

Explore Aging Well Topics

[Health Care Settings and Providers](#)

[Healthy Living and Prevention](#)

[Medical Concerns](#)

[Mind and Body](#)

Explore Aging Well Resources

Articles

[**Healthy Body, Healthier Brain**](#)

Brain health and physical health are both important, especially as we age. There is growing scientific evidence that healthy behaviors, which have been shown to prevent cancer, diabetes, and heart disease, also may reduce the risk for cognitive decline. Explore eight steps you can take for a healthy body and healthier brain.

Source

[Centers for Disease Control \(CDC\)](#)

Recent Aging Well Articles

Recent Aging Well Articles

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](#)

Article

10 Tips For Finding The Right Home Care Agency

If you are pursuing home care options for your family, explore these 10 valuable tips for making informed decisions when it comes to finding the perfect home care agency for your loved ones.

Source

[Today's Caregiver](#)

Article

How Does Social Connectedness Affect Health?

Social connectedness influences our minds, bodies, and behaviors—all of which influence our health and life expectancy. Research shows that social connectedness can lead to longer life, better health, and improved well-being.

Source

[Centers for Disease Control \(CDC\)](#)

Article

How to Prevent Cancer or Find It Early

You can lower your risk of getting many common kinds of cancer by making healthy choices.

Source

[Centers for Disease Control \(CDC\)](#)

A Guide on Advanced Care Planning Resources: For People Living with Dementia and Their Care Partners

A Guide on Advanced Care Planning Resources: For People Living with Dementia and Their Care Partners contains resources and information for advanced care planning.

Source

[BOLD Public Health Center of Excellence on Dementia Caregiving \(PHCOE-DC\)](#)

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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