

# VIRGINIA

# Dementia Road Map:

## A Guide for People Impacted by Dementia

## Caregiver Toolkit



# Provider and Community Toolkit Survey



Scan Code for  
this [Survey](#).

[HealthyBrainVA.com](https://HealthyBrainVA.com)

**Thank you for completing the Provider and Community Partner Toolkit Survey. The purpose of this survey is to assess the toolkit's efficacy and identify unmet resource needs. The Virginia Department of Health, along with our partners, value your input.**

Name \_\_\_\_\_

Email \_\_\_\_\_

- Which of the following best describes your organization?
- Virginia Department of Health (Central Office)
  - Local health department
  - Other state agency
  - Non-profit
  - Community service organization
  - Insurance/ health plan
  - University/medical school
  - Business/industry
  - Hospital/ health system/ clinic
  - Member of the general public/ I do not belong to an organization
  - Area Agency on Aging
  - Faith-based organization.
  - Other

Please specify what best describes your organization. \_\_\_\_\_

- Which of the following best describes your position?
- Primary care physician
  - Neurologist
  - Nurse
  - Nurse practitioner
  - Physical therapist
  - Mental health: psychiatrist, psychologist, social worker
  - CHW
  - CNA
  - Other

Please specify. \_\_\_\_\_

Please enter the 5-digit zip code of where you work. \_\_\_\_\_

- Do you currently work with patients, clients, or caregiver effected by Alzheimer's Disease and/or Related Dementias (ADRD)?
- Yes
  - No
  - I don't know

- Did you find the included resources helpful?
- Yes
  - No

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If you did not find these resources helpful, please provide details on how we can improve them.

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If there are any additional information or resources needed related to ADRD, please list and describe them below.

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Additional comments

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We value your partnership. If you are interested in receiving more information about VDH programs, resources, and tools, please check yes.

- Yes
- No

**The following items are about your identity and will be reported as aggregate data. This information helps us determine the extent to which our efforts reach a diverse community of professionals.**

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Please indicate your race and ethnicity. (Please check all that apply.)

- American Indian or Alaskan Native
- Asian
- Black or African American
- White
- Other
- Prefer not to say

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Are you Hispanic, Latino, or Spanish origin?

- Yes
- No
- Don't know or not sure
- Prefer not to answer

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Please indicate your age group.

- 18-24
- 25-34
- 35-44
- 45-54
- 55-64
- 65+

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What is your gender identity?

- Female
- Male
- Non-binary
- Prefer to self-describe
- Prefer not to answer

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If you prefer to self-describe, please share more.

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# Virginia Dementia Road Map: A Guide for People Impacted by Dementia

Dementia is not a part of normal aging. If you think that these problems are affecting your daily life, or the life of someone you know, you should talk to your doctor or seek out more information from your national Alzheimer or dementia association.



## Early-Stage Dementia:

### What should you expect in this stage?

Your loved one has difficulty accomplishing some activities.

#### They may:

- Have trouble with time or sequence of events.
- Forget names of familiar people and things.
- Have decreased performance in work or social situations.

### Early Stage Action Steps:

- Obtain a medical assessment to find out what may be causing the problems.



## Mid-Stage Dementia:

### What should you expect in this stage?

Confusion becomes more obvious. Your loved one will have increasing needs for care and supervision.

#### They may:

- Have more trouble recalling their own address or personal history.
- Forget how to initiate routine tasks or how to complete them, including health and hygiene care.

- Lack judgment and develop the following behaviors:
  - Trouble sleeping
  - Irritability, aggressive talk
  - Clinging
  - Repetitive questions
  - Wandering

### Mid-Stage Action Steps

- Encourage family and close friends to learn communication tips and techniques. Refer them to the [HealthyBrainVA.com](https://www.healthybrainva.com) website.



## Last-Stage Dementia:

### What should you expect in this stage?

In the late stage, your loved one is completely dependent for personal care activities.

#### They may:

- Not recognize you or others by name. This does not mean they don't know (or feel) who you are.
- Have increasing difficulty communicating—may use “word salad” (mixed up words), or be speechless. Nonverbal communication may work best.

- Experience changes in physical abilities including ability to walk, sit and eventually swallow.

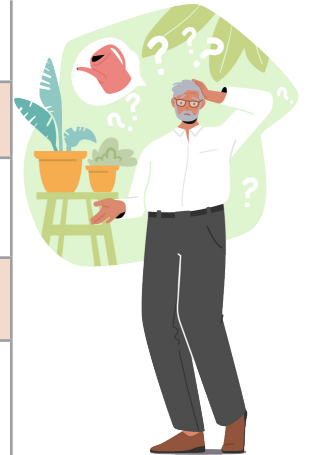
### Last-Stage Action Steps:

- Maintain simple routines with a mix of rest and activity. Get outdoors for fresh air—go for walks, sit on porches.
- Recall important life events or achievements—use photos or videos.

# What Dementia Is and Is Not



Warning Signs of Alzheimer's /Dementia	Typical Age-related Changes
Poor judgment and decision-making	Making a bad decision once in a while
Inability to manage a budget	Missing a monthly payment
Losing track of the date or the season	Forgetting which day it is and remembering later
Difficulty having a conversation	Sometimes forgetting which word to use
Misplacing things and being unable to retrace steps to find them	Losing things from time to time

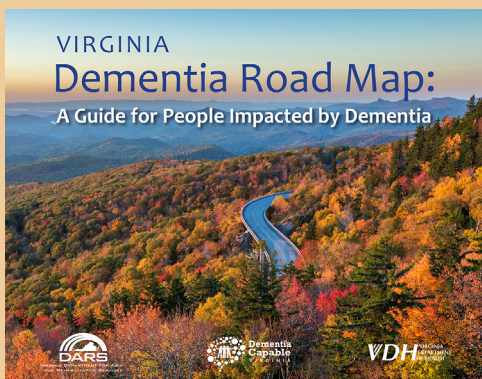


- Dementia is a general term referring to a loss of cognitive function—remembering, thinking, and reasoning—severe enough to interfere with everyday life.
- Dementia is not a specific disease, but an overall term describing a wide range of symptoms. It is not normal aging. Dementia is caused by damage to the brain from disease or trauma.
- Alzheimer's disease is the most common cause of dementia. Other causes include vascular dementia, Lewy body dementia, and frontotemporal dementia.

