Living Active Dementia

**Active Living – Tips for Aging Well**



***Stay Healthy***

Open Communication with Your Doctor/Medical

Practice Drug Safety

Healthy Diet Choices

Stay Active – Physically, Socially, Mentally

***Stay Safe***

Use Technology Safely – know about scams and computer safety

Crime Safety – doors & windows locks, alarm systems, safety in numbers

Prevent Falls – maintain physical abilities, vision, know Rx side effects

 Bright lighting, use rails (stairs, bathroom, sidewalks), Decrease clutter



***Stay Connected***

Go out with others

Talk with others on phone

FaceTime connections through internet

Stop Depression – its ok to ask for help

 Realize you are not alone





***Stay Positive***

Happiness - pursue goals better, cope with setbacks better

Positive - expect good things, positive coping strategies

Proactive - have a plan, control the outcome, prepare for situations

Change is the only constant, focus on what you can control

***Why Active Living?***

Stay Independently Longer

Better Quality of Life

Increased Enjoyment & Happiness

Free Verbal Assessment

Give me a Call and Leave a Message!

**Virginia Simmons Living Active Dementia Consulting and Training Tel 434-907-6190**

**Livingactive22@gmail.com**