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# Top ways to stimulate your mind even if you have dementia

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I am making this page about mind stimulating activities and dementia because keeping your mind active is a great way not to develop this mind robbing disease. Even if you already have dementia, keeping your mind active will slow down the progression of dementia.

## Contents at a Glance

1. [My story](#)
2. [Read about this condition on Wikipedia](#)

3. [A few books about dementia and mind stimulating activities](#)
4. [Have you suffered from this, too?](#)
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## My story

As a certified dementia practitioner, I have seen first hand how those that engage in mind stimulating activities are happier, healthier, and decline slower.

Mind stimulating activities are somewhat different for everyone. The best activities are those that challenge your brain in some way. Thus if you are good in one area, try something different to "stretch" your brain.

This is trickier if someone already has dementia because his/her mind is impaired. In this case using a person's strengths is best because you want the encounter to be successful and failure free so he/she will want to participate.

Also contrary to popular belief, [persons with dementia](#) can learn however it takes a lot of repetition and encouragement.

One thing just about everyone with dementia likes is babies. That is why relating activities to babies and vice versa works so well

## Read about this condition on Wikipedia

It is something everyone needs to know and FOLLOW because medical science has not found a cure or even a great drug for slowing dementias progression. So mind stimulating activities and the other suggestions in this piece is your best offence for not developing dementia. Also if you already have the disease, studies show that keeping your mind active will keep your remaining cognitive skills longer

[Prevention of dementia](#) is the attempt to avoid developing dementia. Although no [cure for dementia](#) is available, there are many ways to decrease the risk of acquiring dementia in the first place, including both lifestyle changes and medication.

[read the rest of the Wikipedia article](#)

## Have you suffered from this, too?

I think if a dementia person is not safe at home and the caregiver cannot get the support she/he needs to properly care for this person with dementia, a nursing home placement is best. Also if the health of the caregiver is impacted, then nursing home placement may be a good idea.

Remember, you can have a tremendous amount of input into your loved ones care. You can spend the whole day there if you so choose. So do not be a martyr. AND do not make a promise that you will NEVER place a loved one in a nursing home

## Should a loved one live at a nursing home?



Yes

I say:

No

1 of 1 pages

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