

BRAIN HEALTH

as you age



- Maintenance
- Prevention
- Assessment
- Rehabilitation

MAINTENANCE & PREVENTION

Our brain ages as we age... that's the reality

While there is no 'magic wand' for a cure or prevention of aging, science has found that a combination of factors can help maintain healthy brain function and prevent rapid decline

Tips for healthy brain functioning

Scientifically based recommendations

(Brain Health as you Age, 2018)

- Exercise Daily - improves blood flow to the brain
- No Smoking - smoking reduces blood flow
- Add Increasingly Challenging Cognitive Stimulation (not just crossword puzzles, word-search, online brain-training)
- Improve Mood - treat depression
- Control Hypertension (blood pressure)
- Maintain Healthy Body Weight

What else can you do?

- Eat Sensibly - Mediterranean Diet
- Sleep well
- Meditation / Relaxation / Mindfulness

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Contact us for further information

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ASSESSMENT & REHABILITATION

Understanding Brain Health as we age often results in a range of questions:

- What is 'normal' brain aging?
- At what point do 'normal' age-related brain changes become of concern?
- What are early warning signs of impairment?
- Am I at risk of cognitive (brain) impairment
- What can I do to slow down my risk?

If you are concerned about brain changes that you might be experiencing, consult your medical practitioner or Psychologist experienced in this aspect of life

At inSync for life, we can provide you with an easy, short, cost-effective, scientifically based screening assessment to determine possible memory and other cognitive problems

Following Screening Assessment, if any problems are found, with your permission, we will maintain contact with your doctor and make referrals for further assessment.

We can also provide you with scientifically based brain-training skills and strategies to help maintain your Brain Health to reduce the risk of cognitive impairment

Like to know more?

Contact us at:

inSync *for* life

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