

Dementia Risk Reduction Tips & Resources

The following factors are known to increase risk for poor wellbeing and development of dementia later in life. Here are a number of useful tips and resources that can assist you to reduce these risk factors.

LOW MOOD or ANXIETY

Aim to be free of low mood or anxiety most of the time.

- You can also access self-help resources for coping with low mood (<https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Depression>) and anxiety (<https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Anxiety>) . They contain information and strategies you can try from your home.

SOCIAL CONNECTION

Aim to maintain regular social contact.

- Call or visit friends, family and neighbours regularly.

SMOKING

Avoid or quit smoking (including cigarettes and e-cigarettes)

- Call the Quitline for assistance with quitting. Phone: 137848

STIMULATING MENTAL ACTIVITIES

Regularly engage in a variety of mentally challenging activities to keep your brain active:

- Regularly do a variety of mentally challenging activities such as crossword puzzles, or playing board games.

ALCOHOL

- If you drink too much, aim to drink less
- Link up with Alcohol and Other Drugs Information Service for support services and guidance on quitting (<https://www.health.nsw.gov.au/aod/Pages/contact-service.aspx>), phone: 1800 250 015.

EXERCISE

- Aim to engage in regular exercise.

DIET

- Aim to maintain a healthy diet by reducing sugars, animal fats, and eating regular serves of fresh fruit and vegetables.

WEIGHT

Aim to maintain a healthy weight range.

- See the recommendations for diet and exercise above.

DIABETES

Aim to keep diabetes well-controlled and reduce pre-diabetes risk.

- Reduce risky behaviours such as drinking alcohol, smoking or eating unhealthy foods in excess.
- Exercise regularly.

CARDIOVASCULAR HEALTH

- Maintain regular exercise, eat well, and maintain a healthy weight.

CHOLESTEROL

Aim to keep cholesterol levels under control.

- Maintain a healthy diet and regular exercise. See recommendations above.

SLEEP

Aim to get regular sleep each night.

- See the following self-help resources to help your sleep & insomnia:
<https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Sleep>

HEARING

- Get an audiology assessment in a hearing clinic if you have hearing loss.

FALLS AND HEAD INJURY RISK

Aim to reduce the risk of head injury and falls, and reduce frailty by:

- Keeping your home safe from trip hazards, and install handrails as needed.
- See the following resource to help you Staying Active and On Your Feet:
<https://www.activeandhealthy.nsw.gov.au/preventing-falls/staying-active-and-on-your-feet/>
- Join a community exercise group in the Sydney North Local Health District (<https://www.nslhd.health.nsw.gov.au/HealthPromotion/ActiveAgeing/Pages/default.aspx>)
- Use walking frames and walking sticks as recommended.