

## **Living with Alzheimer's and Dementia**

Many organizations have information about Alzheimer's disease and Dementia that could assist you as you provide everyday care.

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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 \(PHCOE-DC\)](#)

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](#)

Links

## **Alzheimer's Association TrialMatch: Find Clinical Trials for Alzheimer's and Other Dementia**

Source

[Alzheimer's Association TrialMatch: Find Clinical Trials for Alzheimer's and Other Dementia](#)

Books & Guides

## **Pathways To Well-Being With Dementia**

Pathways to Well-Being With Dementia gives essential information about living with dementia from 48 people living with it, their care partners, and leading dementia specialists. The science-based information is presented in a user-friendly format.

Source

[Dementia Action Alliance](#)

Links

## **Brain Health Virginia - Virginia Department of Health**

Source

[Brain Health Virginia - Virginia Department of Health](#)

Article

## **Activities To Do With a Family Member or Friend Who Has Alzheimer's Disease**

It's important to spend meaningful time with a family member or friend who has Alzheimer's disease or a related dementia.

Source

[National Institute on Aging](#)

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