



Brain Health Program Participant Manual

Keeping Memories Strong



This booklet was created for:



**The Dementia prevention and
risk Management Program for
Aboriginal Australians
(DAMPAA)**

By:



**Centre for Aboriginal
Medical and Dental Health**



**THE UNIVERSITY OF
WESTERN
AUSTRALIA**



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Geraldton
Regional
Aboriginal
Medical
Service

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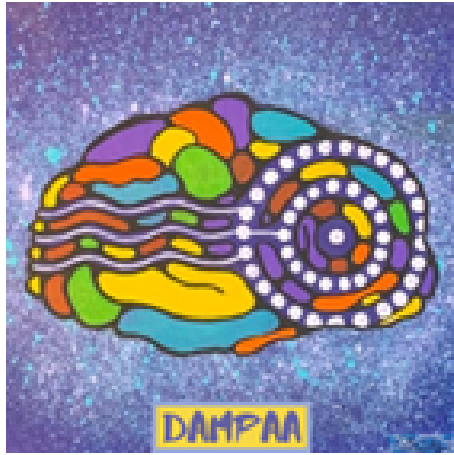
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Introduction

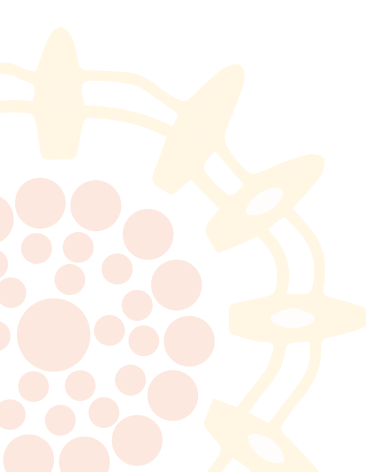


**The Dementia prevention
and risk Management
Program for Aboriginal
Australians (DAMPAA)**

BACKGROUND

The **Dementia prevention and Risk Management Program for Aboriginal Australians** also known as **DAMPAA**, was designed to reduce cognitive (memory and thinking) decline in Aboriginal people aged 45 years and over.

Developed in 2018 with Aboriginal Community Controlled Organisations, the DAMPAA program has been designed to be led and coordinated by Aboriginal Health Practitioners. The program was trialled from 2021 to 2024.



Program Details

Duration

6 months

Program Aim

Complete:

- 150 minutes of moderate physical activity
- 30 minutes of strength training and balance exercises every week

Health education

Number of sessions

3 sessions a week

- 1 group based
- 2 home based

Session plan

Warm up

5 minutes

Stretching and Strengthening exercises

15 minutes

Walking (outdoors recommended if weather permits)

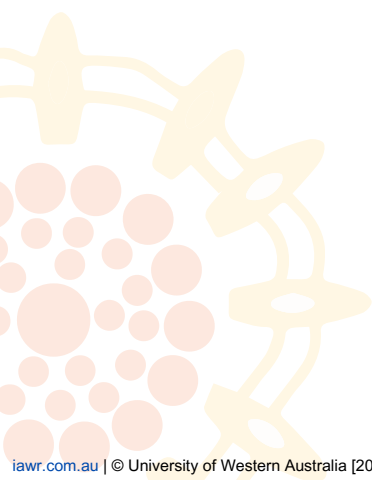
20-40 minutes

Cool down

5 minutes

Balance exercises

10 minutes

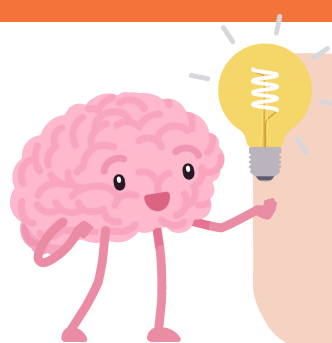


Details and medical information

Name			
Age		Gender	
Medical History	<div>Past History:</div> <div>Current Health Issues:</div>		
Visual Aids (Y/N)		Hearing Aids (Y/N)	
Current Medications			
Blood Pressure	_____ mmHg	Resting Heart Rate	_____ BPM
Body Mass Index			



Dementia



Dementia is a word that describes a **sickness of the brain**, caused by many different things.

