Can Volunteering Help Improve Your Cognitive Health?

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www.cicoa.org
Brain Health

- Cognitive health
- Emotional function
- Motor function
- Tactile function
Normal vs. Abnormal Brain Changes

• Age-related changes
• Addiction or substance use disorder
• Alzheimer’s disease and other related dementias
• Injuries
• Mood disorders
The symptom most people note is memory loss. However, dementia is caused by diseases of the brain which can impact memory, thinking, language, reasoning, visual perception and behavior.
No Magic Pill

- Take care of your physical health
- Manage high blood pressure
- Eat healthy foods
- Be physically active
- Manage your stress
Keep Your Mind Active

Challenge yourself with a new hobby!
- Check out community colleges, libraries, community and senior centers!

Volunteer!
- Senior Buddies
- Handy Heroes
- Run errands
- Rediscover a childhood pastime and teach it to a new generation
Stay Connected

- Helps alleviate social isolation
- Sense of purpose and feeling like you “matter”
- Reduces risk of depression and stress levels
DFI’s goal is to help everyone in the community have a better understanding of what it is like to live with dementia and ways we can still engage with people living with the condition.
Connection Despite Diagnosis
Doing Good is Good for You
Volunteering

Reduces
- depression
- chronic pain
- stress
- risk of disease
- social isolation

Increases
- physical fitness
- mental functionality
- sense of purpose
- social connection
- longevity

Corporation for National & Community Service-The Health Benefits of Volunteering: A Review of Recent Research, May 2012
www.nationalservice.gov/pdf/healthbenefits_factsheet.pdf
References


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https://www.wcsu.edu/community-engagement/benefits-of-volunteering/


https://www.prb.org/resources/volunteering-and-health-for-aging-populations/

https://createthegood.aarp.org/volunteer-ideas/health-benefits.html