

Explore Aging Well Topics

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Articles

[Keep Your Eyes Healthy](#)

There are many things you can do to keep your eyes healthy and make sure you are seeing your best. Getting a dilated eye exam is simple and painless — and it's the single best thing you can do for your eye health! Even if your eyes feel healthy, you could have a problem and not know it. That's because many eye diseases don't have any symptoms or warning signs.

Source

[National Eye Institute](#)

Recent Aging Well Articles

Recent Aging Well Articles

Article

[Frequently Asked Questions About Palliative Care](#)

Planning for care during a serious illness can be challenging. Palliative care is an option that can help patients and their families. To learn more, explore answers to frequently asked questions about palliative care below.

Source

[National Institute on Aging](#)

Article

SUN Bucks (Summer EBT)

SUN Bucks is a new grocery benefit available across most of the U.S. Families with eligible school-aged children can receive help to buy groceries during the summer.

Source

[Department of Social Services](#)

Article

Your Healthiest Self ~ Social Wellness Toolkit

Throughout your life positive social habits can help you build supports systems and stay healthier mentally and physically.

Source

[National Institutes of Health](#)

Article

The DICE Approach Online Training Program

The DICE Approach Online Training Program provides an evidence-based video training program for caregivers of people with dementia.

Article

Geriatric Care Managers Advocate for Older Adults – and Their Caregivers

Explore how Geriatric Care Managers can help older adults and their caregivers. These professionals, sometimes called aging life care managers, act as private advocates and guides for family members who want to ensure their loved one receives good care.

Source

[AARP](#)

Article

5 Things to Know About Taking 5 or More Medications

Medicines can improve our lives by regulating blood pressure, curing infections and calming restless minds and aching joints. But as you get older taking multiple drugs increases your risk of falls, confusion, and other serious side effects.

Source

[AARP](#)

More for You

Features

- [Ask an Expert](#)
- [Caregiver Tech Tool Finder](#)
- [Lindsay Institute for Innovations in Caregiving](#)
- [Senior Navigator: Central Virginia's Guide for Aging Well and Caregiving](#)

Healthy Living Resources

- [Mind Your Meds: Safe Opioid Medication Use and Disposal](#)
- [Oral Health Resources](#)
- [Pain Management and Opioids Resources](#)
- [Social Engagement Tools and Resources](#)

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