There are over 70 different types of dementia. Dementia causes worsening memory and thinking problems that impact on your life.

What does dementia do to you?



Forgetting things

People with dementia forget things like names, people and places. At first it might be only little things but as time goes on they will forget more and more.

Repeating things

Because people with dementia forget things easily they often say and do the same thing over and over again.

Act strangely

Dementia causes people to act strangely or differently. They may do things they wouldn't normally. You may notice a change in their behaviour and personality.



Dementia

Who gets dementia?

Dementia is **not a normal part of ageing**. Most people with dementia are older but it is important to remember that **not all older people get dementia**.

Dementia can affect anyone

Dementia can happen to anybody, but it is more common after the age of 65 years. People in their 40s and 50s can also get dementia.

People will get sicker over time

The sickness is **progressive**, meaning that people will get sicker over time and they will eventually pass on. At the moment, there is no cure for dementia.

Alcohol Related Dementia is the one type of dementia that may stop getting worse or improve if the person stops drinking.



Types of dementia

There are many forms of dementia and each has its own cause.
The **most common** types of dementia are:

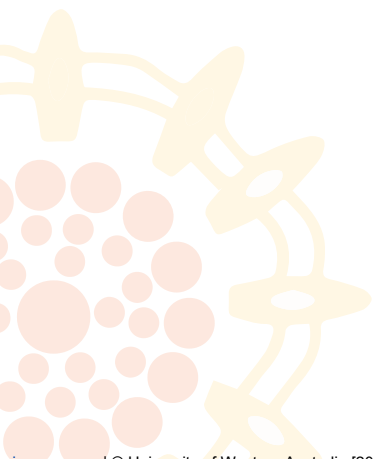
Alzheimer's disease

- Most common form of dementia
- Gets worse over time and damages brain cells.
- Caused by a chemical imbalance in the brain producing a build up of protein in and around the brain cells called plaques and tangles. These plaques and tangles stop the transfer of messages in the brain.



Vascular dementia

- Broad term for dementia
- Caused by a major stroke or mini strokes in the brain or high blood pressure.
- Symptoms of vascular dementia vary depending on the location of brain damage.





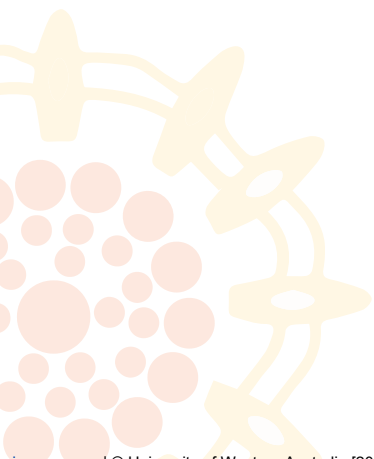
Types of dementia

Lewy Bodies Dementia

- Associated with the presence of abnormal clumps in nerve cells of the brain, called Lewy bodies.
- The Lewy bodies causes the death of nerve cells in the brain.
- Can cause problems with thinking, movement, behaviour and mood.

Frontotemporal dementia

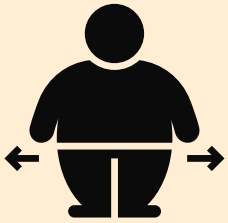
- Name given to group of dementias when there is damage in one or both of the frontal and temporal lobe of the brain (behind the forehead and the sides of the head near your ear).
- Causes changes in behaviour, personality, language and movement.





What causes dementia?

