

# 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](http://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 care team at Nilavena Regional Health Center.....(907) 571-1818

NB

☒ Registered Dietitians 

Registered dietitians can assist in make healthy changes to your diet.

☒ Your Primary Care Team 

Your primary care team can assists with improving your blood pressure, cholesterol, and diabetes.

☐ Elder Program  ..... (907) 729-6500

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

☐ Wellness Center   ..... (907) 631-7630

The Wellness Center can assist you to be physically active and find fun ways to exercise.

### Key


NB Non-Beneficiary

☒ Support available to Non-Beneficiary

 Referral needed

 Travel by plane required

 Travel by car required

 Available over the phone or virtual visit