



National Council of
Urban Indian Health

WISDOM KEEPERS TOOLKIT

NCUIH.org/wisdomkeeper
#WisdomKeepers

Overview

Purpose

A National Council of Urban Indian Health developed a social media campaign to raise awareness of Alzheimer's and other forms of dementia; and to encourage urban American Indians and Alaska Natives to visit their local Urban Indian Organization for health screening and wellness check-ups. This campaign was developed in partnership with the Centers for Disease Control and Prevention.

How to Use this Toolkit

In this toolkit, you will find text for your posts and links. You can copy and paste the text itself right to your social media page. There are three videos, three GIFs, five graphics for Facebook and Instagram, two posters, and one flyer.

Remember to tag NCUIH in your posts and use #WisdomKeepers!



facebook.com/NCUIH



@UrbanIndianHealth



@NCUIH_Official



youtube.com/ncuih

NCUIH.org/wisdomkeeper

#WisdomKeepers

Keeping Wisdom Keepers Healthy

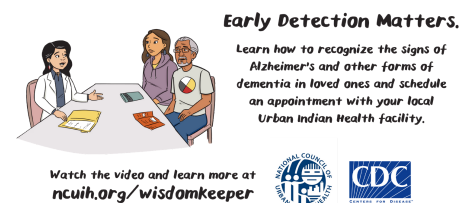
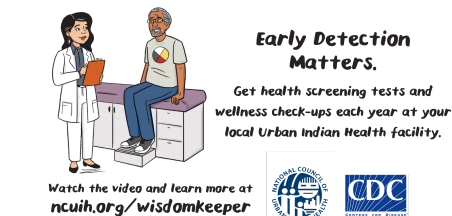
Example Post

Early detection matters! Studies show that 1 out of 3 American Indian and Alaska Natives over the age of 65 are at risk for developing Alzheimer's disease and related dementia. Learn more about how living a healthy and active lifestyle can help reduce the risk of Alzheimer's disease and other forms of dementia in #WisdomKeepers. Watch the video: <https://www.ncuih.org/wisdomkeeper#keeping>

Video



Facebook



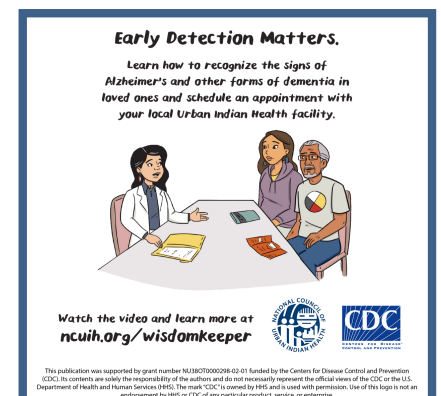
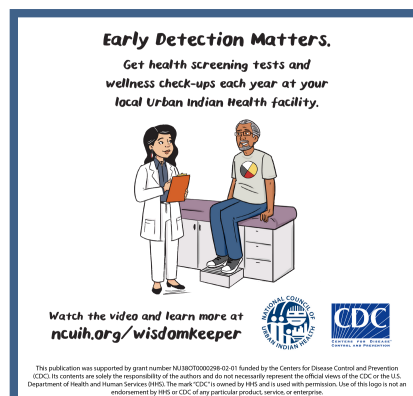
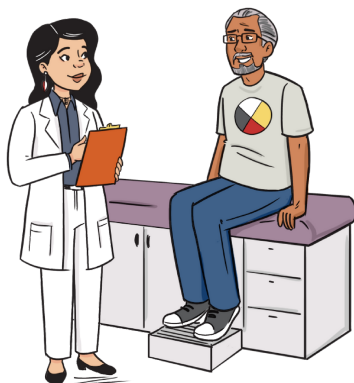
Video

Download Option A

Download Option B

GIF

Instagram



GIF

Download Option A

Download Option B

Facebook: facebook.com/NCUIH

Twitter: [@NCUIH_Official](https://twitter.com/NCUIH_Official)

Instagram: [@UrbanIndianHealth](https://instagram.com/UrbanIndianHealth)

[NCUIH.org/wisdomkeeper](https://www.ncuih.org/wisdomkeeper)
[#WisdomKeepers](https://twitter.com/UrbanIndianHealth)

Recognizing the Signs of Alzheimer's in Wisdom Keepers

Example Post

We all forget things sometimes, but if memory loss disrupts the daily life of our #WisdomKeepers it could be a sign of Alzheimer's disease and related dementia. Learn how to recognize the signs and what to do if you or a loved one experiences them: <https://www.ncuih.org/wisdomkeeper#recognizing>

Video



Facebook



Help the Wisdom Keepers Keep their Wisdom.
Get health screening tests and wellness check-ups each year at your local Urban Indian Health facility.