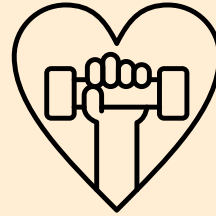
Risk factors for dementia:



Obesity



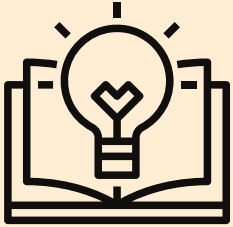
Air pollution



Physical inactivity



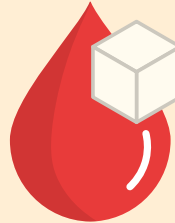
Hearing loss



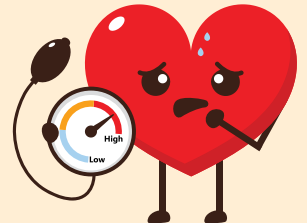
Less education



Traumatic brain injury



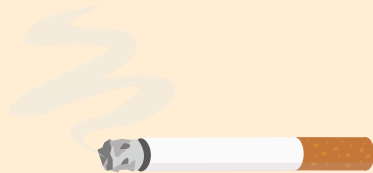
Diabetes



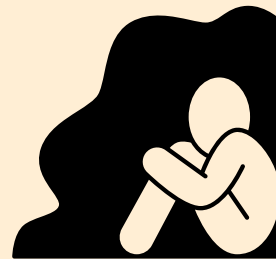
High blood pressure



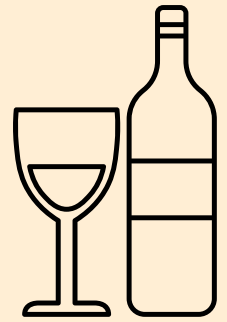
Depression



Smoking

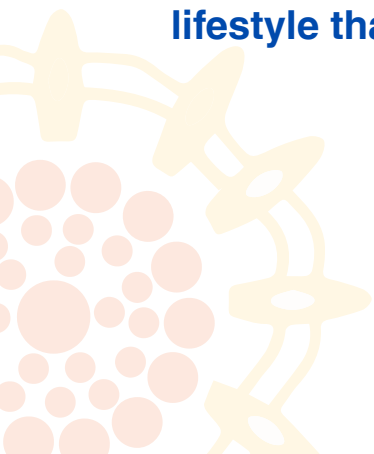


Social isolation



Excessive alcohol

Studies show that 30-50% of the risk of dementia is related to habits in our lifestyle that we can change. Which ones of the above are in our control?



5 TIPS TO GOOD BRAIN HEALTH



DAMPAA Brain Health Program

1

**PROTECT YOUR HEAD
FROM INJURY**



2

**BE ACTIVE
WALK AND YARN WITH
FAMILY & FRIENDS**



3

**LOOK AFTER YOUR
HEART
AND SPIRIT**



4

**EAT
GOOD TUCKER**



5

**STAY CONNECTED WITH
FAMILY, FRIENDS &
COMMUNITY**



5 TIPS TO PROTECT YOUR HEAD FROM INJURY



DAMPAA Brain Health Program

1

GET REGULAR
CHECKUPS &
715 HEALTH CHECKS



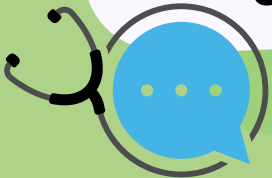
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DO STRENGTH &
BALANCE ACTIVITIES
& GO TO COMMUNITY
PROGRAMS