## Resources:

**Alzheimer's Association**  
**24/7 Helpline 800-272-3900**

- Visit [HealthyBrainVA.com website](https://www.healthybrainva.com)
- **DARS Dementia Services 804-662-9154**



The information was adapted from the  
**Virginia Dementia Road Map:**  
**A Guide for People Impacted by Dementia**

Scan the QR Code:  
 To find out more about what you can do to help someone who may be experiencing symptoms or who may be diagnosed with a form of dementia, visit: [HealthyBrainVA.com](https://www.healthybrainva.com).



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# Tips for Communicating with Persons Living with Dementia

## What You Should Expect

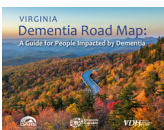
Brain changes due to dementia can make it hard to communicate. The person living with dementia may have trouble saying what they want and understanding what others are saying. Your loved one may not be able to find the right words or may invent new words. They may repeat the same question over and over. Sometimes it may be hard to make sense of what your loved one is saying, and they may have trouble understanding your words. This can be frustrating for both of you and make communication even more difficult.



## What You Can Do

- **Be present.** Let your loved one know you're listening and trying to understand. Keep your voice gentle. Hold the person's hand while you talk. Smile, nod, make appropriate eye contact.
- **Show respect.** Offer your loved one undivided attention, don't multi-task. Include your loved one in conversations, don't talk about them as if they weren't there.
- **Avoid distractions.** Background noise, like TVs or radios can compete for attention.
- **Position yourself.** Be close enough to be heard and seen clearly. Sit or stand at the same level, rather than standing over them.
- **Offer comfort.** If a person with dementia is having trouble communicating, let them know it's OK. Offer hugs, or hold hand as appropriate.
- **Use visual cues.** Gestures or other visual cues can help promote better understanding than words alone. Rather than asking if your loved one needs to use the toilet, walk them to the toilet and point to it. Demonstrate a task first.
- **Get hearing checked regularly.** If the person uses a hearing aid, check that it is working and inserted properly. When speaking, turn your face towards them and make sure your face is in the light so they can easily see your lip movements.
- **Keep it simple.** Use short sentences. Ask one question or offer one instruction at a time. It usually helps to use "positives"—say "Let's go here" instead of "Don't go there." As the disease progresses, ask questions that require a yes or no answer.
- **Allow time and be patient.** Slow pace of speech slightly and allow time for the person to process and respond. Try to avoid interrupting. If you're feeling rushed or stressed, take some time to calm down.
- **Focus on feelings.** Listen for the meaning behind the words. Their tone or body language may provide clues. Respond to the emotions.

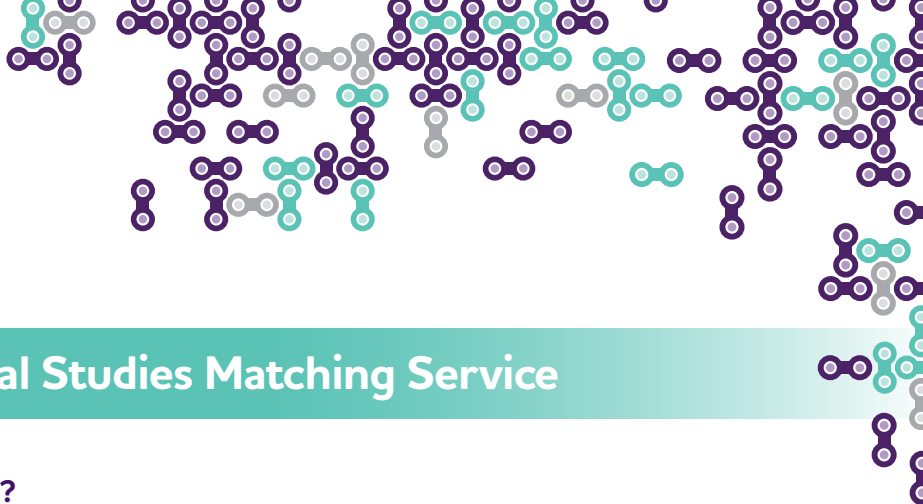
Remember that these tips are offered as suggestions, and we encourage you to forgive yourself when things don't go as well as you want them to. It can be helpful to talk with others in the same situation to get more ideas and support. For information on support groups or other resources in your area, contact your local Area Agency on Aging or the Alzheimer's Association.



To find your Area Agency on Aging, call 1-800-552-3402  
Alzheimer's Association 24/7 Helpline: 1-800-272-3900



The information on this tipsheet is taken from *Virginia Dementia Road Map: A Guide for People Impacted by Dementia*.  
Download your copy of the Road Map by scanning the QR code or visit: [vda.virginia.gov/DementiaCapableVA.htm](http://vda.virginia.gov/DementiaCapableVA.htm)



## Alzheimer's Association Clinical Studies Matching Service

### What is Alzheimer's Association TrialMatch?

Alzheimer's Association TrialMatch<sup>®</sup> is a free, easy-to-use clinical studies matching service that connects individuals living with Alzheimer's disease, caregivers and healthy volunteers with current research studies. Our continuously updated database of Alzheimer's and dementia clinical studies includes hundreds of pharmacological (drug) and non-pharmacological (non-drug) studies being conducted at sites across the country.

### What types of studies are included in Alzheimer's Association TrialMatch?

TrialMatch contains institutional review board (IRB)-approved Alzheimer's, mild cognitive impairment (MCI) and other dementia studies currently taking place throughout the United States and across the world. The types of studies include treatment trials, prevention trials, diagnostic studies, quality of life studies and online studies. While some studies involve drugs and physical tests, others involve observation and questionnaires.

