Tips to keep your brain active

As time pass by and we enter another stage of life, more enriching than the previous one. Each stage brings its own milestones, as we grow old, we forget to take care of ourselves but don’t worry we have got a few tips to keep the brain active during these changes.

* **Work out –** This is one of the most basic things which one can do for their brain and the body. 30 minute evening or morning walk inclusive of some stretching and meditative exercise. Walking daily can result in improved blood circulation to the brain and a healthy heart.
* **Socialize –** Being a member of different clubs or organization can uplift the mental well-being during old age, being involved in a social groups and community projects gives a sense of inclusion with the society. Meeting old friends or acquaintances can improve the happiness hormone in the body according to research. "The more social connections someone has, the better they are at preserving mental function and memory," (Turner, n.d.).

Social interaction also helps memory as it helps your mood.”

* **Do art –** research have shown that doing art relaxes the mind, body and brain, which in turn promotes creativity and exploration. Doing art once a day can help in channelizing emotions and feeling, also it can be a great exercise to focus on preserving your gross and fine motor skills.
* **Cognitive activities –** cognitive activities are those which challenges the brain to work and solve different problems using different skills. Activities such as puzzle, building block, maze, Sudoku, find the difference, vocabulary etc., come under cognitive activity. They help in restoring and preventing the loss of the skills you have already acquired throughout the course of life.
* **Find a hobby –** having a hobby during old age can really upgrade the experience of that stage of live. These hobbies could be anything such as singing, dancing, painting, traveling, reading, any sports, or something you couldn’t pursue when you were young. You can have multiple hobbies and focus on maintaining each one of them. Having a hobby can also provide with sense of purpose or accomplishment during old age.

Echoing Healthy Ageing offers Cognitive stimulation activities for Group of Seniors in Mumbai through its Mumbai Memory Café event. **Mumbai Memory Café is a Group therapy session for Seniors. It provides Cognitive stimulation therapy through Art, music therapy.** Session will be facilitated by Elder care specialist therapist. All Seniors with a family member or caregivers are welcome to attend the event.

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Early signs of dementia

Are you constantly worried about your mental abilities? Or that of a loved one?

Mild forgetfulness can be a normal part of aging. If you have trouble remembering someone's name but it comes to you later, that's not a serious memory problem. But if memory problems are affecting your daily life,it is advisable that you see Neurologist or Psychiatrist for appropriate diagnosis . While the number of symptoms you have and how strong they are vary, it’s important to identify the early signs. You need to ask yourself some tough questions.

* **Memory loss** – do you have trouble remembering big events of your life? Do you often face difficulty in remembering or recalling?
* **Trouble making plans or solving problems**
* **Mood fluctuations –** do you experience sudden up and down in your mood?
* **Social withdrawal**
* **Lapse in judgement**
* **Losing things or objects**
* **Words and conversations are frustrating**
* **Daily tasks are challenging**
* **Time and place are confusing**

If your answer to most of these were yes, then you should consider seeing a doctor. If you notice these signs, talk with your doctor. She will evaluate your physical and [mental health](https://www.webmd.com/mental-health/default.htm). She will look over your medical history and do a mental status test, which looks at your memory, ability to solve simple problems, and thinking skills. The sooner you know the better, starting treatment can delay the onset.

Dementia support group

A dementia support group is an event that is organized to offer a support system for the caregivers and the individual who are diagnosed with dementia or other neurocognitive impairment. The support group focuses on empowering the dementia community towards better knowledge of the disease,tips and guidance on caregiving and most importantly focuses on improving well-being of caregivers.

EHA offers support group for two populations i.e. the caregivers and family members of people with dementia and for individuals who are diagnosed with dementia or neurocognitive impairment. The focus and objective of each support group are customized differently according to the need of the population.

***Dementia support group for caregivers***

Support group for caregivers include experts who offer guidance to solve difficulties faced by the caregivers. They also allow a safe space for each care giver to tell their story and release any emotional distress which they might have been facing. The focus is mainly to provide the family members or caregivers a safe space, where they could unload their emotions and struggles in a judgement free area. This is a sharing space where the caregivers meet individuals like themselves and share the problems or tips to deal with the problems that might arise while taking care of a loved one with dementia.

***Support sessions for People with Dementia***

Support group for People with dementia or neurocognitive impairment is focused on providing a sense of belongingness within the society and feeling of inclusion with a community. These support sessions include fun based cognitive activities, movement and art, music therapy sessions. The participants are encouraged to share their life experiences, feelings and thoughts in a judgment free area. The support group is assisted by art therapist to make it a joyful and heartwarming experience for the participants.

**The monthly support group meet for Family caregivers of Dementia is conducted every first Friday of the Month in Holy Family hospital,Bandra.**

**The cognitive stimulation sessions for People with dementia are organized in Lower Parel, Andheri,Bandra and Thane.**

To know more

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