



DEFY DEMENTIA

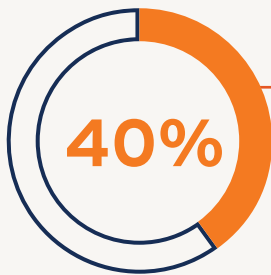
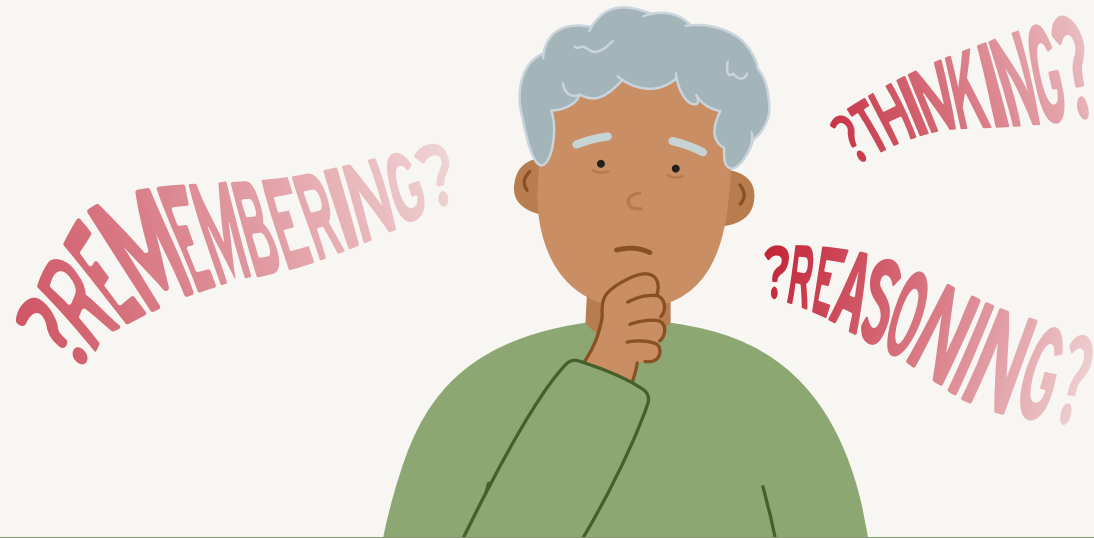
LIGHTENING THE LOAD WITH HEARING AND VISION

Baycrest

Educating and empowering you to reduce your dementia risk

WHAT IS DEMENTIA?

- Loss of **cognitive function** that interferes with daily life and activities
- Refers to a group of disorders including:
 - Alzheimer’s disease (most common)
 - Frontotemporal dementia
 - Lewy body dementia
 - Vascular dementia
 - Other types



Not all cases of dementia are genetic. **Modifiable factors** account for at least **40%** of a person’s dementia risk

One modifiable dementia risk factor:
SENSORY LOSS

- Hearing impairment
- Vision impairment

WHAT DOES THIS MEAN?



Hearing and vision change with age. Addressing those changes with hearing aids or glasses is crucial. Physical, social, and mental engagement all rely on these sensory abilities.



Sensory loss increases cognitive load, requiring more effort to hear or see. This makes it more difficult to remember things.



It’s never too late (or too early!) to take action to prevent or correct age-related sensory loss.

HOW CAN YOU TAKE ACTION?



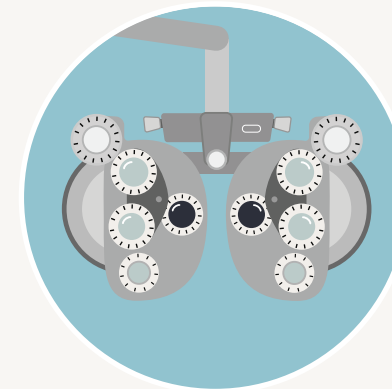
Protect Your Hearing

Avoid loud sounds or wear earplugs



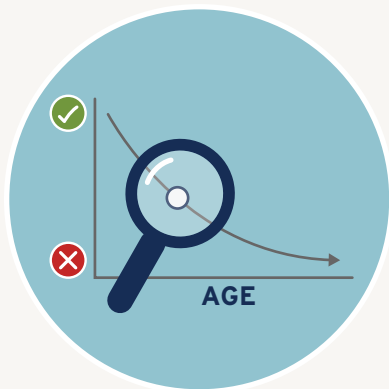
Test Your Hearing

Free online screening tool: baycrest.org/hearing *
*Not a substitute for visiting an audiologist



Get Your Vision Checked

Wear your glasses and get your prescription checked regularly



Sensory Changes Are Normal

Vision and hearing changes occur with age
BUT should be addressed



Use Sensory Aids

Glasses and hearing aids will help decrease your cognitive load and may even slow cognitive decline



Give Yourself Time

Allow time to process information before acting on it, or ask for clarification

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