

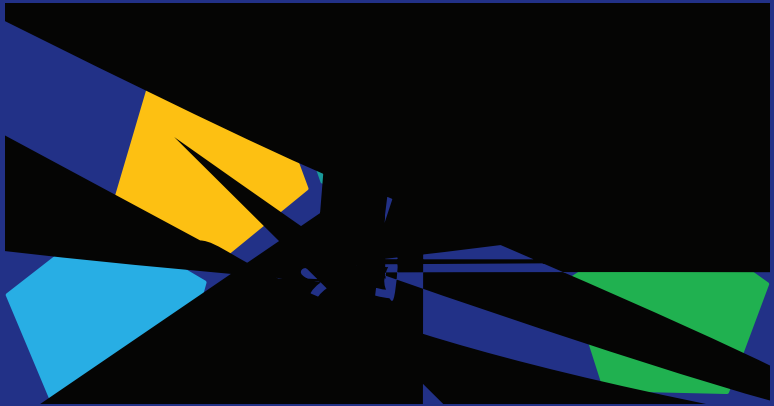


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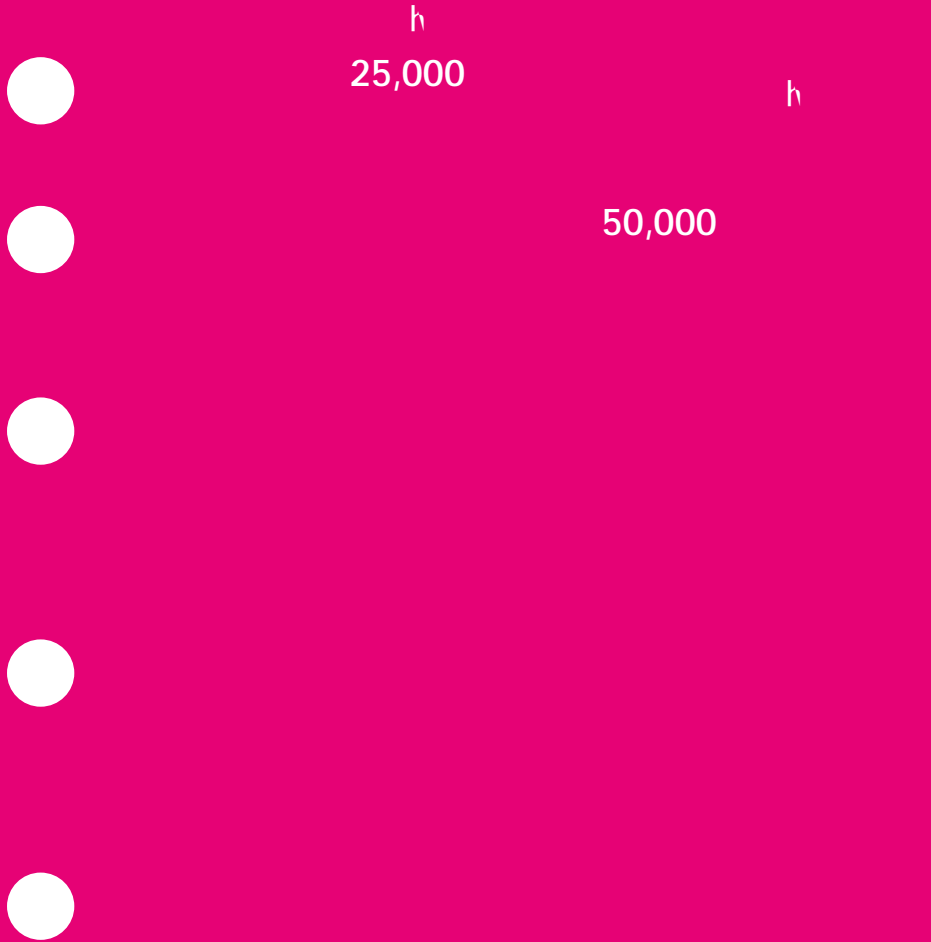
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Dementia within minority ethnic communities



Dementia within minority ethnic communities

What we can do



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Risk factors for minority ethnic communities



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h

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cannot



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can



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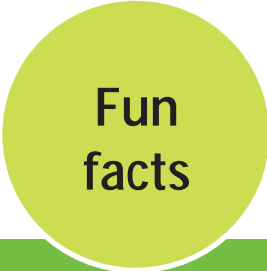
Risk factors for minority ethnic communities



Ways to reduce our risk:



Our traditional food and our community



Healthy eating for brain health



h h h h h h h h

Our culture and brain health



Storytelling around the fire



What are some of the benefits for brain health?





Our culture and brain health



Activities

Our culture and brain health

Activities

Creating with our hands - expression through art

h h

What are some of the benefits for brain health?



h h

What types of art can I do?



h h

Our culture and brain health



Activities

Stimulating the brain – keeping our brain active and young

How do we keep our brains active and healthy?

Our culture and brain health

Activities

Stimulating the brain – keeping our brain active and young

What activities can I do?

Board games



Chess, Checkers, Backgammon, Oware



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Lumosity

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Puzzles

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References

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www.gov.uk/government/publications/physical-activity-guidelines-adults-and-older-adults

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www.alzheimers.org.uk/for-researchers/black-asian-and-minority-ethnic-communities-and-dementia-research

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