

Things to remember

We can all look after our brain across our lifetime to help it work better.

Being forgetful is not always a sign of having dementia.

See your Doctor, Aboriginal Medical Service or Aboriginal Health Worker if you have concerns about your own or someone else's memory.

Although dementia is more common as people get older, dementia is not a normal part of ageing.

There are different types of dementia.

Dementia affects our brains and the way we function in our day to day life.

Help is available for you and your community.

Keeping your brain healthy

We can all contribute to keeping our brain healthier by:

1. Regular daily exercise – keep moving.
2. Wearing protective head gear when participating in impact sports or activities.
3. Keeping our brain active and helping it to grow by doing new and stimulating things.
4. Participating in activities with others and helping our community.
5. Eating healthy (natural) food.
6. Giving up smoking.
7. Drinking alcohol in moderation (or not at all).
8. Having a regular visit with your doctor or health nurse (who checks weight, cholesterol and blood sugar).
9. Maintaining cultural activities and connections.

What to do if you are worried about your memory or worried about someone else you care for:

SOME IMPORTANT LOCAL RESOURCES

You might like to write down your Aboriginal Medical Service or Doctor's name; or other services or people who may assist you locally:

Dementia Australia

📞 1800 100 500 🌐 www.dementia.org.au

Carers Australia

📞 1800 242 636 🌐 www.carersaustralia.com.au

Other important numbers to remember



THE BRAIN & DEMENTIA



Aboriginal
Health & Ageing Program



NeuRA
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Memory is very important to all of us for how we live our day-to-day life.

It's normal to forget things once in a while.

Some of us do get a little more forgetful as we age.

It may take longer to learn new things, remember certain words, or find our glasses.

These changes are often signs of mild forgetfulness, not serious memory problems.

Forgetting how to find your way home, the names of friends and family or how to do everyday tasks, may be signs of a more serious problem.

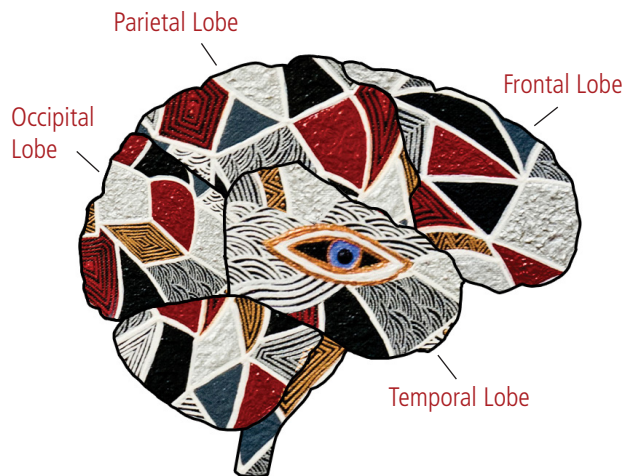
What to do if you are worried about your memory, or the memory of someone you care for

Talk to your family member or carer or friend.

Ask them to go with you to see your doctor, Aboriginal Medical Service (AMS) or health worker and tell them you are worried about your forgetfulness.

Be sure to make a follow-up appointment to check your memory in the next six months to a year.

Original artwork: Mary Jane Page (Artist, La Perouse)



“Feeling the sensation of walking on the land, the experience of being touched by someone you love, the sound of a baby crying and the feeling of belonging to a family and community are all made possible because of your brain.”

What if it is Dementia?

Sometimes memory problems are not seen early in dementia but rather personality changes and other thinking problems may be the first things people notice.

Sometimes some of these memory changes may take place because of dementia.

There are different types of dementia.

Dementia changes our memory and changes the way we function in our day to day life.

Although dementia occurs more often as people age, it is not a part of normal ageing.

Unfortunately dementia can also occur in younger people.

Getting information and planning for the future can help.

People can still live very good and happy lives with dementia.

Your brain is very important

The brain is the control centre for your body.

The brain gets messages from your senses by seeing, hearing, tasting, smelling, touching and moving.

The messages travel from nerve cells all over the body.

They travel along nerve fibres to nerve cells in the brain called neurons.

Your brain keeps on growing until you are about 20 years old and humans continue to make new neurons throughout their life.

The brain is divided into different parts called lobes and each lobe does special things.

If any part of the brain is sick or damaged it will not be able to do the work that is required by that area.