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



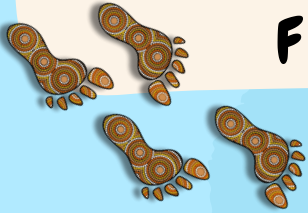
5 TIPS TO **BE ACTIVE**



DAMPAA Brain Health Program

1

**WALK, YARN & LAUGH
WITH A FRIEND OR
FAMILY**



2

**ENJOY WATERING THE
GARDEN & WALKING
OUTSIDE IN NATURE**



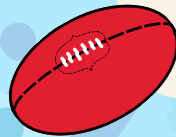
3

**GET INVOLVED WITH
THE COMMUNITY &
PRACTICE LANGUAGE**



4

**HANG OUT WITH
FAMILY & THE
GRANNIES**



5

**PRACTICE STRENGTH &
BALANCE ACTIVITIES
& GO TO COMMUNITY
PROGRAMS**



5 TIPS TO LOOK AFTER YOUR HEART AND SPIRIT



DAMPAA Brain Health Program

1

**PROTECT YOUR
HEART**



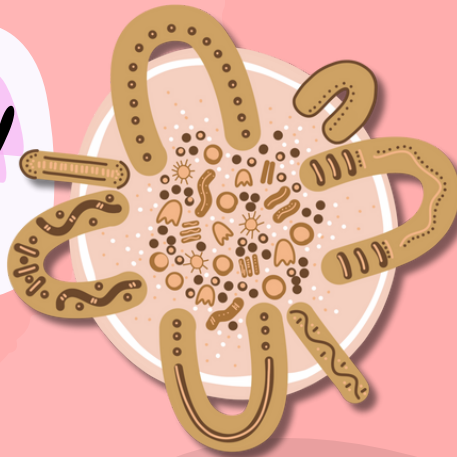
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**KEEP LEARNING &
SHARE KNOWLEDGE
WITH YOUR MOB**



3

**YARN ABOUT COUNTRY
WITH YOUR MOB**



4

**SIT AND WALK
IN NATURE OR
GO ON COUNTRY**



5

**KEEP YOUR
MIND AND BODY
ACTIVE**



5 TIPS TO STAY CONNECTED



DAMPAA Brain Health Program

1

**STAY CONNECTED WITH
YOUR COMMUNITY**



2

**STAY CONNECTED
WITH COUNTRY**



3

**STAY CONNECTED
WITH CULTURE**



4

**STAY CONNECTED WITH
YOUR MOB**



5

**STAY CONNECTED
WITH SUPPORT PEOPLE
LIKE YOUR HEALTH
WORKER**



5 TIPS TO EAT HEALTHY



DAMPAA Brain Health Program

1

**EAT TRADITIONAL FOODS
LIKE BUSH TUCKER**



2

**DRINK WATER
REGULARLY & LESS
SUGARY DRINKS**



3

**EAT FRUITS AND
VEGETABLES DAILY**



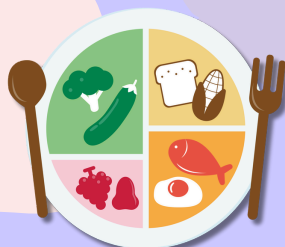
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**EAT LESS SUGAR,
SALT & BAD FATS**



5

**EAT SMALLER
PORTIONS**



5 tips to good medicine use for Elders



DAMPAA Brain Health Program

KNOW YOUR MEDICINES

Have a yarn with your doctor and ask why you are taking this medicine. Let them know if you are taking any bush medicine.



KEEP A LIST OF YOUR MEDICINE

Keep a list of all your medicines from your doctor and healer in your bag or pocket.

BE SAFE

Ask your doctor how to take your medicine safely.



GOOD STORAGE

Keep your medicine in a safe place away from kids. Do not leave them in the sun or in a place that can get hot, like a car or window. Some medicines, such as insulin, need to be refrigerated or kept cool.

LOOK OUT FOR SIDE EFFECTS

Tell your doctor if you have any health problems from your medicine and keep in contact with your healer.





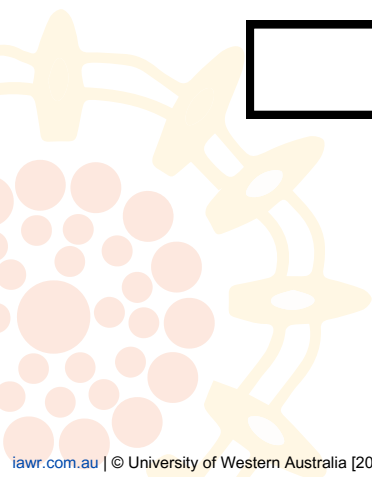
Why Exercise?

One of the reasons why you are taking up a physical activity is to gain the benefits.

What “Gains” do you want from exercise?
List them.



