PREVENTING DEMENTIA IN INDIGENOUS PEOPLES BY AGING WELL
Advice from older Indigenous peoples

Eat healthy, unprocessed foods
Prevent head injuries
Exercise
Don’t misuse alcohol or drugs
Stay away from environmental contaminants when gathering food/medicine
Grow and/or gather your own food

Share knowledge with younger generations

Use ceremonies and medicines for wellness
Use prayer for strength and comfort
Maintain health holistically
Attend ceremony or church
Express gratitude

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Speak, learn, & listen to original languages
Participate in storytelling and singing
Craft, bead, knit, crochet, or sew
Learn & remember protocols for ceremony
Carry and share songs, teachings, or ceremonies
Do puzzles or crosswords
Be aware of aging & dementia
Use the internet

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Continue to be active and involved in community life

Spend time with other Elders

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Spend time with your family, friends, and community for support

Get involved in community & develop a support network

Look to your family, friends, and community for support

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Share knowledge with younger generations

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