

Liverpool Chinese Dementia Network

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 dementiafriendly 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.

If you've been diagnosed with Dementia, it can be helpful to join our Peer group. It provides the opportunity for people to come together and experience the power of peer support in a friendly and safe environment with cultural and language sensitivities. Register your interest at info@chinesewellbeing.co.uk Or Ring us 0151 709 2643 to find out more.









華人腦退化症支援服務

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 可以参加我们的 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。

如果您被診斷出患有腦退化症,加入我們的同伴小組會很有幫助。我們的網絡是為患有 腦退化症或輕度認知障礙的人及其家庭照顧者提供的同伴網絡支持小組。小組在具有共 同文化和語言的友好安全的環境下,提供讓大家聚集在一起的機會,體驗同伴支持的力 量。了解更多信息,請通過郵件info@chinesewellbeing.co.uk 或致電聯繫我們查詢。







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