

## TIPS FOR LIVING WELL WITH COGNITIVE IMPAIRMENT

- If you are a caregiver, participate in a caregiving training course, join a support group, develop a support network of friends and family, and don't be shy about asking for help
- If you are having cognitive symptoms, don't be afraid to get diagnosed. Just like in other diseases, a delayed diagnosis is associated with a worse outcome
- If you have been diagnosed with a neurodegenerative disease that causes dementia, educate yourself about your disease
- Adopt lifestyle changes to include a Mediterranean/MIND diet, exercise, minimizes alcohol consumption, and stop smoking
- Make changes to simplify your life to reduce stress, and create a peaceful living environment
- Adopt habits of good sleep hygiene to improve your sleep
- Incorporate music therapy into your daily routine
- Keep learning because it helps your brain resiliency
- Work with your care partner to address legal and financial issues; and future healthcare needs
- Maintain relationships and be socially engaged
- Participate in activities that are meaningful and bring purpose to your life

"If you are living with a diagnosis of MCI or Dementia, I strongly encourage you to connect with others through the Memory Cafe at the Council on Aging Office. The first thing I did when I was diagnosed with Alzheimer's Disease was to get involved in the Memory Cafe at Alzheimer's Tennessee where I was living at the time. Here I was connected with others living with a diagnosis of dementia. I received information to better understand my symptoms and my disease. I received help adjusting to the losses and life changes that came with my diagnosis. They helped me learn how to live well with dementia and so now I'm in a position to help others." Brenda Nicholson, MD