

Category	Examples
Medical	<ul style="list-style-type: none">• Checking blood pressure routinely to ensure that blood pressure remains within a healthy range. This could include the purchase of an at-home electronic blood pressure cuff for an individual who already has some cardiovascular concerns.• Checking that cholesterol and blood glucose levels are within normal ranges—hypercholesterolemia and diabetes are known to increase the risk for dementia.
Nutrition	<ul style="list-style-type: none">• Teaching individuals about the importance of eating a nutritious diet to maintain a healthy weight/BMI.
Psychosocial	<ul style="list-style-type: none">• Encouraging the individual to remain socially active.• Encouraging the individual to pursue treatment for depression and anxiety.• Encouraging the individual to do daily activities that will work the brain—crossword puzzles, playing cards, and learning something new.
Lifestyle	<ul style="list-style-type: none">• Advising the reduction/cessation of smoking or drinking alcohol.• Encouraging the individual to remain physically active.

Table 14.1 Interventions That May Delay Cognitive Decline (Hope, 2020)