



**Comfort
Keepers®**

a *sodexo* brand

Brain-Boosting Tips



We've all experienced the occasional lapse in memory, where we misplace our car keys or forget someone's name. Sometimes it feels like our brain just isn't wanting to cooperate. When it happens to our aging loved ones, however, it can be somewhat alarming. Fortunately, there are plenty of non-threatening reasons that account for senior forgetfulness. What's more, seniors can even take steps to give their brains a boost and help reduce the risk of cognitive decline.

Below are a few tips that seniors can follow to help give their brains a boost:

EXERCISE

When we engage in physical exercise, even if it's just walking, our brains release a protein called BDNF that promotes healthy nerve cells in the brain, helping to preserve memory and mental functions.

SOCIALIZE

Socializing with friends and family members can help reduce depression and stress, both of which are known contributors to memory loss.

SLEEP

When seniors don't sleep well, their mental functions are not as sharp as they would be if they had gotten a full night's rest. Sleep also helps consolidate memories, so that we can recall them at a later time. Simply put, sleeping is like a reset button on the brain.

STIMULATE

One of the best ways to keep the brain active is by ensuring it is stimulated, through activities such as puzzles, playing cards, reading, and even memory games. Mentally stimulating activities and staying challenged will go a long way in keeping the brain sharp.

Comfort Keepers® Can Help

For seniors who may be experiencing occasional forgetfulness, staying physically and mentally active, getting enough sleep, and socializing can boost their brains. The professional caregivers of Comfort Keepers® can help make that happen, thanks to a care approach designed to meet the specific mental, physical, emotional, and social needs of seniors.

Additionally, our caregivers receive special training to care for seniors with Alzheimer's disease and dementia. We understand Alzheimer's disease, its symptoms, how it affects behavior, and that it progresses at different rates for different seniors. Our goal is to provide the highest quality care possible to help support families during this difficult time. For more information regarding our Interactive Caregiving philosophy, or for an in-depth look at our in-home care services, contact us today.

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