

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.
- 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.

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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