

CREATING INNOVATIVE BRAIN HEALTH PROGRAMS FOR AGING ADULTS



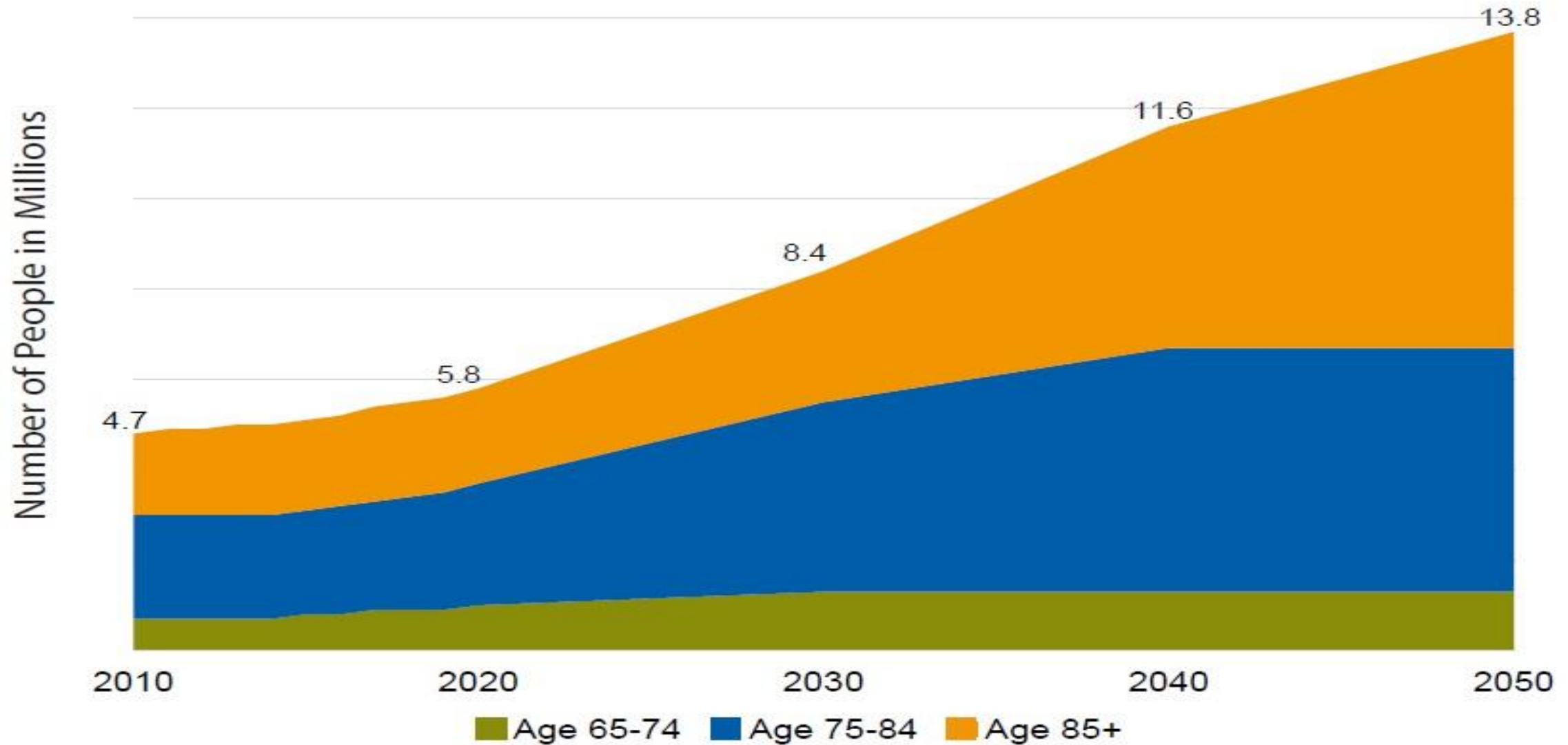
DR. KRYSTAL L. CULLER, DBH, M.A.
YOUR BRAIN HEALTH MATTERS, LLC

OVERVIEW:



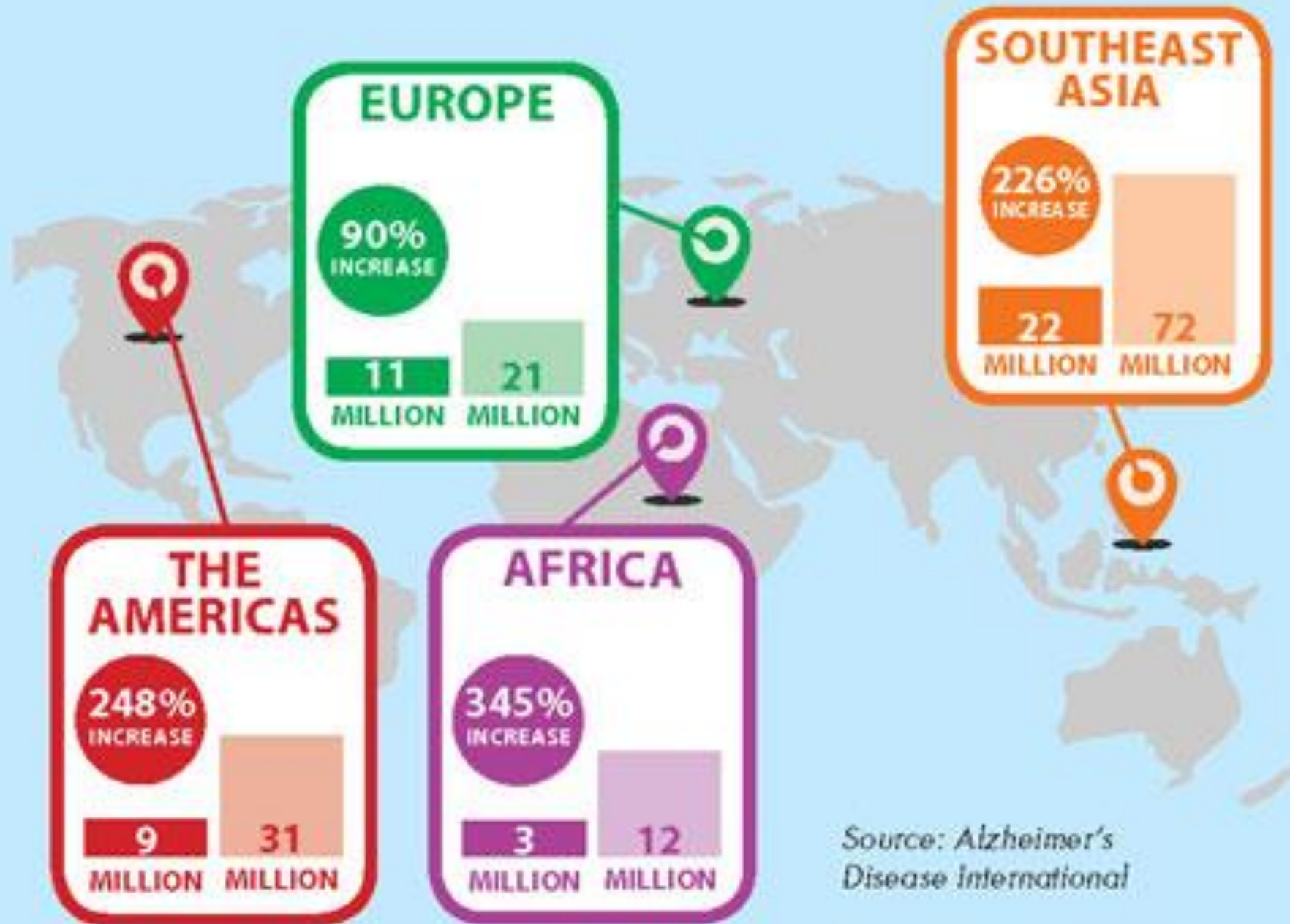
- WHY DOES BRAIN HEALTH MATTER?
- WHAT IS BRAIN HEALTH?
- THE SCIENCE BEHIND BRAIN HEALTH
- ASPECTS OF A BRAIN HEALTHY LIFESTYLE
- BRAIN HEALTH PROGRAMMING
- TIPS TO SUPPORT BRAIN HEALTH

Projected Number of People Aged 65 or Older With Alzheimer's Disease, by Age Group, United States, 2010-2050



Source: Created from data in Hebert LE, Weuve J, Scherr PA, Evans DA. Alzheimer disease in the United States (2010-2050) estimated using the 2010 Census. *Neurology* 2013;80(19):1778-83.

Growth in dementia cases by 2050





5million
Americans living
with Alzheimer's

Without a cure ...

135million
People expected to be
afflicted by 2050

Stay Healthy.
Stay Sharp.

WHY does
it MATTER?

45million
People globally living
with dementia

... unless we
do something

HealthyBrains.org





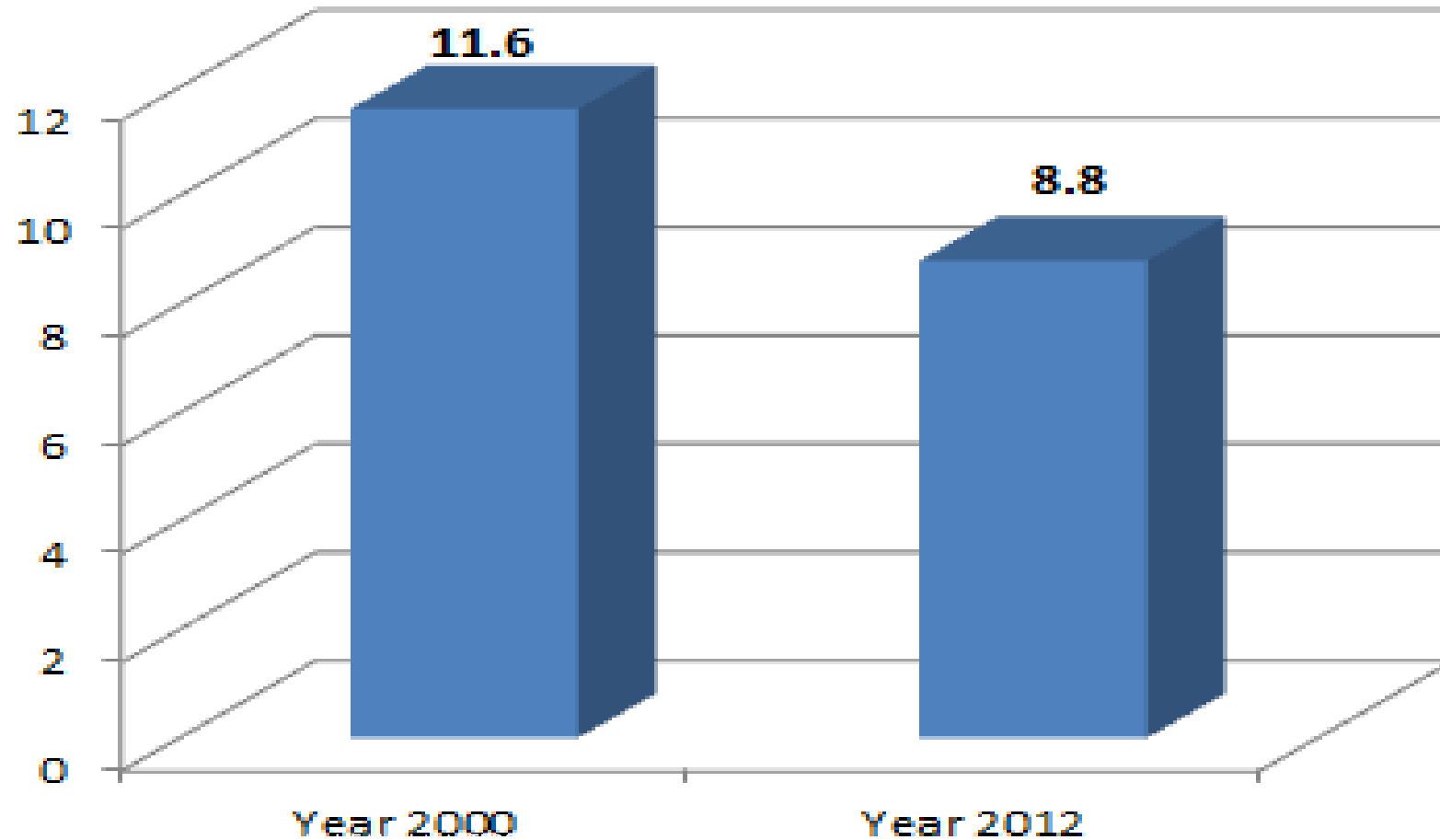
WHY DOES BRAIN HEALTH MATTER?