### Where does Alzheimer's Association TrialMatch get its listings? How is it kept up to date?

Listings come from publicly available sources, such as [clinicaltrials.gov](https://clinicaltrials.gov). Study contacts are confirmed regularly to ensure that TrialMatch has the most recent site contact information and accurately reflects each study's recruiting status. Researchers whose studies are not listed on clinicaltrials.gov can submit a request to TrialMatch by following the steps listed on the TrialMatch website: [alz.org/research/for\\_researchers/how\\_to\\_include\\_a\\_clinical\\_trial](https://alz.org/research/for_researchers/how_to_include_a_clinical_trial).

In order to be included in TrialMatch, study teams must submit proof of their study's approval by an IRB. This is an ethics committee that approves, monitors and reviews research involving humans to protect the rights and welfare of research participants. Then the studies go through additional vetting by the Alzheimer's Association prior to being added to TrialMatch.

### Who can use Alzheimer's Association TrialMatch?

Any adult 18 years of age or older can use TrialMatch. This includes people living with Alzheimer's or other dementia, their caregivers and healthy volunteers without dementia. Clinical studies are recommended based on a person's specific criteria, which ensures a good fit. Researchers also use TrialMatch to ensure that potential study participants can find and learn about their studies.

### Why is it important to use Alzheimer's Association TrialMatch and participate in clinical studies?

Recruiting and retaining participants for clinical studies is one of the greatest obstacles to developing the next generation of Alzheimer's treatments. Alzheimer's and other dementia are a global crisis and there are inadequate levels of volunteers for clinical studies. This is significantly impeding critical research and the development of new treatments. TrialMatch is the vehicle for people with dementia, caregivers and healthy volunteers to quickly and easily take part in research studies.



### What has Alzheimer's Association TrialMatch accomplished so far?

Since the clinical study matching service launched in July 2010, more than 370,000 individuals have used TrialMatch, gaining easy access to hundreds of clinical research studies, and providing dementia researchers much needed volunteers to investigate potential treatments, disease progression and methods of prevention.

### What are other benefits of using Alzheimer's Association TrialMatch and participating in clinical studies?

For people living with dementia, and those personally affected by it, participating in research is one way to take action and make a difference. Clinical study participants often receive regular monitoring by medical professionals, and can test new treatments that may be beneficial before they are widely available to the public. However, it is important to note that all research studies involve some risk. You should fully discuss the risks and benefits of any study with the study staff before deciding to participate.

### How is Alzheimer's Association TrialMatch different from ClinicalTrials.gov?

- Alzheimer's Association TrialMatch contains only Alzheimer's and other dementia study information.
- TrialMatch includes only open and actively recruiting study and site locations in the matches presented to users.
- Individuals will receive matches to studies based upon their personal background, diagnosis, and treatment history.
- TrialMatch users can directly contact researchers through the service to receive more information about studies and volunteer to participate.
- TrialMatch was designed for use by people living with Alzheimer's and other dementia. This includes access to live, specially trained staff to help users navigate the database and web-based tools.
- Individuals can access the Alzheimer's Association 24 hours a day at 800.272.3900 to ask any questions they may have about clinical studies and their matches.

### How do I use Alzheimer's Association TrialMatch?

1. **Visit [alz.org/trialmatch](https://alz.org/trialmatch).** You can also call 800.272.3900 or email [TrialMatch@alz.org](mailto:TrialMatch@alz.org) to get started.\*
2. **Answer a few simple questions.** This information will refine the list of recommended studies to those that best apply to you or the person you are helping sign up. All information is kept confidential unless you choose to share it with a study team.
3. **Review your study matches.** You're under no obligation to participate. Using TrialMatch, you can reach out to researchers directly for more information, or let researchers know that you are open to being contacted with more information about their study. You can also browse available clinical studies by location and type, or sign up to be notified when new studies are posted that are relevant to you.

\***Note:** Alzheimer's Association TrialMatch specialists are available from 8 a.m. to 8 p.m. CT, Monday to Friday.

**For more information, contact:** Stephen Hall, Alzheimer's Association, 872.249.0282 or [sehall@alz.org](mailto:sehall@alz.org).





# HEALTHY BODY.

## HEALTHY BRAIN.

It is normal for your brain to change as you get older. Regular physical activity can have many benefits for health, including lowering your risk for memory loss and confusion. It can:

- Help you think better
- Improve your sleep quality and help you to fall asleep faster
- Improve your feelings of well-being
- Reduce symptoms of anxiety and depression
- Lower your risk of Alzheimer's disease and related dementias

All forms and amounts of physical activity are helpful for the health of older adults. For maximum health benefits, older adults should do all three of these activities:



### AT LEAST 150 MINUTES A WEEK

Something that gets your heart pumping like walking briskly or dancing



### AT LEAST TWO DAYS A WEEK

Something that builds muscle like gardening or using exercise bands



Something to improve balance like walking heel to toe or standing on one foot

# For More Information

## About Physical Activity

- **Physical Activity Guidelines for Americans** [health.gov/sites/default/files/2019-09/Physical\\_Activity\\_Guidelines\\_2nd\\_edition.pdf](https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf)
- **Centers for Disease Control and Prevention – Physical Activity** [www.cdc.gov/physicalactivity](https://www.cdc.gov/physicalactivity)

## About Brain Health

- **CDC Alzheimer's Disease and Healthy Aging Program:** [www.cdc.gov/aging](https://www.cdc.gov/aging)
- **National Association of Chronic Disease Directors Healthy Aging Programs** [www.chronicdisease.org/page/HealthyAging](https://www.chronicdisease.org/page/HealthyAging)
- **Alzheimer's Association:** [www.alz.org](https://www.alz.org)



[HealthyBrainVA.com](https://HealthyBrainVA.com)



The Integrating Alzheimer's Messages into Chronic Disease Programs project is supported by the Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$200,000 with 100 percent funded by CDC/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by CDC/HHS, or the U.S. Government.



