



Brain Health: You Can Make a Difference!

Brain Health Resources

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Brain Health Basics

ACL's 2018 update of its Brain Health Resource offers a PowerPoint presentation for professionals to use in educating older adults and adults with disabilities about brain health as we age, and a related handout for consumers. These materials update and simplify educational materials from a 2014 collaboration between ACL, the National Institutes for Health (NIH), and the Centers for Disease Control and Prevention (CDC).

Brain Health and Aging: The Basics

- The [PowerPoint presentation \(PPT, 4.3MB\)](#) helps people learn how to reduce the risks related to brain health. This presentation addresses normal aging of the brain, threats to brain health, and healthy aging for the body and brain.
- A [two-page handout \(PDF, 1.7MB\)](#) for the consumer audience covers the basics of brain health.

Medicine, Age, and Your Brain

- The [PowerPoint presentation \(PPT, 581KB\)](#) explains the impact some medicines can have on an older adult's brain, and the importance of talking with a doctor about this topic.
- The [Educator Brochure \(PDF, 838KB\)](#) offers additional information for presenters to share with audiences.
- A [one-page handout \(PDF, 574KB\)](#) for consumers covers the potential impact of some medicines on brain health.

Brain Injury

- The [Brain Injuries: Prevention, Rehabilitation, and Community Living \(PDF\)](#) brochure addresses brain injuries, how to prevent them, and what happens after they occur. The pamphlet covers brain injury statistics, causes of brain injuries, prevention strategies, health and rehabilitation after injury, and sources of help. This material was developed in 2015.

Learn more and download resources: <https://www.acl.gov/node/293>.