- A PUBLIC HEALTH APPROACH TO DEMENTIA COULD PREVENT UP TO 30 PERCENT OF THE DEMENTIA CASES PROJECTED AROUND THE WORLD IN THE NEXT TWO DECADES.

(NORTON, MATTHEWS, BARNES, YAFFE, BRAYNE. LANCET NEUROLOGY, 2014)

- DECREASING PREVALENCE RATES OF DEMENTIA IN VARIOUS STUDIES.

U.S. Dementia Rate: Age 65+



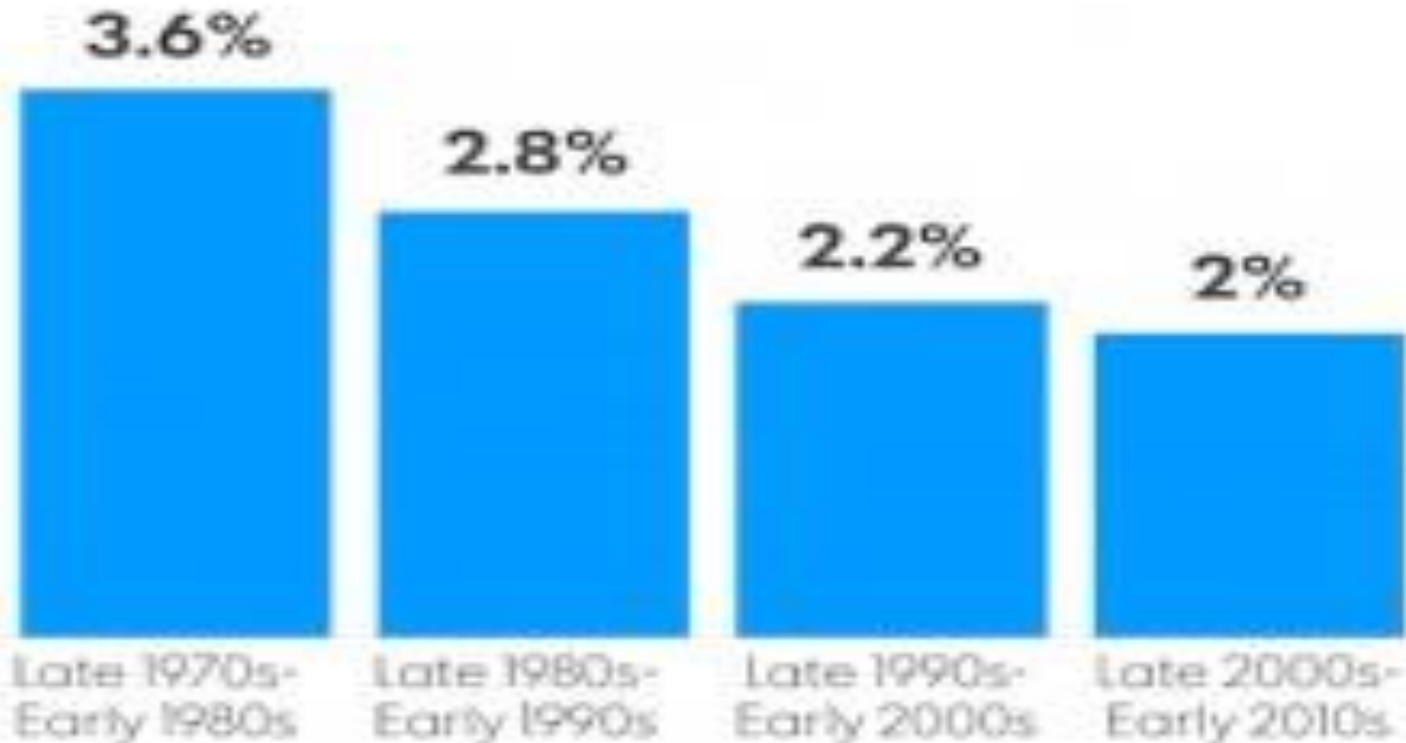
Source: JAMA Internal Medicine, Nov 2016. "A Comparison of the Prevalence of Dementia in the United States in 2000 and 2012."

www.mybraintest.org

INCIDENCE OF DEMENTIA OVER THREE DECADES FROM THE FRAMINGHAM HEART STUDY (NEJM, 2016)

DECLINING DEMENTIA RATES

A long-running study finds that dementia rates have fallen by 44% in the past 40 years.



NEW ENGLAND JOURNAL OF MEDICINE (2016):

*"HISTORY OFFERS REASON FOR HOPE.
EVIDENCE OF DEMENTIA'S DECLINE SHOWS
ONCE AGAIN THAT OUR BURDEN OF DISEASE IS
MALLEABLE."*



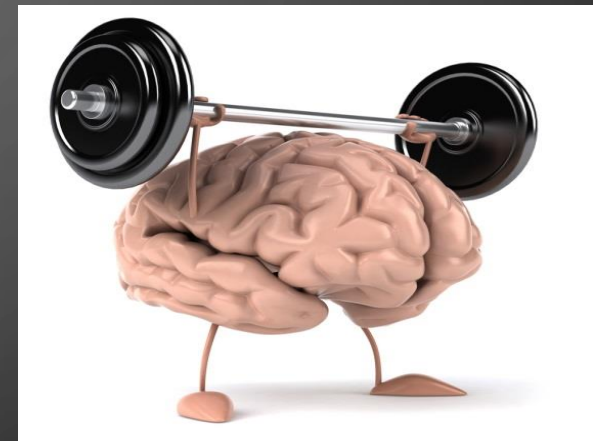
WHAT IS BRAIN HEALTH?



BRAIN HEALTH:

"BRAIN HEALTH REFERS TO THE ABILITY TO:

- REMEMBER,
- LEARN,
- PLAN,
- CONCENTRATE &
- MAINTAIN A CLEAR, ACTIVE MIND."



Engage Your Brain

While changes to your brain are natural, there are things you can do to help stay on top of your game.

TIPS TO HELP STAY ENGAGED



Discover a New Talent

Know Your Blood Pressure

Drink Moderately

Maintain Your Balance

Eat Up

Mind Your Meds

Get Moving

Stay Connected

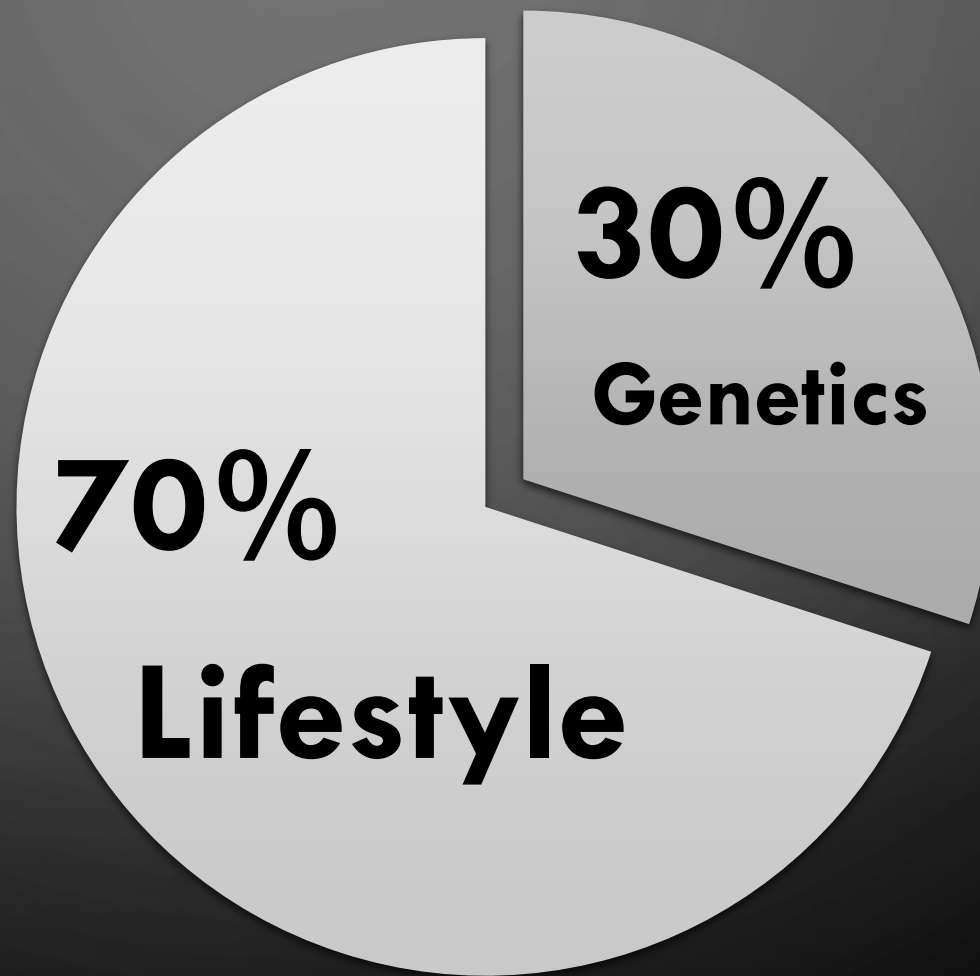
Get Some Shut-eye

Talk to Your Doctor

What Affects Brain Health

Talking About Brain Health

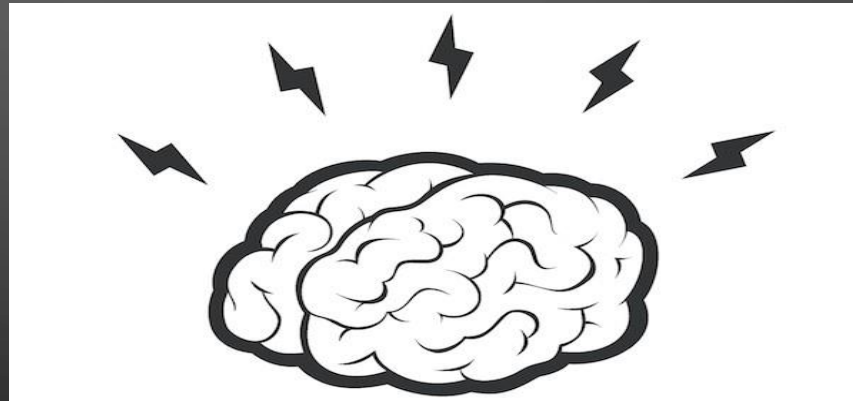
WHAT IS BRAIN HEALTH?