# CUERPO SALUDABLE.

## CEREBRO SANO.

Es normal que su cerebro cambie a medida que envejece. Hacer actividad física regularmente puede tener muchos beneficios para la salud, como disminuir el riesgo de presentar pérdida de la memoria y confusión. Puede:

- Ayudarlo a pensar mejor
- Mejorar la calidad del sueño y ayudarlo a dormirse más rápido
- Mejorar su sensación de bienestar
- Reducir los síntomas de ansiedad y depresión
- Disminuir el riesgo de enfermedad de Alzheimer y demencias relacionadas

Todos los tipos y cantidades de actividad física son útiles para la salud de los adultos mayores. Para obtener los máximos beneficios para la salud, los adultos mayores deberían hacer estas tres actividades:



### AL MENOS 150 MINUTOS A LA SEMANA

Algo que haga que su corazón trabaje, como caminar rápido o bailar.



### AL MENOS DOS DÍAS A LA SEMANA

Algo que desarrolle los músculos, como la jardinería o usar bandas elásticas para hacer ejercicio.



Algo que mejore el equilibrio, como caminar apoyando primero los talones y luego los dedos de los pies, o pararse en un solo pie.

# Para obtener más información

## Información sobre la actividad física

- Guías de actividad física para los estadounidenses  
[health.gov/sites/default/files/2019-09/Physical\\_Activity\\_Guidelines\\_2nd\\_edition.pdf](https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf)
- Centros para el Control y la Prevención de Enfermedades: Actividad física  
[www.cdc.gov/physicalactivity](https://www.cdc.gov/physicalactivity)

## Información sobre la salud del cerebro

- Programa de Enfermedad de Alzheimer y Envejecimiento Saludable de los CDC  
[www.cdc.gov/aging](https://www.cdc.gov/aging)
- Programas de Envejecimiento Saludable de la Asociación Nacional de Directores de Enfermedades Crónicas  
[www.chronicdisease.org/page/HealthyAging](https://www.chronicdisease.org/page/HealthyAging)
- Asociación de Alzheimer - [www.alz.org](https://www.alz.org)



[HealthyBrainVA.com](https://www.healthbrainva.com)



El proyecto de integración de los mensajes sobre el Alzheimer en los programas de enfermedades crónicas cuenta con el apoyo de los Centros para el Control y la Prevención de Enfermedades del Departamento de Salud y Servicios Humanos de los Estados Unidos (HHS) como parte de una concesión de asistencia financiera por un total de 200.000 dólares, financiados al 100% por los CDC/HHS. El contenido es de los autores y no representa necesariamente la opinión oficial de los CDC/HHS o del Gobierno de los Estados Unidos.





# SUPPORT FOR VIRGINIA RESIDENTS

The Alzheimer's Association chapters serving Virginia residents are here to help you find answers, local resources and continued support.

## 24/7 HELPLINE 800.272.3900

This free nationwide service, staffed by master's-level clinicians and specialists, provides confidential support and information to people living with the disease, caregivers, families and the public. Our translation service accommodates more than 200 languages. Dial 711 to connect with a TRS operator.

## PROGRAMS AND SERVICES

The following chapter programs and services are available in person and/or virtually:

**Support groups:** Facilitated by trained individuals, support groups provide an opportunity for caregivers, family members and others to dealing with the disease to share valuable information, caregiving tips and concerns throughout the Alzheimer's journey.

**Care consultations:** Provided by professionally trained staff, this free service offers personalized assistance to help families and caregivers better understand the disease, manage care, resolve conflicts, and plan for the future.

**Education programs:** Our free education programs are open to the public and cover topics such as warning signs and basics of the disease, caregiving, legal and financial planning, and healthy lifestyle choices for the brain and body. Presentations are available for companies and organizations.

## ABOUT OUR CHAPTERS

These chapters serve Virginia:  
National Capital Area | [alz.org/nca](http://alz.org/nca)  
Greater Richmond Virginia | [alz.org/grva](http://alz.org/grva)  
Central and Western Virginia | [alz.org/cwva](http://alz.org/cwva)  
Southeastern Virginia | [alz.org/seva](http://alz.org/seva)





# ALZHEIMER'S ASSOCIATION®

## ONLINE TOOLS

### CAREGIVER CENTER

Caregivers may access information about early-stage caregiving, middle-stage caregiving, or late-stage caregiving. [alz.org/care](https://alz.org/care)

### ALZCONNECTED®

This is a free online community for everyone affected by Alzheimer's or another dementia where you can share questions, experiences and practical tips via message boards or create private groups organized around specific topics. [alzconnected.org](https://alzconnected.org)

### ALZHEIMER'S NAVIGATOR®

An interactive online tool for people living with dementia and those who participate in providing care and making care-related decisions. This assessment tool evaluates needs, outlines action steps, and links the user to Alzheimer's Association chapter programs and local services. [alzheimersnavigator.org](https://alzheimersnavigator.org)

### COMMUNITY RESOURCE FINDER®

A comprehensive database of local programs and services, housing and care options, and legal experts all in one location, allowing you to quickly search, find and access support. [communityresourcefinder.org](https://communityresourcefinder.org)

### LIVEWELL: ONLINE RESOURCES FOR PEOPLE WITH DEMENTIA

A collection of free interactive tools that helps you navigate the personal and emotional challenges accompanying an Alzheimer's diagnosis and provides personalized steps for living well with the disease. [alz.org/livewell](https://alz.org/livewell)

### VIRTUAL LIBRARY

Search the online catalog, view resources chosen by dementia experts and download topic sheets and reports. [alz.org/library](https://alz.org/library)

