

AGING WELL

Preventing and Delaying Cognitive Decline

How can you prevent or delay cognitive decline?

Martha is a busy, independent Elder. She noticed 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 exercise classes 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 are some considerations for preventing and delaying cognitive care?

- Difficulty remembering or concentrating
- High blood pressure
- High cholesterol
- Diabetes

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

Questions to ask yourself:

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



For more information visit:

www.southcentralfoundation.com/aging-well

Or scan the QR code

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What can you do?

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

Where can you find support?

Contact your primary care team directly or contact
Anchorage Native Primary Care Center 907-729-3300

Registered Dietitians 
Registered dietitians can assist in making healthy changes to your diet.

Your Primary Care Team 
Your primary care team can assist with improving your blood pressure, cholesterol, and diabetes.


Mt. Marathon gym907-729-6683
Mt. Marathon gym can assist you to be physically active and find fun ways to exercise.


Exercise Physiologists907-729-6683
Exercise physiologists can provide support for being physically active and help create individual exercise programs to help achieve your wellness goals.


Elder Program 907-729-6500
The Elder Program can help you stay connected and provides learning circles to exercise your brain.

Key

 Referral needed

 Travel by car required

 Travel by plane required

 Available over the phone or virtual visit