

If you have been diagnosed with dementia – you are not alone.

Learn as much as you can to take control of your life.

- Talk to your health care provider.
- Join a support group.
- Plan ahead for health, legal and financial decisions and share your wishes with loved ones.



Explore available resources:

- Contact Alzheimer's Resource of Alaska:
<https://www.alzalaska.org/>.
- Explore caregiver resources in Alaska:
<https://www.alzalaska.org/caregiver-resource-guide/>.
- Call the Alzheimer's Association for free help 24/7: (800) 272-3900.
- Put legal, financial and end-of-life plans in place:
<https://www.alz.org/help-support/i-have-alz/plan-for-your-future>.

Join Alaska's Fresh Start programs for better health:

Making healthy changes like losing weight, lowering blood sugar and blood pressure, and stopping tobacco can reduce chances of dementia. Join programs to meet these goals at freshstart.alaska.gov.

For more information: Visit the Alaska Dementia Education and Prevention Program website at <https://health.alaska.gov/en/education/dementia-education/>



freshstart.alaska.gov



You can age with a healthy brain

There are steps you can take to reduce your chances of dementia.



Reduce Your Chances of Dementia

Things You May Be Able To Change

Dementia is a general name for loss of memory and thinking skills. Alzheimer's disease is the most common type of dementia. Though dementia mainly affects older adults, it is not a part of typical aging.



**CONTINUE
EDUCATION
AFTER HIGH
SCHOOL**



**KEEP A
HEALTHY
WEIGHT**



BE ACTIVE



**PREVENT
HEAD
INJURY**



**MANAGE
BLOOD
PRESSURE**



**MANAGE
DIABETES**



**DO NOT USE
TOBACCO**



**AVOID HEAVY
DRINKING**



**PREVENT AND
TREAT HEARING
& VISION LOSS**



**TREAT
DEPRESSION**



**KEEP SOCIALLY
ENGAGED**



**MANAGE
CHOLESTEROL**



Making healthy changes today can protect your body and mind tomorrow.

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