Watch the video and learn more at [ncuih.org/wisdomkeeper](https://www.ncuih.org/wisdomkeeper)



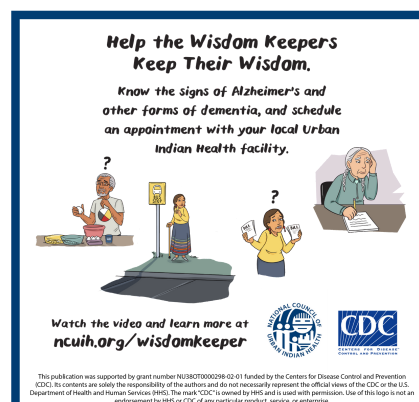
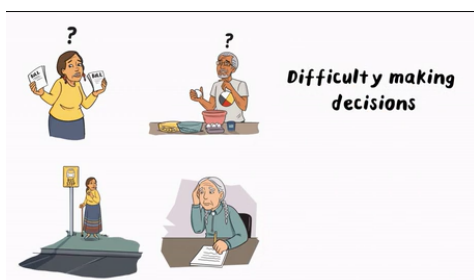
Video

GIF

Download Option A

Download Option B

Instagram



GIF

Download Option A

Download Option B

Facebook: facebook.com/NCUIH

Twitter: [@NCUIH_Official](https://twitter.com/NCUIH_Official)

Instagram: [@UrbanIndianHealth](https://www.instagram.com/UrbanIndianHealth)

[NCUIH.org/wisdomkeeper](https://www.ncuih.org/wisdomkeeper)
[#WisdomKeepers](https://twitter.com/NCUIH_Official)

Wisdom Keepers Living Healthfully with Alzheimer's

Example Post

Reduce your risk of Alzheimer's and related dementia by staying active! Physical activity is important for mental health. Know the signs of Alzheimer's and other forms of dementia, and schedule an appointment with your local urban Indian health facility. Learn more and watch the video at: [NCUIH.org/wisdomkeeper#healthfully](https://ncuih.org/wisdomkeeper#healthfully)

Video



Facebook



Reduce your Risk.

Physical activity is important for mental health. Know the signs of Alzheimer's and other forms of dementia, and schedule an appointment with your local Urban Indian Health facility.

Watch the video and learn more at
ncuih.org/wisdomkeeper



This publication was supported by grant number N01HS000029-02-01 funded by the Centers for Disease Control and Prevention (CDC). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the CDC or the U.S. Department of Health and Human Services (HHS). The mark "CDC" is owned by HHS and is used with permission. Use of this logo is not an endorsement by HHS or CDC of any particular product, service, or enterprise.

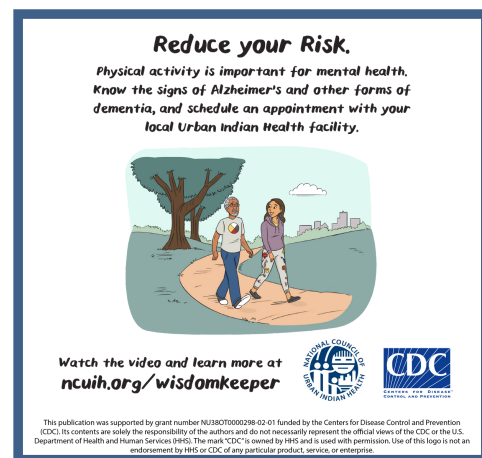
Video

GIF



Download

Instagram



GIF

Download

Facebook: facebook.com/NCUIH

Twitter: [@NCUIH_Official](https://twitter.com/NCUIH_Official)

Instagram: [@UrbanIndianHealth](https://instagram.com/UrbanIndianHealth)

[NCUIH.org/wisdomkeeper](https://ncuih.org/wisdomkeeper)
[#WisdomKeepers](https://twitter.com/NCUIH_Official)

#WisdomKeepers