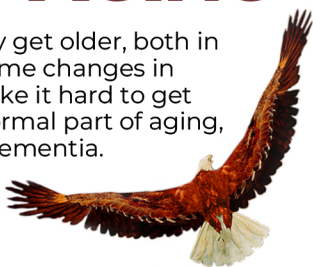




HEALTHY BRAIN HEALTHY AGING

Everyone slows down as they get older, both in body and mind. However, some changes in memory or thinking that make it hard to get through the day are not a normal part of aging, and could be signs of early dementia.



What is dementia?

Dementia is an overall term that covers many types of brain-related diseases and symptoms.

Dementia is caused by physical changes in a person's brain. Some symptoms include loss of memory and other thinking skills.

“We have a great deal more to learn from elders experiencing memory loss by listening to them to preserve their legacy.”

- Dave Baldrige (Cherokee Elder)

Who can get dementia?

Anyone can get dementia.

American Indian and Alaska Native peoples face more risk factors and health impacts due to a history of discrimination and harmful policies.

This includes the loss of land, forced relocation, food transitions, tribal termination, and historical trauma.



INTERNATIONAL ASSOCIATION FOR
INDIGENOUS AGING

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WAYS TO REDUCE YOUR RISK

Things that promote resilience and connect us to our communities and culture can help lower the risk of dementia:

- ✓ Connecting with others through traditional practices, such as storytelling, beading, practicing songs.
- ✓ Focusing on movement, such as dancing, walking, and playing games.
- ✓ Preparing and harvesting traditional foods and medicines.
- ✓ Learning, practicing, and teaching your tribe's language.
- ✓ Reducing the use of alcohol and non-traditional use of tobacco.



As a Native person, you and the people in your community have many strengths to draw on.

Learn more from our below resources:

IA2 Brain Health Resources

<https://iasquared.org/resources/>

Alzheimer's Association

<https://bit.ly/AlzAIAN>

Indian Health Services

<https://bit.ly/IHSADRD>



**AMERICAN INDIAN
and ALASKA NATIVE**
RESOURCE CENTER FOR BRAIN HEALTH