

[Medical Concerns](#)

Some of the most common health concerns among Virginia seniors are arthritis, heart disease, cancer and Alzheimer's disease/dementia. If you're looking for help managing these conditions and others, SeniorNavigator can point you toward medical programs, providers and advocacy groups near you.



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Links

[ALS Insurance Navigator](#)

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[ALS Insurance Navigator](#)

Article

The Impact of Sleep on Brain Health During Aging: Why Sleep Matters

Sleep is fundamental for maintaining and improving physical and mental health. It is especially important for older adults to prioritize good sleep habits.

Source

[SundayHealth](#)

Article

Reduce Your Risk from Respiratory Viruses This Holiday Season

Each year, the CDC anticipates peaks of respiratory disease activity from December to February. Learn more about how to reduce your risk.

Source

Centers for Disease Control (CDC)

Links

Agitation in Alzheimer's Screener for Caregivers (AASC®)

Supporting Caregivers in Identifying Symptoms of Agitation in Alzheimer's Dementia (AAD)

Source

[Agitation in Alzheimer's Screener for Caregivers \(AASC®\)](#)

Links

Well Beings ~ Films and Series

Source

[Well Beings ~ Films and Series](#)

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](#)

Links

Dementia Capable Virginia ~ Resources

Source

[Dementia Capable Virginia ~ Resources](#)

Links

Alzheimer's Association Caregiving Resources

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[Alzheimer's Association Caregiving Resources](#)

Article

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 \(PHCOE-DC\)](#)

Pagination

- [Page 1](#)
- [Page 2](#)
- [Page 3](#)
- [Page 4](#)
- [Page 5](#)
- [Page 6](#)
- [Page 7](#)
- [Page 8](#)
- [Page 9](#)
- ...
- [Next page >>](#)
- [Last page Last >](#)

Showing 1-10 of 440 Results