

AGING IN THE CITY

How to Reduce Risk of Dementia

The “Aging in the City” series examines key issues for aging equity, including quality care and work in long-term care; the social determinants of health and aging; and thinking through issues related to aging, diversity and difference.



December 9, 2021 | 12-1pm

Online via ZOOM

All are welcome!

registration is required

RSVP : [Click here to register](#)

SPEAKER



Dr. Chambers, former scientific advisor to the Alzheimer Society of Canada and Adjunct Professor, School of Health Policy and Management, Faculty of Health Research, will speak on how we hear many people and care providers talking about “confused older people,” but these people talking about older people are confused. There is widespread confusion about, for example, the relationship between normal aging and dementia, and the relationship between dementia and Alzheimer’s disease. In addition to this ignorance, there are many wrong beliefs about dementia and normal aging. Almost all of these errors sustain the belief that until a drug for Alzheimer’s disease is developed there is nothing that an individual or society can do about dementia. However, there is strong evidence: first, that the brain is plastic, not static, and can improve at any age; second, that action can be taken by both individuals and society to reduce the risk of dementia. Research and development on interventions to prevent or treat Alzheimer’s is of vital importance, but there is strong evidence that other causes of dementia can be prevented or reversed.

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