■ Genetics

■ Lifestyle

THE SCIENCE BEHIND BRAIN HEALTH





COGNITIVE RESERVE:

- PROTECTION" AGAINST THE DEVELOPMENT OF DEMENTIA
- CONSIDERS PAST ACTIVITIES
 - Larger brain size
 - Onset of cognitive abilities



BENEFITS OF COGNITIVE RESERVE:

- INDIVIDUALS MAY PRESENT A BIOLOGICAL MANIFESTATION FOR AD OR DEMENTIA
 - Plaques & tangles
 - Brain size
- HOWEVER, SYMPTOMS ARE NOT PRESENT
- BRAIN MAINTAINS "NORMAL" FUNCTIONING

**BRAIN
RESERVE**

**SYMPTOMS
OCCUR**

**TROUBLE
ZONE**





COGNITIVE RESERVE:

- HIGHER COGNITIVE RESERVE = ABILITY TO COMBAT BRAIN RELATED DISEASES OR LOSS
- LOWER COGNITIVE RESERVE = INCREASED SUSCEPTIBILITY FOR LOSS

BRAIN WORK

- What factors contribute to cognitive reserve?



Many Things Help the Brain

It All Starts with “Brain Envy”

- Great decisions
- Mental workouts
- Activity
- Nutrition
- Sleep
- Clean environment
- Physical health
- Healthy weight
- Appropriate anxiety
- Satisfying relationships
- Positive peer group
- ANT Killing
- Stress management
- Supplements (with a healthcare provider)
- **Knowing the health of your brain**

EVERYTHING STARTS BY UNDERSTANDING THIS DIAGRAM

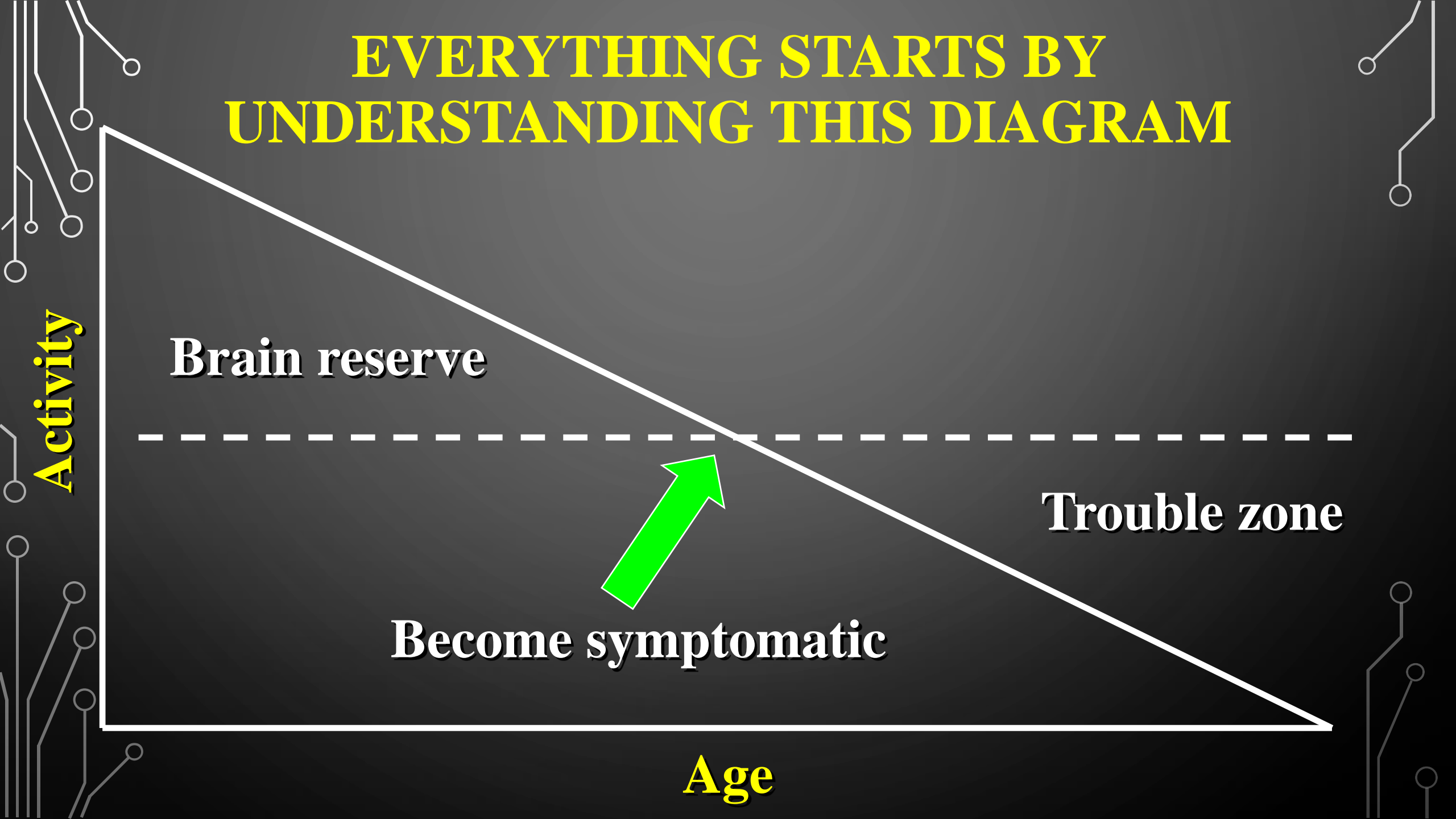
Activity

Brain reserve

Trouble zone

Become symptomatic

Age





YOUR BR

BOOSTING BRAIN RESERVE REQUIRES 3 STRATEGIES

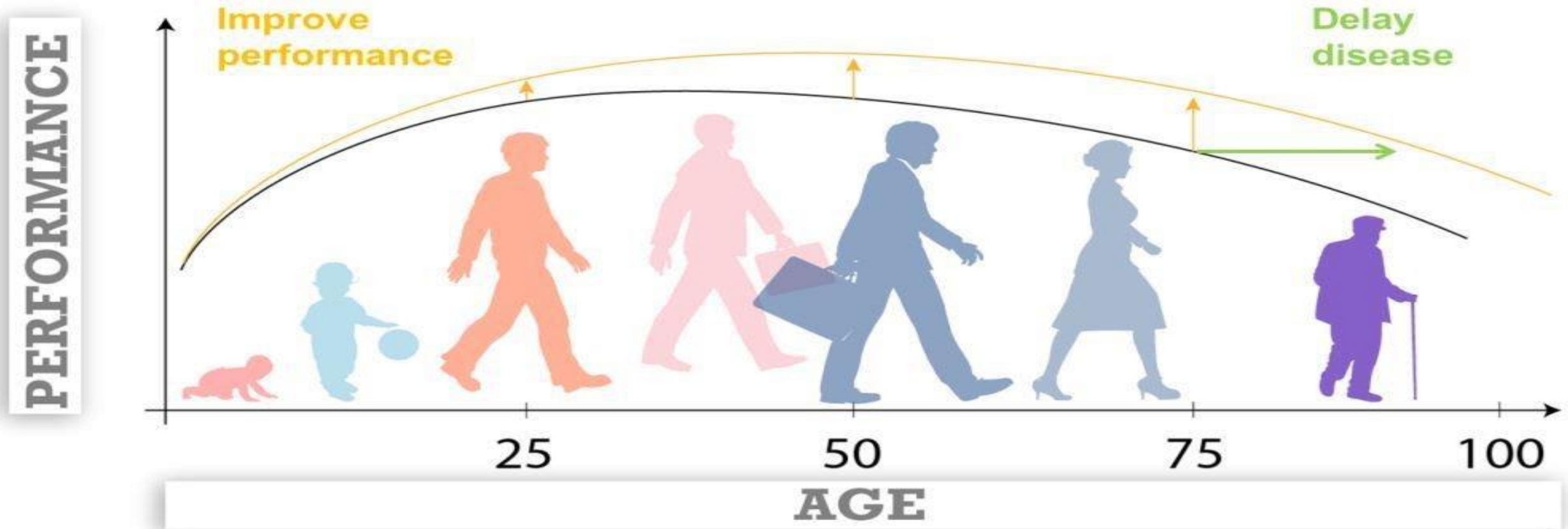
1. Brain Envy

2. Avoid bad

3. Do Good



Brain Fitness Matters



Source: SharpBrains.com

PROMOTING A BRAIN HEALTHY LIFESTYLE: DECREASING RISKS



Many Things Hurt the Brain

- Brain injuries
- Drugs & alcohol
- Obesity
- Lack of activity
- Poor diet
- Insomnia/apnea
- Nicotine/ ↑↑caffeine
- Environmental toxins
- Diabetes, high BP
- Low hormones
- Chronic stress
- Emotional trauma
- Untreated depression
- Poor decisions
- Unhealthy peer group
- **Not knowing your own brain's vulnerability**



