

## MAINTAINING GOOD COGNITIVE HEALTH

Exercising, eating well, spending time with family and friends, doing crossword puzzles, and getting a good night's sleep are just a few of the habits that help to preserve your brain health and memory. Whether you are a person with Parkinson's disease (PD), or a carepartner, maintaining good cognitive health contributes to your overall wellbeing.

### Challenge Yourself and Enhance Cognitive Health

Visit your local community or seniors' centre to see which programs are available to you and your family. Ask your healthcare provider for a referral to an occupational, recreation, art, or physical therapist to help you get started with the recommendations listed below.

- Devote a calendar to scheduling your activities. Pace yourself, and have fun!
- Get plenty of sleep, pay attention to your diet, and be sure to get the fluids you need throughout the day.

### ***Increase Physical Activity***

- See your primary doctor or neurologist to be sure you are safe to exercise.
- Get a physical therapy consult to develop the best and safest exercise program for you.
- Exercise regularly – daily, if you can.
- Don't do it alone. Involve your family, a friend, or attend classes.
- Yoga and Tai Chi give the extra benefit of relaxation.
- Dance and music make exercise fun, and allow for creative expression.

### ***Flex your 'Thinking Muscles'***

- Take a class at a local community or adult education centre, or attend lectures at your alma mater.
- Read, watch documentaries, or listen to podcasts.
- Do mind teasers, such as computer or video games, or puzzles.
- Play card games: bridge, poker, or even solitaire, can all get you thinking.

### ***Engage Socially***

- Attend support groups. To find one near you, visit: [www.parkinson.bc.ca/support-groups](http://www.parkinson.bc.ca/support-groups).
- Volunteer for a cause you are passionate about.
- Join the Parkinson Society British Columbia Advocacy Ambassador program. For more information, visit [www.parkinson.bc.ca/advocacy](http://www.parkinson.bc.ca/advocacy).

### ***Combine Social Benefits with Exercise, Creativity & Fun***

- Take a painting, art, acting, or dance class.
- Join a poetry or book club.
- Join a coffee hour, movie night, or organize your own get together with family and friends.

Skill	Activity
Language	Reading, journaling
Visual Scanning	Video games, puzzles, drawing, painting, crafts
Multi-Tasking	Cooking, assembling furniture
Planning	Card games, strategy games
Problem Solving	Strategy games, video games
Memory	Jigsaw puzzles
Coordination	Sports, jigsaw puzzles, painting, playing a musical instrument, constructional games
Speech	Reading aloud, singing, attending social groups

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