### TRAINING AND EDUCATION CENTER

The Association offers a number of Alzheimer's and dementia courses available online, 24 hours a day. [alz.org/training](https://alz.org/training)

### ALZHEIMER'S ASSOCIATION TRIALMATCH®

Alzheimer's Association TrialMatch® connects individuals living with Alzheimer's, caregivers and healthy volunteers to clinical trials that may advance Alzheimer's research. The free, easy-to-use service allows you to see which studies are a good fit for you or a family member. Search for studies, receive email notifications about new opportunities or connect with research teams. [alz.org/trialmatch](https://alz.org/trialmatch)

## VIRGINIA STATISTICS\* (2023)

**160,000**  
people age 65 and older  
with Alzheimer's

**354,000**  
Number of Caregivers

**529,000,000**  
Total Hours of Unpaid Care

**\$10,350,000,000**  
Total Value of Unpaid Care

**\$1.000 BILLION**  
Medicaid costs of caring for  
people with Alzheimer's

\*Alzheimer's Association 2023 Alzheimer's Disease Facts and Figures, available at [alz.org/facts](https://alz.org/facts)



# HEALTHY HEARING.

# HEALTHY BRAIN.

It is normal for your brain to change as you get older. It is also common to have hearing loss as you get older. Untreated hearing loss makes your brain work harder to understand what you are hearing. This can put you at risk for memory loss and confusion. If you already have hearing loss, take steps so you don't lose more. Hearing aids may be helpful because they help you understand what others are saying. This can lead to improved relationships with others.

**Follow these steps to reduce your risk for hearing loss:**

- Talk with your doctor annually about your hearing.
- Avoid loud environments whenever possible.
- Wear earplugs or earmuffs in noisy places.
- Lower the volume when wearing headphones or ear buds.
- Limit the length of time you are exposed to loud sounds.
- Use quieter appliances and equipment when available.

# For More Information

## About Hearing Loss

- **Centers for Disease Control and Prevention - Hearing Loss**  
[https://www.cdc.gov/nceh/hearing\\_loss/default.html](https://www.cdc.gov/nceh/hearing_loss/default.html)
- **National Institute on Deafness and Other Communication Disorders**  
<https://www.nidcd.nih.gov/health/hearing-ear-infections-deafness>
- **Hearing Industries Association**  
<https://betterhearing.org/your-hearing-health/hearing-and-brain-health/>
- **American Speech-Language Hearing Association (ASHA)**  
<https://www.asha.org/public/hearing/hearing-loss/>

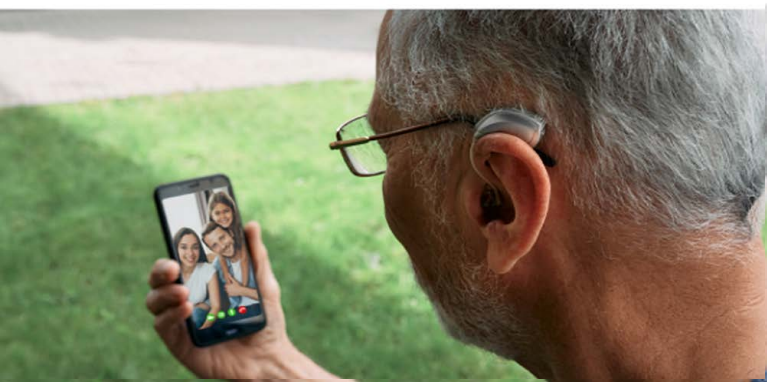
## About Healthy Aging

- **CDC Healthy Brain Initiative**  
<https://www.cdc.gov/aging/healthybrain/index.htm>
- **National Association of Chronic Disease Directors Healthy Aging Programs**  
<https://www.chronicdisease.org/page/HealthyAging>
- **Alzheimer's Association**  
<https://www.alz.org>



## HealthyBrainVA.com

The Integrating Alzheimer's Messages into Chronic Disease Programs project is supported by the Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$500,000 with 100 percent funded by CDC/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by CDC/HHS, or the U.S. Government.







# HEALTHY BLOOD SUGAR.

# HEALTHY BRAIN.

Having diabetes can put your brain health at risk. Diabetes can damage blood vessels, which results in reduced or blocked blood flow to the brain. This can increase your risks for Alzheimer's disease, memory loss, and confusion.

It is important to keep your blood sugar levels under control to stay healthy. Visit your doctor regularly to help manage your diabetes. Here are some other ways to help you manage your blood sugar and protect your brain health:



# For More Information

## About Diabetes

- **Virginia Diabetes and Prediabetes**  
<https://www.vdh.virginia.gov/diabetes/>
- **Centers for Disease Control and Prevention - Diabetes**  
<https://www.cdc.gov/diabetes>
- **National Institute of Diabetes and Digestive and Kidney Diseases**  
<https://www.niddk.nih.gov/health-information/diabetes>

## About Brain Health

- **CDC Alzheimer's Disease and Healthy Aging Program**  
<https://www.cdc.gov/aging>
- **National Association of Chronic Disease Directors Healthy Aging Programs**  
<https://www.chronicdisease.org/page/HealthyAging>
- **Alzheimer's Association**  
<https://www.alz.org>

This work was supported by a cooperative agreement between the Centers for Disease Control and Prevention and the National Association of Chronic Disease Directors (5-NU38OT000286-02).



## HealthyBrainVA.com

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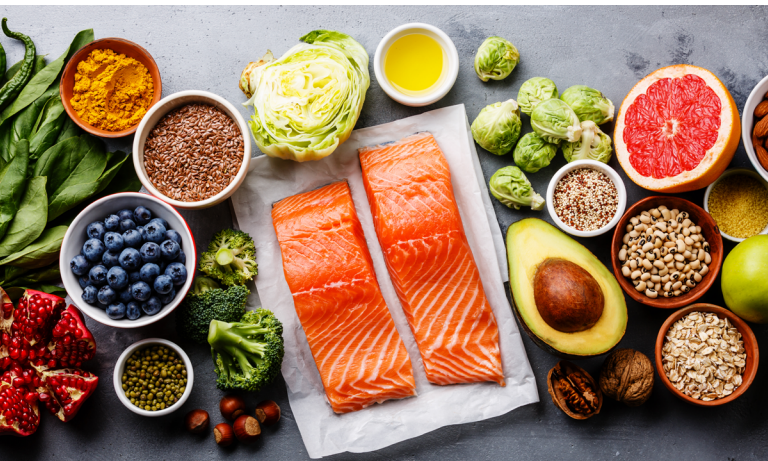
# HEALTHY DIET.

