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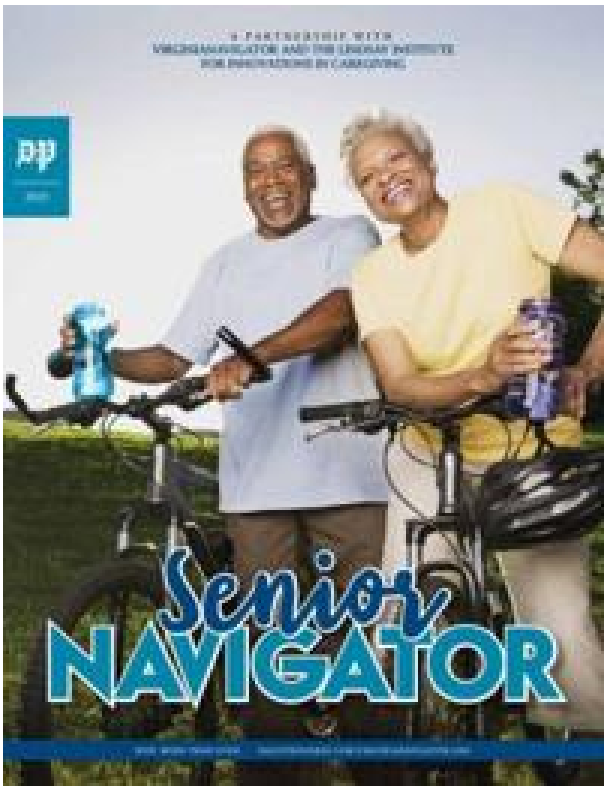
# Senior Navigator: Central Virginia's Guide for Aging Well and Caregiving 2023




**Senior Navigator: Central Virginia's Guide for Aging Well and Caregiving**

A joint project of The Lindsay Institute for Innovations in Caregiving, VirginiaNavigator and The Daily Progress, the **2023 edition of Senior Navigator** features insights and advice from thought leaders in aging and caregiving.

In these pages, you'll learn about:

- 10 reasons by walking should be your lifelong fitness partner
- How caregivers can find the support they need
- Villages for aging safely in place

- Meditation is much more than stress reduction
- Employer's role in supporting workers who are caregiveres
- How Virginia helps families navigate dementia with a road map
- Why you might consider working with a death doula
- UVA's memory and aging care clinic
- Virginia Department of Veterans Services assistance for area veterans and their families
- Therapeutic recreation specialists
- What caregivers should know about elder financial exploitation
- How to pick your doctor wisely for a path to a good life
- Planning for future health events for you and your family
- Women's health while coping with caregiving
- Telehealth use in the care for older adults
- Falls as a public health crisis
- Support for the challenge of Veteran caring
- How you see yourself means everything
- And much more!

► **Read the 2023 edition of Senior Navigator**

**Read previous editions of Senior Navigator, a wide-ranging guide for healthy aging and caregiving practices.**

♦ 2021/2022 edition of Senior Navigator

♦ 2020/2021 edition of Senior Navigator

♦ 2019/2020 edition of Senior Navigator [First-place award recipient from the Virginia Press Association]

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