

Want to keep your memory active?

Here are ten top tips to help...

This leaflet is produced by the Bolton Dementia Partnership, which includes: Age UK Bolton; the Asian Elders Resource Centre; the Alzheimer's Society; Bolton Carers Support; Bolton Clinical Commissioning Group; Bolton Council; Bolton Hospice; Bolton LINK; Bolton NHS Foundation Trust; the Dementia Support Group; Greater Manchester West Mental Health NHS Foundation Trust; the independent care sector; and the Young Onset Group.

www.bolton.gov.uk/dementia

For more advice
or information
about dementia
or memory
problems,
speak to your
GP or visit:



1 **Healthy diet** helps protect against dementia memory loss. Contact the Rite Weight service on 01204 462563.

Too much **alcohol** over a long period of time increases the risk of dementia. If you're worried, see your family doctor.

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3 **Smoking** increases the risk of vascular memory loss. Get help to quit from the Stop Smoking Service on 01204 462345.

Regular **exercise** can reduce the risk of vascular memory loss. Contact Get Active on 0800 458 9029.

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5 Keeping **socially active** as you get older may help to reduce the risk of developing dementia.

See your **friends and family**. Make that phone call or visit relatives, and get the support they can offer.

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7 Take notice of the **environment** around you and enjoy it to help you to reaffirm your life priorities.

Learning helps to keep your mind active. Read a paper, do the crossword, or looking into courses on offer.

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9 Research shows that an act of kindness increases wellbeing, so volunteer your time to a charity or social cause.

See your **family doctor** if you are worried about anything at all and want to get help.

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