

## **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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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](#)

## **The Dental / Kidney Disease Connection**

Good dental care is important for everyone, but especially for people with kidney disease. What might be a minor infection for a healthy person could be a major problem for someone with kidney disease.

Source

[National Kidney Foundation](#)

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