CREATING BRAIN HEALTH PROGRAMS

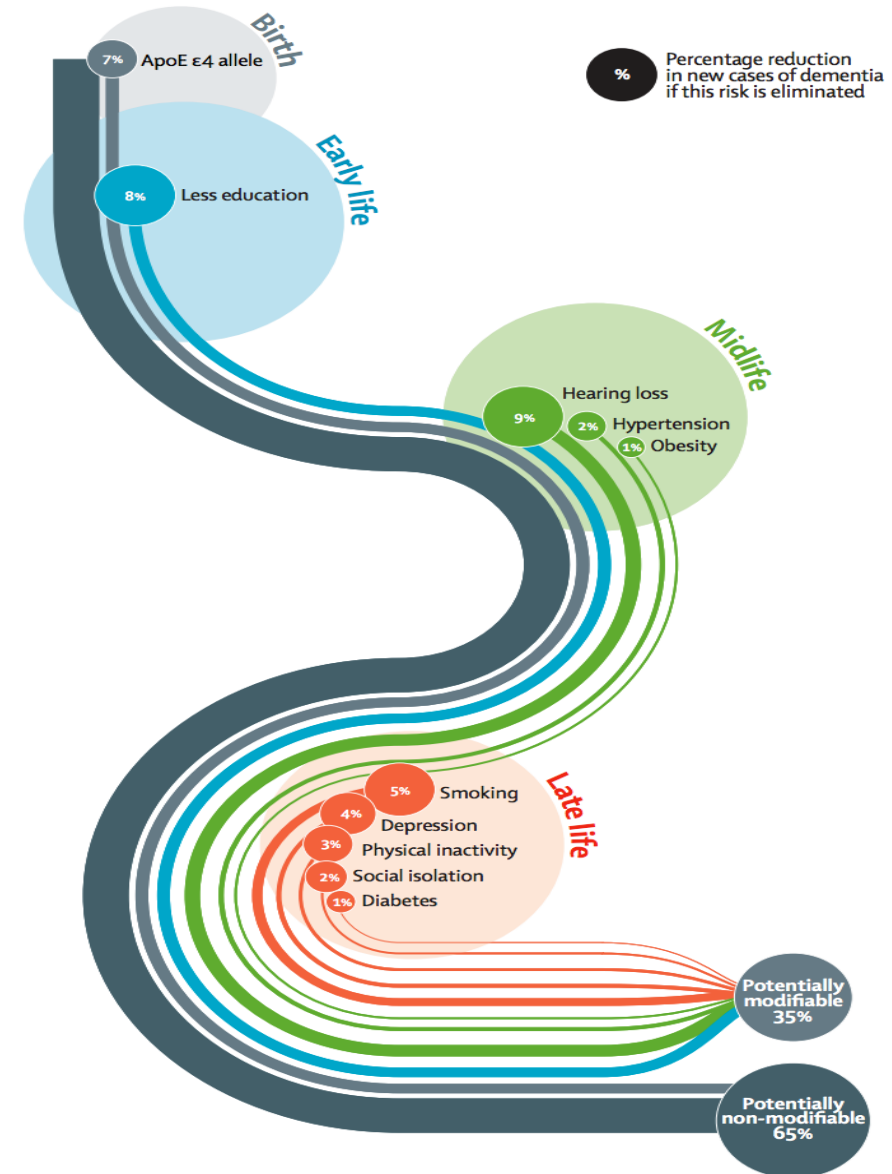
BRAIN HEALTH RISK FACTORS:

1. EDUCATION (LESS EDUCATION)
2. HYPERTENSION
3. OBESITY
4. HEARING LOSS
5. SMOKING
6. DEPRESSION
7. PHYSICAL INACTIVITY
8. SOCIAL ISOLATION
9. DIABETES (LIVINGSTON ET AL. 2017)

Your Brain Health Matters, LLC©

Risk factors for dementia

The Lancet Commission presents a new life-course model showing potentially modifiable, and non-modifiable, risk factors for dementia.

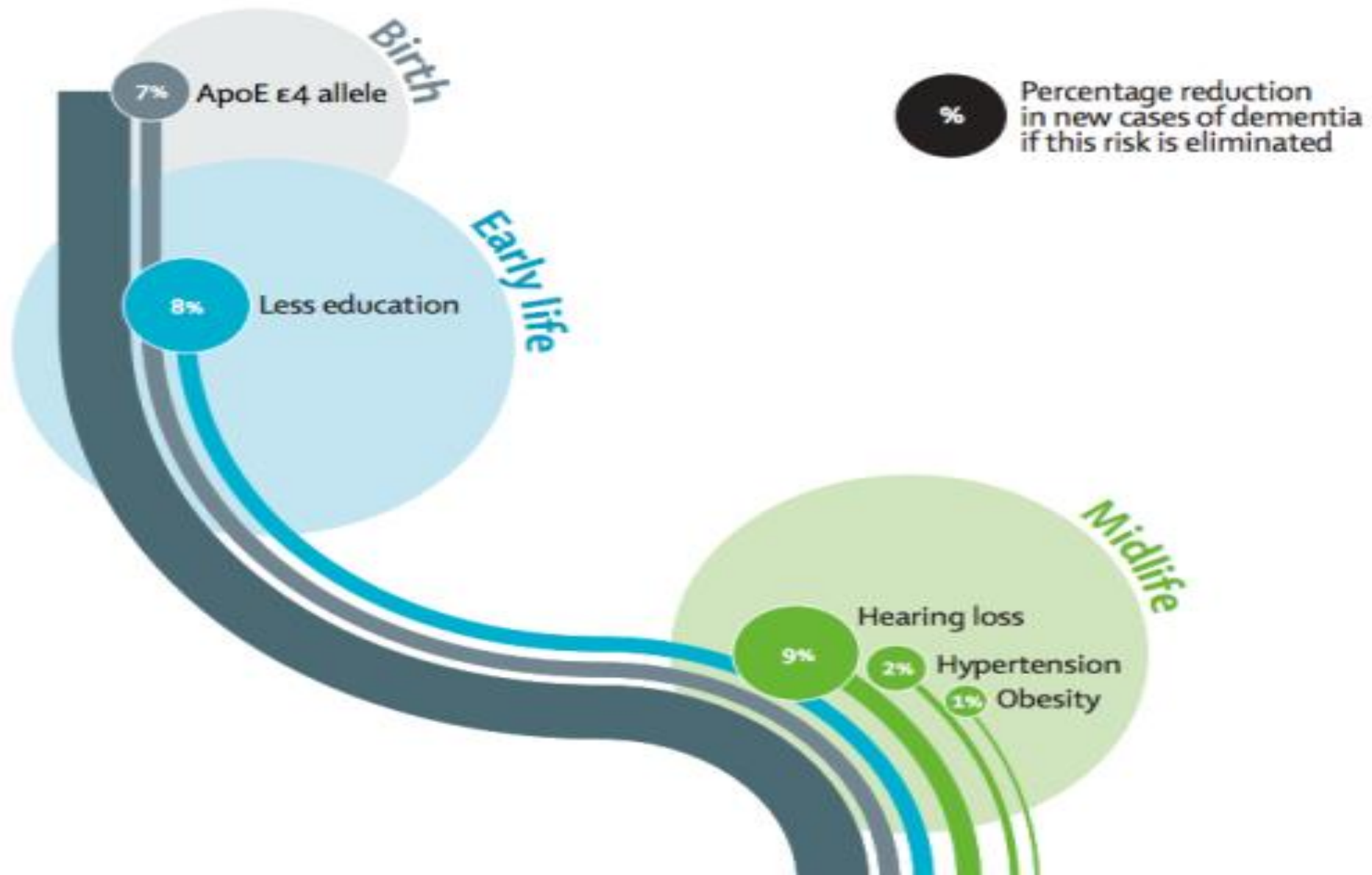


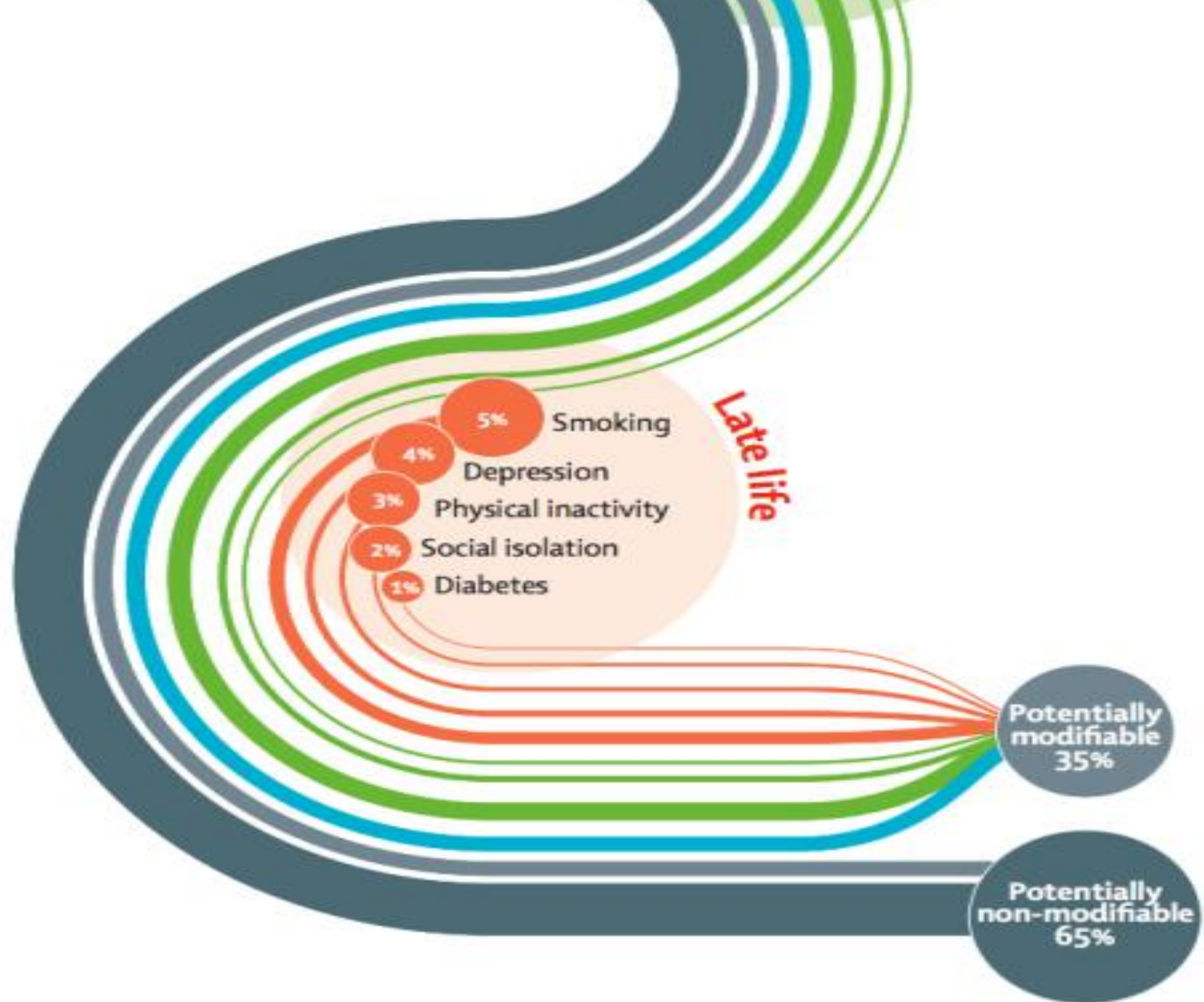
THE LANCET

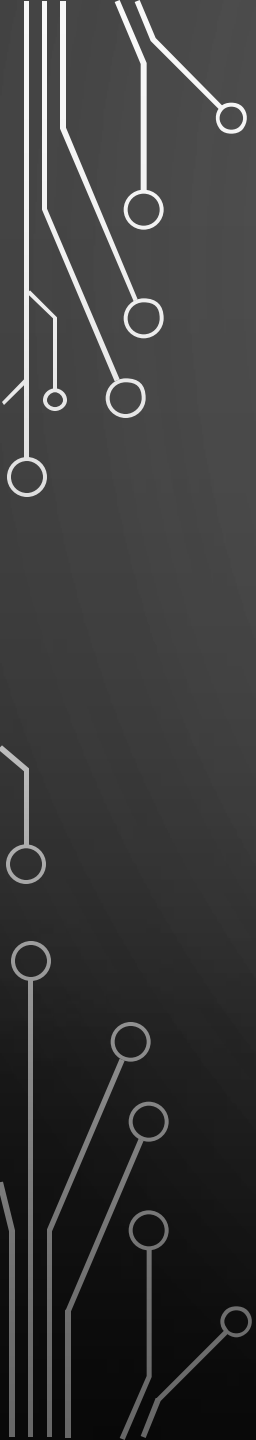
The best science for better lives

Risk factors for dementia

The Lancet Commission presents a new life-course model showing potentially modifiable, and non-modifiable, risk factors for dementia.