## HEALTHY BRAIN.

It is normal for your brain to change as you get older. A healthy diet may reduce your risk for memory loss and confusion. A healthy diet can help to improve your overall health, including brain health. A healthy diet:

- Emphasizes fruits, vegetables, whole grains and fat-free or low-fat milk and milk products
- Includes lean meats, poultry, fish, beans, eggs and nuts
- Is low in saturated fats, trans fats, cholesterol, salt (sodium) and added sugars
- Stays within your daily calorie needs

Please talk to your healthcare provider about how you can have a healthy diet.



# For More Information

## About Healthy Eating

- Dietary Guidelines for Americans 2015-2020, 8th Edition

[health.gov/dietaryguidelines/2015/guidelines](http://health.gov/dietaryguidelines/2015/guidelines)

- ChooseMyPlate - [www.choosemyplate.gov](http://www.choosemyplate.gov)

## About Brain Health

- CDC Alzheimer's Disease and Healthy Aging Program - [www.cdc.gov/aging](http://www.cdc.gov/aging)
- National Association of Chronic Disease Directors Healthy Aging Programs [www.chronicdisease.org/page/HealthyAging](http://www.chronicdisease.org/page/HealthyAging)
- Alzheimer's Association - [www.alz.org](http://www.alz.org)



[HealthyBrainVA.com](http://HealthyBrainVA.com)



The Integrating Alzheimer's Messages into Chronic Disease Programs project is supported by the Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$200,000 with 100 percent funded by CDC/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by CDC/HHS, or the U.S. Government.





# PROTECT YOUR BRAIN.

Falls, motor vehicle crashes, assaults, and sports injuries can all result in head injury. And a blow to your head can also be an injury to your brain. Traumatic brain injury (TBI) can damage your brain and cause problems with your abilities to learn and think. Repeated TBIs may increase your risk for long-term memory loss and confusion.

## **Follow these steps to reduce your risk:**

- Check your home for potential fall hazards such as loose rugs, bad lighting, and clutter.
- Always wear a helmet when riding a horse, bicycle, motorcycle, or ATV, as well as playing contact sports or skiing.
- Exercise to build muscle and improve your balance.
- Use a walker, cane, or wheelchair, if needed.
- Keep your vehicle maintained and always wear your seatbelt.
- Do not drive when you are drowsy or under the influence of alcohol, medication, or any other sleep-inducing substance.
- Get your vision checked annually and wear corrective lenses if necessary.
- Always store firearms locked and unloaded and store ammunition separate from the weapon.
- Talk with your doctor about side effects or drug interactions from your medications.

# For More Information

## About Traumatic Brain Injury (TBI)

- Centers for Disease Control and Prevention – Traumatic Brain Injury and Concussion  
<https://www.cdc.gov/traumaticbraininjury/index.html>
- Alzheimer's Association – Traumatic Brain Injury  
[https://www.alz.org/alzheimers-dementia/what-is-dementia/related\\_conditions/traumatic-brain-injury](https://www.alz.org/alzheimers-dementia/what-is-dementia/related_conditions/traumatic-brain-injury)
- Brain Injury Association of America  
<https://www.biausa.org/>

## About Healthy Aging

- CDC Aging without Injury Program  
<https://www.cdc.gov/stillgoingstrong/>
- National Association of Chronic Disease Directors Healthy Aging Programs  
<https://www.chronicdisease.org/page/HealthyAging>
- Alzheimer's Association  
<https://www.alz.org>



