



AgeWell
**Mind Your Mind
For Brain Health**



Do you want to learn more about brain health and how to reduce your risk of Alzheimer's disease? Are you concerned about changes in your

Did You Know?

Dementia is not a normal part of aging, but age is the biggest risk factor.

memory? Have you been diagnosed with dementia or Mild Cognitive Impairment but don't know what to do next? Navigating the world of healthy cognitive aging

and dementia can seem overwhelming. AgeWell's Mind Your Mind program can help you walk through the process.

What is Mind Your Mind?

Mind Your Mind is a comprehensive cognitive-linguistic assessment and treatment plan designed by one of our specially trained speech-language pathologists. Early detection of brain changes is essential to improving the quality of life and quality of care for those living with dementia, and their families. At AgeWell, we take a proactive approach to monitoring and managing your brain health.

What does Mind Your Mind address?

- Identify normal versus abnormal brain changes.
- Obtain a personalized cognitive baseline to monitor changes and manage care over time.
- Develop memory strategies to promote safety and independence.
- Education on lifestyle behaviors to promote brain health and reduce modifiable risk factors.
- Help you, your family and care team understand your strengths and/or limitations.
- Improve family dynamics through dementia education and caregiver training.
- Address difficult topics such as: living alone, driving concerns, medication and financial management, behavior changes.



How does it work?

- You will be scheduled at one of our rehabilitation locations.
- We start with an in-depth interview to identify goals and concerns.
- Patients are typically seen over five sessions to include a comprehensive assessment, in-depth review of testing results, and extensive education and resources based on patient specific needs.
- We will teach you how to live a “Brain Healthy Lifestyle.”
- Families and/or care partners are encouraged to participate as indicated.

The program is available to anyone 65 or older.

You’ll need a physician’s order to participate, so talk to your doctor.

For more information, call **904.202.4AGE**

Did You Know?

Engaging in certain healthy lifestyle behaviors is associated with a substantially lower risk for developing Alzheimer’s Disease and can improve the quality of life for those already living with the disease.



*AgeWell is the premier destination for
senior care in Northeast Florida.*