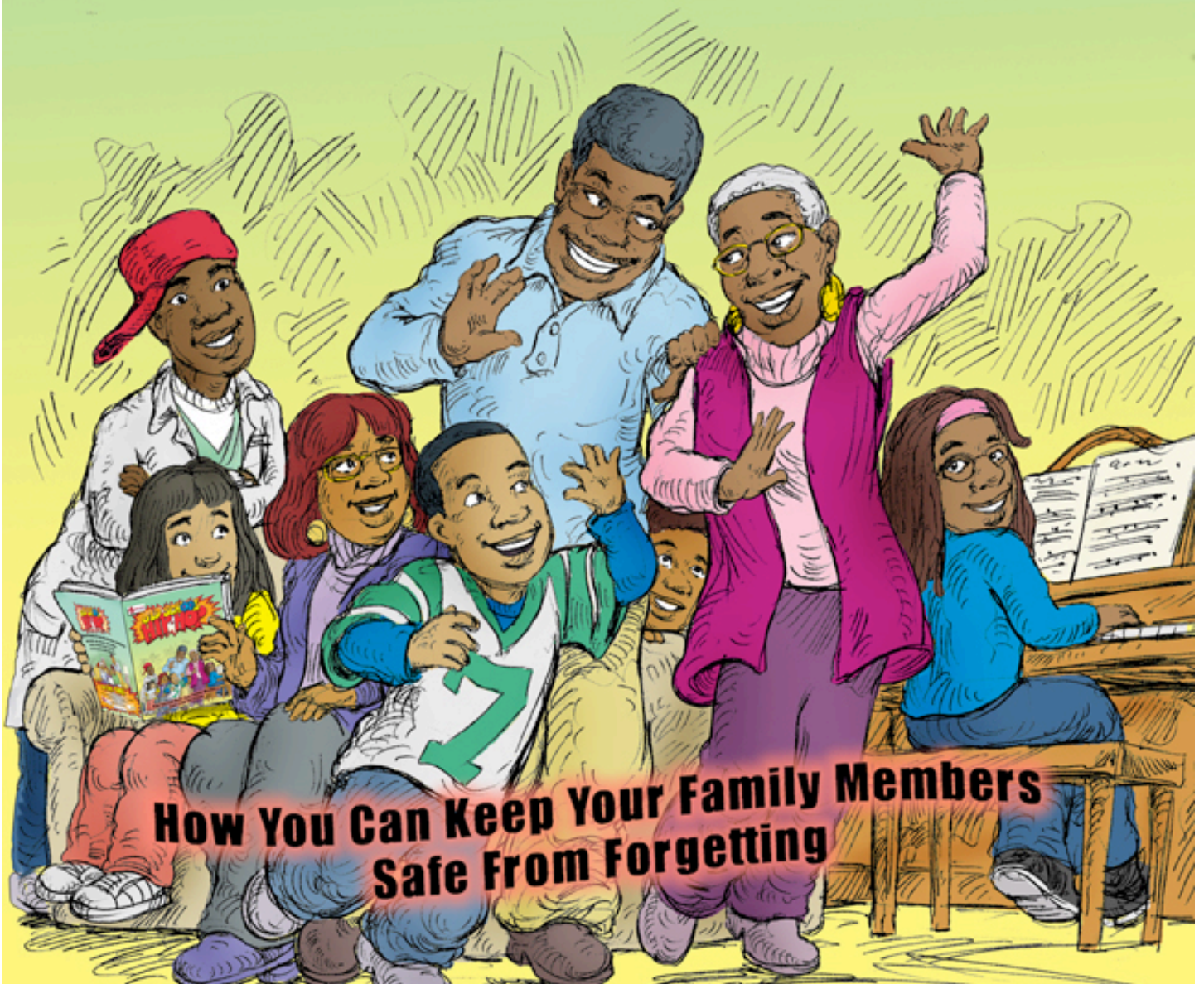




OLD SCHOOL HIP-HOP



**How You Can Keep Your Family Members
Safe From Forgetting**

What is the

FLOW?

FORGET: FORGET easy words and conversations.
FORGET familiar faces and places.
FORGET that they just said
or asked something.
Repeats themselves



LOSE: LOSE important things all the time.
LOSE their way getting
to familiar places.
LOSE interest.



FLOW? FLOW? FLOW? FLOW? FLOW? FLOW? FLOW? FLOW? FLOW? FLOW?

OVERLOOK:

OVERLOOK regular chores like cleaning up or paying the bills.

OVERLOOK safety-like leaving things burning on the stove or doesn't dress properly for the weather.

OVERLOOK taking meds.



FLOW? FLOW? FLOW? FLOW? FLOW?

WRITE:

Has to write down lists to remember easy things. Uses reminder notes or 'to-do' lists all the time.