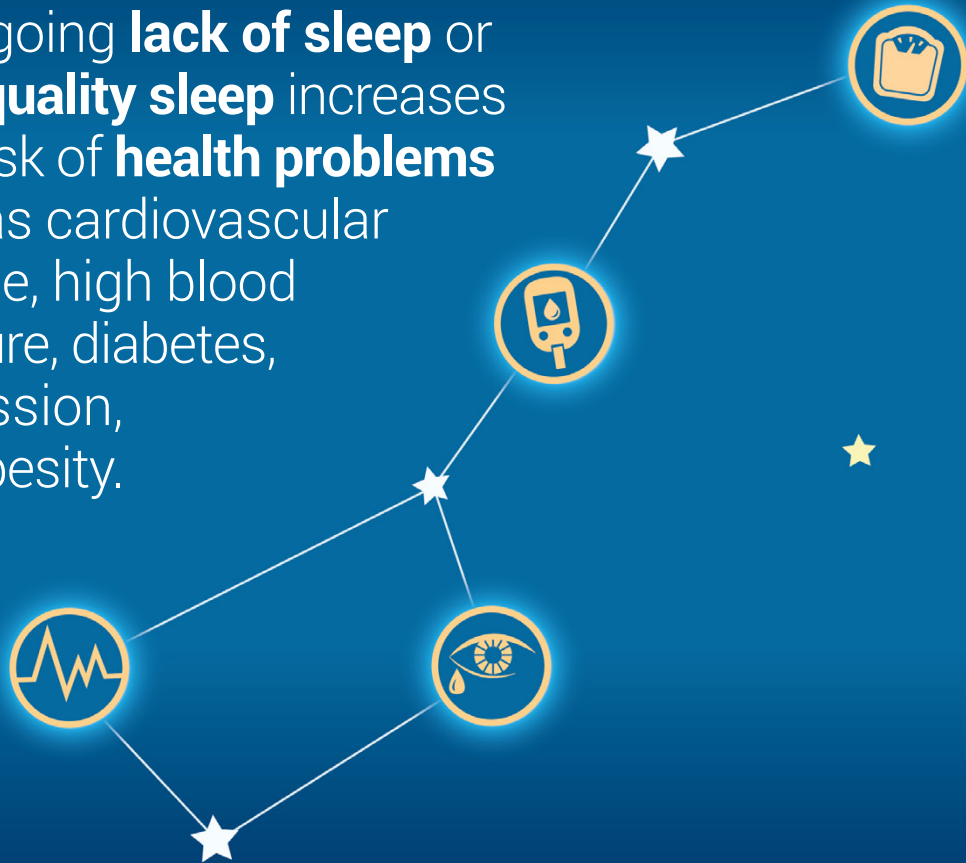
**HealthyBrainVA.com**

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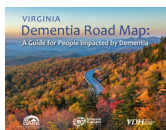
# Getting a Good Night's Sleep

An ongoing **lack of sleep** or **poor-quality sleep** increases your risk of **health problems** such as cardiovascular disease, high blood pressure, diabetes, depression, and obesity.



They are also linked to **memory problems**, **forgetfulness**, and **more falls or accidents**.

For information on resources in your area, contact your local Area Agency on Aging or the Alzheimer's Association.



To find your Area Agency on Aging, call 1-800-552-3402  
Alzheimer's Association 24/7 Helpline: 1-800-272-3900



The information on this tipsheet is taken from *Virginia Dementia Road Map: A Guide for People Impacted by Dementia*.  
Download your copy of the Road Map by scanning the QR code or visit: [vda.virginia.gov/DementiaCapableVA.htm](http://vda.virginia.gov/DementiaCapableVA.htm)

# Tips to Help Sleep

Aim for  
**7-9 hours**  
of sleep each night.

**Go to bed and wake up** at the same time every day, even on weekends.



**Avoid distractions** such as cell phones, computers, and televisions in your bedroom.



**Find ways to relax** before bedtime each night.



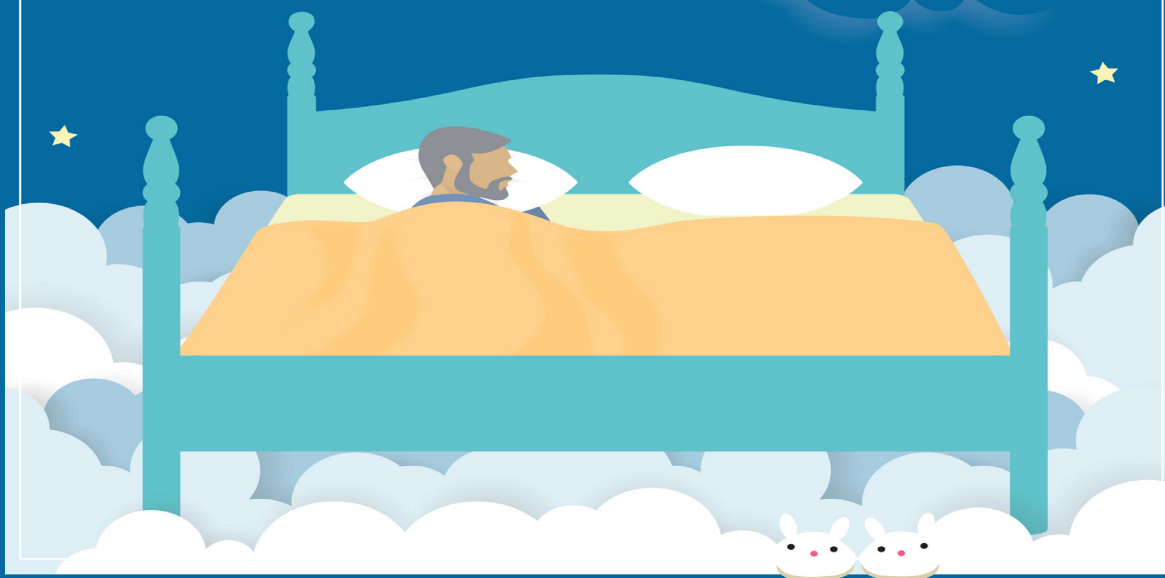
**Don't eat large meals,** or drink caffeine or alcohol late in the day.



**Exercise at regular times** each day, but not within 3 hours of your bedtime.



**Avoid long naps** (over 30 minutes) in the late afternoon or evening.



Visit <https://www.nia.nih.gov/health/good-nights-sleep> for more information about getting a good night's sleep.



National Institute on Aging





# Consequences of Poor Sleep Health



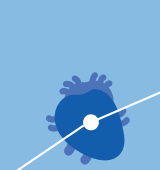
Short sleep duration is associated with a wide range of adverse health outcomes.

**Poor Mental Health**  
Increased risk of depression



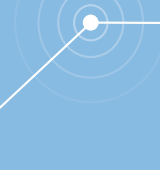
**Memory Problems**  
Increased risks of developing dementia (including Alzheimer's disease)

**Hallucinations**



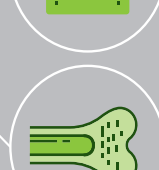
**Heart Disease**  
Increased risk of heart disease, stroke, and type 2 diabetes

**High Blood Pressure**  
Increases blood pressure



**Cancer**  
Increased risk of eight cancers: bladder, breast, colon, endometrium, esophagus, kidney, lung, and stomach

**Cold and Flu**  
Weakened immune response



**Obesity**  
Increases risk of weight gain

**Diabetes**



**Inflammation**  
Arthritis pain

**Accident Prone**

# Benefits of Physical Activity

## Health Benefits of Physical Activity for Adults



### IMMEDIATE

A single bout of moderate-to-vigorous physical activity provides immediate benefits for your health.

