AGING WELL
Memory Loss

Why is awareness of memory loss and dementia important?

Nelson loves spending time fishing with his grandson. He noticed he was forgetting important gear on fishing trips. His wife was also worried that he was having a hard time finding the right words when speaking. Nelson made an appointment with his provider to address these concerns. A behavioral health consultant screened Nelson and shared ways to prevent and cope with memory loss. By noticing the early warning signs and getting help, Nelson was able to be more aware of future changes in his memory. Keeping your brain healthy and active can help prevent or slow down memory loss.

What are some considerations for memory loss?

- Confusion when doing tasks you once found easy
- Confusion about time and place
- Hard time finding the right words or following conversations
- Mood changes

Memory loss may happen as you get older and can be a sign of dementia. Dementia is a group of conditions that affect memory, communication, and thinking.

Questions to ask yourself:

- Are you having a hard time remembering to do daily tasks?
- Have your loved ones shared concerns about your memory?
- Do you have a family history of Alzheimer's or other dementia?

For more information visit:

www.southcentralfoundation.com/aging-well

Or scan the QR code

Southcentral Foundation

What can you do?

- Limit distractions and avoid doing too many things at once.

- Share your life story with others and create a photo album.

- Use technology (alarms, timers) to ensure safety within your home.

Where can you find support?

Contact your care team at McGrath Regional Health Center .... **(907) 524-3299**

NB

☑ Behavioral Health Consultants 📞
Behavioral health consultants can screen your memory and help make treatment recommendations.

☐ Exercise Physiologists **R** 📞
Exercise physiologists can assists you with staying active and keeping your memory sharp.

☐ Occupational Therapy **R** ✈
Occupational therapy can share ways to safely complete daily tasks.

Key

NB Non-Beneficiary	**R** Referral needed	🚗 Travel by car required
☑ Support available to Non-Beneficiary	✈ Travel by plane required	📞 Available over the phone or virtual visit