

**Published on *SeniorNavigator* (<https://seniornavigator.org>)**

## **Brain Health: You Can Make a Difference!**

There are steps you can take to support a healthy brain as you grow older. The National Association of Area Agencies on Aging (n4a) and Eldercare Locator have developed information and guidance to help you make smart choices about your brain health with each passing year.

As you grow older, you may notice differences in the way your mind works - and you may have difficulty finding the correct words, multitasking or paying attention. The good news is that even if you have already noticed some of these changes, you are still able to learn new things, create new memories, and improve vocabulary and language skills.

Explore practical strategies and tips for maintaining your brain health and fitness.

### **Brain Health**

Article Source

USAging

Source URL

<https://www.usaging.org>

Last Reviewed

Tuesday, January 21, 2025