

Brain Health

After Cognitive Impairment Diagnosis

After a diagnosis of cognitive impairment (Alzheimer's disease, mild cognitive impairment, or other dementia), it is important to stay mentally and physically active as well as socially engaged.

Exercise

What is good for the body is also good for the mind. Studies have shown the benefits of exercise in patients with mild cognitive impairment and dementia. Most studies suggest a total of 150 minutes or more of physical activity every week. Exercises that can be helpful include brisk walking, hiking, aerobics, strength training, swimming, tennis doubles, yoga, martial arts, weightlifting, golfing without a golf cart and moderate use of exercise machines (such as an exercise bike, elliptical machine, or treadmill).



Think



Reading, writing, drawing, doing crossword puzzles, playing board games, playing musical instruments, and working on jigsaw puzzles are all ways to exercise your mind. It is important that you choose activities that are interesting to you. Studies have shown that activities that exercise the mind lower the risk of developing mild cognitive impairment, Alzheimer's disease, and vascular dementia.

Stay Connected

Studies have shown that people who lack connections to friends and family in mid-life and late-life have an increased risk of dementia and lower quality of life. It is strongly recommended that you stay connected to your community through support groups, volunteer opportunities, church activities, family gatherings, and regular interactions with friends.



Additional Resources:

You are not alone. Connect with community supports to stay as healthy and independent as possible, including:

Alzheimer's Association: Connect with your local chapter by calling the 24/7 helpline at 1-800-272-3900 or visiting www.alz.org to find resources for all types of cognitive impairment and dementias.

Eldercare Locator: Connect with experts in your community by calling 1-800-677-1116 or visiting www.eldercare.gov to get information about meal services, homecare, transportation, and more.

Senior Linkage Line: Connect with local services and supports by calling 800-333-2433 or visiting www.MinnesotaHelp.info

Advance planning services: make legal, financial, health care wishes, and other life plans and decisions by visiting www.honoringchoices.org, www.nhdd.org/public-resources/#where-can-i-get-an-advance-directive, or www.alz.org/national/documents/brochure_endoflifedecisions.pdf