

Dementia and brain health

Looking after your brain health is an important part of ageing well. Find out about steps you can take to support your brain health, reduce the risk of dementia and where to get information and support.

Who is this page for?

This page is for older adults, their families and carers looking for information about brain health, dementia and support available in Northern Ireland.

Looking after your brain health

Our brain health can change as we get older, but dementia is not an inevitable part of ageing.

There are things you can do throughout life that can support your overall health and may help reduce your risk of developing dementia.

These include:

- being physically active
- eating a healthy, balanced diet
- not smoking
- keeping alcohol consumption within recommended units
- staying social connected
- looking after your mental wellbeing
- managing health conditions such as high blood pressure and diabetes
- keeping your mind active.

Find out how to reduce your risk of dementia



Ageing well: a 10 minute guide

A guide on healthy ageing, including staying active, eating well, supporting mental wellbeing, preventing falls, keeping your home safe, understanding dementia, accessing help to live well.



Ageing well by being active every day

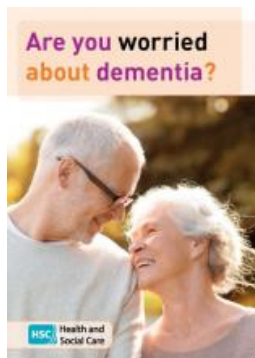
This leaflet provides guidance to older adults on the amount of physical activity they should be aiming for and the health benefits associated with staying active.

Worried about your memory or thinking?

Everyone can forget things from time to time. However, changes in memory, thinking, communication or ability to manage everyday activities can sometimes be a sign that something needs to be checked.

If you are worried about changes in yourself or someone else, speak to your GP. There can be many reasons for changes in memory or thinking, and getting advice can help identify what may be causing them.

Find out about dementia and getting support



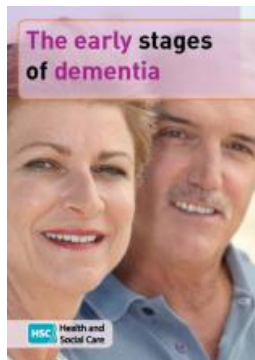
[Are you worried about dementia?](#)



[10 common signs of dementia](#)



Dementia - know the signs



The early stages of dementia

Last reviewed
05 October 2026

Find out about dementia and getting support

- [Dementia | nidirect](#)
- [Dementia care and support | nidirect](#)

Related content

- [Physical activity in later life](#)
- [Nutrition and healthy eating in older age](#)