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

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

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

Laugh
Sing and dance
Read books
Seek therapy and/or advice from Elders
Stay connected to community and loved ones
Be responsible & accountable for choices in life
Practice kindness

Spend time with young people & grandchildren
Look to your family, friends, and community for support
Continue to be active and involved in community life
Spend time with other Elders

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

Reciprocity
Get involved in community & develop a support network
Share knowledge with younger generations

Laugh! Use humour to get through tough times

This version was created by the Canadian Consortium on Neurodegeneration in Aging Team 20 Advisory Group for the Manitoulin Region of Ontario, Canada. Other versions and further resources are available at www.i-caare.ca.
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