

5 TIPS TO PROTECT YOUR HEAD FROM INJURY



DAMPAA Brain Health Program

1 GET REGULAR CHECKUPS & 715 HEALTH CHECKS



2 DO STRENGTH & BALANCE ACTIVITIES & GO TO COMMUNITY PROGRAMS



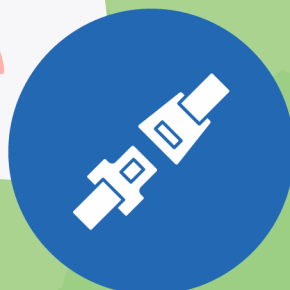
3 IF YOU FALL TELL YOUR DOCTOR, HEALTH WORKER & YOUR FAMILY



4 WEAR SHOES THAT ARE COMFORTABLE AND FIT WELL



5 DRIVE SAFELY, WEAR A SEATBELT



Sources: Livingston et al. Dementia prevention, intervention and care, *The Lancet* 2017.
Smith K, Flicker L, Dwyer A, et al. Factors associated with dementia in Aboriginal Australians, *Aust N Z J Psychiatry* 2010.

DEVELOPED FOR:



DAMPAA
Dementia prevention and
risk Management Program
for Aboriginal Australians

WWW.IAWR.COM.AU



Boola Boola Djinda
Aboriginal Health
Research



Boola Boola Djinda