

Brain Health Toolkit Fact Sheet

The number of people living with Alzheimer's disease and other forms of dementia is increasing, but many people with dementia do not know they have it. The Brain Health Toolkit aims to increase awareness of brain health among older people and their family and friends to support earlier dementia detection.

The Brain Health Toolkit is a comprehensive and free resource that empowers older people to understand when and how to talk to their primary care clinicians about changes in memory and thinking. It is widely available in a digital format at BrainHealthToolkit.com. It is also being evaluated in a physical format for distribution at primary care clinics and community-based organizations.

What's in the Toolkit?

The Brain Health Toolkit provides older people with resources to understand and support their brain health. It includes three tools:

1 – *Check In* helps people tell the difference between brain changes that are part of normal aging and changes that are warning signs.

2 – *Share Notes* is a note-taking tool that supports people in making the most of their time with their doctor.

3 – *Start Small* provides concrete tips for how to support brain health through exercise, learning, social connection, and sleep.

Who is the Toolkit for?

The Brain Health Toolkit is for:

- All people 55 years or older, including those with and without warning signs
- Friends and family members who want to support the older people they know
- Healthcare practices, clinicians, and community-based organizations that want to support their older clients

The Toolkit is accessible:

- It can be used online at BrainHealthToolkit.com
- It can be downloaded and printed
- It is available in English and Spanish
- It was written at a 5th-grade reading level



Learn more at
BrainHealthToolkit.com

How was the Toolkit created?

The Brain Health Toolkit was created by a team of experts at the University of California, San Francisco and the University of Southern California and is supported by the California Department of Public Health. It was developed using a “human-centered” design approach, incorporating insights from interviews and prototype evaluation sessions with older people and primary care clinicians in California.

The Toolkit is early in its development, and research to evaluate its implementation and efficacy is ongoing. It is being studied by Dr. Deborah Barnes of UCSF.

When might clinicians share the Toolkit?

The following are specific opportunities for distributing the Brain Health Toolkit with older patients and/or their care partners in primary care clinics:

- Before or after an annual wellness exam or other primary care visits
- Before or after an appointment is scheduled with the chief complaint of memory problems
- After a patient or care partner expresses concerns about memory problems during an appointment for another issue, as a way to help patients prepare for a follow-up appointment to investigate the problem
- At community events for your clinic, such as free meal events or wellness days

Get Involved

Addressing dementia in California requires collaboration between individuals, families, friends, healthcare systems, clinical providers, departments of public health, and community-based organizations. You can engage with the Brain Health Toolkit in several ways:

- Use the Toolkit to understand and support your own brain health
- Review the Toolkit and learn about brain health with someone else
- Pass on the Toolkit to a friend or family member
- Share in your healthcare or community-based organization
- Spread the word about [BrainHealthToolkit.com](https://brainhealthtoolkit.com)

If you work at a healthcare practice or community-based organization and are interested in participating in a research project to freely distribute the physical format of the Brain Health Toolkit, please contact Dr. Deborah Barnes at brainhealthtoolkit@ucsf.edu.