

# Caregiving

As we get older, it is very common to either become a caregiver or need a caregiver.



Being a caregiver can be very rewarding as well as challenging. Caregivers provide valuable support. It can also be difficult to manage all the responsibilities of a caregiver. Sharing with other caregivers can help them feel more supported. It is also important to remember to accept the loved one being cared for as they are, and not as you remember them.

Source: Brain Health PRO

# To learn more visit



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# Kinship and Brain Health

# Relationships and Brain Health



Having a strong social network is important for good mental and brain health. A social network can include family, friends, and people you see often but don't know very well. The larger and more diverse our social network the better.

Strong social connections can help us cope with stress, find our purpose and improve our memory. Group activities can lessen depression, and create opportunities for us to give and receive support.

Source: Brain Health PRO



# Making Connections

Forming connections within your **community** can be fulfilling. Especially when you can bond through a shared experience or activity.

Valuable relationships are not only between people. Staying connected to the **land, water, and animals** are important ways we can feel connected.

It is also important to have a good relationship with **ourselves**. This can involve finding our purpose, being true to our selves, and positive self-talk.

Our relationship to the **Creator** is another way to feel connected. We can stay connected through prayer and gratitude. This can influence all our connections.

Source: Community Research Advisory Committee

# Life Transitions

We are always going through a life transition. We transitioned from a baby to a child, and from puberty to adulthood. Transitioning into older adulthood is just another stage. And with any transition, getting older can have its benefits and challenges.



Wisdom comes from age and experience. It can be difficult to find opportunities for growth and staying connected when we get older. But we have more to offer the older we get.

Source: Community Research Advisory Committee