### LONG-TERM

Regular physical activity provides important health benefits for chronic disease prevention.



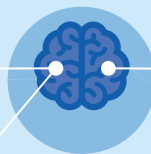
**Sleep**  
Improves sleep quality



**Less Anxiety**  
Reduces feelings of anxiety



**Blood Pressure**  
Reduces blood pressure



### Brain Health

Reduces risks of developing dementia (including Alzheimer's disease) and reduces risk of depression



### Heart Health

Lowers risk of heart disease, stroke, and type 2 diabetes



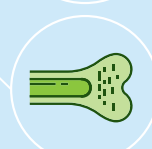
### Cancer Prevention

Lowers risk of eight cancers: bladder, breast, colon, endometrium, esophagus, kidney, lung, and stomach



### Healthy Weight

Reduces risk of weight gain



### Bone Strength

Improves bone health



### Balance and Coordination

Reduces risks of falls



Source: Physical Activity Guidelines for Americans, 2nd edition

# Brain Health is Optimal Health!

Both brain and physical health are two very important components of living a healthy life, especially as we get older.

A little progress each day adds up to BIG results! Start with these tips today!

## Tips for a Healthy Brain!



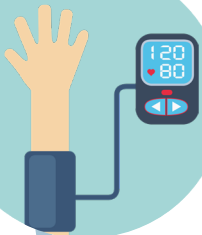
### Get Moving

Increase heart rate and blood flow for at least 30 minutes daily.



### Giving Up Tobacco Products

lowers your risk of developing heart disease, cancer, lung disease, and other smoking-related illnesses. **Need Help Call Quit Now Virginia**  
1-800-QUITNOW | 1-800-784-8669.



Manage Chronic Conditions such as arthritis, diabetes, high blood pressure, and high cholesterol.  
(804) 864-7761



### Additional Resources



### Eat a Healthy Diet

high in fruits and vegetables, especially berries and green leafy vegetables.



Get a Good Night's Sleep  
for at least 7-8 hours.



Schedule Regular Checkups  
with your doctor for routine screenings and vaccinations.



### Engage and Connect with Your Community

to participate in health promotion and wellness activities and events.



# 6 Healthy Brain Habits

1

## Be Social



Keep in touch with friends and family don't let yourself get self-isolated.

4

## Ongoing Exercise



Move throughout the day aim to reach 2 and a half hours of moderate physical activity a week.

2

## Engage Your Brain



Find ways to stimulate your thinking and explore new interests and hobbies.

5

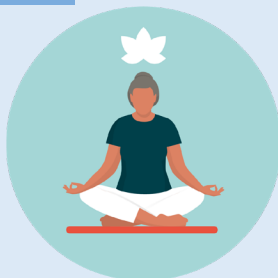
## Restorative Sleep



Get 7 to 8 hours of restful sleep every day.

3

## Manage Stress



Practice relaxation, and maintain a daily schedule.

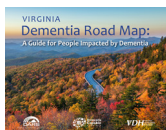
6

## Eat Right



Choose a nutritious heart healthy diet including fish veggies fruits.

For information on resources in your area, contact your local Area Agency on Aging or the Alzheimer's Association.



To find your Area Agency on Aging, call 1-800-552-3402  
Alzheimer's Association 24/7 Helpline: 1-800-272-3900



The information on this tipsheet is taken from *Virginia Dementia Road Map: A Guide for People Impacted by Dementia*.  
Download your copy of the Road Map by scanning the QR code or visit: [vda.virginia.gov/DementiaCapableVA.htm](http://vda.virginia.gov/DementiaCapableVA.htm)



# 10 Warning Signs Of Alzheimer's

1 **Memory Loss**

6 **Misplacing things and losing the ability to retrace steps**

2 **Challenges in Planning or Solving Problems**

7 **Confusion with time or place**

3 **Difficulty completing tasks at home, at work or at leisure**

8 **Trouble understanding visual images and spatial relationships**

4 **Changes in Mood or Personality**

9 **Decreased or poor judgment**

5 **New problems with words in speaking or in writing**

10 **Withdrawal from work or social activities**

If these signs are new, they may be a sign of dementia. Dementia is not a part of normal aging. If you think that these problems are affecting your daily life, or the life of someone you know, you should talk to your healthcare provider or seek more information from your national Alzheimer or dementia association.

Are you or a loved one experiencing symptoms, visit: [HealthyBrainVA.com](https://www.healthybrainva.com)

Alzheimer's Association 24/7 Helpline 800-272-3900

Scan the QR Code for a copy of the Dementia Road Map Guide.



# Worried About Your Thinking or Memory?

Talking about changes in memory or thinking can be hard, but it's important to share your concerns with your doctor.

If you're worried about forgetfulness, feel it's getting worse or that the memory problems are starting to interfere with everyday life, it's time to talk to a healthcare professional.



## 4 Reasons to Get Checked Out!

**1** Find out what may be causing the problems—there are reasons for memory loss and confusion that are treatable. Some conditions that cause dementia symptoms are treatable or reversible.

**2** A health care professional can provide better clinical care for all your medical conditions with a diagnosis, when they understand what is happening.

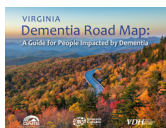
**3** You, your loved one and other family members can more easily plan for the future when you know what you are dealing with. A diagnosis makes taking the next steps a bit easier.

**4** If you're worried about changes in yourself, consider sharing your concerns with family, friends or your health care professional.

### Things you can do:

- Keep track of changes you notice. If your loved one doesn't bring it up, find the right time and a sensitive way to discuss these changes with them—get it out in the open.
- Call and ask your loved one's health care professional for the Medicare Annual Wellness exam. Feel free to share with the professional what you've noticed in person or in a letter.
- If you don't feel comfortable with your loved one's current health care professional, try to find a new one. Many primary care professionals can diagnose dementia.

For information on resources in your area, contact your local Area Agency on Aging or the Alzheimer's Association.



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