BRAIN HEALTH MISSION STATEMENT:

- SPECIFIC
- SUCCINCT
- STRAIGHTFORWARD
- DISCLAIMER:
 - This is intended to serve as a thought starter exercise to guide future discussion and planning.

BRAIN WORK:

- Brain health vision:
- Brain health philosophy:
- Brain health mission:
- Values to incorporate:





MODELS OF BRAIN HEALTH :

- WIDE VARIETY OF "MODELS" WORLDWIDE AND NATIONWIDE
 - 3-9 "pillars" or "essentials"
- DEPENDENT ON:
 - Geographical location
 - Population being served
 - Providers involved in care
 - Type of setting (medical, community, non-profit, etc.)



TOTAL BRAIN HEALTH[®]

BODY

EAT
SMART

MOVE IT

LIVE WITH YOUR
BRAIN IN MIND

SPIRIT

BELIEVE
IN
YOURSELF

KEEP
EMOTIONAL
BALANCE

SOCIALIZE

MIND

SHARPEN
SKILLS

STRATEGIZE

STRETCH
YOUR MIND

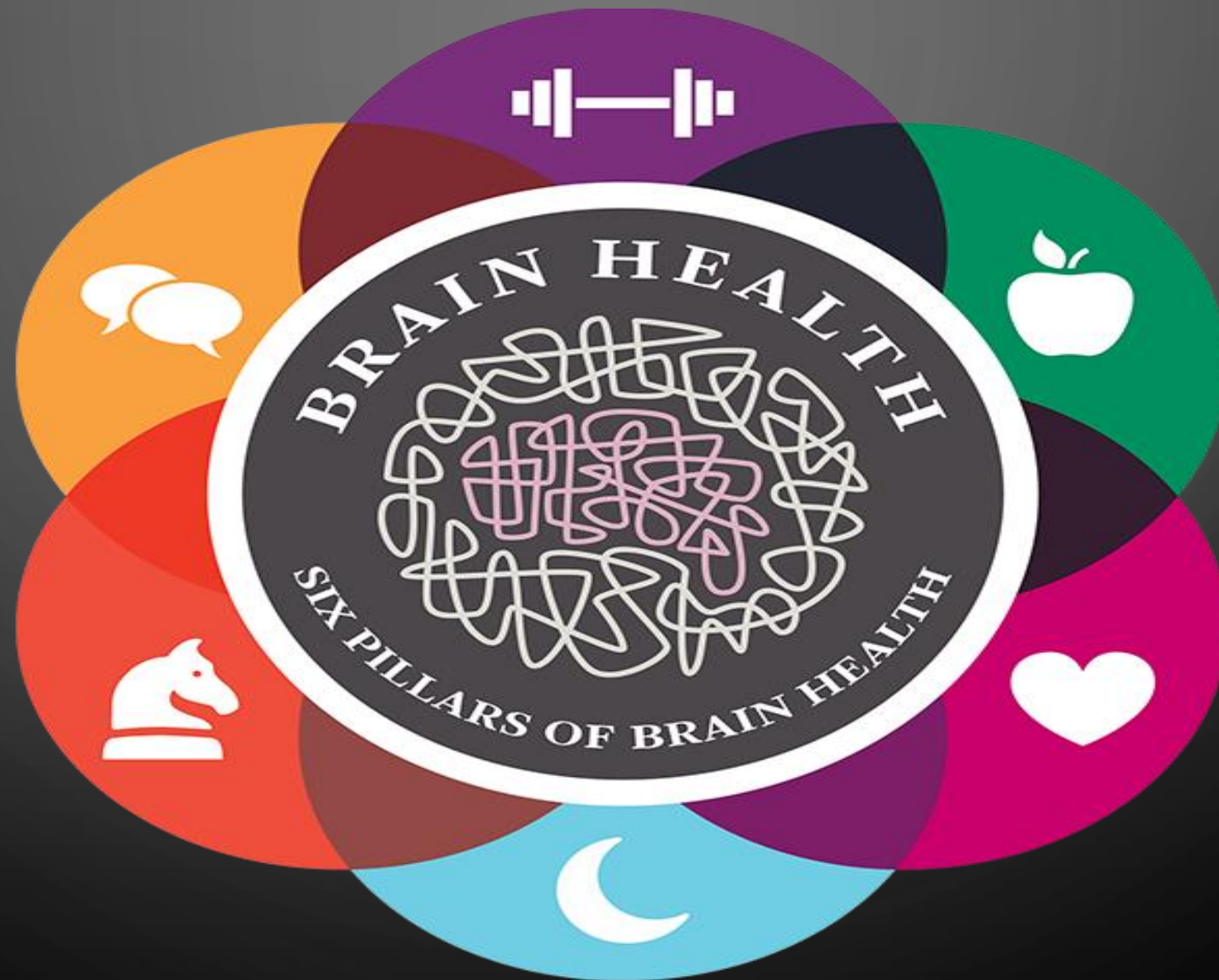


DR. PAUL NUSSBAUM



Brain Health Lifestyle™ developed by Dr. Paul Nussbaum

THE CLEVELAND CLINIC



AARP



ALZHEIMER'S DISEASE & PREVENTION FOUNDATION

The 4 Pillars of Alzheimer's Prevention™:

1. Diet and Supplements
2. Stress Management with Yoga and Meditation
3. Physical and Mental Exercise
4. Spiritual Fitness™



OVERARCHING SIMILARITIES:

- EXERCISE
 - Physical
 - Mental
- DIET
 - Medications
 - Supplements
- STRESS MANAGEMENT
 - Meditation
 - Sleep
- SOCIALIZATION
- PERSONAL/MEDICAL HEALTH



BRAIN HEALTH PROGRAM EXAMPLES

- Is there a model of brain health embedded in your organization?
- Or is there a model you could create?



-



BRAIN WORK- FOLLOW-UP

Identify the areas/pillars of brain health that your current programs address







BRAIN HEALTH PROGRAM EXAMPLE GUIDELINES:

- CREATED “BRAIN HEALTH” TRACK TO DAILY ACTIVITIES
- START A “BRAIN HEALTH UNIVERSITY”
 - Tailor to fit your organization’s needs
 - Quarterly | Monthly | Weekly

BRAIN HEALTH MARKETING:

- LANGUAGE
 - "Your Brain On..."
- KEY WORDS
 - Brain | Mind | Neuroscience
- SIGNAGE
 - Bulletin boards
 - Elevator/bathroom signs
- STAFF AWARENESS

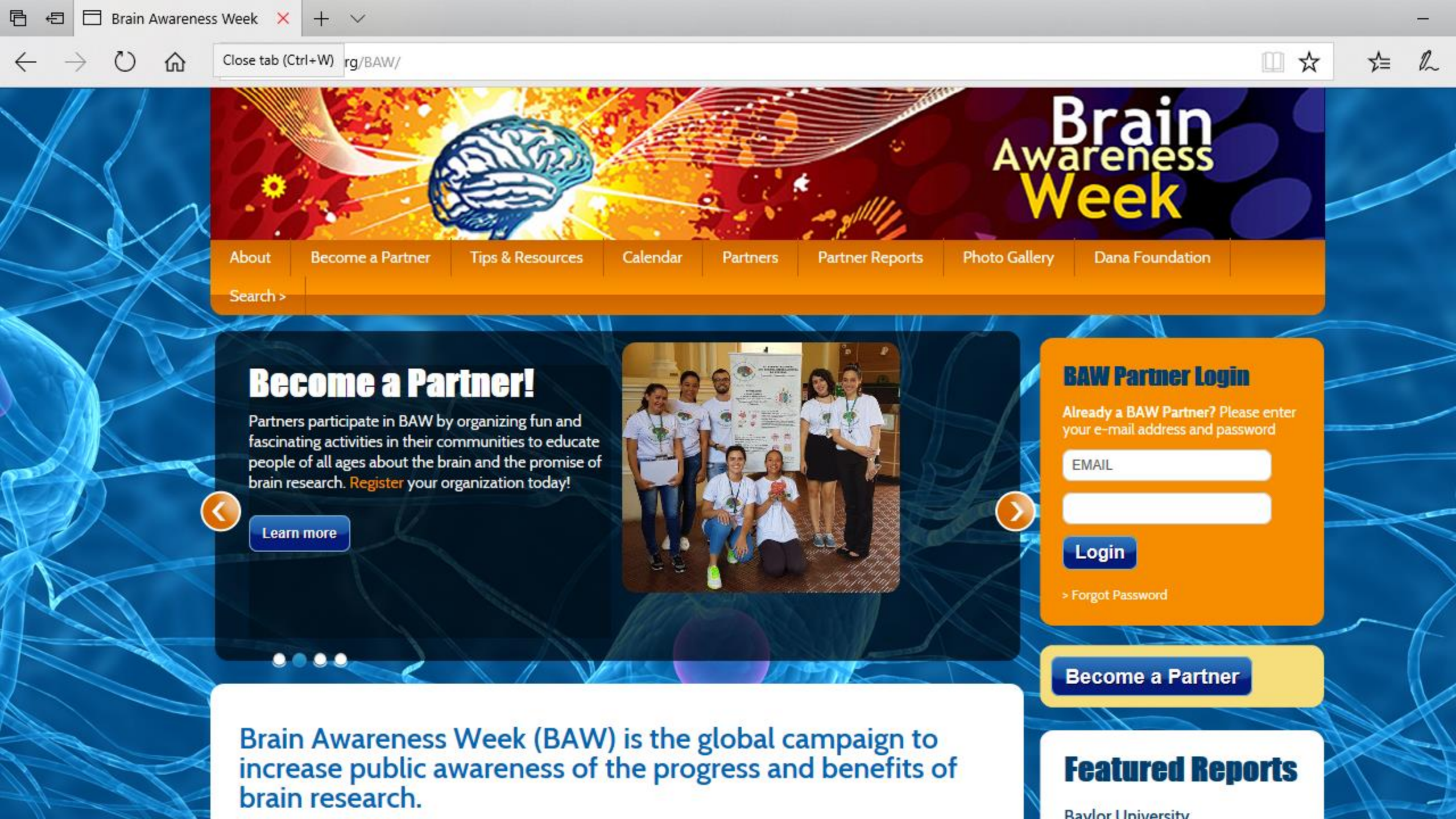


BRAIN HEALTH MARKETING OUTREACH:

- TENANT/RESIDENT ASSOCIATION MEETINGS
- TENANT/RESIDENT LETTERS/EMAIL
- FAMILY LETTERS/EMAIL
- CAMPUS TVS
- NEWSLETTER "ADS"
- WORD OF MOUTH!
 - Tenant/resident
 - Staff







Become a Partner!

