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TAKE GOOD CARE: **BRAIN HEALTH FOR CAREGIVERS**

Baycrest

HOW CAREGIVING CAN IMPACT YOUR BRAIN

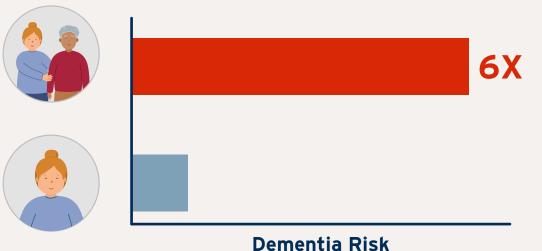


Caregivers are more likely than other people to experience dementia risk factors like poor diet, less exercise, and social isolation.

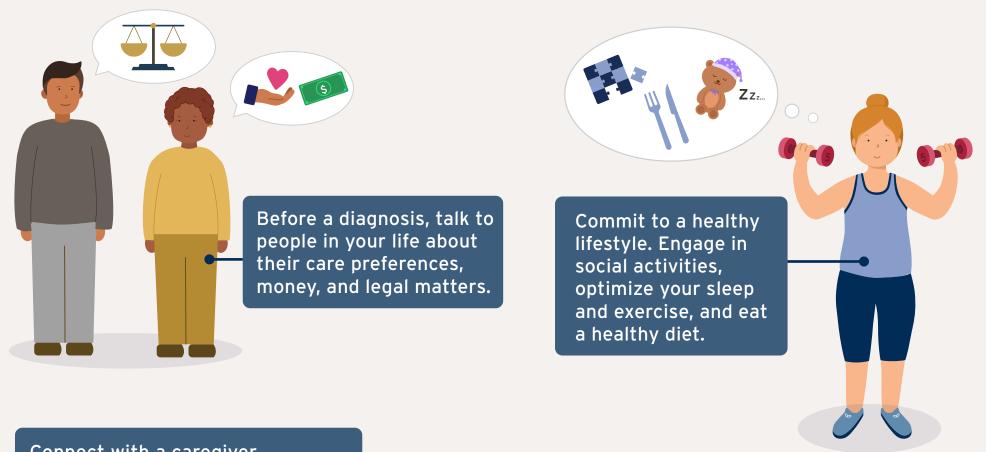


These experiences can negatively impact caregivers' brains.

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



HOW CAN YOU TAKE ACTION?



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

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