

ACH
GROUP

Brain Health Advisory Service



Did you know, up to 35% of your dementia risks can potentially be reduced?

Evidence shows that people who stay active, connected and keep learning new things are less likely to develop dementia.

There are five simple steps to keep your brain healthy:

- Look after your heart
- Do some kind of physical activity
- Mentally challenge your brain
- Follow a heart healthy diet
- Enjoy social activities

(Source: Dementia Australia)

Call our Brain Health advisory team on **1300 22 44 77**.

Subsidies for this service may apply for eligible customers, including NDIS.



ACH Group's Brain Health Advisory Service can help.

You can have confidence in our experienced and skilled professionals to help you keep your brain healthy and identify if there is any cause for concern.

The Brain Health Advisory Service will support you with;

- Tips for staying healthy and reducing your dementia risk
- Advice on how to make the most of your memory
- Identifying when there might be cause for concern and the steps to take
- How to discuss concerns with your family or GP
- Planning for the future and referral to specialist support services if you need
- Personalised recommendations to improved brain health.

As a trusted name in health and care, ACH Group offers a range of opportunities to help you live a good life.

Be supported by qualified health professionals who understand the unique health and wellbeing requirements of people aged 50 and over, in a non-confronting and friendly style.

**“I’ve made up
my mind, I’m
not going to
let dementia
beat me”**

Lee, 59 years

Other ACH Group Services you may be interested in...



Founded in 1952, ACH Group is a not-for-profit community organisation promoting opportunities and services to support good lives.

Let's talk **1300 22 44 77** Visit **achgroup.org.au**

Join the conversation



#goodlives #achgroup