Partners participate in BAW by organizing fun and fascinating activities in their communities to educate people of all ages about the brain and the promise of brain research. [Register](#) your organization today!

[Learn more](#)

BAW Partner Login

Already a BAW Partner? Please enter your e-mail address and password

EMAIL

[Login](#)

[> Forgot Password](#)

[Become a Partner](#)

Brain Awareness Week (BAW) is the global campaign to increase public awareness of the progress and benefits of brain research.

Featured Reports

Baylor University

FREE! ONLINE BRAIN HEALTH “CHECK-UPS”:

- THE CLEVELAND CLINIC
 - <https://healthybrains.org/brain-check-up/>
- STAYING SHARP-AARP
 - <https://stayingsharp.aarp.org/assessments>
- BRAIN FIT LIFE- AMEN CLINICS
 - <http://portal.mybrainfitlife.com/new/index.php/bha2/int>
- COGNICITI- BAYCREST VILLAGE (AGE 40+)
 - <https://www.cogniciti.com/>



Get a Brain Check-up

1**REGISTER FOR A BRAIN CHECK-UP****2****ANSWER QUESTIONS ABOUT YOU
AND YOUR LIFESTYLE**

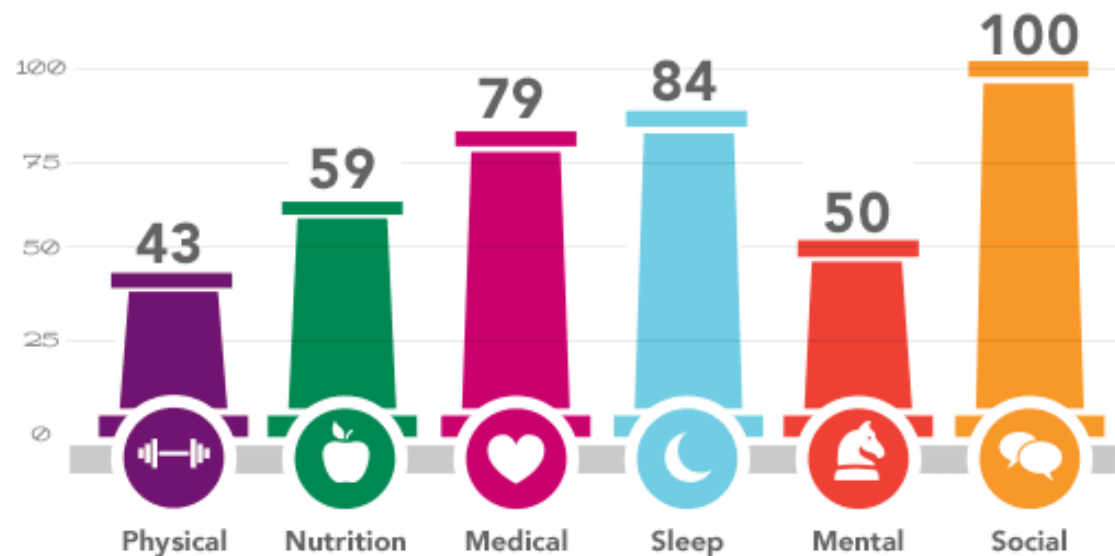
What is it?

The Cleveland Clinic Brain Check-up is an online self-assessment. It is a customized tool that tests your memory and helps you make lifestyle choices



Brain Health Index (BHI) & 6 Pillars of Brain Health

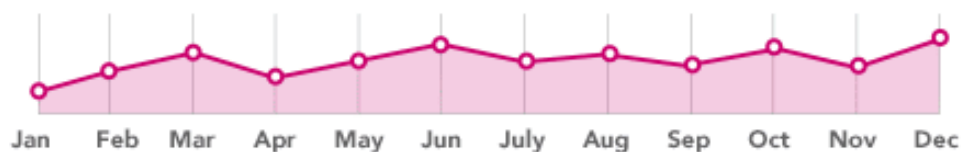
Print Share



What is BHI

Press Icon to View Tips

BHI History



Wearable Info

Pair

Steps

2846

Distance/Mi

1.32

Sleep/Hr

6.68

My Memory



Body Mass Index (BMI)



Let's find a cure...

Sign up for clinical trials and you'll be doing your part to end Alzheimer's disease.

Sign Up Today!



	Free	Paid
	Sample	Full
Take the brain health assessment		
See your detailed assessment results		✓
Get personalized brain health recommendations		✓
Play free brain games	✓	✓
Get the latest articles on brain health	✓	✓
Get the free Staying Sharp eNewsletter	✓	✓
Access premium brain games		✓
Enjoy brain health recipes designed to improve your memory		✓
Explore brain-boosting activities for everyday life		✓
Retake the assessment every 90 days to track		✓

FREE! BRAIN HEALTH PROGRAM MATERIALS: AARP

- The Brain-Body Connection
- The Brain-Sleep Connection
- The Brain and Social Connectedness
- Engage Your Brain: Cognitively Stimulating Activities
- Brain Food: Nourishing Your Brain Health

Global Council on
Brain Health
A COLLABORATIVE FROM **AARP**



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Reports



Brain Food:

GCBH Recommendations on
Nourishing Your Brain Health

Nutrition and Brain Health

In this report, GCBH examines the state of science on the impact diet has on brain health in adults over 50



Engage Your Brain:

GCBH Recommendations on
Cognitively Stimulating Activities

Cognitively Stimulating Activities and Myths

Stimulating the mind through intellectual activities benefits adults' brain health and functions

MORE REPORTS

Social Engagement and Brain Health

The report emphasizes that positive relationships, maintained over your lifetime, support well-being and brain health

Sleep and Brain Health

AARP research has found that better sleep is correlated with people having higher perceptions of their well-being and brain health

Physical Activity and Brain Health

Information on the relationship between exercise and brain function and how the GCBH can motivate sustained behavior change




networks, and the evidence on the relationship between social engagement and better brain health as we age. The GCBH outlined 15 recommendations to maintain relationships as we age and to build new connections throughout life. These recommendations offer a variety of ways to stay engaged relevant to people from all over the world at any age. The report was refined over several months within the GCBH, reviewed by other experts in the field and finalized by the GCBH Governance Committee.

The report emphasizes that positive relationships, maintained over your lifetime, support well-being and brain health. The report explores current scientific research on the effect social engagement has on brain health. It discusses numerous aspects of social engagement including digital connections, purpose in life, pets as companions, close personal or romantic relationships, and sense of community. It also identifies knowledge gaps. To complement the GCBH's report, AARP surveyed more than 3,800 adults age 40 and older to better understand the factors that influence social engagement, isolation and loneliness and how these issues relate to people's brain health and mental well-being as they age. Survey results can be found in the section below.

As a result of these deliberations, the GCBH Governance Committee approved the following recommendations on social engagement and brain health for people as they age.

To find out more about how social connections affect your brain health, [see this article by Beth Howard](#).


DOWNLOAD THE RECOMMENDATIONS

Also available in [Español](#)

The Brain and Social Connectedness:

GCBH Recommendations on
Social Engagement and Brain Health

[Click image to download full report](#)

Infographic

As we age, feeling connected + purpose in life = better brain health. [Click here for English, Spanish, French, Chinese and Arabic translations](#)



FREE! BRAIN HEALTH PROGRAM MATERIALS:

- Brain Health Basics
- Medicine, Age, and Your Brain
 - PowerPoint Presentations
 - Educator Guides
 - Participant Handouts
- Hello Brain- Trinity College Dublin
 - Videos
 - App
 - 30 Day Challenge



<https://www.acl.gov/node/293>

<http://www.hellobrain.eu/en/>

We want you to have a
healthy brain!



Here's how you can learn
more



How does my brain work?

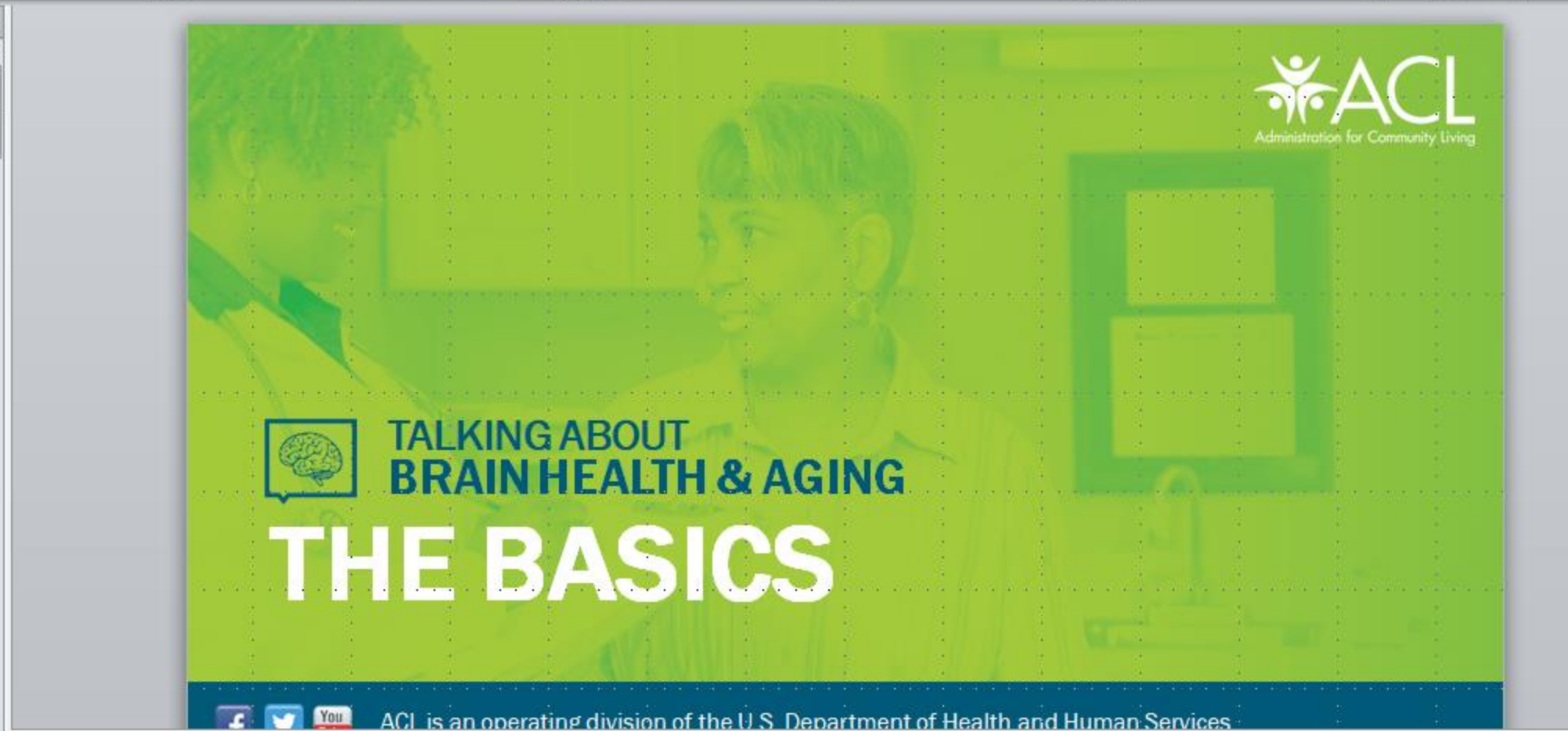


The BRAIN section will help you understand how your

How do I keep it healthy?



