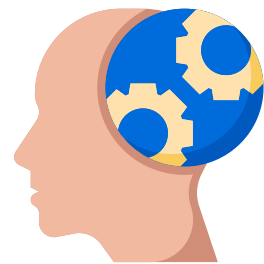


Cognitive Engagement

What is Cognition?

- Cognition is an umbrella term referring to various mental processes including: memory, attention span, problem solving, executive function and language
- Cognitive impairment is not an illness, but a description of someone's condition



Causes of Cognitive Impairment:

There are many causes of cognitive impairment, some of which include:

Short-term or Reversible

- Urinary tract infection
- Vitamin deficiency
- Reactions to medications

Long-term or Permanent

- Dementia
- Stroke
- Brain injury

Symptoms of Cognitive Impairment:



- Forgetting things often and/or important events
- Losing your train of thoughts or the thread of conversations
- Difficulty finding your way around familiar environments
- Increased impulsivity and/or poor judgment

Reducing the Risk of Cognitive Impairment

Physical Activities

Maintaining a healthy lifestyle is vital for improving your memory. Just as our muscles need exercise to grow, so do our brains. Exercise releases endorphins in the brain and has also been shown to improve one's mood, vitality, alertness and overall feelings of well-being. Some activities to keep you active include:



Brisk Walking



Gardening



Tai Chi



Cycling

Social Activities

- Join a club or volunteer to get together with those who share the same interests to make new friends to create connections with your community
- Visit family and friends often

Did you know?

Card games stimulate parts of the brain responsible for logical problem-solving and memory retention, along with other cognitive functions

Mind Stimulating Activities

Instead of watching TV, spend your time engaging your mind through activities such as:



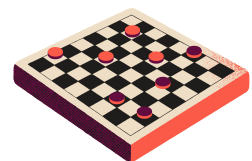
Puzzles & Games



Reading



Arts & Crafts



Chess & strategy games

Contributed by Occupational Therapy, Rehabilitation, Allied Health Services

This brochure is produced for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek the advice of a qualified healthcare provider before starting any treatment or if you have any questions related to your health or medical condition.

Information shared is accurate as of December 2023 and subject to revision without prior notice.



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