

Hello.

This video explains the Brain Health Toolkit.

This toolkit is for people in Derby and Derbyshire.

It helps you understand how to look after your brain.

WHAT IS THE TOOLKIT?

The Brain Health Toolkit is a website.

It gives simple, trusted information about brain health which is based on worldwide medical research and university studies.

It is made by health, care, and community organisations working together.

Anyone can use it.

WHY IS IT IMPORTANT?

Many people think dementia cannot be prevented. But that is not true.

Research shows that about 45% of dementia cases are linked to things we can change.

That means: Small changes can help protect your brain.

Only 4 in 10 people in the UK know they can reduce their risk.

This toolkit wants to change that.

WHAT DOES THE TOOLKIT INCLUDE?

The toolkit focuses on 9 key areas.

These are ways to keep your brain healthy.

THE 9 AREAS

Stop smoking and reduce alcohol

These can increase risk of developing dementia.

Stay active

Be active in ways that work for you: go for a walk; play football; go swimming.

Keep your mind active

Keep learning and look after your mental health.

Play sudoku; learn a new skill like sewing or knitting or wood working.

Eat a healthy diet

Good food helps your brain work well.

Vegetables are excellent!

Stay connected

Keep in touch with people.

Talk and connect.

Catch up with your friends regularly.

Address changes in hearing and vision early

If your sight or hearing changes as you get older, get it checked and get support as soon as possible.

Stay well and manage health conditions

For example: blood pressure or diabetes.

Sleep well

Prioritise quality sleep and a regular routine.

Protect your head

Avoid head injuries.

The toolkit also links to the “Think brain health check in”.
This is a short online check with
simple advice for your brain,
activities for children and young people,
support for people living with dementia
and more!

Local Support

The toolkit also shows local help in Derby and Derbyshire.
This includes:
activities,
services,
advice
so you can take action near you.

Final message

Your brain is important.
Looking after it helps you live well for longer.
Remember: dementia is not just a part of getting older.
It's never too early or too late to take action.
What is good for your heart, is good for your brain.
Some of the things we can do to reduce our risk of dementia,
can also help us to live well with dementia.
Thank you for watching.

You can find the toolkit online here: [Derby and Derbyshire
Brain Health Toolkit](#)