The HEALTH section explains how lifestyle choices may



Educator Note: Developed for Aging and Disability Network professionals, this presentation aims to provide a foundation for educating and their caregivers about brain health, including ways to promote healthy aging and reduce potential threats to brain health.

In the *Notes* section of each slide, you will find one educator note/tip and at least one government-sponsored resource (URL).



TALKING ABOUT BRAIN HEALTH & AGING

THE BASICS



Aging well depends on your genes, lifestyle choices, and environment. Even if you're healthy, brain changes as you age may lead to increased challenges with multitasking, paying attention, and recalling words. However, most of us—at any age—can learn new things and improve skills, which can be important for maintaining our independence.

PROTECTING YOUR BRAIN HEALTH

Good overall health may help to maintain good brain health. These tips may help you stay active and healthy, physically and mentally.

- Eat or drink less sugar, salt, and solid fat
- Eat more fruits, vegetables, and whole grains
- Choose lean meats, fish, or poultry
- Control portion sizes
- Choose low- or non-fat dairy
- Drink adequate fluids
- Make physical activity a part of your
- Join programs that teach exercise safety
- Volunteer or work
- Join a social club or gather with friends
- Try programs at local community

**A HEALTHY
DIET MAY
PROMOTE
BRAIN HEALTH
NOW, AND IN THE
YEARS TO COME.**



RESOURCES

*Administration on
Community Living (ACL):*

- [Brain Health Webpage](#)
- [Brain Injuries Fact Sheet](#)
- [Medicine, Age, and Your Brain Fact Sheet](#)
- [Eldercare Locator](#) (find local supports/services)

*National Institute on Aging
(NIA):*

- [What is Brain Health? Campaign](#)
- [Health Information Website](#)
- [Cognitive Health](#)
- [Go4Life® Physical Activity Campaign](#)

*Centers for Disease
Control and Prevention
(CDC):*

File Home Insert Design Transitions Animations Slide Show Review View

Paste Cut Copy Format Painter New Slide Layout Reset Section

Clipboard Slides

Font

Paragraph

Text Direction Align Text Convert to SmartArt

Drawing

Shape Fill Shape Outline Shape Effects

Find Replace Select

Slides Outline

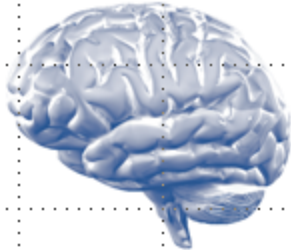
1 **Medicine, Age, and Your Brain**
A presentation by:
ACL NIH CDC

2 **Your Body and Brain Can Change with Age**
The aging process is normal:
• Your brain's physical structure and abilities change.
• Your circulatory and digestive systems, kidneys, and liver slow down.
• Your body's ability to break down and use medicine changes.
All of this means your reactions to medicines change, too.

3 **Aging and Health Problems**
• Aging is linked to multiple health problems.
• 80% of older adults have at least one chronic health problem.
• 50% have at least two.
• Health problems may require medicines that interact with each other in harmful ways.
• Medicines can also interact with food, supplements, natural products, alcohol, or even with another health condition. These interactions can cause problems.
• Some of these medicines and interactions can affect how your brain functions.

4 **Medicines and Your Brain**
• Some reactions to medicines can affect your cognition—your ability to think, understand, learn, plan, and remember.
• Cognitive reactions or side effects can include confusion, memory loss, hallucinations, and delusions.
• Some people mistake cognitive side effects for a form of dementia, like Alzheimer's disease.

Medicine, Age, and Your Brain



A presentation by:

ACL Administration for Community Living NIH National Institutes of Health CDC Centers for Disease Control and Prevention

1



WOMEN'S BRAIN HEALTH:

➤ WOMEN'S BRAIN HEALTH INITIATIVE

➤ <https://womensbrainhealth.org/>

➤ MIND OVER MATTER

➤ Request FREE! Copies of newsletter to start a book club!

➤ Online application: <https://womensbrainhealth.org/book-club>

➤ THE WOMEN'S ALZHEIMER'S MOVEMENT

➤ <http://thewomensalzheimersmovement.org/jointhemovement/>



Women's Brain
Health Initiative

Officers & Directors | Impact | Media



ABOUT KNOWLEDGE MIND OVER MATTER® GET INVOLVED BRAIN BUZZ DONATE

MIND OVER MATTER®

A Women's Brain Health Book Club Initiative





- Interested in obtaining copies of MIND OVER MATTER® for an upcoming Book Club read?
- Will provide your Club copies of MIND OVER MATTER® **free of charge!**
- Will also offer you some suggestions on how you can get the most out of the valuable information the articles in the magazine provide.



- Complete the form and email it to

bookclub@womensbrainhealth.org

Retrieve the form from:

<https://womensbrainhealth.org/wp-content/uploads/2017/09/Book-Club-Form.pdf>

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POPULAR PROGRAM

Introduction to Psychology,
Monash University

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ONLINE COURSE

Strategies for Successful Ageing

Find out how staying happy, healthy, socially-connected and active can help you age successfully, with this free online course.

[Join course for free](#)

Overview

Topics

Start dates

Requirements

Educators

Try it



Browse > Life Sciences > Medicine and Healthcare

Offered By



Rethinking Ageing: Are we prepared to live longer?

Enroll

Starts Sep 03

Financial aid available

About

Syllabus

Reviews

Instructors

Enrollment Options

FAQ

About this Course

☒ CATEGORY

Better Living (391)
Economics & Finance (18)
Fine Arts (46)
High School (104)
History (119)
Literature & Language (99)
Mathematics (114)
Music (18)
Philosophy & Intellectual
History (166)
Professional (196)
Religion (72)
Science (404)

☒ ALL RATINGS☐ ★★★★★ (18)☐ ★★★★★ & Up
(272)☐ ★★★★★ & Up
(316)☒ ALL TYPES

872 Courses and Sets

Sort Relevance

View



ON SALE

Your Best Brain

John Medina

★★★★★ (44)

STARTING AT \$24.95



ON SALE

The Spiritual Brain:
Science and Religious
Experience

Andrew Newberg

★★★★★ (71)

STARTING AT \$24.95



ON SALE

Memory and the Human
Lifespan

Steve Joordens

★★★★★ (47)

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ON SALE

Scientific Secrets for a
Powerful Memory

Peter M. Vishton

★★★★★ (80)

STARTING AT \$17.95



ON SALE

Outsmart Yourself:
Brain-Based Strategies
to a Better You

Peter M. Vishton

★★★★★ (71)

G AT \$34.95

Brain Myths Exploded:
Lessons from
Neuroscience

Indre Viskontas

★★★★★ (39)

STARTING AT \$149.95



ON SALE

Optimizing Brain Fitness

Richard Restak

★★★★★ (151)

STARTING AT \$24.95



ON SALE

The Intelligent Brain

Richard J. Haier

★★★★★ (32)

STARTING AT \$24.95



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CATEGORY

Better Living (138)

Economics & Finance (3)

Fine Arts (2)

High School (6)

History (6)

Literature & Language (4)

Mathematics (3)

Music (1)

Philosophy & Intellectual

History (7)

Professional (12)

Religion (8)

Science (94)



ALL RATINGS

Search results for 'brain health'

167 Courses and Sets

Sort

Relevance



View



ON SALE

The Spiritual Brain:
Science and Religious
Experience

Andrew Newberg

★★★★★ (71)

STARTING AT \$24.95



Lifelong Health:
Achieving Optimum
Well-Being at Any Age

Anthony A. Goodman

★★★★★ (47)

STARTING AT \$199.95



The Science of Natural
Healing

Mimi Guarneri

★★★★★ (172)

STARTING AT \$129.95



ON SALE

Cognitive Behavioral
Therapy: Techniques for
Retraining Your Brain

Jason M. Satterfield

★★★★★ (153)

STARTING AT \$34.95



ON SALE



ON SALE




ON SALE



A

Activism	Agriculture	 Alzheimer's	Anthropology	Arts	Augmented reality
Addiction	AI	Ancient world	Ants	Asia	Autism
Adventure	AIDS	Animals	Apes	Asteroid	Autism spectrum disorder
Advertising	Aircraft	Animation	Archaeology	Astrobiology	
Africa	Algorithm	Antarctica	Architecture	Astronomy	
Aging	Alternative energy	Anthropocene	Art	Atheism	

B

Bacteria	Big bang	Biomechanics	Birds	Botany	Bullying
Beauty	Big problems	Biomimicry	Blindness	 Brain	Business
Bees	Biodiversity	Bionics	Blockchain	Brand	
Behavioral economics	Bioethics	Biosphere	Body language	Brazil	
		Biotech	Books	Buddhism	

A collection of TED Talks (and more) on the topic of Alzheimer's.

Talks about Alzheimer's



Lisa Genova
What you can do to prevent Alzheimer's
Posted Apr 2017



Samuel Cohen
Alzheimer's is not normal aging — and we can cure it
Posted Sep 2015



Stephen Friend
The hunt for "unexpected genetic heroes"
Posted May 2014



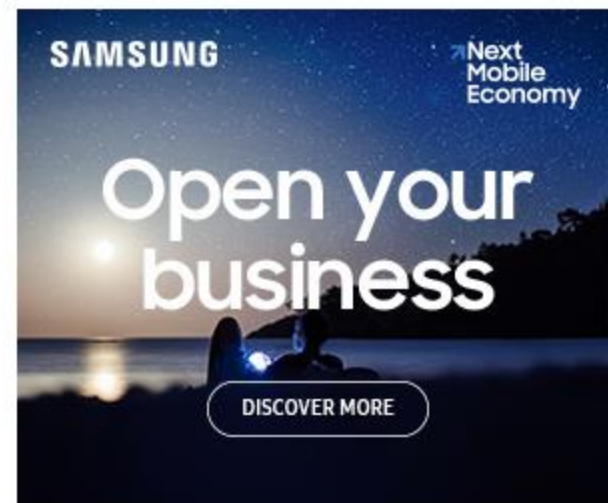
Thomas Insel
Toward a new understanding of mental illness
Posted Apr 2013



Alanna Shaikh
How I'm preparing to get Alzheimer's
Posted Jul 2012



Gregory Petsko
The coming neurological epidemic
Posted Nov 2008



Video playlists about Brain

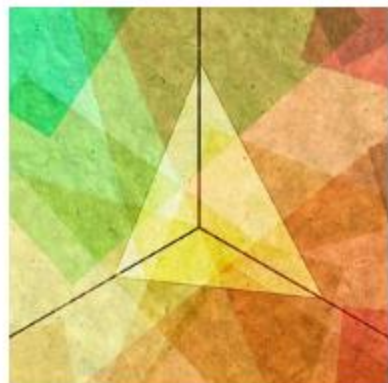
All kinds of minds



9 talks • 2h 12m

These powerful stories shatter preconceived notions about mental illness, and pose the provocative question: What can the world learn from different kinds of minds?

