

Healthy Brain Community Toolkit

Building Communities that Support Brain Health, Dementia Awareness, and Caregiver Well-Being

The Healthy Brain Community Toolkit provides communities with practical guidance, tools, and resources to improve brain health, increase dementia awareness, support caregivers, and create dementia-friendly environments.

Designed for communities of all sizes, the toolkit helps local leaders, organizations, healthcare providers, community members, and partners work together to identify community needs, select priorities, implement activities, and sustain long-term community impact.

Getting Started

Most communities should begin with **Component 1: Organize & Prepare** and **Component 2: Community Assessment & Priority Population Identification**.

These components help communities build a leadership team, engage partners, understand local strengths and needs, identify priority populations, and determine which Healthy Brain Community activities will have the greatest impact.

Next, **Component 3: Community Engagement & Awareness** helps communities build support, recruit participants, and promote Healthy Brain Community activities.

Communities can then choose one or more implementation components based on their needs and priorities:

- **Component 4:** Brain Health Education & Risk Reduction
- **Component 5:** Dementia Awareness & Early Recognition
- **Component 6:** Caregiver Education & Support
- **Component 7:** Dementia-Friendly Community Practices
- **Component 8: Implementation, Evaluation & Sustainability** supports these activities by helping communities develop implementation plans, track progress, collect feedback, evaluate outcomes, and sustain their efforts over time.

Component 9: Additional Resources provides trusted educational materials, resource directories, and links to support community planning and implementation.

Communities may complete the toolkit from beginning to end or focus on the components that best meet their current needs, priorities, and readiness level.

Using Reliable Resources

The Healthy Brain Community Toolkit encourages communities to use credible, evidence-informed information from trusted public health agencies, healthcare organizations, and national experts. When using online resources, consider the source, author, publication date, and supporting evidence before sharing information.

For additional guidance, visit the National Institute on Aging's

[How To Find Reliable Health Information Online | National Institute on Aging](#)