DEFY DEMENTIA™

THE SCIENCE OF GIVING BACK

Educating and empowering you to reduce your dementia risk

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Baycrest

VOLUNTEERING MAY HELP REDUCE DEMENTIA RISK

Volunteering is linked to:

Better brain health

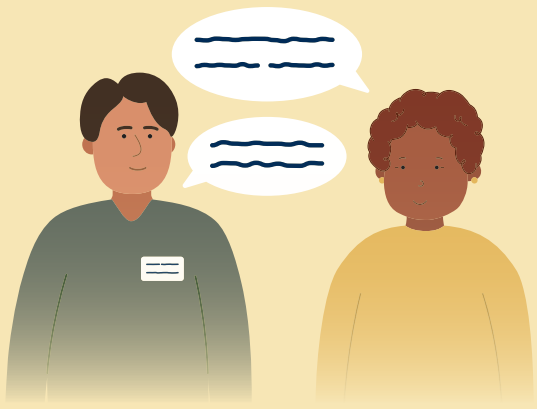
- Reduced loneliness
- More active and engaged brain
- Regular physical activity

Living longer

- Better health and wellbeing
- Reduced symptoms of depression
- More ability, fewer limitations

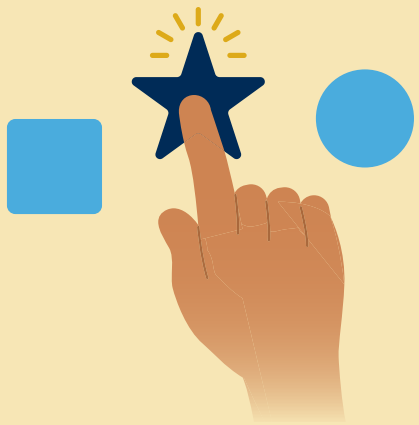
HOW CAN YOU TAKE ACTION?

Start small



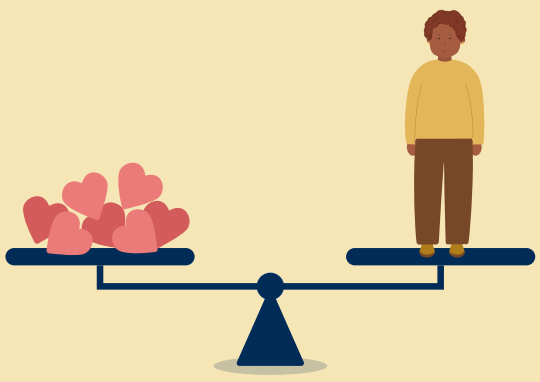
- Talk to someone who already volunteers
- Check with community centres, charities, schools, faith groups, or hospitals for volunteer opportunities

Find opportunities that feel meaningful to you



- Choose volunteer activities that match your interests, values, skills, or community needs
- Purposefulness benefits your brain

Protect your own wellbeing



- Balance matters when volunteering
- Two hours a week typically provides benefits without increasing the risk of burnout

Caring for others also means caring for your brain, and reducing your dementia risk

For more information, visit defydementia.org

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