

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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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

Source

[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 \(PHCOE-DC\)](#)

Article

Peak Season for Respiratory Diseases Is Near: There Is Still Time to Get Vaccinated

On December 14, CDC issued a Health Alert Network (HAN) advisory to healthcare providers and public health officials highlighting the increased respiratory disease activity occurring in the U.S. The HAN noted that low vaccination rates for COVID-19,

influenza, and RSV could lead to more severe disease and a strained healthcare system for the rest of the season.

Source

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

Article

Mindfulness training can boost heart-healthy eating

Meditation and other mindfulness training could help people stick to a healthy eating plan.

Source

[National Institutes of Health](#)

Article

Learn About Alzheimer's Disease and 8 Ways to Lower Your Risk of Getting It

Alzheimer's disease is the most common type of dementia. Alzheimer's disease involves parts of the brain that control thought, memory, and language. If not treated, it can affect a person's ability to go about their normal routines.

Source

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

Article

Hearing aids slow cognitive decline in people at high risk

Studies have found an association between hearing loss and the development of dementia in older adults. Learn about research that suggests that using hearing aids to treat hearing loss may help slow the development of cognitive problems.

Source

[National Institutes of Health](#)

Links

CDC: Alzheimer's Disease and Healthy Aging

Source

CDC: Alzheimer's Disease and Healthy Aging

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