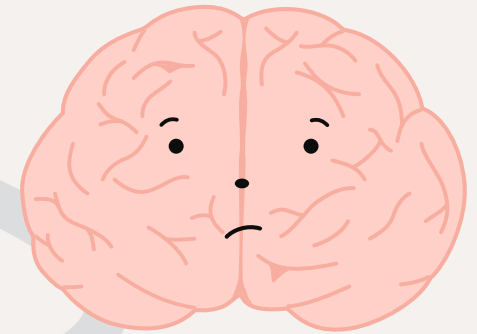


### HOW CAREGIVING CAN IMPACT YOUR BRAIN

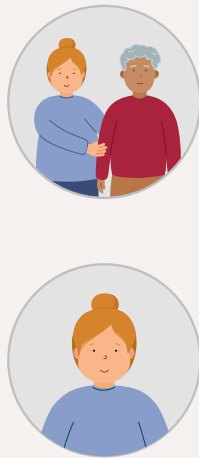


Caregivers are more likely than other people to experience dementia risk factors like poor diet, less exercise, and social isolation.



These experiences can negatively impact caregivers' brains.

As a result, caregivers are up to **6 times** more likely than non-caregivers to develop dementia.

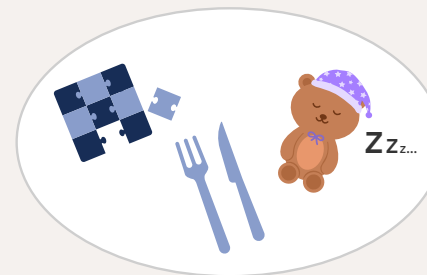


Dementia Risk

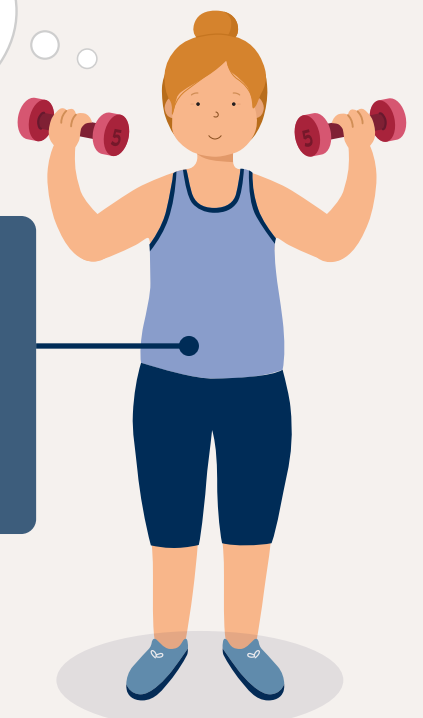
### HOW CAN YOU TAKE ACTION?



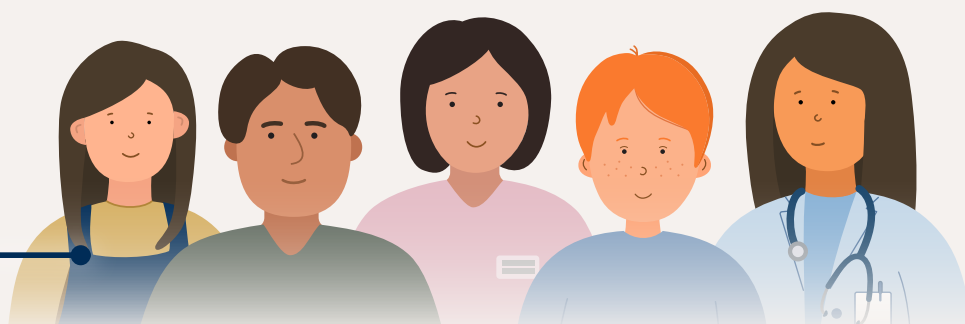
Before a diagnosis, talk to people in your life about their care preferences, money, and legal matters.



Commit to a healthy lifestyle. Engage in social activities, optimize your sleep and exercise, and eat a healthy diet.



Connect with a caregiver support group.  
Build a caregiving team that includes family, friends, community, faith groups, healthcare professionals, therapists, and adult day programs.



Scan the QR code to donate



For more information, visit [defydementia.org](http://defydementia.org)