YOUR STORY MATTERS

YOUR FAMILY MATTERS
YOUR CULTURE MATTERS
YOUR BRAIN MATTERS
Your Brain Matters is a program that will help you to look after your brain health so you can live a strong and healthy life.

Keeping your brain healthy is important for everyone, whether you’re young, old or in between.

YOUR BRAIN HELPS YOU TO:

- Plan and organise things
- Make decisions
- Understand information
- Pay attention
- Behave the right way
- Remember things
- Speak and communicate with people
- See, hear, taste, smell and feel
- Read and write
- Recognise people
- Breathe
- Control how hot and cold you are

Keeping your brain healthy is important for living a long, healthy life and keeping your culture, stories, heritage and knowledge strong.
5 SIMPLE STEPS TO LOOK AFTER YOUR BRAIN HEALTH
**STEP 1**
Look after your heart

**STEP 2**
Keep your body active

**STEP 3**
Keep your brain thinking

**STEP 4**
Eat a healthy diet

**STEP 5**
Spend time with others
Always ask staff at the clinic to check your blood pressure, cholesterol, blood, sugar and weight, and avoid smoking.
Exercise is good for the brain. Playing sports, swimming, walking and dancing helps keep your brain healthy.
Your Story Matters
Mental exercise is good for the brain. Learn new words and things by reading and yarning with others. Avoid head injury and get help when you are feeling upset.
STEP 4

EAT A HEALTHY DIET

Have more fruit, vegetables and bush tucker in your diet. Try eating different foods such as nuts, beans and lean meat. Avoid foods high in sugar and salt. Too much alcohol is also bad for your health.
STEP 5

SPEND TIME WITH OTHERS

Talk to your mob.
Enjoy doing things together with your family and friends.
Your Story Matters
RESOURCES

The following resources are available at yourbrainmatters.org.au:

• Physical Activity for Brain Health and Fighting Dementia Help Sheet

• Physical Activity for Brain Health and Fighting Dementia. Alzheimer’s Australia Paper 36

• A summary of evidence presented in Alzheimer’s Australia Paper 36

• Your Brain Matters, The Power of Prevention. 5 Simple Steps to Maximise Your Brain Health

• Your Brain Matters brochure

• Targeting brain, body and heart for cognitive health and dementia prevention: current evidence and future directions. Alzheimer’s Australia Paper 29

• A summary of evidence presented in Alzheimer’s Australia Paper 29

• Your Brain Matters help sheet

Alzheimer’s Australia offers support, information, education and counselling

For more information visit our website: yourbrainmatters.org.au

Call the National Dementia Helpline on: 1800 100 500

Translating and Interpreting Service: 131 450

Your Brain Matters is supported by funding from the Australian Government under the Chronic Disease Prevention and Service Improvement Fund.
Your Story Matters
If you would like a fun and interactive way of looking after your brain health, then download BrainyApp on your smartphone or tablet.

BrainyApp can help you rate and track your brain health, providing you with a range of ideas on how to improve it.

BrainyApp is available for Apple and Android devices.

Scan the QR codes below to download BrainyApp on your device today, or visit brainyapp.com.au for more information.
YOUR STORY MATTERS

DVD available from Alzheimer’s Australia
YOURBRAINMATTERS.ORG.AU