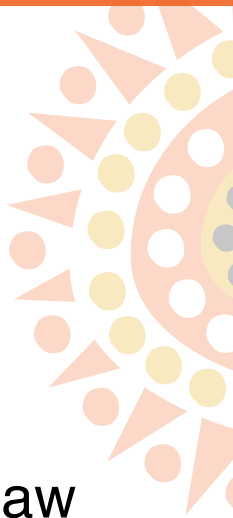
e.g. more energy





Exercise Considerations

STOP signs



- Pain (unmanageable)
- Tightness or pain in the chest, arm, neck, jaw
- Severe breathlessness
- Light-headedness
- Dizziness
- Loss of muscle control
- Nausea
- Unusual behaviour
- Excessive overheating

Action plan:

If you experience the above:

1. **Stop** exercising
2. Seek medical attention





Exercise Considerations

Breathing

If you feel short of breath 10 minutes after exercising, then you were working too hard. If your breathing is distressed after this time, seek medical advice.

Clothing recommendations

- Wear comfortable clothes
- Consider appropriate shoes/footwear

Preventing injury

Unfortunately, at times injuries are unavoidable. If you do get hurt, see your doctor or physiotherapist.

If in **doubt**, **check it out**

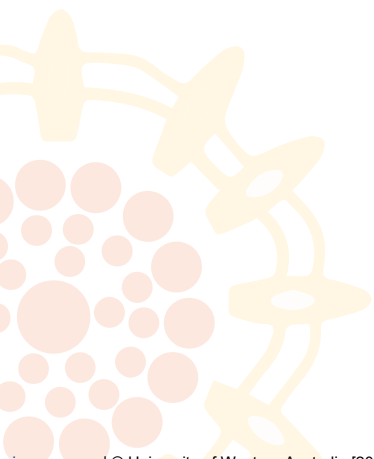




Exercise Considerations

Tips for before/during exercise

- Don't exercise if you have a cold/flu
- If you have any medical conditions and you are unsure about the safety of exercise, ask a health professional
- Stay hydrated
- Avoid exercising during the hottest time of the day
- Do not hold your breath when exercising
- Ensure your environment is safe (no obstacles)





Australian Government
National Health and Medical Research Council
Department of Health

www.eatforhealth.gov.au

Aboriginal and Torres Strait Islander Guide to **Healthy** Eating

Eat different types
of foods from the five
food groups every day.



Drink plenty of
water.





Falls Prevention

Tips to avoid falls

- Look after your health
- Eat a healthy diet
- Get regular health checks
- Regular balance exercises
- Wear shoes that are comfortable and fit well



Common reasons for falls

Vision or balance problems

Stiffening joints

Trip hazards at home

Poor diet and exercise

Medication side effects

New health problems

Weakening muscles

Sore feet or unsafe shoes



Fall Response

What to do if you have a fall

1

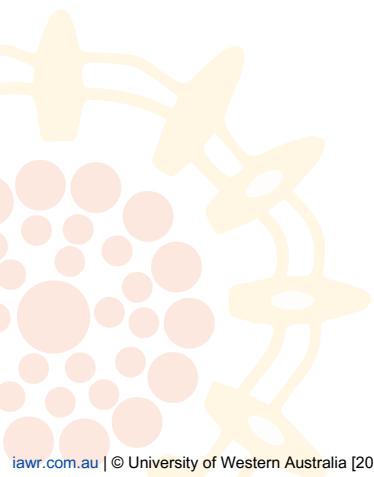
Don't panic – stay still for a few minutes and try to calm down.

2

Call for help if you can - Dial triple zero (000) for emergency services or call your local doctor for help

3

Decide whether you can safely get up yourself





If you can safely get up yourself:



Roll onto your side and push up onto your hands and knees



Use a stable piece of furniture to get up



Tell someone about your fall and see your doctor

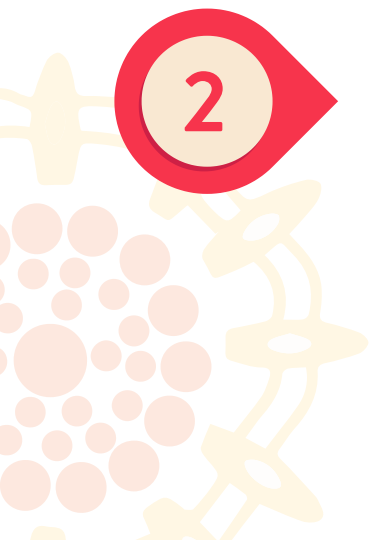
If you can't get up yourself:



Try and get someone's attention by making a loud noise, using your personal alarm or phone



Keep warm and comfortable by using any pillows or blankets within your reach





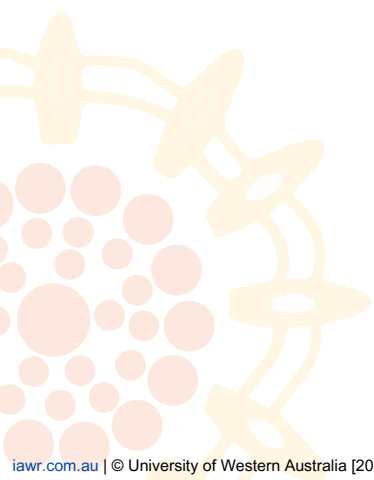
Exercise intensity - DAMPAA Score

Level	Intensity	
0	No exercise	
1	Very light	
2	Light - comfortable	
3	Moderate effort	
4	Sweating a little	
5	Sweating more	
6	Somewhat hard - tiring	
7	Very hard sweating a lot	
8	Puffing hard	
9	Very very hard	
10	Extremely hard	



Summary of exercises: Stretching program

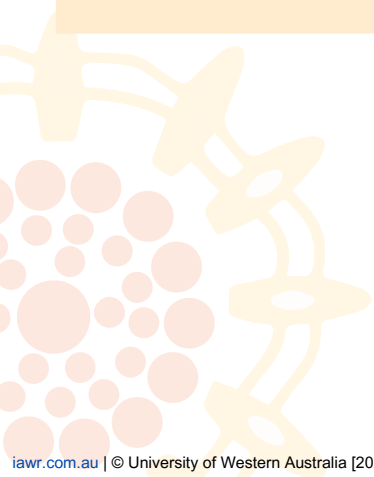
Exercise	Repetitions	Sets	Notes
Calf stretch	30 seconds	1 each side	
Standing hamstring stretch	30 seconds	1 each side	Seated: alternate
Standing hip abduction stretch	30 seconds	1 each side	
Shoulder adduction stretch	30 seconds	1 each side	Seated: alternate
Chest stretch (arms out)	30 seconds	Both sides together	Seated
Forearm stretch	30 seconds	1 each side	Seated/standing
Ankle Circles Seated	30 seconds	1 each side	Seated
Neck movements	30 seconds	1	Seated
Trunk movements	30 seconds	1	Seated/standing





Summary of exercise: Balance training

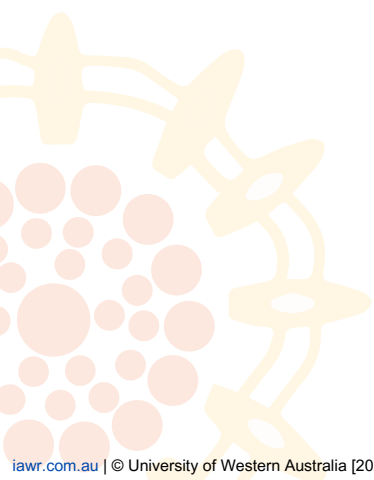
Exercise	Repetitions	Sets	Notes
Single leg balance	30 seconds	2 each side	Eyes open
Single leg balance	30 seconds	2 each side	Eyes closed
Heel to toe stand	30 seconds	2 each side	Eyes open
Heel to toe walk	10 steps	4 sets	
Heel walk	10 steps	4 sets	
Toe walk	10 steps	4 sets	
Backward walking	10 steps	4 sets	
Sit to stand	5-10	4 sets	
Heel to toe walk backwards	10 steps	4 sets	
Sideways walking	10 steps	4 sets	





Summary of exercise: Strength training

Exercise	Repetitions	Sets
Calf raises	10-12	4 sets
Seated Leg Extension	10-12	4 sets
Standing Hip Abduction	10-12	4 sets
Squat	10-12	4 sets
Upright Row	10-12	4 sets
Wall push ups	10-12	4 sets
Bent over row	10-12	4 sets
Bicep curl	10-12	4 sets
Standing hip extension	10-12	4 sets
Upright row	10-12	4 sets





Exercise Instructions: Stretching program

Exercise

Instructions

Calf stretch



In a standing position, hold on to a table or chair for support and step your leg back behind you. Keep your heel on the floor and the toes pointing forwards. Bend your front knee, moving your body forwards, until you feel a stretch in the back of the calf. Make sure your heel does not come off the floor and that your back knee does not bend.

