

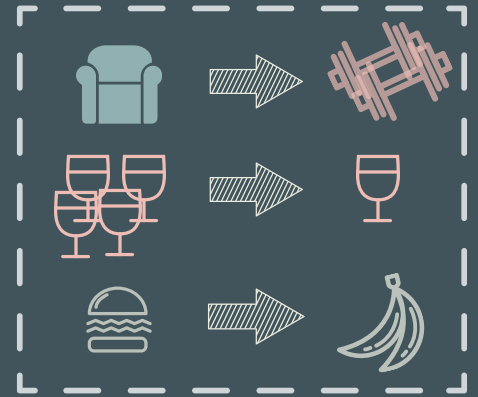
# INTERVENTIONS IN EARLY DEMENTIA

## PREVENTION



Changing specific risk factors in mid-life can reduce the risk of dementia

- smoking
- lack of physical activity
- alcohol consumption
- poor diet
- being overweight



## MODIFYING THE DISEASE COURSE



- Neuroplasticity/adaptive potential in early dementia
- Functional and cognitive decline can be DELAYED

### PHYSICAL ACTIVITY

- Can delay onset of cognitive impairment
- Reduces falls

### COGNITIVE STIMULATION THERAPY

Strengthens communication skills, thinking and memory



## REMINISCENCE

Focuses on using preserved memories rather than disability

## LIVING WELL



### CREATIVE ART THERAPY

- Alternative to talking therapy
- Provides cognitive stimulation

### CBT

Can reduce stress and anxiety



### COUNSELLING & PSYCHOTHERAPY



- Adjusting to the diagnosis
- Managing anxiety and depression

### ASSISTIVE TECHNOLOGY



Can help someone stay safe and keep their independence for longer

### MEMORY CAFES



- General info
- Help for families & caregivers



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