☐ Exercise
- ☐ Learning Circles
- ☐ Primary Care
 - Behavioral health consultant
 - Registered dietitian
- ☐ Traditional Healing
- ☐ Wellness Center

Community Resources

- ☐ Alzheimer's Resource of Alaska (907) 561-3313
- ☐ Anchorage Senior Activity Center (907) 770-2000
- ☐ Alzheimer's Association alz.org

