



LIVING WELL WITH DEMENTIA



Stay active

Exercise regularly (indoor or outdoor). A daily walk or gardening, or you could try Love to Move.



Stay connected

Joining a dementia-friendly group
Connect with people around you.



Balanced diet

Eat a healthy, balanced diet and drink plenty of fluids.



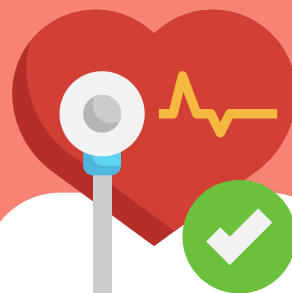
Stay sharp

Keep your Brain healthy by reading newspaper, learn new skills, and focusing on the things you can still do and enjoy.



Get enough sleep

Try to avoid naps during the day and caffeine and alcohol at night.



Look after your health

Have regular dental, eyesight and hearing check-ups. Be proactive about your health.





腦退化症-好好生活系列



保持活躍

定期鍛煉（室內或室外）。每天散步或園藝，或者你可以參加我們的 Love to Move 坐姿運動。



保持聯繫

加入腦退化症支援小組，來保持精神活躍，參加社區活動，常青俱樂部與同伴聯繫，定期和親友聚會。



均衡飲食

保持健康、均衡的飲食，多喝水。



保持敏銳

通過閱讀報紙、學習新技能並專注於您仍然可以做和享受的事情來保持您的大腦健康。



充足睡眠

盡量避免白天小睡，晚上避免咖啡因和酒精。



照顧好健康

定期進行牙科、視力和聽力檢查。積極處理健康問題。

