

## A Six-Step Plan for Secondary Dementia Prevention using Nature

<b>Preventing Decline in Dementia</b>	<b>HOW to do this? Methods of Engagement</b>	<b>Proven Benefits and Positive Impact</b>	<b>WHY? Problems to Prevent</b>
<b>1</b> Improve Diet and Appetite	Planting and using herbs; growing, gathering, preparing, eating vegetables, fruits, seeds, nuts, good fat, oily fish....	Antioxidants, flavonoids, nutrients, vitamins, fibre, increased regularity and improved gut health	Malnutrition, Frailty, Vitamin deficiency and Weight loss
<b>2</b> Increase Exercise & Movement	Physical activities such as Walking, Gardening, Sports, Green gym, Tai chi, Yoga, Games and Green exercise	Muscle strength, Balance, Agility, Cerebral blood flow (CBF) & Brain derived neurotrophic factor (BDNF)	Sarcopenia, Frailty, Obesity, Agitation, Aggression and Inflammation
<b>3</b> Get Good Sleep	Going outdoors & spending time daily in physical and aerobic activities such as Walking, Dancing and Sports	Daylight, Fresh air and Outdoor Exercise supports a normal sleep-wake cycle	Poor sleep-wake cycle, weak circadian rhythms, insomnia and lack of deep restful sleep
<b>4</b> Reduce Stress and Anxiety	Meaningful enjoyable time spent in the 'flow' of activity, amongst Beauty and in Natural surroundings; Watching, Enjoying and Caring for Animals	Lowers cortisol, increases serotonin through Respite, Enjoyment, Fun, Pleasure, Amusement, Playfulness; gaining Meaning, Peace and Quiet	Stress, Anxiety, Frustration, Anger, Distress, Physical & Verbal Assault
<b>5</b> Be Socially Active	Activity in groups, Taking trips out, Socialising or Spending time 1-to-1	Cognitive stimulation and improved Communication	Loneliness, Isolation and Depression
<b>6</b> Use Your Brain to Stay Cognitively Stimulated	Concentration while Writing, making Art, Drawing, doing Math or Puzzles, Reading, Creative projects and Continuing to Learn	Neuroplasticity (growing the size of the hippocampus), Improved memory, Building Cognitive Reserve, Maintaining Life skills and Function	Boredom, Cognitive Impairment, Mental Decline, Behavioural Disturbance

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