Standing hamstring stretch



Place the foot of your affected leg onto a chair or step. Keep your knee straight and foot pointing ahead. Keeping your back straight, tip forwards from your hips, pushing your buttocks out behind you until you feel a stretch down the back of your thigh. Hold this position.

Standing hip abduction stretch



Take a large step out to the side and keep both feet flat on the floor with the toes slightly turned out. Shift your weight to one side, bending this knee. You will feel a stretch down the inside of the thigh on the straight leg. Hold this position.

Shoulder adduction stretch



Stand upright and prepare to start your shoulder stretch exercise. This exercise stretches the muscles in your upper arm, upper back and shoulder and can be performed either sitting or standing. Move your arm across your chest at the height of your shoulder. Use your other hand to gently hold your elbow and pull the arm a little further across. You should feel the stretch across the back of your arm and shoulder. Hold this position and return to the start position and repeat to the other side.

Chest stretch



Stand sideways to a door frame, one arm's length away. Hold the frame around chest height and take a small step forward on the leg closest to the wall. Keeping your chest up, rotate your body away from the wall until you feel a stretch across your chest and upper arm. Hold this position.

Forearm stretch



Clasp your hands together with your good hand over your affected hand. Let your top hand assist in rotating your other arm, pulling your thumb up towards the ceiling. You will feel this exercise in your forearm.



Exercise Instructions: Stretching program

Exercise

Instructions

Ankle Circles Seated



The ankle circles help with flexibility of your ankles, this is important for walking and balance.

Sit upright with your back supported before straightening your leg to do the ankle circles. Lift your leg up and begin making large slow circles with your foot in one direction for the required number of repetitions.

Switch legs and make circles with the other ankle in the same direction. Switch legs again and reverse the direction of the movement, perform the required number of repetitions firstly with one ankle and then repeat with the other.

Try to stretch your ankle as much as you can as you feel the stretch in your ankle, foot, and in your lower leg.

Sitting Trunk Side Flexion/Bend Stretch



Sit straight in a chair. Cross your arms over your chest. Lean your upper body out to one side and hold and then lean to the other side and hold. Relax and repeat.

Neck Stretch Seated



Sit with your arms in a comfortable relaxed position and your gaze looking forward. Drop your chin onto to your chest and hold this position.

Bring your head slowly back to the starting position and then continue to move your head upwards until you are looking at the ceiling.

You should feel a stretch along the front of your neck. Relax any tension you feel in your throat and hold. Bring your head back to the starting position and repeat the sequence twice more in both directions.



Exercise Instructions: Balance training

Exercise

Instructions

Single leg balance (eyes open or eyes closed)



Stand with your legs straight at shoulder width apart. Now lean slightly to the side and at the same time bend your opposite knee. You can make this more difficult by bending further but only within the limits of your mobility. Stand next to wall or chair for support and safety.

Try to stand on one leg for 30 seconds and not let the other leg touch the ground. Then try standing on your other leg. Complete twice on each side for 30 seconds.

Heel to toe stand



Stand facing forward with one foot in front of the other. Try to keep your balance and minimise any swaying. Hold onto a wall or chair for support if you feel that your balance is challenged and you can't stand still in the heel to toe position.

Heel to toe walk



Stand up straight with a clear path in front of you. Imagine a straight line on the floor extending away from you, or place a straight line of tape along the floor. Walk along this line on the floor as if you are walking a tightrope. Try to step each foot just in front of the toes of the other foot. Try to maintain your balance, and keep your feet stepping in the middle of the line.

