Alzheimer’s 101

“Alzheimer’s disease is the biggest health crisis facing the world today.”

There’s a difference!

Dementia
A decline in mental ability severe enough to interfere with your daily life

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Alzheimer's: What is it?

An irreversible, progressive brain disease that slowly destroys memory and thinking skills and, eventually, the ability to carry out the simplest tasks.

Know the 10 Signs

1. Memory loss that disrupts daily life
2. Challenges in planning or solving problems
3. Difficulty completing familiar tasks
4. Confusion with time or place
5. Trouble understanding visual images and spatial relationships
6. New problems with words in speaking or writing
7. Misplacing things and losing the ability to retrace steps
8. Decreased or poor judgement
9. Withdrawal from work or social activities
10. Changes in mood and personality
What should I do?

Benefits of Early Detection and Diagnosis
- Learn and understand your own disease process
- Explore resources in your community and online
- Remain independent for a longer period of time
- Receive the maximum benefit from available treatments
- Participate in clinical trials
- Participate in planning your own future healthcare
- Plan for your financial future
- Name someone you trust to make decisions for you when you become unable
- Reduce burden and stress on your family members and loved ones

Steps to Better Brain Health
- Break a Sweat
- Hit the Books
- Follow Your Heart
- Buddy Up
- Fuel Up Right

Steps to Better Brain Health

Robot Plus always tells the truth.
Robot Minus always lies.
Robot Plus: It’s bigger than 33.
Robot Minus: It’s bigger than 41.
Plus: It’s even.
Minus: It’s less than 36.
Plus: It’s not 36.
Minus: Then it’s 40.
Steps to Better Brain Health

Heads Up!
Stump Yourself
Catch some Zzz’s
Butt Out
Take Care of Your Mental Health

Steps to Better Brain Health

ANSWER: 38

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It’s Time to Get Active!

A man stands on one side of a river, his dog on the other. The man calls his dog, who immediately crosses the river without getting wet and without using a bridge or a boat. How did the dog do it?
https://seasonedtimes.com/printable-puzzles-for-seniors/

https://games.aarp.org/category/all-games