

PROVIDER TOOLKIT

**UsAgainst
Alzheimer's**

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Dear Healthcare Provider,

UsAgainstAlzheimer's is fighting to end Alzheimer's. And we know that to succeed it will take all of "us" – including health providers on the front lines serving patients and families. Like you, we want to optimize brain health and support early detection and intervention, especially for those at highest risk such as communities of color and women. We understand that addressing memory concerns and providing care for the complex challenges that cognitive impairment brings can be challenging. And we have heard from health providers that you need information and better tools.

Our panel of experts developed Primary Prevention Recommendations to Reduce the Risk of Cognitive Decline. This guidance for clinicians provides recommendations and implementation strategies across six topics: neurovascular risk management, physical activity, sleep, nutrition, social isolation, and cognitive stimulation. These recommendations are a first step for clinicians to address brain health with patients and potentially help them prevent cognitive decline. The recommendations are mindful of social determinants of health, account for cultural differences, and are designed for general accessibility. This toolkit includes infographics and a clinician guide, both in English and Spanish.

For your patients, we built BrainGuide. This free, confidential resource, is available in English and Spanish and allows people to take a memory questionnaire for themselves or a loved one, and guides them to tailored resources about next steps. Please visit BrainGuide at myBrainGuide.org

What's Included

- INFORMATION ABOUT RISK REDUCTION
- COMMUNICATION GUIDES
- CLINICIAN GUIDES
- PATIENT RESOURCES
- EDUCATION RESOURCES
- DIGITAL AND PRINT MATERIALS

RISK REDUCTION

Below are resources you can use to **help your patients reduce the risk of Alzheimer's and related dementias**.

- [**Neurovascular risk management**](#)
- [**Physical activity**](#)
- [**Sleep**](#)
- [**Social activity**](#)
- [**Cognitive Stimulation**](#)
- [**Subjective Cognitive Decline**](#)

[**Primary prevention recommendations to reduce the risk of cognitive decline**](#) - UsAgainstAlzheimer's

Provider Infographic, UsAgainstAlzheimer's ([**English/Spanish**](#))

Provider Risk Reduction Guide - [**English**](#)

Provider Risk Reduction Guide - [**Spanish**](#)

[**WHO Guidelines on risk reduction of cognitive decline and dementia**](#)

[**Lancet Commission Dementia prevention, intervention, and care: 2020 report of the Lancet Commission**](#)

COMMUNICATIONS GUIDES

[**Kickstarting the conversation**](#) - KAER Toolkit from the Gerontological Society of America (GSA)

[**Talking with older patients**](#) - Guide developed by the National Institute on Aging (NIA)

[**The Well Woman Visit Mobile App**](#) - Tool developed by Nurse Practitioners in Women's Health (NPWH)

[**Brain Health: You Can Make a Difference!**](#) - Educational materials from the Administration for Community Living (ACL)

CLINICIAN GUIDES

[**Primary prevention recommendations to reduce the risk of cognitive decline**](#) - UsAgainstAlzheimer's

[**Mild Cognitive Impairment Practice Guidelines**](#) - American Academy of Neurology (AAN)

[**Dementia Care Practice Recommendations**](#) - Alzheimer's Association

PATIENT RESOURCES

Patient Infographics ([English/Spanish](#))

[Keep your brain healthy](#)

[Take a brain health check-up – Cleveland Clinic](#)

[American Heart Association Brain Health Resources](#)

EDUCATION RESOURCES

[Alzheimer's Disease Public Health Curriculum](#) (CDC)

DIGITAL AND PRINT MATERIALS

Email to Patients - BrainGuide

Dear <NAME>,

I am writing to introduce you to a new platform called [BrainGuide](#). I have found that this free resource, created by UsAgainstAlzheimer's, provides helpful information about cognitive health and memory concerns.

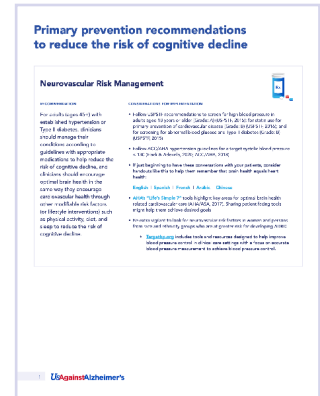
BrainGuide is free and easy-to-access – in English and Spanish – online at [MyBrainGuide.org](#) and by phone at **855-272-4641**. BrainGuide provides memory questionnaires that you can take on behalf of yourself or someone you care about. Once the questionnaire is complete, BrainGuide offers a set of tailored resources based on the answers you provide. Privacy is protected, and responses are not recorded or shared with anyone. BrainGuide does not provide a diagnosis, only a doctor can do that with more information.

Resources may include tips for keeping your brain healthy, information about screening and detection, ideas for how to raise the topic with your loved ones and providers, and links to local resources. BrainGuide will help you take the first steps in your brain health journey with confidence.

Thanks very much and please [contact us](#) with any questions.

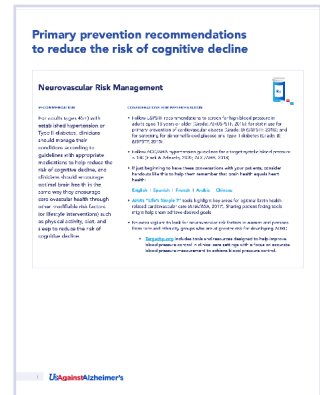
Primary Prevention Recommendations to Reduce the Risk of Cognitive Decline - English

Click on the image to access a downloadable file.



Primary Prevention Recommendations to Reduce the Risk of Cognitive Decline - Spanish

Click on the image to access a downloadable file.



Reduce the Risk of Cognitive Decline: What Clinicians Can Do to Help Patients - English

Click on the image to access a downloadable file.



Reduce the Risk of Cognitive Decline: What Clinicians Can Do to Help Patients - Spanish

Click on the image to access a downloadable file.