Backward walking



Stand up straight and ensure you have a clear route behind you. Walk slowly backwards taking slightly larger steps than usual. Aim to get your toes to touch the floor first with each step.

Sit to stand



Sit in a chair with your feet flat on the floor. Cross your arms in front of your chest so you are not tempted to push off of your thighs for momentum. Stand up, then slowly sit back down and repeat a number of times.



Exercise Instructions: Balance training

Exercise

Instructions

Heel to toe walk backwards

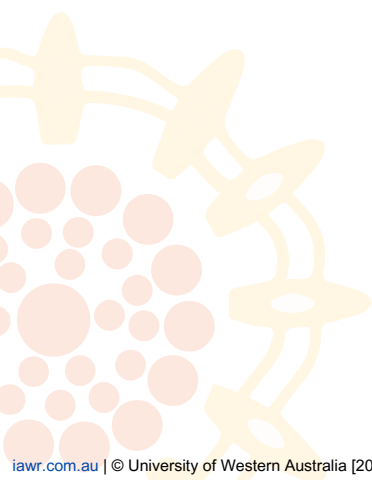


Stand up straight and ensure you have a clear route behind you. Imagine a straight line on the floor extending away from you, or place a straight line of tape along the floor. Walk backwards along this line on the floor as if you are walking a tightrope. Try to maintain your balance and keep your feet stepping in the middle of the line. Make sure you do not allow your posture to stoop.

Sideways Walking



Stand up straight with your feet hip width apart and a clear path to your side. Take a slightly larger than usual step to one side with one leg. Step your other leg toward your first leg, ending with your legs hip width apart again. Continue with side stepping in one direction. When you reach the end, stay facing the same way to step back in the other direction.





Exercise Instructions: Strength

Exercise

Instructions



Calf raises



Stand with both legs straight and at hip-width apart. Hold on to a wall or a supportive object for balance. Rise up onto your toes, keeping your legs straight, and control the movement back down to the start position.



**Seated
leg
extension**



Start in a seated position with your legs stretched out. Stretch out your knee as far as possible. Hold, and then return to the starting position.



**Standing
hip
abduction**



Stand in front of a chair and hold on firmly. Raise one leg to the side and then return back to the starting position. Complete one set, then repeat with your other leg.



Squat



Stand behind a chair. Reach your hands forward onto the back rest. Bend both knees into a squatting position, allowing your hands to slide over the back rest. Push through your legs and return to standing. Repeat. Return to the starting position.



Upright row



Hold a weight in each hand and hold them by your side. Lift your elbows up towards the ceiling, making sure your elbows stay higher than your hands at all times. Your hands will draw up in front of your body. Control the movement back to the start position, making sure you do not allow your shoulders to hunch at any point. You can use water bottles or cans as substitute for weights.

Wall Push-Up



Stand facing a wall, about one large stride away. Place your hands on the wall at the same height as your shoulders but slightly wider. Lean against the wall, keeping a straight line from your head to your feet. Bend your elbows, bringing your chest and hips in towards the wall and pushing your elbows outwards.

Make sure your body stays straight. Push on your hands to straighten your arms back out again. Continue this movement. Note: the further away your feet are from the wall, the harder the exercise will be.



Exercise Instructions: Strength

Exercise

Instructions

Bent over row



Stand hinged over at the waist holding a dumbbell in each hand. Keeping your back flat, slide your shoulder blades back and down towards your buttocks.

Pull the dumbbells upwards towards the side of your rib cage. Lower the weights back to the starting position. Replace weights with cans or water bottles if required.

Bicep curl



Stand with your feet shoulder-width apart holding a set of dumbbells in each hand.

Flex your arms simultaneously and bring the weights up towards your shoulders, curling from your elbows. Lower the dumbbells back down until your elbows are fully extended.

Ensure the movement remains within your arms and you are not using your hips or shoulders. Complete using water bottles or cans instead of weights if not available.

Standing hip extension



Stand behind a chair and hold onto the back rest. Move your leg backwards and then return back to the starting position. Complete one set and then repeat with your other leg.