The autism spectrum



11 talks • 2h 36m

Explore the science of autism -- and listen to the stories of people who live with it.

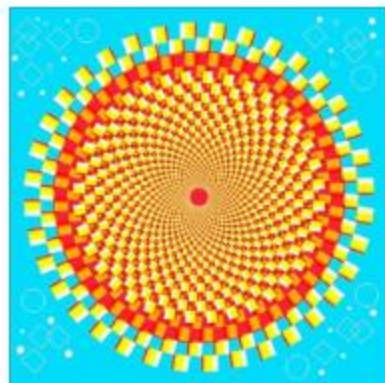
How does my brain work?



15 talks • 3h 28m

How exactly does the brain -- a 3-pound snarl of nervous tissue -- create inspired inventions, the feeling of hunger, the experience of beauty, the sense of self? Researchers at the edge of science explain ...

Our brains: predictably irrational



12 talks • 3h 19m

The 3 pounds of jelly in our skulls allow us to reflect on our own consciousness -- and to make counterintuitive, irrational decisions. These talks explore why.

Forum for a very
special TED Salon

July 31 – August 2, 2018

Register now



[See all 16 playlists on Brain](#)

**What are emotions?**

5 talks • 1h 19m

Curated by TED

**The race for your attention**

3 talks • 46:27

Curated by TED

**Most popular TED Talks of 2017**

14 talks • 3h 48m

Curated by TED

**Inside the mind of psychopaths**

4 talks • 50:30

Curated by TED

**What is consciousness?**

4 talks • 1h 19m

Curated by TED

**Things you've probably never noticed**

4 talks • 1h 0m

Curated by TED

**Best science and tech of 2017**

13 talks • 2h 43m

Curated by TED

**The fight against Alzheimer's and dementia**

5 talks • 39:26

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**How the brain takes care of itself**

4 talks • 57:26

Curated by TED

**Tech that can hack your brain**

6 talks • 1h 30m

Curated by TED

**How your brain constructs reality**

8 talks • 1h 58m

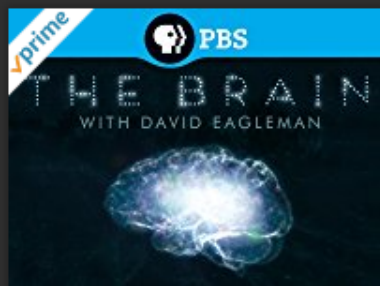
Curated by TED

**The complexity of memory**

7 talks • 1h 52m

Curated by TED

The Brain with David Eagleman 2015



Season 1 ✓prime ★★★★★ (52) IMDb 8.6/10

Neuroscientist David Eagleman explores the wonders of the human brain in an epic series that reveals the ultimate story of us, why we feel and think the things we do. This ambitious project blends science with innovative visual effects and compelling personal stories, and addresses some big questions. By understanding the human brain, we can come close to understanding humanity.

Available to watch on [supported devices](#).

prime

Season 1 included with Prime



Episode 1
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Season 1 ✓prime



1. What is Reality?

Dr. David Eagleman takes viewers on an extraordinary journey in "What is Reality?" He explores how the brain, locked in silence and darkness without direct access to the world, conjures up the rich and beautiful world we all take for granted.

TV-PG



Language: English Runtime: 54 minutes Release date: October 14, 2015



[More purchase options](#)

2. What Makes Me?



FREE! RESOURCES:

- National Institute of Health
- National Institute of Science Education/SEPA Curriculum Supplements
- National Institute on Aging
- National Institute of Neurological Disorders & Stroke
- Bright Focus Foundation
- Alzheimer's Disease Education & Referral Center
- The DANA Foundation
 - National Brain Awareness Week Program
- Agency for Healthcare Research and Quality
- Eldercare Locator Resource Center
- Local Resources:
 - Alzheimer's Association
 - Area Agency on Aging
 - Hospital Systems

TIPS TO SUPPORT BRAIN HEALTH

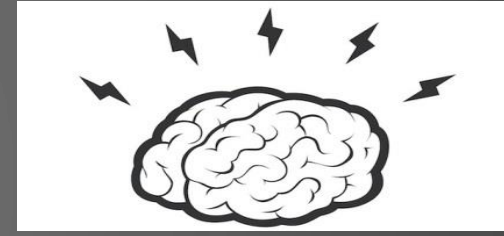




TAKE AWAY MESSAGES:

- WHAT YOU DO TODAY MATTERS!
- IT IS NEVER TOO LATE TO START A BRAIN HEALTHY HABIT!
- MIND YOUR BRAIN.
- INCONVENIENCE YOURSELF.
- TAKE TIME TO RELAX.
- STAY ENGAGED.
- TRY SOMETHING NEW.
- AIM FOR 2 HOURS OF COGNITIVELY STIMULATING ACTIVITIES EACH WEEK OR 12 MENTAL EXERCISES PER WEEK.

FINAL THOUGHT:

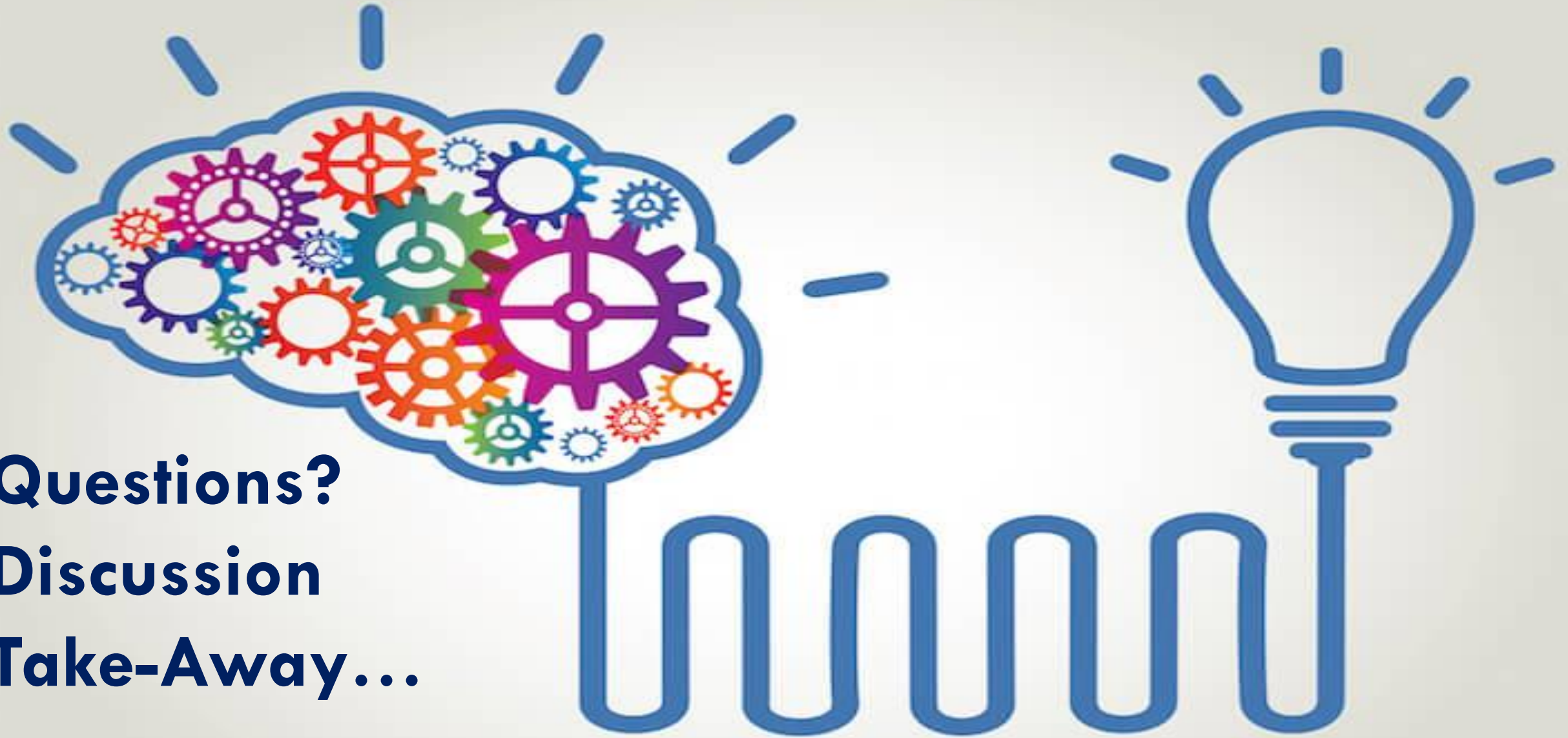


"We always have the ability to remodel our brains. To change the wiring in one skill you must engage in some activity that is unfamiliar, novel to you but related to that skill, because simply repeating the same activity only maintains already established connections."

~John J. Ratey, M.D.



**Questions?
Discussion
Take-Away...**



Understanding Dementia MOOC

About Wicking Centre

Understanding Dementia MOOC

Preventing Dementia MOOC

Bachelor of Dementia Care

Research

Graduate Research and Higher Degrees

People

News and Events

Partnerships and Engagement

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UNDERSTANDING
DEMENTIA

FREE **ONLINE** COURSE



00:40



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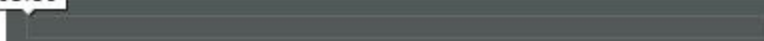
Partnerships and Engagement

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01:30



Preventing Dementia (October 2018) MOOC

Course Description

Preventing Dementia is a Massive Open Online Course (MOOC), offering university-quality education about the latest research in dementia risk and protective factors. The free course provides an opportunity to engage with the perspectives of a global community, without requiring exams or assignments.

With the ageing of the world's population, dementia is a major public health issue. Is it possible to modify your risk of dementia? A substantial proportion of risk is associated with advanced ageing as well as genetic risk factors, but the latest research has indicated there are modifiable risk factors which may decrease your susceptibility to dementia. The Preventing Dementia MOOC investigates the best available evidence about dementia prevention, drawing on a range of expertise from around the globe.

You will have the opportunity to engage in online discussions, and can also participate in new research in this field, to help us determine the most effective ways to help people reduce their dementia risk. At the end of the Preventing Dementia MOOC, there is also the opportunity to undertake an assessment of your individual risk.

Enrolment Details

Enrolment opens: August 1st, 2018 7:00 PM

Enrolment closes: October 12th, 2018 2:00 AM

Course Details

Course opens: October 1st, 2018 7:00 PM

Course closes: November 16th, 2018 1:00 AM

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**2017
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Shakers
Awardee**