'W' can also stand for WANDER:

Walks around with no particular place to go. Gets lost and puts self in danger.



FLOW? FLOW? FLOW? FLOW? FLOW? FLOW? FLOW? FLOW? FLOW? FLOW?

WHAT'S UP WITH GRANDMA?

Grandma 'A'
Ima Good

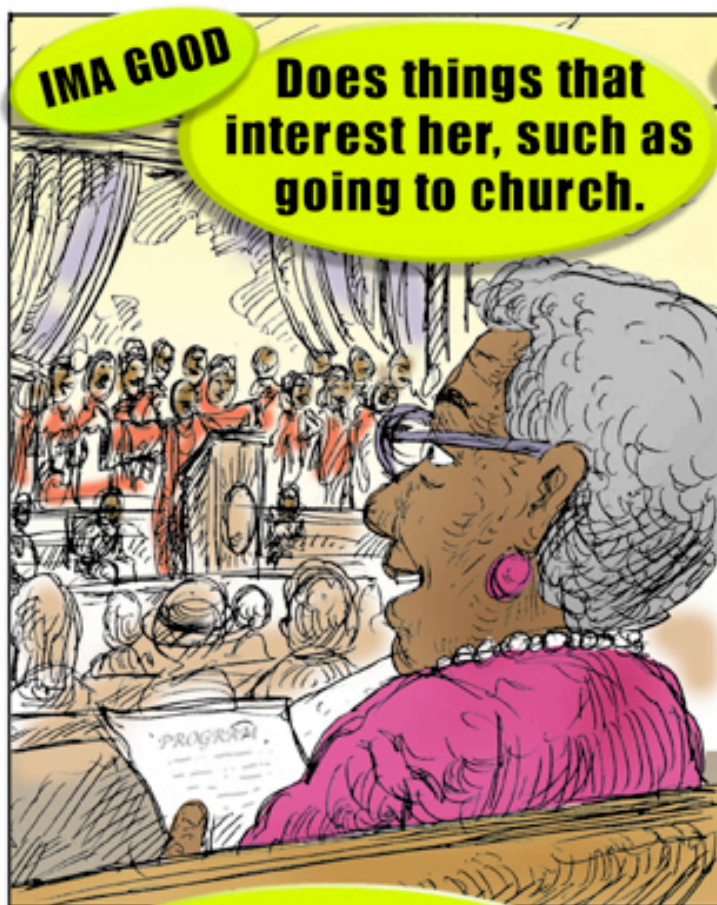
Grandma 'B'
Anita Help

Forgets
once in a while.

Forgets
all the time.

Able to go to
regular places
by herself, like
the store.

Gets lost going
to regular places
by herself, like
the store.



IMA GOOD

Does things that interest her, such as going to church.



ANITA HELP

Isn't interested in doing things she used to do, such as going to church.



Takes needed medications regularly.



Doesn't remember to take meds.

Grandma 'A' is going through normal aging.

Grandma 'B' might have The FLOW!

GO WITH THE FLOW



You can help your Grandparents.



You can make them safe.



You can prevent them from getting sick.



You can play thinking games with them.



You can play music they like.

OLD SCHOOL HIP-HOP

Hey Kids! Do this crossword puzzle with a parent or grandparent!



ALZHEIMERS CROSSWORD PUZZLE

Use a pencil to fill in - erase - then use again.



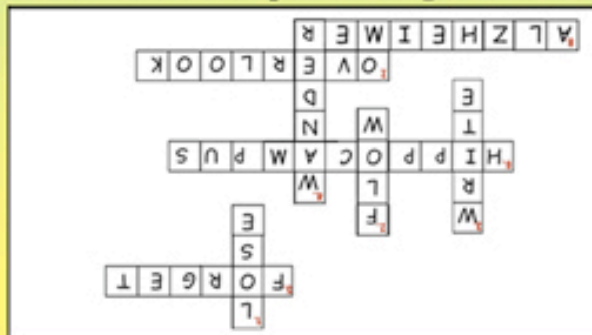
Down

1. Looking for her keys, her phone, her purse, too...
2. "GO with the ____."
3. Makes lists to get the easy things right.
4. "Day and Night" - "In the Street".

Across

5. "If you tell me today, yo it might not last..."
6. The Seahorse of Memory.
7. "The bills don't meet" - "The house ain't neat"
8. The doctor who discovered "The Flow".

ANSWER KEY! Cover up when you do the puzzle!



OLD SCHOOL HIP-HOP

Discuss the things you've learned in the comic with your parents or grandparents!

FLOW: FORGET, LOSE, OVERLOOK, WRITE/WANDER

Normal vs Not Normal Aging (The FLOW)

Keep Them Safe! Be an Old SCHOOL Hero!



SPECIAL THANKS

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