

MEMORY LOSS vs. MILD COGNITIVE IMPAIRMENT

Many older adults worry about declining cognitive abilities, as they can be a sign of a serious memory problem. But mild forgetfulness can also be a result of the normal aging process.



WAYS TO SLOW BRAIN AGING

- Engaging in regular physical activity
- Staying socially active
- Managing stress levels
- Eating a balanced, nutritious diet
- Getting enough rest at night
- Participating in intellectually stimulating activities

AGE-RELATED MEMORY LOSS

- 1 40% of us will experience mild forgetfulness once we turn 65
- 2 It becomes difficult to learn and recall new information
- 3 Our brains start shrinking at 60-70 years old, leading to slight memory loss

COGNITIVE MEMORY IMPAIRMENT

- 1 Also referred to as Mild Cognitive Impairment, or MCI
- 2 It becomes difficult to do everyday tasks like driving to the grocery store, cooking a meal, or playing a game with a lot of rules
- 3 May be a point in the pathway to developing dementia, but not all older adults with MCI will

If your loved one's memory continues to decline past the point of normal age-related memory loss or MCI, it may be time to consider an assisted living facility. Varenita of Simi Valley encourages vibrant aging while providing personalized support.